

# MUDDY MAYHEM

## Parking

Use the address **Woodhall Estate, Watton-at-Stone, SG14 3NE** in your satnav and follow the Muddy Mayhem event signage. This will direct you to the parking area which is on grass close to the start line.

## Key timings

### Muddy Mayhem

09:00 - Car park & registration open  
10:45 - Registration closes, welcome speech & warm up  
11:00 - Muddy Mayhem starts

### Mini Mudder

11:30 - Registration open  
12:40 - Registration closes, welcome speech & warm up  
13:00 - Mini Mudder starts

## Registration

You will need to check in on arrival at the registration desks (same place for both events). You'll also collect your event wristband, which you must wear on the course, and t-shirt if you have ordered one.

Family and friends who haven't entered yet can also register on the day. There will be one ticket price for adults at £49; children (age 11-17) are £15 and Mini



Children (age 11-17) are £15 and Mini Mudders (age 5-10) £5.

## Baggage

We recommend leaving any valuables securely in your car or at home. There will be a baggage facility available at the start, where you may wish to leave a small bag with a change of clothing and maybe an old towel, but please note this will be entirely at your own risk.

## Kit list

Just in case you weren't sure... you will get muddy and wet! You will be climbing over obstacles, running or walking over uneven and slippery ground, and wading through the odd stream or river. We recommend wearing old clothes you don't mind getting dirty, such as:

- Old running/gym wear
- Long sleeves and leggings
- Gloves and hat
- Training shoes with a bit of grip
- But, most importantly, a great big smile!



**Please note:** There are no changing facilities, so we recommend having extra towels or something in your vehicle to sit on for your journey home.

## Refreshments

- Water at the halfway point and end of the event
- Food and drink outlets to purchase from before, during and after the event
- Portable toilet facilities at the start/finish area.

## Course/marshals

The Muddy Mayhem course is set in the grounds of the Woodhall Estate and is

outstanding. It offers something for everyone with very muddy areas, a range of challenging obstacles and some river crossings thrown in.

There will be plenty of signs and marshals to get you safely round the course. Please give the marshals a smile, hearty wave and a thank you when you pass. They are all volunteers and have given up their time for this event.

Should you wish to avoid an obstacle, please feel free to run/walk around it and onto the next. There will be no avoiding getting wet feet though as stream crossings are part of the course for everyone!

The Mini Mudder course is ~700m and a mixture of obstacles, water crossings and muddy areas. Children can complete up to two laps within the allotted 30 minutes. There will be marshals along the route, but please remember at least one adult must accompany every two children.



## Medals

This is not a race, but we can pretty much guarantee it will be a fun event for all! Everyone will receive an iconic Muddy Mayhem or Mini Mudder medal upon finishing.

## Photography

There will be a number of photographers capturing you enjoying this beautiful course. Remember to smile no matter how you are feeling, and make sure to follow us on [Facebook](#) and [Instagram](#) to see if you've been papped!

## Physical prep

By its very nature, Muddy Mayhem is a challenging event taking on some testing obstacles over undulating and uneven ground. While the course is designed for people of varying abilities to give it a go, any exercise you can do to prepare will



any exercise you can do to prepare will make the day even more enjoyable.

If you have any doubts about your health, please seek medical advice before you take part.



## Spectators

Friends and family are welcome to clap you off and back across the finish line. You can see part of the Muddy Mayhem course from here, but please note spectators will not be allowed to walk around to see the event.

The majority of the Mini Mudder course can also be viewed from the event village area by those not accompanying children along the route.

**Please note:** Dogs are not permitted to take part or allowed anywhere on the event site.

## Fundraising

We are hoping to raise **£25,000** from this event, which could fund three weeks of activities from our Rehab and Wellbeing team, including one-to-one physiotherapy or a group strength and balance class.

There's still time to fundraise; the easiest way to do this is by setting up a JustGiving page. The reason most people don't give is simply because they aren't asked, so share it with friends, family and colleagues, and you might be surprised how easily the funds add up! Go to: [www.justgiving.com/campaign/mm2025](http://www.justgiving.com/campaign/mm2025).



If there's anything we haven't covered in this guide or if you have any questions, please email us on [events@ghhospicecare.org.uk](mailto:events@ghhospicecare.org.uk). See you on Sunday!