



Athlete Guidelines
Movement Standards for all Athletes participating
Saturday 18th July 2026
Woodlands Manor, 428 Rayleigh Road, Hutton, Essex CM13 1SD

The Essex Games 'The Manor' Competition consists of a 600m trail run followed by one workout, repeated 7 times, with a 100m sprint to finish!

In order to complete the entire race and receive a valid finishing time, the athletes must complete runs and workouts in the designated order (run, workout, run, workout, etc.) - 7 x 600m trail runs and 7 workouts.

- While repetitions and/ or weights differ between male/mixed and females, the running distance remains the same across all categories.

The ranking system and the resulting overall ranking is based on the fastest time in the respective genders of each event.

THIS IS AN OUTDOOR EVENT ON GRASS + PLUS TRAIL RUNS

Workout Rules and Regulations

Participants must adhere to the following competition rules:

- Complete all workouts, in the correct order.
- Perform each exercise according to the movement standards.
- Use the correct start and finish points of the workout-station.
- Complete the correct distances
- Perform the exercises/movements with the correct weight in kilogram.
- Running distance is always 600m (apart from the 100m sprint finish)

IMPORTANT: You cannot leave to go on your run until the workout is finished, and you cannot start your station until both pairs are back from the runs.

You will be disqualified if you one of the pairs runs before station is complete or if you start a workout before both pairs are back from the run.

WORKOUT STATIONS

Movement Standards, Distances and Weights

Bike Erg – Distance = 3000 metres (3km)

- Prior to starting the workout, the monitor must be (re)set by a Marshals/Crew
- The athlete's feet must remain on the pedals at all times during the exercise.
- After completing the required distance, the athlete must raise his/her arm to call over a marshal/crew to confirm the required distance has been completed.
- Only after receiving the marshal'/crew's confirmation of completion the athlete may leave the platform and the station.
- The damper setting is allowed to be adjusted to his/her own preferences at any time.
- Athlete must stand behind their partner when not performing the Bike-Erg.

Farmers Carry – Distance = 100 metres

- The Farmers Carry begins and ends with the removal/return of the barrels/kettlebells from the marked area next to the start/finish line.
- The athletes have to carry both barrels/kettlebells at all times while they move.
- Barrels/Kettlebells must be carried with both arms extended
- Putting down the Barrels to rest is allowed.
- The station is completed, once the athlete carries the barrels/kettlebells across the finish line and returns them to the marked area.

Women 2 x 16kg / Men/Mixed 2 x 24kg

- Athlete must walk/run behind their partner when not performing the farmers carry. You must NOT walk to the side of your partner.

This will block others. If this is done intentionally then you and your partner will be disqualified from the race. During the transition the barrels/kettlebells MUST be placed down on the floor for your partner to then pick up.

Rowing Erg - Distance = 2000 metres (2km)

- Prior to starting the workout, the monitor must be (re)set by a marshal/crew
- Participants feet are not allowed to touch the ground during the row.
- After completing the required distance, the athlete must raise his/her arm to call over a marshal/crew to confirm the required distance has been completed.
- Only after receiving the marshal/crew's confirmation of completion the athlete may leave the platform and the station.
- The damper setting is allowed to be adjusted to his/her own preferences at any time.
- Athlete must stand behind their partner when not performing the Row-Erg. During the transition the Row-Erg handles CANNOT be passed to your partner They must be fully stowed when changing

Walking Lunges - Distance = 100 metres

- The athletes start in the upright position with both feet behind the line.
- During each lunge, the rear knee must touch the ground.
- A repetition ends with knees and hips fully extended.
- Lunges must alternate knees touching the ground.
- The athlete can either lunge continuously or stop after each lunge with both feet on the ground.
- Taking any steps between repetitions is not allowed.
- The station is complete, once the athlete lunges across the finish line
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 1-minute time penalty.
- Athlete must walk/run behind their partner when not performing the lunges.

You must NOT walk to the side of your partner.

This will block others. If this is done intentionally then you and your partner will be disqualified from the race.

Tyre Pull - Distance = 50m

- Both the Tyre and athletes must be behind the line before starting.
- The Tyre must fully pass the 25m (end of lane) entirely before change of direction (Women 45kgs / Men/Mixed 65kgs)
- As soon as the athlete has completed the 2 x 25m and the entire Tyre passes the line - the station is then complete.
- Athletes may drag, pull the slings attached to the tyre, One athlete at a time. Both Athletes can not do this together.
- The Tyre must always stay on the ground.
- If the athletes does not complete the 50m then they will not receive a finishing time.
- Athlete must walk/run behind their partner when not performing the tyre pull. You must NOT walk to the side of your partner. This will block others. If this is done intentionally then you and your partner will be disqualified from the race.

Any execution of a movement that either deviate from the movement standards, and/or is unusual or uncommon and/or results in a time advantage will not be recognised and will result in an invalid repetition or time penalty.

Burpee Broad Jumps - Distance = 100 metres

- The athlete starts with both hands behind the line.
- The starting position is in the upright position, hands placed near feet, at most one-foot length away. Once the hands are placed on the ground they cannot be moved forward.
- In the lower position, the athlete's chest must touch the ground.
- Then, the athlete stands up and jumps forward, jumping and landing with both feet simultaneously.
- When standing back up/jumping back from the bottom position, feet cannot pass the (previously placed) position of the athlete's hand.
- The length of the jump is up to the athlete.
- Taking any steps forward between the repetitions is not allowed.

- The station is completed, once the athlete jumps across the finish line.
- If the athlete violates any of the above-mentioned points, the repetition becomes invalid and in the second warning the athlete receives a 1-minute time penalty.
- Athlete must walk/run behind their partner when not performing the Burpee Broad Jumps. You must NOT walk to the side of your partner. This will block others. If this is done intentionally then you and your partner will be disqualified from the race. During the transition the partner must have completed a full BBJ. The broad jump must be completed before the partner can start their reps.

SkiErg - Distance 1000 metres (1kg)

- Prior to starting the workout, the monitor must be (re)set by a Marshals/Crew
- The athlete's feet must always remain on the platform during the exercise. Lifting the feet during the execution of the exercise is allowed.
- After completing the required distance, the athlete must raise his/her arm to call over a Marshals/Crew to confirm the required distance has been completed.
- Only after receiving the Marshals/Crew's confirmation of completion the athlete may leave the platform and the station.
- The damper setting are allowed to be adjusted to his/her own preferences at any time.
- Athlete must stand behind their partner when not performing the Ski-Erg. During the transition the Ski-Erg handles CANNOT be passed to your partner.

The Sprint Finish- Distance 100 metres

- Pairs must finish over the line together

ADDITIONAL INFORMATION

Judging & Event Conduct

- Marshals & Crew will enforce movement standards and ensure workouts are completed correctly.
- The Race Director has the final say on all judging matters.

Permitted Gear:

- Knee sleeves
- Gloves
- Weightlifting belts
- Wristbands
- Hydration packs

Prohibited Items:

- Headphones
- Lifting straps

Hydration & Nutrition:

- Participants must bring their own fluids. Water refill stations will be available.

Event Day Schedule

- **Registration:** Check in at the front desk upon arrival. Present your ticket and photo ID to receive your racing chip, wristband and start time.
- **Bag Drop:** Available but not managed.
- **Facilities:** Restrooms provided, but NO changing rooms
- **Pre-Race Assembly:** Report to the start zone 10 minutes before your assigned start time.
- **Medical Support:** On-site first aiders and 5Physio available.

Disqualifications & Penalties

- **Runs:** If athletes do not run the correct number of runs a time penalty of 10 minutes per missed run will be applied and added to their final result time.
- **Multiple Violations:** Completing a workout out of order results in 6 minute penalty.
- **Failure to Start a Workout:** Athletes who skip a station will not receive any results and will be removed from rankings.
- **Inappropriate Behaviour:** Anyone seen acting or verbally being inappropriate to staff, spectators, athletes will be asked to leave and banned from future events.

Code of Conduct

- All athletes must compete with integrity and sportsmanship.
- Poor conduct—including deception, obstruction, excessive disputes, or unsportsmanlike behaviour—may result in disqualification, suspension, or a lifetime ban.
- Participants violating the rules will not be eligible for refunds.