

THE VIKING GAMES

CONTENDERS PACK



THE VIKING GAMES 2024

VERSION 1.0
SEP 2024

STEEL VIKING
FITNESS



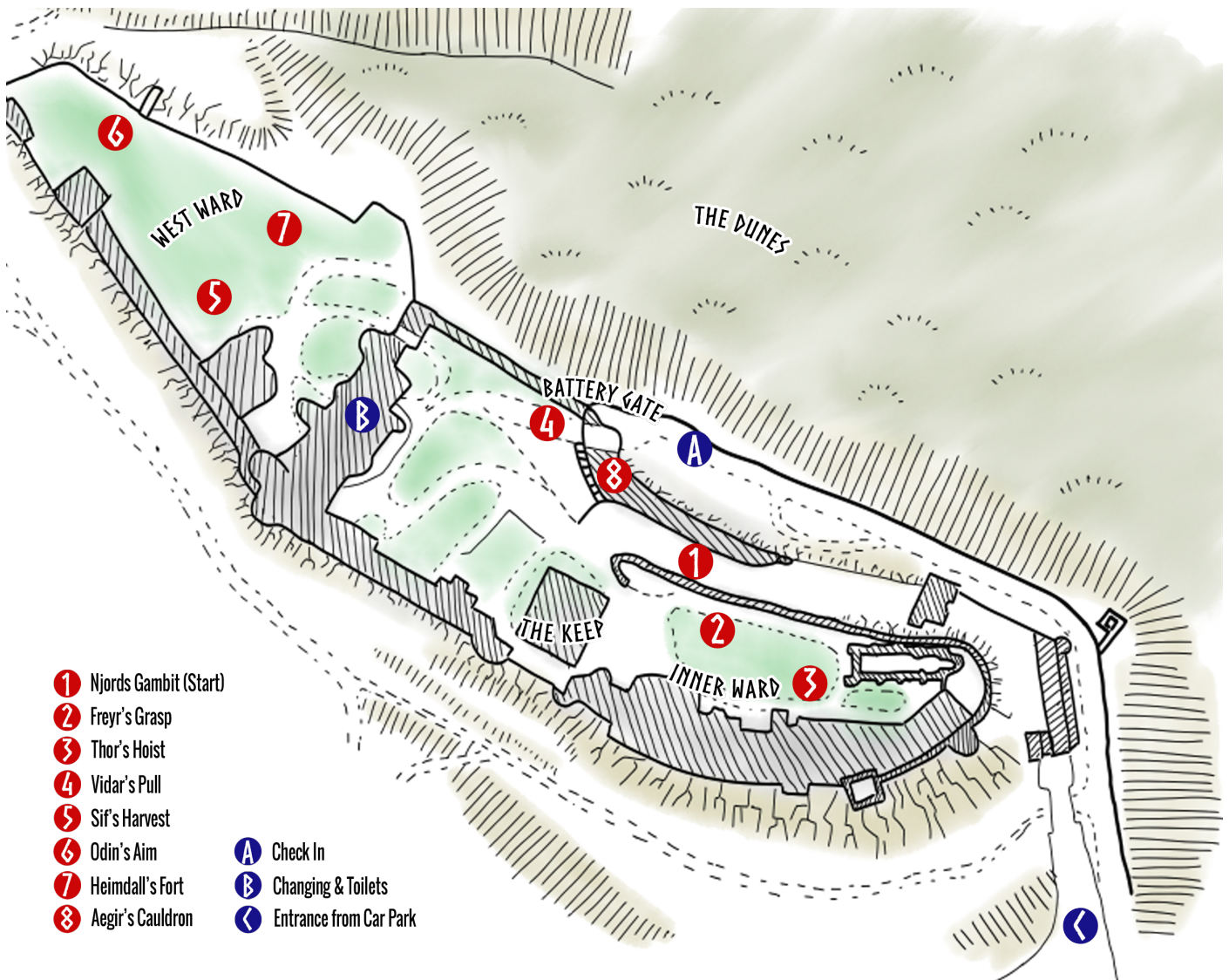
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TRAVEL & VENUE



KEY ARRIVAL INFO

- » Check-in Opens 9am - Be on time, you will need it to get ready
- » Top car park doesn't open until 8:45, if you're earlier, we recommend waiting at a nearby spot before heading up the drive.
- » Car parking costs £5 all-day
- » Check-in is at point A, please bring your +1's as we'll issue them with wristbands
- » To get to point A, you will have to go around the side of the castle to the right, not the main entrance

NJORD'S GAMBIT ROUTE



EVENT SCHEDULE

TIME	ACTIVITY
0845	Top Car Park Opens
0900	Check-in Opens, Spectors to Front Castle Gate
0945	Warm Up Begins
1000	Gates Open - Njord's Gambit Begins
1045	Dry-Off & Change
1115	Trials 2-7 Begin, Round Robin in Groups
1615	Aegir's Cauldron Begins
1645	Closing Ceremony & Awards (Bring Bags & Kit)
1700	Leave Site
1730	[Optional] Regailing @ Bamburgh Castle Inn, Seahouses
1915	Organisers to join regailing

ROUND SCHEDULE

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 9	Group 10	Group 11	Group 12	Group 13	Group 14
09:00:00	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In	Check-In
09:15:00	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype	Warm Up/Hype
09:30:00	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit
09:45:00	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit
10:00:00	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit
10:15:00	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit
10:30:00	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit	Njord's Gambit
10:45:00	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off
11:00:00	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off	Dry-Off
11:15:00	Odin's Aim	Odin's Aim	Odin's Aim	Thor's Hoist	Thor's Hoist	Thor's Hoist	Vidar's Pull	Vidar's Pull	Rest	Rest	Heimdall's Fort	Rest	Sif's Harvest	Rest
11:30:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Heimdall's Fort	Rest	Sif's Harvest
11:45:00	Rest	Rest	Rest	Rest	Rest	Thor's Hoist	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
12:00:00	Freyr's Grasp	Rest	Odin's Aim	Odin's Aim	Rest	Thor's Hoist	Thor's Hoist	Rest	Rest	Vidar's Pull	Rest	Rest	Heimdall's Fort	Rest
12:15:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
12:30:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
12:45:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
13:00:00	Sif's Harvest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
13:15:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
13:30:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
13:45:00	Heimdall's Fort	Rest	Rest	Sif's Harvest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
14:00:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
14:15:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
14:30:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
14:45:00	Vidar's Pull	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
15:00:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
15:15:00	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
15:30:00	Thor's Hoist	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
15:45:00	Rest	Thor's Hoist	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
16:00:00	Aegir's Cldm	Rest	Thor's Hoist	Aegir's Cldm	Rest	Vidar's Pull	Aegir's Cldm	Aegir's Cldm	Rest	Heimdall's Fort	Aegir's Cldm	Rest	Aegir's Cldm	Rest
16:15:00	Aegir's Cldm	Aegir's Cldm	Rest	Aegir's Cldm	Rest	Rest	Aegir's Cldm	Aegir's Cldm	Rest	Rest	Aegir's Cldm	Rest	Aegir's Cldm	Aegir's Cldm
16:30:00	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm	Aegir's Cldm
16:45:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing
17:00:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing
17:15:00	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing	Closing

GROUPS

GROUP #	CONTENDER 1	CONTENDER 2	CONTENDER 3
1	Philip Nixon (M)	Andy Smith (M)	-
2	Steven Barter (M)	April Granelli (F)	-
3	Lee Richardson (M)	Ray Thompson (M)	-
4	Scott Fisher (M)	Katrina Farbrother (F)	-
5	Sean Walsh (M)	Ciara Watson (F)	-
6	Chris Hammond (M)	Tim Mobbs (M)	-
7	Philip Uren (M)	Connor Maughan (M)	-
8	Craig Burns (M)	Phil Hewitt (M)	-
9	Gavin Young (M)	Neil Cooper (M)	-
10	James Manly (M)	Kevin Paterson (M)	-
11	Andy Doody (M)	Ste Clarke (M)	-
12	Lozz Casey (M)	Sophie Snowdon (F)	-
13	-	-	-
14	Mark Humpheys (M)	Sarah McNally (F)	Nick Heard (M)

HEALTH & SAFETY

Clothing & Footwear:

- » All clothing must be tight-fitting and suitable for athletic activities to prevent injury.
- » Shoes should have good grip and ankle support, especially for outdoor terrain and lifting events.
- » No loose or baggy clothing that could get caught on equipment.

Hydration & Nutrition:

- » Stay hydrated throughout the day—water stations will be available at key points.
- » Eat light, energy-boosting meals prior to and between events to maintain stamina.

Warm-Up & Stretching:

- » Competitors are required to participate in warm-up sessions led by a PT before starting the first event.
- » Stretch adequately before and after each trial to prevent muscle strain.
- » Event-Specific Safety:
- » Follow event marshal instructions at all times for safe participation in each trial.
- » For lifting events (e.g., log press), always maintain proper form as demonstrated during the briefing.
- » During the spear toss and sheaf toss, stand clear of the designated throwing areas until instructed.

Injury Prevention:

- » If at any point you feel unwell or sustain an injury, stop immediately and inform the nearest marshal or medic.
- » Listen to your body—do not overexert yourself, especially in strength-based events.

Weather Conditions:

- » Be aware of changing weather conditions (sun, rain, or wind). Use sunscreen or layers if necessary.
- » Events will continue in light rain, so plan for wet surfaces; marshals will adjust if conditions become unsafe.

Competitor Behaviour:

- » Always respect the space and safety of fellow competitors. Avoid reckless behaviour or pushing limits beyond safety.
- » Disqualification may occur for anyone found not adhering to safety protocols or event guidelines.

First Aid & Medical Support:

- » First aid stations will be clearly marked and available throughout the venue.
- » If you have any medical conditions (e.g., asthma, allergies), carry necessary medication and inform the staff in advance.

SUGGESTED PACKING LIST

1. Clothing & Footwear

- » **Workout Attire:** Suitable for physical activity. Avoid loose clothing.
- » **Shoes:** Sturdy, grippy shoes with ankle support (for running and lifting).
- » **Spare Clothes:** Dry clothes to change into after the first event.
- » **Swimwear (Optional):** If you prefer, swimwear for the sea-based event.
- » **Waterproof Bag:** To store wet clothes after the sea event.
- » **Towel:** For drying off after the sea trial.
- » **Warm Layers:** Lightweight jacket or hoodie for warmth between events.
- » **Waterproof Layers:** It is likely to rain on the day - stay dry.
- » **Hat & Sunglasses:** For sun protection during outdoor events.

2. Hydration & Nutrition

- » **Water Bottle:** Large, refillable water bottle. Hydration stations available.
- » **Sports Drinks:** Electrolyte, glucose & energy drinks.
- » **Snacks:** Energy bars, fruits, nuts, and light snacks. Avoid heavy meals.
- » **Pre-packed Meal:** Lunch in a longer break.

3. Fitness Equipment

- » **Weightlifting Gloves:** Protect your hands during grip-intensive events.
- » **Knee or Elbow Sleeves (Optional):** Support during lifting or carrying.
- » **Small Foam Roller/Resistance Bands:** Stretching or muscle relief.

4. Health & Safety Gear

- » **Sun Protection:** Sunscreen (SPF 30 or higher) outdoors all-day.
- » **Personal First Aid Kit:** Basic such as band-aids, blister pads, and any personal medication (e.g., inhalers, allergy meds).
- » **Sports Tape or Wraps:** For added support during events.

5. Miscellaneous

- » **Phone & Charger:** So you can communicate & check the schedule.
- » **ID & Registration Information:** Keep these handy for check-in.
- » **Plastic Bags:** For storing wet or dirty clothes and shoes.
- » **Small Backpack or Gym Bag:** To store your items conveniently.