

RACE TO THE STONES 2022 EVENT DAY BOOKLET



Brought to you by:
THRESHOLD/
MORE IS IN YOU™

**RACE TO THE
STONES** 

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INTRODUCTION

WELCOME FROM

THRESHOLD

When we launched Race to the Stones a decade ago, we never expected it to grow into the event it is today.

My first experience of the ancient path was when we tested out the route as a team back in 2012. This was also my first attempt at a 100km and a huge step into the unknown for me but also for Threshold.

We were treated to the perfect summer's day before we pushed on under a star-lit night to see the sunrise over the mist-shrouded stones. We knew then that this was something we had to share with more people and the event was born.

Since then, tens of thousands of you have joined us from across the globe and we have grown into the largest Ultramarathon in the UK. We often talk about the trail being the star of the event. However, it is the spirit and determination of all those who reach the Stones each year that inspires us to deliver the best event possible.

Hopefully, this guide will help settle the nerves and get you fully prepped for the Race. Everyone on the start-line will be nervous. Everyone will be wishing they had done a bit more training. Everyone is there to support you.

The Threshold crew, the medics, the legendary pit stop volunteers, and the thousands of other runners are all behind you. When the going gets hard, which it will, remember all those who have trodden the path before you and draw on their strength.

More Is In You.

Nick Tuppen
CEO Threshold Sports

CHARITY PARTNERS



EVENT PARTNERS



YOUR FINAL CHECKS ARE YOU READY?

Your essential preparation list to make sure you've got everything covered.

Before the event	✓
Wear in your event day kit	
Practice using your backpack	
Practice using similar nutrition and eating on the move	
Book any required parking and shuttles via your MyEvents Portal (Deadline 26 June)	
Book any pre and post event accommodation	
If needed, update emergency contact information via your MyEvents Portal	

And finally, don't forget	✓
Registration Pack	
Check the kit list	
Sleeping bag and camping mat (for those taking part in a camping package)	

WHAT TO EXPECT ON THE DAY

KEY TIMINGS

SATURDAY 9TH JULY

04:00	Finish car park opens
05:30	Start car park opens
05:45	Start venue open
06:30 - 10:30	Start line open <ul style="list-style-type: none"> You will be assigned your start wave based on the completion time you gave Please arrive no more than 45 mins prior to your start wave Registration open for international participants & lost / changed registration packs If you've trained to compete amongst the fastest runners, you should be in the 06:30 wave.
10:00	Basecamp car park opens
10:00 - 22:45	Basecamp facilities open
16:00 - 22:00	Registration open for Day 2 participants at Basecamp
21:45	Weekender and Day 1 participants to have reached Basecamp
22:30	Non-stop participants to have left Basecamp <ul style="list-style-type: none"> Basecamp closed to non-campers

SUNDAY 10TH JULY

05:00 - 07:00	Breakfast available at Basecamp and registration for Day 2 participants
06:00 - 07:00	Start line at Basecamp open <ul style="list-style-type: none"> It is an open start line, there are no set waves. Start as soon as you are ready.
08:00	Basecamp site closes <ul style="list-style-type: none"> All non-competing participants to depart
20:30	Finish line closes
21:00	Finish car park closes
22:30	Start and Basecamp car parks close

WHAT TO EXPECT ON THE DAY GETTING THERE

LOCATIONS

START

Field Farm
Lewknor,
Watlington,
Oxon,
OX49 5RR

What3Words: [///chop.mailers.motivations](https://chop.mailers.motivations)

Nearest train station:

Princes Risborough (9 miles from start)

BASECAMP (Day 1 finish & Day 2 start)

Lattin Down Kiln,
The Ridgeway,
Wantage,
Oxon,
OX12 8PA

What3Words: [///call.unsecured.coupler](https://call.unsecured.coupler)

Nearest train station:

Didcot Parkway or Newbury (both approx. 12 miles from basecamp)

FINISH

Rutland Farm,
Avebury,
SNB 1RH

What3Words: [///whirlwind.startles.flagging](https://whirlwind.startles.flagging)

Nearest train station:

Swindon (12 miles from finish)

Use the What3Words addresses to easily find our key locations. Download the free What3Words app from the [App Store](#) or [Google Play Store](#) and enter the What3Words address

you want to find into the search bar. Click navigate to get directions straight there using your preferred map app.

TRANSPORT OPTIONS

CAR

Participant car parking is available at the Start, Basecamp and Finish. More information about opening times and pricing can be found on the [Participant Information Platform](#).

An event parking permit will be sent to you in your Registration Pack and must be clearly displayed in your vehicle.

There will be a drop off and pick up area at the Start, Basecamp and Finish line car park. There is a maximum wait time for 30 mins. It is free of charge and does not need to be booked.

All cars are left at owners' risk and must be collected before the car park closes.

SHUTTLES

Shuttle buses will be available between key locations. Exact timings and prices can be viewed on the Shuttles & Parking section of the [Participant Information Platform](#). Shuttles must be pre-booked and bookings will close on Sunday 26th June.

If you have booked a shuttle to get to the Start on Saturday morning, the next page will show you what time you need to arrive.

WHAT TO EXPECT ON THE DAY

SHUTTLE TIMES

BEFORE THE EVENT

If you have booked a shuttle to get to the Start on Saturday morning, the below table shows you what time you will need to be on your shuttle at the shuttle departure point so that you get to the start line in time for your wave.

We are providing plenty of shuttles based on the number of participants in each wave for the respective journey, so you do not need to book a specific time. **Please arrive 15 mins prior to the shuttle departure time.**

FROM FINISH CAR PARK TO THE START

Saturday 9th July

Depart	Arrive	Journey Time	Wave
04:30	06:00	1hr 30mins	A and B
05:15	06:45	1hr 30mins	C and D
05:45	07:15	1hr 30mins	E and F
06:30	08:00	1hr 30mins	G and H
07:00	08:30	1hr 30mins	G and H

AFTER THE EVENT

Shuttles from the finish line will run regularly when full:

- During the day they will depart approx. every 1hr 30mins – 2 hrs
- During the night, they will depart less frequently

FROM BASECAMP TO THE START

Saturday 9th July afternoon and evening

Sunday 10th July morning

FROM FINISH TO BASECAMP

Sunday 10th July afternoon and evening

FROM FINISH TO SWINDON TRAIN STATION

Saturday 9th July afternoon and evening

Sunday 10th July all day

WHAT TO EXPECT ON THE DAY

REGISTRATION, START WAVES, BAG TRANSFER

REGISTRATION PACKS

You will receive your Registration Pack in the post 2 weeks before the event. In your pack you will get the following items with clear instructions on what to do:

- Race number and safety pins (with timing chip attached)
- Luggage label (incl. cable ties to attach it to your bag)
- Accreditation wristband (to be worn at all times during the event)

International participants, and those who register or change package after the 7th June, will need to collect their pack at the Info Desk at your respective start line, as you will not receive it in the post.

REGISTRATION

If you have already received your pack in the post, there is no need to re-register when you arrive at your respective start line.

If you still need to collect your Registration Pack or make changes, please visit the Info Desk.

START WAVES

We operate a staggered start system. Start waves will be allocated based on your estimated completion time that you gave when you registered.

To locate your wave time:

- Go to our results page [HERE](#).
- Click 'Participants'.
- Search for your name and click 'Search'.
- Your wave time will appear in the 'Start group' column.
- *Please note, if you registered after 7th June your time will not be showing yet. This will be updated on 6th July.*

Wave	Time
A	06:30
B	06:50
C	07:10
D	07:30
E	07:50
F	08:10
G	08:30
H	08:50

BAG TRANSFER

We will provide luggage transfer from the start to the finish point of your chosen package. You will receive a luggage label in your Registration Pack. You must attach this to your bag and take it to the correct luggage vehicle.

- Crew will be available to assist you. At your finish point, you can collect your bag by showing your event wristband.
- Everything, including sleeping bags and mats, **must fit inside** your bag. Nothing should be attached to the bag except the luggage label.
- Please bring holdalls/rucksacks rather than suitcases.
- Overnight participants will have access to their luggage at the Basecamp.
- Non-stop participants will **not** be able to access their luggage at Basecamp, this will go straight to the finish.

WEIGHT ALLOWANCE (to be strictly adhered to):

- Day 1 / Day 2 / Non-stop: 5kg.
- Weekender / overnight: 10kg.
- The bag size is not limited, only the weight.

WHAT TO EXPECT ON THE DAY

ROUTE

SIGNAGE

All **100km** of the route will be marked with **red arrows** and the majority of the route is also signposted as **The Ridgeway National Trail**.

The route maps are available to view via the 'Route' tab on the [Participant Information Platform](#). Always follow the event signage in case there are any last-minute changes to the route.

TIMING

Timings will be taken at Start, Basecamp and Finish and will be published online after the event by Results Base. Timings are based on chip time.

NAVIGATIONAL DEVICES

Our route distances are gathered by a navigational expert using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS running computers, the position on the trail and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

BACK-MARKERS

There will be a **back-marker** who will follow the route at the back behind the last participant.

The back-marker will leave the start after the last participant each day and stay out on the route until everyone has finished or the route closes.

LITTER

We must respect the trails we use for the event. Therefore, we ask all participants to keep hold of their rubbish **until they reach the next pit stop**, where there will be plenty of bins available.

WHAT TO EXPECT ON THE DAY

FACILITIES

The below table shows the facilities available at each stage across the route.

FACILITIES	START	PIT STOPS	BASECAMP*	FINISH
Toilets	✓	✓	✓	✓
Showers			✓	✓
Food**		✓	✓	✓
Water stations	✓	✓	✓	✓
Food concessions***	✓		✓	✓
Bar***			✓	
Charging points			✓	
Merchandise				✓
Medics	✓	✓	✓	✓
Stretching area			✓	

*Day 1 finish, Day 2 start

**Participants will be provided with one meal as part of their package at the Festival Basecamp; either a hot lunch or evening meal. There will be an option to purchase an additional meal if you would like another. Breakfast will be available on Sunday morning for those camping and a Finisher meal will be waiting for participants at the end of their event.

***Additional cost

WHAT TO EXPECT ON THE DAY

PIT STOPS

Pit stops are approximately every 10-15km and will give you a chance to refresh and recharge for the next stage and check in with the medics if you need to. We recommend a quick turnaround to get back on the trail as quickly as possible. Please do **not** arrange to meet up with friends and family at pit stops, they will **not** be allowed at pit stop areas to keep clear access for participants.

Please note: some pit stops are slightly off the route and therefore you will need to go to every pit stop in order to make up the total event distance. The pit stops will be well signposted so please follow all signs.

OPENING AND CLOSING TIMES

Each pit stop will have a specific opening and closing time that needs to be adhered to. It is essential that you leave the pit stops before the closing time otherwise you will face disqualification from the event.

Pit stop	Distance (km)	Next pit stop (km)	Open	Close	Food / Drink / Sports nutrition available
1	8.7	12.6	Sat 07:00	Sat 11:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit Squash, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
2	21.3	14.2	Sat 08:00	Sat 14:30	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, sandwich, fruit Squash, flat coke, hot drinks, water High5 Sport Nutrition: Zero tabs, Energy Source, Gels
3	35.5	14.3	Sat 09:00	Sat 18:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, sandwich, fruit Squash, flat coke, hot drinks, water High5 Sport Nutrition: Zero tabs, Energy Source, Gels
4 Basecamp	49.8	9.9	Sat 10:30 Sun 06:00	Sun 21:45 Sun 07:15	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit. Afternoon tea (before 5pm), hot meal (after 5pm) Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
5	59.7	13.1	Sat 11:15 Sun 06:30	Sun 00:30 Sun 09:45	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, fruit Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
6	72.8	15.5	Sat 12:15 Sun 07:30	Sun 04:00 Sun 13:15	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, fruit, sandwich (Day 2 participants only) Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
7	88.3	11.9	Sat 13:30	Sun 17:15	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, fruit Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
Finish	100.2		Sat 14:30	Sun 20:30	<ul style="list-style-type: none"> Hot meal Hot and cold drinks

WHAT TO EXPECT ON THE DAY

RESULTS AND PHOTOS

FINDING YOUR RESULTS

All results can be found on our dedicated results page, hosted by Results Base. A link to this is located on the [Participant Information Platform](#).

Times will be taken from the timing chips at the Start, Basecamp and Finish. These will be synced to the results page but may have short delays.

If you upgraded to a GPS Tracker, you will be sent a dedicated link from Open Tracking where your friends and family can track your live progress.

EVENT PHOTOS

EVENT HIGHLIGHTS

After the event, we will provide a link to our general event highlights album hosted on Flickr and our social channels. There will be the option to download images from the album in various sizes.



OFFICIAL THRESHOLD TRAIL SERIES PHOTOS

This year we have partnered with [Sportograf](#) to capture your individual event photos. Sportograf are an expert team of sports enthusiasts who love nothing more than to capture your special event moments. They will be using a specialist facial recognition technology to capture you wherever you are, out on the course.

Information about how to purchase your professional individual event photos can be found on the [Participant Information Platform](#).

Purchase your event photos pre-event and receive a 15% discount.



WHAT TO EXPECT ON THE DAY

SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event weekend which will go through to our central **EVENT CONTROL** team.

These will be clearly marked on the back of your race number.

- Please make sure you add these numbers to your mobile contacts list.

WHILE ON THE ROUTE

- Follow **ALL** event arrows.
- Follow the Highway Code when crossing or walking/running on roads.
- Please stop at pit-stops and don't get waylaid in local pubs.
- Inform **EVENT CONTROL** if you leave the event for any reason.

WALKING THROUGH THE NIGHT

If you are continuing on the route through the night please ensure you:

- Do not walk/run alone. Try and get into groups of at least two.
- Have a **head torch** on at all times.
- Only stop at pit stops.
- Inform **EVENT CONTROL** if you are leaving the route.

IF YOU GET LOST

If any time you believe you are lost please follow this procedure:

- Stop** and try to work out where you are, using reference points.
- Walk back** to your last known point/arrow.
- If you are still lost, stay where you are and call **EVENT CONTROL** who will guide you back onto the route.

CASUALTY PROCEDURE

If you have an accident or come across one:

Call 999 direct if it is a critical medical emergency.

- Call 999 direct if it is a critical medical emergency
- Apply First Aid and if possible make your way to the nearest pit stop where a medic will be on hand.
- If you cannot get to the pit stop alone, ask for help from fellow participants.
- If you still cannot make it to the pit stop, call **EVENT CONTROL**.

EVACUATION FROM THE ROUTE

In the case of a serious medical emergency we will arrange evacuation for any participant from the course.

However, if you are just having trouble completing the distance, try to get to the next pit stop where we recommend arranging your own transport to the next Basecamp or the Finish.

WHAT TO EXPECT ON THE DAY

MEDICAL SUPPORT & TOP TIPS

We will have medical provisions at the start, pit stops, Basecamp and the Finish. There will be emergency medical care available for the duration of the event. At the half way Basecamp, the medical team will also run a medical clinic.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. Don't overdo the energy drink or gels, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

BLISTERS

Please bring plenty of blister treatment with you and carry it on the route. The medical teams on the event are there to treat the more serious medical cases. There are a number of ways to prevent and manage blisters: click [here](#) on how to treat them from foot care specialists, Profeet.

TRAILMED

We are pleased to be welcoming back [TrailMed](#) as our Official Medical Partner on our events in 2022.

TrailMed not only support our walkers and runners on the event but are also experts in Health and Performance testing.

With a full range of services from measuring your anaerobic threshold, critical power levels and VO2 max to physiotherapy, sports injury and rehabilitation, nutrition and personal training.

Find out more [here](#) and look out for discounts and deals coming soon!

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events.

Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if there athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems, we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise.

PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.



EXCLUSIVE PARTNER OFFER START WITH THE RIGHT KIT

ADIDAS TERREX

The [adidas Terrex](#) team will have the latest footwear, clothing and accessories as part of their test & trial service on all of our threshold trail series events this year.

There will be a range of trail running and hiking footwear, a collection of Agravic Pro apparel and a selection of caps, socks and running vests. Drop in to say hello to the adidas TERREX team at our live events to find out more.

In the meantime, find out what your perfect trails footwear is by using adidas TERREX [Outdoor Footwear Finder](#).

Adidas TERREX are also giving threshold trail series participants the chance to join their outdoor hub, join below to be the first in line for competitions, product drops & more.

[Sign up](#) to the adidas Outdoor Hub.



 **TERREX**

EXCLUSIVE PARTNER OFFER

SPORTS NUTRITION TRIAL

HIGH5

HIGH5 are delighted to support you at Threshold Trail Series 2022.

HIGH5 will be providing you Energy Gel with Slow Release Carbs, Slow Release Energy Drink, and ZERO on the day and will help you on your training journey to get there. With more than 20 years' experience developing innovative sports nutrition, HIGH5 products give you everything you need to be at your ultimate best.

Discover the HIGH5 Run Pack – the complete range of great tasting energy, hydration and recovery products to help you be at your best, every run.

Use coupon code **Trails2022** to get your [HIGH5 Run Pack](#) for only £7.85 now (50% off, excludes P&P).

Not sure if sports nutrition is right for you? Find out more about how nutrition can help you [here](#).

[Click here](#) to claim offer.



EXCLUSIVE PARTNER OFFER A TASTE OF THE TRAILS

PERKIER

Vitamin packed and providing nutritious energy **Perkier** bars will keep you feeling perky all through your training and in the race!

Perkier is a young British company, providing tasty & nutritious snacks packed with slow-release energy to keep you feeling perky through your training and during the race.

Their range is high in fibre, rich in plant proteins and packed with vitamins to keep you feeling perky! Great for gut health, scientifically proven to enhance recovery after sport.

Gluten free & wheat free, suitable for vegetarians and vegans and NO PALM OIL.

The Perkier team will be at the pit stops cheering you on and helping you refuel. Make sure you grab a bar... and sneak one in your pocket for later!

Available to buy in lots of delicious flavours on Amazon Prime; online and instore at Sainsbury's & Morrisons (free-from aisle) and ASDA and on the Perkier [webshop](#)! Grab an EXTRA 20% OFF with TTS_2022 on [Amazon](#) or [Perkier website](#).



PERKIER

EXCLUSIVE PARTNER OFFER

BLISTER TOP TIPS

TOUGHEN UP

We can adapt over time to increase our ability to withstand shearing stress, but it is suggested that it takes between 6 months and 6 weeks to toughen feet up.

How and what to use to toughen up the skin:

- Spend time on the feet
- Preparations such as:
- Zinc sulphates
- Potassium permanganate footbaths
- Surgical spirit



SUPPLENESS

When toughening up we do not want to sacrifice suppleness.

- Maintain with creams which increase the elasticity of the skin whilst not increasing the moisture (moisture is BAD)
- Preparations to increase suppleness
- Nok (Shea butter) cream
- Coco butter etc.



EXPERT ADVICE FROM PROFEET

[Profeet Sports Lab](#) will be making sure participants are ready to take on the Threshold Trail Series.

Profeet specialise in biomechanical running analysis and custom fitting insoles for running, hiking, walking and trekking. Get 15% off [online](#) with **THRESHOLD15**. Just take proof of participation in store to redeem your discount!



Follow these top tips on Blister prevention from Profeet. For more information click [here](#).

ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE
CHECK OUT ONE OF THE FOLLOWING
PLATFORMS

EDIT YOUR REGISTRATION

You can edit your registration by logging into MyEvents Portal [here](#).

JOIN THE COMMUNITY

Make sure you also join us on the [Threshold Trail Series Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

FOLLOW US ON SOCIAL MEDIA

Follow us on our social media channels to see the latest tips from Threshold Trail Series ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

STILL CAN'T FIND SOMETHING...

If you can't find the answer you're looking for, please feel free to email us:

info@racetothestones.com

READY FOR YOUR NEXT CHALLENGE? EXPLORE OUR EVENT SERIES

THRESHOLD/TRAIL SERIES



Looking for your next adventure? From iconic running trails to scenic bike rides across the U.K, challenge yourself with one of Thresholds many events.



Bringing cyclists, runners and walkers together, born as a London weekend cycling sportive, we proudly introduced a trails element in 2019. On Saturday night, we provide the perfect setting for people to celebrate their achievements at our family-friendly Basecamp with everything from bars to bouncy castles.



Sign up for an **9 epic days of adventure in 2023**, Ride Across Britain covers 980 miles of the most beautiful and scenic landscapes accessible on two wheels. We think there is no better way to travel from Land's End to John O'Groats!

GOOD LUCK WITH THE TRAINING AND REMEMBER...
MORE IS IN YOU



Brought to you by:
**THRESHOLD/
MORE IS IN YOU™**

**RACE TO THE
STONES** 