

RACE TO THE STONES

13-14 JULY 2024
LEWKNOR

BROUGHT TO YOU BY
THRESHOLD/
MORE IS IN YOU™

EVENT GUIDE



RACE TO
THE STONES

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WELCOME TO RACE TO THE STONES

CONGRATULATIONS – THE HARD PART IS ALMOST OVER

You've put yourself out there and signed up – that, in itself, is a victory.

You've made the decision to take on a challenge that many people simply could not imagine. With any luck, you might even have managed to do a bit of training...!

In a few short weeks, all that will be behind you, and all that remains will be a day out on the trails. A day that will undoubtedly bring with it hardships – some foreseeable, others less so – but a day for which you are prepared, even if you do not yet believe it. We know this from experience.

This year saw our Ultra 50:50 campaign garnering national headlines, as we sought to encourage more women to take part in our ultramarathons. Throughout the last few months, we've been following the journeys of six (extra)ordinary women, our Ultra 50:50 Challengers – Deborah, Hester, Lisa, Nazrin, Semeena, and Romey – as they train and prepare for a Threshold Trail Series ultramarathon.

Each of our Challengers has a unique story to tell – from an experienced ultrarunner taking on her first event post-partum to a two-time cancer survivor making her trail running debut. What matters, however, is not what separates our Challengers, but what unites them – the same ambition, drive, and fortitude that is shared by all those brave enough to take on an ultramarathon, and which we are so privileged to bear witness to each year at Race to the Stones.

We hope this guide will help settle any last-minute nerves you may have about the challenge that lies ahead. We at Threshold pride ourselves on our attention to detail in delivering a quality service, so rest assured that you are in safe hands out there on the trails

When the going gets tough, remember that you are not alone – and that you might have more in common with the athlete quietly jogging alongside you than you think.

Good luck and enjoy the journey.

The Threshold Trail Series Team

EVENT PARTNERS



HARRIER
TRAIL RUNNING



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GOLD CHARITY PARTNERS

ALZHEIMER'S RESEARCH UK **FOR A CURE**



MACMILLAN
CANCER SUPPORT

Tommy's

**RACE TO
THE STONES**

GETTING HERE

START LOCATION

Field Farm, Lewknor, Watlington, Oxon,
OX49 5RR

What3Words:
///chop.mailers.motivations

BASECAMP LOCATION

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

What3Words:
///below.relax.basics

FINISH LOCATION

Rutland Farm,
Avebury, SN8 1RH

What3Words:
///whirlwind.startles.flagging



GETTING THERE

CAR

Participant car parking is available at the Start, Basecamp and Finish. This will be available to purchase prior to the event via your **MyEvents Portal**. An event parking permit will be sent to you in your Registration Pack and must be clearly displayed in your vehicle.

There will also be a drop-off and pick-up areas with a maximum wait time of 30 mins. It is free of charge and does not need to be booked.

Shuttle buses will be available between key locations, including to Swindon Train Station from the finish. Exact timings and prices will be available on the Participant Hub closer to the event.

If you drop out during the event it is your responsibility to make your way back to your car.

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

TRAIN

The nearest train stations are listed below. You can book a taxi from these stations to get to/from the event locations:

- Start: Princes Risborough
- Basecamp: Didcot Parkway / Newbury
- Finish: Swindon

REGISTRATION, ARRIVAL & WAVE TIMES

REGISTRATION

You will receive your Registration Pack 1 week before the event. This will include:

- Race number (with timing chip)
- Luggage label
- Accreditation wristband (to be worn at all times)

If your pack does not arrive, please come and see us on Saturday at the Info Desk.

For further details please see our FAQ page.

BAG TRANSFER

We will provide luggage transfer from the start to the finish point of your package.

At your finish point, you can collect your bag by showing your wristband.

Everything, including sleeping bags, must fit inside your bag.

Please bring holdalls/rucksacks rather than suitcases.

Overnight participants will access their luggage at Basecamp.

Non-stop participants will not be able to access their luggage at Basecamp, only at the finish.

WEIGHT ALLOWANCE (to be strictly adhered to):

- Day 1 / Day 2 / Non-stop: 5kg.
- 100km over 2-days / overnight: 10kg.
- The bag size is not limited, only the weight.

START WAVES

We operate a staggered start system. Start waves will be allocated based on your estimated completion time.

Participants' wave times will be communicated via email nearer to the event.

Please note, if you are racing and aiming for a podium finish, you should aim to join the 6:30 wave. We hand out trophies based on gun-time.

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
I	9:10



SHUTTLE TIMINGS

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.**

FINISH TO START

SATURDAY 13 JULY

DEPART	ARRIVE	JOURNEY TIME	WAVE
04:30	06:00	1hr 30mins	A & B
05:15	06:45	1hr 30 mins	C & D
05:45	07:15	1hr 30 mins	E & F
06:30	08:00	1hr 30 mins	G & H
07:00	08:30	1hr 30 mins	H & I

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 13th July afternoon and evening
- Sunday 14th July morning

FROM FINISH TO BASECAMP AND THEN TO START

- Sunday 14th July afternoon and evening

FROM FINISH TO SWINDON TRAIN STATION

- Saturday 13th July afternoon and evening
- Sunday 14th July all day



KEY TIMINGS

SATURDAY 13 JULY

04:00	Finish car park opens
05:30	Start car park opens
05:45	Start venue open Registration open for international participants & lost/changed registration packs
06:30 - 09:10	Start line open - 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 - If you are racing and aiming for a win you should start in the 06:30 wave.
10:00	Basecamp car park opens
10:00 - 22:00	Basecamp facilities open
16:00 - 22:00	Registration open for Day 2 participants at Basecamp
21:45	100km over 2-days and Day 1 participants to have reached Basecamp
22:00	Non-stop participants to have left Basecamp Basecamp closed to non-campers

SUNDAY 14 JULY

05:00 - 07:00	Breakfast available at Basecamp and registration for Day 2 participants
06:00 - 07:00	Start line at Basecamp open It is an open start line, there are no set waves. Start as soon as you are ready.
08:00	Basecamp site closes 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

ROUTE SUPPORT

PIT-STOP INFORMATION

PIT-STOP	DISTANCE (KM)	NEXT PIT-STOP (KM)	OPEN	CLOSE
1	8.7	12.6	Sat 07:00	Sat 11:15
2	21.3	14.2	Sat 08:00	Sat 14:30
3	35.5	14.3	Sat 09:00	Sat 18:30
4 Basecamp	49.8	8.9	Sat 10:30 Sun 06:00	Sat 21:45 Sun 07:00
5	58.7	14.1	Sat 11:00 Sun 06:30	Sun 00:30 Sun 09:45
6	72.8	15.5	Sat 12:15 Sun 07:30	Sun 04:15 Sun 13:15
7	88.3	11.9	Sat 13:30	Sun 17:15
Finish	100.2	N/A	Sat 14:30	Sun 20:30

Pit stops will be well stocked across the event and will vary slightly at each pit stop but remain consistent with the same types of foods.

Pit-stop refreshments will include:

- High 5 Sports Nutrition: Zero Tabs, Energy Source and Gels
- Squash and water
- Fruit
- Chocolate and sweets
- Crisps and other savoury snacks



EVENT FACILITIES

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

****Participants are provided one meal at Basecamp; either a hot lunch or evening meal. Breakfast is available on Sunday morning for those camping and there will be a hot meal at the Finish.**

*****Additional cost**

ROUTE & SAFETY

SAFETY

Emergency numbers will be on the back of your race number. They will call through to our EVENT CONTROL team.

Please inform Event Control if you leave the event at any point.

WALKING THROUGH THE NIGHT

Try and get into groups of at least two if you are continuing through the night. Please always have a head torch on and only stop at pit stops.

IF YOU GET LOST

Stop and use reference points to try to work out where you are.

Walk back to your last known point/arrow.

If you are still lost call EVENT CONTROL.

CASUALTY PROCEDURE

Call 999 direct in a medical emergency.

Apply First Aid and try to make your way to the nearest pit stop (medics onsite).

Ask for help from fellow participants.

If you cannot make it to the pit stop, call EVENT CONTROL.

EVACUATION FROM THE ROUTE

In the case of a medical emergency, we will arrange evacuation from the course.

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.

SIGNAGE

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

Route maps are available on our website, but 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. Timings are based on chip time.

NAVIGATIONAL DEVICES

Route distances are gathered using an electronic mapping system. This is as accurate as possible, but discrepancies can occur between different GPS running computers and atmospheric conditions. This may lead to minor differences in distance on the route.

Check out Harrier's best safety equipment for the trails [here](#).



MEDICAL SUPPORT

There are medical provisions at the start, pit stops, Basecamp and Finish. There will also be emergency medical care available and a medical clinic at Basecamp.

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 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 as medics are there to treat more serious cases.

[Click here](#) for blister advice from foot care specialists, Profeet.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend paracetamol. Ibuprofen is an alternative, but there are concerns about its use with other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. If used when dehydrated or with severe muscle damage, there is a potential risk of kidney damage.

NSAIDs can also cause stomach problems. If you have kidney or GI problems, we would strongly avoid using NSAIDs. If you do choose to use them, maintain hydrated and seek help if your urine becomes very dark. If in doubt, ask our medics.

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

TRAILMED

TrailMed are our Official Medical Partner for 2024.

TrailMed not only support our walkers and runners, 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!



TRAILMED
SUPPORTING ADVENTURE

**RACE TO
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SPORTS NUTRITION

HIGH5 Sports Nutrition

HIGH5 are delighted to support you at Race to the Stones 2024.

HIGH5 will be providing Energy Gels, 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.

To help prepare you for race day, HIGH5 are offering all our participants a FREE Gel Nutrition Pack! This is the ideal opportunity to test some of the sports nutrition that will be at the pit stops. Claim your 5 pack of gels with a 500ml bottle worth £11.48* today!

[Click here](#) to claim offer.

Check out HIGH5's **[On the Day Nutrition Guide!](#)**

**You will be charged the cost of P&P at £3.99.
See T&Cs [here](#)*

CHECK OUT OUR OTHER PARTNERS!

Our award-winning ultra-marathons don't happen without our incredible partners.

To find out more about our other partners and the exclusive offers available from the likes of Harrier, Runna, VAGA, Profeet and many more, head over to our **[Partner Page](#)**.



**RACE TO
THE STONES**

FOOD & DRINK

Extreme

A fully vegetarian option, which is included in your event ticket, offers include jacket potatoes, loaded fries, pasta and much more!

Extreme Bar

As well as providing your food along the way Extreme Catering will also provide the bar at the finish line over the weekend.

Moo Hatch

Breakfast rolls in the morning available at the start and gourmet burgers and fries throughout the day at the finish line on Saturday and Sunday. They have options for Vegan, Vegetarian and Gluten-Free diets.

Fire and Hop Pizza

Woodfired pizza made fresh to order with top quality ingredients. A range of toppings to choose from with options available for Vegan, Vegetarian and Gluten Free diets.

Available at Basecamp from

The Candy Stop

Ice creams and ice lollies – a cold treat to enjoy after completing Race to the Stones or for those coming to support and cheer on family and friends.

Available at Basecamp and Finish over the weekend.

Mayfield Coffee.

Bean-to-cup, barista made coffee in the event village.

Siren Brewery

Siren Brewery will be at the basecamp this year selling beers, summer spritzes and soft drinks throughout the day.

Open Saturday 10:30 am – 10 pm



ADDITIONAL EXTRAS

RACE PHOTOS

Sportograf will be out on the trails, capturing unforgettable journey each step of the way.

Pre-order from your **MyEvents Portal** today for a 15% discount!



SHUTTLES & PARKING

Avoid queuing on-the-day and pre-book your parking and shuttle spots now!

Log in to your **MyEvents Portal** and select 'Additional Purchases' to secure.

OVERNIGHT CAMPING PASS

Camping passes are available for 100km Non-stop participants to purchase from the **MyEvents Portal**.

GPS TRACKING

We have teamed up with GeoTracks to provide you with GPS trackers so friends and family can track your movements in real-time!

Click **here** to book yours today!

MERCHANDISE

We're proud to have teamed up with sustainable clothing brand Pressio to produce eco-friendly running gear that not only makes you look the part on the Trails, but also contributes to making the planet a greener and happier place!

Visit their shop **here** to purchase your official Race to the Stones merchandise



iTAB

Make your race unforgettable and personalise your medal with your name!

Log in to your **MyEvents Portal** to purchase.



**RACE TO
THE STONES**

DOING THE RIGHT THING

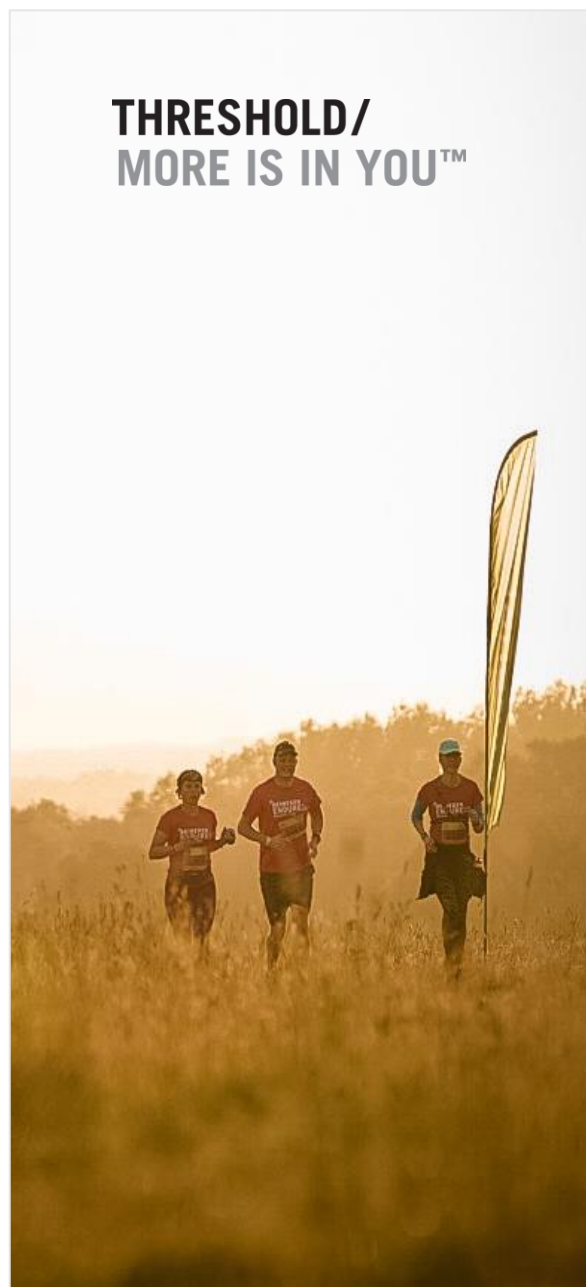
AT THRESHOLD WE BELIEVE THAT MORE IS IN YOU

Our Purpose is to help people realise their potential through world class events. We do this by:

- Supporting individuals to go beyond what they feel is possible
- Showing clients how they can fulfil their potential as responsible businesses
- Enabling charities to maximise their fundraising and supporter engagement
- Inspiring our employees to be the best versions of themselves

Fulfilling our Purpose, is only possible in the long term if sustainability is embedded in all that we do. For that reason, we believe passionately that our events should strive to have as positive impact on the natural world as they do on the teams and individuals that participate in them.

We have teamed up with **Ecolibrium** and offer participants the chance to offset their travel emissions for just £3.35. You can do this purchasing 'Balance your travel emissions' under 'Additional Purchases' on your **MyEventsPortal**.



**RACE TO
THE STONES**

ULTRA 50:50

Ultra 50:50 endeavours to achieve gender parity and set new industry standards to inspire, empower and enable more women to take part in events at the toughest end of the running distance spectrum.

In order to do this, we've partnered with SheRACES, grassroots running groups, female runners, as well as those not already in the running community, to not only understand the challenges that prevent women from taking part in ultras, but to address these challenges head on.

BREASTFEEDING SUPPORT

If a participant gets in touch to say they will be breastfeeding on our events, we will do everything we can to support them and to make them comfortable. We will make sure the start, basecamp, finish, and each pit stop has a chair and preferred open or private area for them to breastfeed.

TOILETS

There will be female only toilets across all sites on the event and toilets will be stocked with sanitary products.

SAFETY & RACE RULES

On every event we have our route director give a participant brief to each start wave. This includes things like adopting the correct etiquette out on the route, do's and don'ts, safety reminders, and more.

SANITARY PRODUCTS

Expect to see sanitary products at all info desks, pit stops and inside the toilets, throughout the event. If at any point there happens to be an empty box, please inform a member of crew as soon as you can.

NIGHT RUNNING

Running in the dark is a huge barrier for many people when deciding to take on an ultra. This year we are introducing a **Trail Buddy** system at the nighttime pit stops, where you have the option to wait for someone else who would also like to buddy up to continue together.

You can read more about our inclusion commitments [here](#).



SECURE YOUR SPOT IN 2025

ENDURE²⁴ READING

- Saturday 6 – 8 June 2025
- Wasing Park, Reading
- Our 8km trail features exciting landmarks and enchanting natural wonders, including the 15th century Church of St Nicholas and the mesmerising Wasing Wood. After conquering the infamous 'Heartbreak Hill,' take in the stunning panoramic views of Paices Wood lake.
- Click [here](#) to explore!

ENDURE²⁴ LEEDS

- Friday 27 – 29 June 2025
- Branham Park, Leeds
- Experience 8km of scenic beauty with fellow thrill-seekers. Along the course, catch sights of landmarks like the Lead Lads Temple, Roundhouse, and the historic Bramham Park Estate. The festival atmosphere will accompany you throughout the race.
- Click [here](#) to explore!

RACE TO THE STONES

- Saturday 12 – Sunday 13 July 2025
- Lewknor to Avebury
- Traverse the Ridgeway as you race towards the 5000-year-old Avebury Standing Stones, a UNESCO World Heritage site.
- Click [here](#) to explore!

RACE TO THE KING

- Saturday 21 June 2025
- West Dean Gardens
- The perfect first ultra. Follow in the footsteps of royalty along the spectacular Monarch's Way and South Downs Way in this unique and inclusive figure-of-eight ultramarathon.
- Click [here](#) to explore!

RIDE ACROSS BRITAIN 2024 SALES ARE STILL AVAILABLE



RIDE ACROSS BRITAIN

- Saturday 7 September – Sunday 15 September
- Land's End to John o'Groats
- 900 riders, 9 days, 980 miles. From the UK's most southern to northern point, this will be a journey you will never forget.
- Click [here](#) to explore!



RACE TO
THE STONES

GOOD LUCK, ENJOY THE RACE

For any other questions, visit our [FAQs page](#) and [Participant Hub](#).

We can't wait to welcome you on the trails at Race to the Stones!

Good luck...

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MORE IS IN YOU™**



**RACE TO
THE STONES**