

# RACE TO THE KING

21 JUNE 2025  
WEST DEAN GARDENS

BROUGHT TO YOU BY  
**THRESHOLD/**  
MORE IS IN YOU™

## EVENT GUIDE



**RACE TO  
THE KING**

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# WELCOME TO RACE TO THE KING

## AN ULTRA FIT FOR A KING IS UPON US

Congratulations - you've made the decision to take on a challenge that many people simply could not imagine.

In a few short weeks, all those hours of training and preparation will be put to the test as you conquer this breathtaking adventure. There will be highs, and there will be lows, but the journey and the feeling of accomplishment you'll experience after is why we challenge ourselves. You may be excited, or you may be nervous, but you are prepared - even if you do not believe it. Trust us, we know this from experience.

This year, we continued to build on our Ultra 50:50 initiative, as we seek to empower and welcome more women to take on our ultramarathons. In 2024, we documented a team of (extra)ordinary women who took part in last year's Race to the King: our Ultra 50:50 Challengers. You can see their journey [here](#).

This year, we recruited a cohort of inspirational Challengers. Each of our Challengers has a unique story to tell – from a triathlon coach who has recently been diagnosed with Crohn's disease, to a retired librarian taking on their first ultra. These incredible women may come from different walks of life, but what is truly inspiring is the ambition, drive and courage they share to take on their first ultramarathon. We can't wait to see them thrive.

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 Race to the King Team**

## EVENT PARTNERS



**JustGiving™**

**PERKIER**

**PRESSIO**

**profeet**  
SPORTS LAB

**Runna**

**SUUNTO**

**TRAILAED™**  
SUPPORTING ADVENTURE

## GOLD CHARITY PARTNERS

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

**CANCER RESEARCH UK**

**MACMILLAN**  
CANCER SUPPORT

**Tommy's**

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# GETTING HERE

## LOCATION

**West Dean Gardens**

**Chichester**

**PO18 0RX**

*What3Words:///stepping.mavericks.electric*

## GETTING HERE BY CAR

Participant car parking is available at West Dean Gardens. This will be available to purchase prior to the event on your Let's Do This account. Parking will open at 5:30am on the Saturday of the event and close at 1pm on the Sunday.

To help us manage congestion, please aim to arrive **45 minutes** before your wave time, and no earlier than an hour before your wave time.

An event parking permit will be sent to you by email, one week before the event and must be clearly displayed in your vehicle.

There will also be drop-off and pick-up areas at West Dean Gardens. There is a maximum wait time of 30 minutes. It is free of charge and does not need to be booked.

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

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

## GETTING HERE BY TRAIN

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

- Chichester - Southgate, Chichester, PO19 8DL (20 mins)
- Barnham - Barnham Road, PO22 0ER (21 mins)
- Arundel - Station Approach, BN18 9PH (25 mins)

You can book a shuttle bus to/from Chichester Train Station to get to/from West Dean Gardens. Exact timings and prices are available closer to the event on the Participant Hub.

## GETTING HERE BY BUS

The number 60 bus from Chichester Train Station to Midhurst has a bus stop a short walk from the station. Get off the bus at the West Dean Gardens stop and walk along the road following the yellow AA signage for Race to the King, a short walk from the main road.



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# REGISTRATION, ARRIVAL & WAVE TIMES

## REGISTRATION

You will receive your registration pack **when you arrive** at the event. This will include:

- Race number and safety pins (with timing chip)
- Luggage label (incl. cable ties)
- Accreditation wristband (to be worn at all times)

Please aim to collect your registration pack **as soon as you arrive**. Packs will be arranged in alphabetical order, based on your surname.

For further details please see [our FAQ page](#).

## BAG DROP

We will keep your luggage safely at the Event Village. When you finish you can collect your bag by showing your wristband.

100k Non-Stop participants will be able to access their luggage at Pitstop 4.

Everything must fit inside your bag

Please bring holdalls/rucksacks rather than suitcases.

**WEIGHT ALLOWANCE (to be strictly adhered to):**

**50k / 100k Non-Stop: 5kg.**

**The bag size is not limited, only the weight.**

## WAVE TIMES

TIME	ROUTE
06:30	50k Coastal
06:50	50k Castle
07:10	100k Non-Stop
07:30	100k Non-Stop + 50k Coastal

Wave times are based on your estimated completion time and will be communicated to all participants approximately **two weeks before the event**.

Please note, trophies are awarded to the top three finishers based on Gun Time – if you are hoping to run competitively, you must start in the first wave of your event (50k Coastal / 50k Castle / 100k Non-Stop.)

Please note, we are unable to change wave times once they are allocated. If you wish to start with someone, you can choose to create a team via your Let's Do This account and we will endeavour to put you and your team members in the same wave.

Further information can be viewed on our [FAQs page](#).



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# KEY TIMINGS

## SATURDAY 21 JUNE

05:30	Car park open
05:45-07:50	Registration open
05:45-22:00	Event Village open
06:30-07:50	Start line open <ul style="list-style-type: none"><li>You will be assigned your start wave based on the completion time you gave upon registering</li><li>Please arrive no more than 45 mins prior to your start wave</li><li>Registration and Start line open</li></ul>
20:30	100k Non-Stop participants to reach halfway point (Pitstop 4)
21:00	50k distance cut-off time
21:00	100k Non-Stop participants to be back out on route
22:00	Bar closes (Finish line and social area open throughout the night for 100k Non-Stop participants, friends and family)

## SUNDAY 22 JUNE

10:15	Finish line closes
11:00	Event Village closes
13:00	Car park closes



# 100K NON-STOP: ROUTE SUPPORT

PIT-STOP	DISTANCE (KM)	NEXT PIT-STOP (KM)	OPEN	CLOSE
1	9.4	16.6	Sat 07:45	Sat 10:00
2	26	11	Sat 09:00	Sat 14:00
3	37	13	Sat 10:00	Sat 17:00
4 Basecamp	50	11	Sat 11:00	Sat 20:30
5	61	11.7	Sat 11:45	Sat 23:30
6	72.7	18.3	Sat 12:45	Sun 02:30
7	91	11	Sat 14:15	Sun 07:30
Finish	102	N/A	Sat 15:00	Sun 10:15

FACILITIES	EVENT VILLAGE	PIT-STOPS
Toilets	✓	✓
Showers*	✓	
Food**	✓	✓
Water stations	✓	✓
Food concessions***	✓	
Bar***	✓	
Charging points	✓	
Merchandise	✓	
Medics	✓	✓
Stretching area	✓	

\*For participant who have purchased Friday and Saturday night camping.  
\*\*Participants are provided one meal at Basecamp; either a hot lunch or evening meal. Breakfast is available for those finishing on Sunday morning.  
\*\*\*Additional cost



# 50K COASTAL: ROUTE SUPPORT

PIT-STOP	DISTANCE (KM)	NEXT PIT-STOP (KM)	OPEN	CLOSE
1	9.4	16.6	Sat 07:00	Sat 10:15
2	26	11	Sat 08:15	Sat 14:30
3	37	13	Sat 09:15	Sat 17:30
Finish	50	N/A	Sat 10:15	Sat 21:00

FACILITIES	EVENT VILLAGE	PIT-STOPS
Toilets	✓	✓
Showers*	✓	
Food**	✓	✓
Water stations	✓	✓
Food concessions***	✓	
Bar***	✓	
Charging points	✓	
Merchandise	✓	
Medics	✓	✓
Stretching area	✓	

**\*For participant who have purchased Friday and Saturday night camping.**  
**\*\*Participants are provided one meal at Basecamp; either a hot lunch or evening meal. Breakfast is available for those finishing on Sunday morning.**  
**\*\*\*Additional cost**





# 50K CASTLE: ROUTE SUPPORT

PIT-STOP	DISTANCE (KM)	NEXT PIT-STOP (KM)	OPEN	CLOSE
1	11	11.7	Sat 07:30	Sat 10:00
2	22.7	18.3	Sat 08:15	Sat 13:15
3	41	11	Sat 09:45	Sat 18:00
Finish	52	N/A	Sat 10:45	Sat 21:00

FACILITIES	EVENT VILLAGE	PIT-STOPS
Toilets	✓	✓
Showers*	✓	
Food**	✓	✓
Water stations	✓	✓
Food concessions***	✓	
Bar***	✓	
Charging points	✓	
Merchandise	✓	
Medics	✓	✓
Stretching area	✓	

**\*For participant who have purchased Friday and Saturday night camping.**  
**\*\*Participants are provided one meal at Basecamp; either a hot lunch or evening meal. Breakfast is available for those finishing on Sunday morning.**  
**\*\*\*Additional cost**

# ROUTE & SAFETY

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## SAFETY

Emergency contact numbers will be on the front 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 pitstops.

## 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 Finish.

## SIGNAGE

All the route will be marked with red and white arrows to help keep you on track.

Route maps are available on our website [here](#), 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, as well as pitstops 2 and 6. These 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.

## HIRE A GPS TRACKER

GeoTracks are offering GPS trackers for your friends and family to track your progress in real-time!

[Book here](#)

## WHAT3WORDS

We recommend downloading the What3words app to your mobile in case you get lost on route and we can easily locate you.



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# MEDICAL SUPPORT

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## SAFETY

Emergency contact numbers will go through to our Event Control team. These will be marked on the front of your race number.

Please add these numbers to your mobile contacts list and use them in an emergency.

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

**It is compulsory to wear a head torch between 8pm on Saturday and 6am on Sunday.**

## 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/diarrhea.

### ADDRESS ISSUES 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. The medical teams at the event are there to treat the more serious medical cases.

## A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend paracetamol. Ibuprofen is an alternative, but concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. Whilst it is rare, if used when dehydrated or with severe muscle damage there is a potential increased 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 or are given them on route, maintain hydrated and seek help if your urine becomes very dark. If in doubt, ask one of the medics who will be happy to assist you.

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

**We will have medical teams onsite and there will be emergency medical care available. Medics will be based at the Event Village and all the Pitstops.**



# SPORTS NUTRITION

## HIGH5

HIGH5 are delighted to support you at Race to the King 2025.

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 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.

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



## CHECK OUT OUR OTHER AMAZING PARTNERS!

Our award-winning ultra marathons don't happen without our incredible partners. To find out more about them and the exclusive offers available from the likes of **Pressio**, **SUUNTO**, **Profeet** and many more, head over to our [Partner Page](#).



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# FOOD & DRINK

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## EXTREME

A fully vegetarian option, which is included in your event ticket, offers include Jacket potatoes, Soups and Vegetable Lasagne and much more!

## MOO HATCH

Breakfast rolls in the morning and gourmet burgers and fries throughout the day, with options for Vegan, Vegetarian and Gluten-Free diets.

## ELENNESS 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.

## THE CANDY STOP

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



## MAYFIELD COFFEE

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

## SHEPHERDS HUT BAR

Provided by our host West Dean Gardens. They will have a selection of Alcoholic beverages, soft drinks and Ice cream available.





# EVENT ADD-ONS

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## RACE PHOTOS

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

Pre-order from your [Let's Do This Account](#) 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 [Let's Do This Account](#) and select 'Additional Purchases' to secure.

## 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 King merchandise



## iTAB

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

Log in to your [Let's Do This Account](#) to purchase.



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# DOING THE RIGHT THING

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## AT THRESHOLD WE BELIEVE THAT MORE IS IN YOU

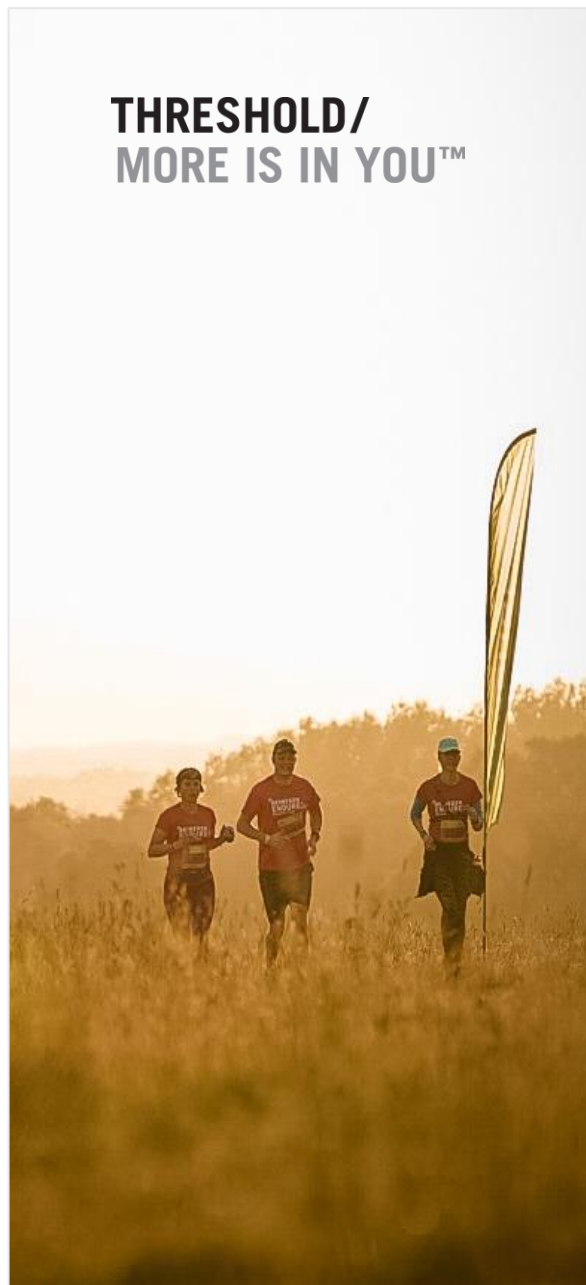
Our Purpose is to help people realise their potential through world class events. We do this by:

- 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 [onboard:earth](#) and offer participants the chance to offset their travel emissions for just £3.35. You can do this purchasing 'Balance your travel emissions' through your Let's Do This account.

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# VOLUNTEERING

**We are looking for amazing people to join our world-class volunteer team to support participants taking part in our Threshold Trail Series.**

Walk, jog or run, it's up to the participants to decide but nothing is possible without the undying support of those on the sidelines. As a member of our brilliant volunteer team, you will be a key part of these inspirational individuals' success.

We're looking for enthusiastic, proactive, and practical individuals to help us make this a memorable weekend by taking on a variety of roles, such as:

- Welcoming participants to the event sites.
- Helping at registration and assisting with participant queries.
- Joining the teams at the Pit Stops along the route.
- Helping at tent allocation and other Basecamp roles.
- Cheering participants over the Finish line and handing out medals.

**Volunteering is an excellent opportunity to enjoy the people around you and take in the beautiful surroundings.**

**If you're a people person with a passion for the great outdoors, you could be the perfect Threshold volunteer.**

## BENEFITS

Volunteers at Race to the King will be eligible for the following rewards.

### • One volunteering shift

- A FREE 50k place at either Race to the King 2026 or Race to the Stones 2026.
- 50% off 100k Non-Stop packages at either Race to the King 2026 or Race to the Stones 2026.
- A FREE team place at Endure24 2026.
- 50% off a Solo place at Endure24 2026.

### • Two volunteering shifts

- A FREE 50k place at either Race to the King 2026 or Race to the Stones 2026.
- A FREE 100k Non-Stop place at either Race to the King 2026 or Race to the Stones 2026.
- A FREE team place at Endure24 2026.
- A FREE Solo place at Endure24 2026.

Click [\*\*here\*\*](#) if you're interested to hear more!



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# 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.**

**You can watch the Ultra 50:50 documentary [here](#).**

## 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 all 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](#).**



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# OUR OTHER EVENTS

## ENDURE<sup>24</sup> READING

- Saturday 6 – 8 June
- 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!

## ENDURE<sup>24</sup> LEEDS

- Saturday 27 – 29 June
- 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!

**Watch out for new events coming in 2026! Register online for priority access to secure your place on the start line.**

## RACE TO THE STONES

- Saturday 12 – Sunday 13 July
- 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!



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# GOOD LUCK, ENJOY THE RACE

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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  
King!

**Good luck...**

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