RACE TO
THE STONES

EVENT GUIDE

11th - 12th JULY 2026
LEWKNOR



BROUGHT TO YOU BY
THRESHOLD/
MORE IS IN YOU™

Contents

3. Welcome to Race To The Stones
4. Getting Here
5. Registration, Arrival & Wave Times
6. Shuttle Timings
7. Key Timings
8. Route Support
9. Event Facilities
10. Route & Safety
11. Medical Support
12. Food & Drink
13. Event Add-Ons
14. Sports Nutrition
15. Sustainability
16. Ultra 50:50
17. Volunteering
17. Secure Your Spot For 2027!





RACE TO THE STONES

Welcome to Race to the Stones

CONGRATULATIONS – THE HARD PART IS ALMOST OVER

Signing up was the first big step - and an achievement in itself. You've committed to something remarkable: a challenge that stretches limits and takes you beyond your comfort zone.

After months of training through long, dark winter days and nights, take a moment to appreciate how far you've come and enjoy these final weeks of preparation.

Before long, you'll be standing on the start line at Race to the Stones 2026, ready to take on the trails. There will be highs and lows, moments that test you and moments you'll never forget - but trust in the work you've put in. You're more ready than you realise.

As part of this year's event, we continue to build on our Ultra 50:50 initiative, encouraging and supporting more women to step into the world of ultramarathons. The stories of those who've taken on this journey before - from returning runners to those overcoming life-changing challenges - remind us that every path is different, but the determination to say "yes" to the challenge is what unites us all. That shared spirit is what makes Race to the Stones so special.

This guide is designed to help you feel confident and prepared as you head into the final stretch. Every detail has been carefully considered to support you along the way. And when things get tough, remember you're never alone out there - the runners around you are part of the same journey, and that sense of community can carry you further than you think.

Good luck, and enjoy every step of the adventure.

The Threshold Trail Series Team



Event Partners

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ssafa the Armed Forces charity
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Doorway

RACE TO THE STONES

Getting Here

Start Location

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

what3words

///chop.mailers.motivations

Basecamp Location

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

what3words

///below.relax.basics

Finish Location

Rutland Farm, Avebury, SN8 1RH

what3words

///below.relax.basics

Getting Here by 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

Getting Here by Car

Participant car parking is available at the Start, Basecamp and Finish. This will be available to purchase prior to the event via your Let's Do This account. An event parking permit will be sent to you by email 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 are available on the Participant Hub .

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.

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RACE TO THE STONES

Registration, Bag Transfer & Start Waves

Bag Transfer

We will provide luggage transfer from the start to Basecamp/Halfway and then to the finish point of your package.

Your bag must be **waterproof** as we cannot guarantee it will always be undercover. Everything must fit inside your bag.

Overnight participants will access their luggage at Basecamp.

Non-stop participants will be able to access their luggage at Basecamp at Pitstop 4.

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

Registration

You will receive your Registration Pack **when you arrive** at the event. This will include:

/ Race number (with timing chip)

/ Luggage label

/ Accreditation wristband (to beworn at all times)

For further details please see our FAQ page.

Please arrive to registration approximately 45 minutes before your start wave time.

Start Waves

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

If you are racing competitively, you must start in the first available wave for your race as trophies are based on gun-time.

Start timings are outlined below for each race distance. Participants' wave times will be communicated via email nearer to the event.

Saturday	
Time	**Wave**
06:30	**A** – 100k Non-Stop competitive wave
06:50	**B** – 50k Day One + 100k Over Two Days
07:10	**C** – 100k Non-Stop
07:30	**D** – 100k Non-Stop
07:50	**E** – 50k Day One + 100k Over Two Days
08:10	**F** – 100k Non-Stop
08:30	**G** – 100k Non-Stop
08:50	**H** – 100k Non-Stop

Sunday	
Time	**Race**
06:00 *Mass Start*	50K Day Two
06:00 - 07:00 *Open start window*	100k Over Two Days



RACE TO THE STONES

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 11th July
Depart	Arrive	Journey Time	Wave
04:15	05:45	1hr 30mins	A & B
05:00	06:30	1hr 30mins	C & D
05:30	07:00	1hr 30mins	E & F
06:15	07:45	1hr 30mins	G & H
06:45	08:15	1hr 30mins	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 11thJuly afternoon and evening

/ Sunday 12th July morning

From Basecamp to the Finish

/ Saturday 11th July afternoon and evening

From Finish to Basecamp and Then to Start

/ Sunday 12th July afternoon and evening

From Finish to Swindon Train Station

/ Saturday 11thJuly afternoon and evening

/ Sunday 12th July all day



Key Timings

Saturday 11th July	
04:00	Finish car park opens
05:30	Start car park opens
05:45	Start venue open / Registration open for participants to collect registration packs
06:30 - 08:50	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 or 06:50 wave depending on distance
10:00	Basecamp car park opens
10:00 -22:00	Basecamp facilities open
21:45	100k Non-Stop participants to be back out on route
21.00	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
22.00	Bar closes (Finish line and social area open throughout the night for 100k Non-Stop and 80km participants, friends and family)

Sunday 12th July	
05:00 - 07:00	Breakfast available at Basecamp and registration for Day 2 participants
06:00 - 07:00	Start line at Basecamp open / Check timings for your race distance on Start Waves page
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



RACE TO THE STONES

Route Support

Pit-stop Information				
Pitstop	Distance (KM)	Next Pitstop (Km)	Pitstop Open	Pitstop Close
1	9	12.6	Sat 07:00	Sat 11:15
2	21.6	14.4	Sat 08:00	Sat 14:30
3	36	13.6	Sat 09:00	Sat 18:15
4 - Basecamp	49.6	8.3	Sat 10:15 Sun 06:00	Sat 22:00 Sun 07:00
5	57.9	13.4	Sat 11:00 Sun 06:30	Sun 00:15 Sun 09:30
6	71.3	16.9	Sat 12:00 Sun 07:30	Sun 03:45 Sun 13:00
7	88.2	11.9	Sat 13:15	Sun 17:30
Finish	100.1	N/A	Sat 14:15	Sun 20:30

Pitstops 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-stoprefreshments will include:

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

Please ensure you bring your own water bottle or bagto refill at these water points.

We have put together a blog on ‘five ways to stay cool’, which you can read **here**.

At each pit stop, information sheets will givea description of the upcoming section of route and indicate how challenging it is. If there are other pubs, shops, cafes or public water refill pointson the route, they will be advised on these information boards. If in doubt about your readiness for the next section of route, please speak to the pit stop crew.



RACE TO THE STONES

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. Breakfastis available on Sunday morning for those camping and there will be a hot meal at the Finish. There will be a variety of sports nutrition, crisps, chocolate, sandwiches, potatoes and more available at pit stops free of charge.

**Additional cost



RACE TO THE STONES

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, Pitstop 2, Basecamp, pitstop 6 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.





RACE TO THE STONES

Medical Support

Safety

Emergency contact numbers will gothrough to our Event Control team.Thes ewill be marked on the front of your racenumber.

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.

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 drinks or gels, as they can cause nausea/diarrhea.

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. 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.

TRAILMED

TrailMed are our Official Medical Partner for 2026.

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 THE STONES

Food & Drink

Extreme

A fully vegetarian option, which is included in your event ticket, offers include jacket potatoes, veggie lasagne 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 andgourmet burgers and fries throughoutthe day at the finish line on Saturday and Sunday. They have options for Vegan,Vegetarian and Gluten-Free diets.

Elenness Pizza & Burgers

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

They will also have their delicious burgers available. They have options 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 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



RACE TO THE STONES

Event Add-ons

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.

Overnight Camping Pass

Camping passes are available for 100km Non-stop participants to purchase from the Let's Do This Account



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.



RACE TO
THE STONES

Sports Nutrition

HIGH5

HIGH5 are delighted to support you at Race to the Stones 2026.

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 Run Pack for only £7.50 (RRP £16.79)! This is the ideal opportunity to test some of the sports nutrition that will be at the pit stops.

Click here to claim offer and use the code **TRAILS2026** at checkout.

Also, read HIGH5's On the Day Nutrition Guide here!

**You will be charged the cost ofP&Pat£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 **Vaga, P20, Pressio, Siren Craft Beer, TENZING, Profeet** and many more, head over to our **Partner Page**.



RACE TO THE STONES

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.

We're proud to team up with Jog On.
Finished with a pair of running shoes but they're not quite finished yet? Race to the King is proud to support Jog On, the UK's first running-shoe donation and recycling platform.

JOGON
REMOVING 1 MILLION PAIRS OF RUNNING SHOES FROM LANDFILL

Jog On collects unwanted running shoes and redistributes them to people who need them, helps shoes get reused or responsibly recycled, and keeps thousands of pairs out of landfill every year.

If you've got running shoes you no longer use, bring them along and donate them at the event. Whether they've carried you through training miles or race-day highs, your shoes could help someone else take their first steps into running.



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**.





RACE TO THE STONES

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 Stones will be eligible for the following rewards.

One volunteering shift

- A FREE 50k place at either Race to the King 2027 or Race to the Stones 2027.
- 50% off 100k Non-Stop packages at either Race to the King 2027 or Race to the Stones 2027.
- A FREE team place at Endure24 2027.
- 50% off a Solo place at Endure24 2027.

Two volunteering shifts

- A FREE 50k place at either Race to the King 2027 or Race to the Stones 2027.
- A FREE 100k Non-Stop place at either Race to the King 2027 or Race to the Stones 2027.
- A FREE team place at Endure24 2027.
- A FREE Solo place at Endure24 2027.

Click **here** if you're interested to hear more!



RACE TO THE STONES

Secure Your Spot In 2027

ENDURE24 READING

4th – 6th June 2027 / 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 register interest for 2027.

ENDURE24 LEEDS

2nd – 4th July 2027 / Bramham 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

10th – 11th July 2027 / 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!

Watch out for new events coming in 2027! Register online for priority access to secure your place on the start line.



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 to the trails at Race to the Stones.

Good luck...



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