



RACE TO THE STONES 2023

VOLUNTEER BRIEFING DOCUMENT

Thank you so much for volunteering for Race to the Stones, we couldn't put the event on without your incredible support!

We have put together this briefing document to provide you with some further information about the event and try to answer any questions you might have.

You'll find the following information below:

- Event Summary
- Main Site and Route Overview
- Event Timings
- Travel expenses, food, and camping

If you have any further questions then please don't hesitate to contact us at volunteers@thresholdsports.co.uk

Event Summary:

Race to the Stones is the second event in the Threshold Trail series and is a key event in 2023. It is an ultra-marathon event which takes on the epic challenge of 100km on foot along the oldest path in Britain, the Ridgeway. With over 3000 runners/ joggers/ walkers/ stompers signed up, it's by far the biggest of the Threshold Trail Series events!

Participants can sign up and do any of the below package options:

- **Non-stop** – full distance in one go
- **Weekender** – distance over two days (either camping in basecamp or staying off site)
- **Day 1 or Day 2 only** (staying overnight before or after if they wish)

On Saturday 8th July, participants will head out from Field Farm, Lewknor onto the Ridgeway, and run/walk 50km to the mid-way point. For overnight campers this is a green field site called Lattin Down Kiln, which is directly adjacent to the Ridgeway. For those cracking on to complete the whole 100km journey in one go, they will continue along the Ridgeway for the remainder of the day and possibly through the night depending on their pace, arriving at Rutland Farm in Avebury.

You can find this document, along with common FAQs and our expenses policy on the [Volunteer Hub](#).

Venue/ Route Overview:

Start	Field Farm, Shirburn Road, Lewknor, Oxon, OX49 5RR
Overnight Basecamp (49.8km)	Lattin Down Kiln, The Ridgeway, Wantage, Oxon, OX12 8PA
Finish (100KM)	Rutland Farm, Swindon Road, Avebury, Wiltshire SN8 1RH

Pit Stop Summary:

There will be 3 pit stops on Day 1, and then Pit Stop 4 is also the overnight basecamp. There are then another 3 pit stops on the second half or Day 2 of the route.

	Address	Distance (km)	Distance to next pit stop (km)	1st Participant	Last Participant	Hours closed (if overnight pit stop)
Start	Field Farm, Shirburn Road, Lewknor, Watlington, Oxon, OX49 5RR	0	8.7	Sat, 05:30	Sat, 09:15	
PS 1	Overflow Car Park (Field), Swyncombe, Henley-on Thames, Oxon, RG9 6EA	8.7	12.6	Sat, 07:00	Sat, 11:30	
PS 2	Pocock Lane, North Stoke, OX10 6ET	21.3	14.2	Sat, 08:00	Sat, 14:30	
PS3	Field on Yattendon Estate, Aldworth, RG8 9TS (On Ridgeway)	35.5	14.3	Sat, 09:00	Sat, 18:30	
Basecamp	Lattin Down Kiln, The Ridgeway, Wantage, Oxon, OX12 8PA	49.8	9.9	Sat, 10:15	Sun, 07:15	Non-Stop participants to depart by 23:15
PS 5	Down Barn Farm, Sparsholt, OX12 9XD	59.7	13.1	Sat, 11:00	Sun, 09:30	Sun 00:45 til Sun 06:30
PS 6	PGL Liddington, Liddington, Swindon SN4 0DZ	72.8	15.5	Sat, 12:00	Sun, 13:00	Sun 04:15 til Sun 07:30
PS 7	Barbury Castle Car Park, Burderop, Swindon, SN4 0QH	88.3	11.9	Sat, 13:30	Sun, 16:45	n/a
Finish	Rutland Farm, Avebury, SN8 1RH	100.2		Sat, 14:30	Sun, 19:15	

Overview of Event:

Friday 7th July 2023

17:30	Crew to arrive and check in to site.
19:00	Crew Briefing. Please check your start location, some crew will head straight to the Basecamp or Finish and stay overnight there on Friday night

Saturday 8th July 2023

0430	Crew get up and pack down camp at the start venue. Have breakfast.
0500	Start venue checks
0545	Car park open and Site live
0630	Start wave A (runners)
0650	Start wave B (runners)
0710	Start wave C

0730	Start wave D
0750	Start wave E
0810	Start wave F
0830	Start wave G
0850	Start wave H
0910	Start wave I
1000	Overnight camp open at Lattin Down Kiln
1015	Fastest runners expected at Lattin Down Kiln
1400	Finish line open at Rutland Farm
1430	First runner expected to arrive at finish in Rutland Farm
2215	Final Day 1 participants expected to arrive at Lattin Down Kiln

Sunday 9th July 2023

0600 - 0700	Start open for Day 2 participants from Lattin Down Kiln
1900	Route closes

Friday Night | Briefing & Camping

As a volunteer you are welcome to join us on the Friday evening at the Start. Or you can arrive on Saturday for your shift. Please just let us know if you plan to arrive Friday evening. We will be hosting an Event Briefing from 7pm, dinner will be from 5:30pm.

Camping overnight:

You are welcome to stay at the Start with us on Friday and at Basecamp on Saturday night. If you are, please complete this [camping survey](#) to let us know. There will be showers available.

We provide everyone with a tent and a sleeping mat. You will need to bring a sleeping bag (and a pillow if you cannot sleep without!)

Volunteer Roles Overview

By Friday 7th July we will upload a document called 'Crew Movements' on to the [Volunteer Hub](#). This will show you where you will be working on the event. You will be working alongside our crew team to help run pit stops or be providing support to our participants and cheering them on.

You will receive a full briefing from your team leader when you arrive on site for your first shift.

Emergency Contact

In the case of an emergency please call either 999 (if urgent), or Dave or Richard on:

Dave 07825 525480

Richard – 07866 616454

Medical Provision:

Prior to the event, **please make sure your medical details are all up to date on Liveforce** as our medical team will use this information at the event. There will be a team of medics on the event, stationed at the start, finish, overnight basecamp and at each of the pit stops. Please feel free to see them if you need to.

Travel Expenses

We ask you to travel to/from the event in your own cars. We pay 45p per mile and up to £100 for travel costs - please make sure that you read the [expenses policy](#).

Car Shares

You can use the [Volunteer Facebook forum](#) to arrange car shares. For each passenger you take you can claim an extra 5p per mile.

Subsistence

We will provide you with all meals from when you arrive on the event for your first shift to when you leave the event at the end of your last shift. This will be a mix of food from our caterers and packed lunches dependent on your work location.

Clothing

You will be provided with a t-shirt and blue hi-vis vest. Please bring your own waterproof clothing and comfortable shoes – we don't know what the weather will be doing!

Packing List

Please note, you are responsible for your own belongings.

Sleeping Bag/ Camping Pillow	Pen/ Notebook
Towel	Driving License
Water Bottle	Day Rucksack
Sunglasses	Torch
Beanie/Cap	Shorts/Trousers
Mobile phone and charger	T-shirts
Wash kit and personal toiletries	Warm clothes
Trainers/ Walking shoes	Waterproofs
Sun cream	Personal medication

THANK YOU

Thank you so much for helping on this event – we know that you'll enjoy it, and it should be a great weekend.

If you have any questions ahead of the event please do not hesitate to contact us - volunteers@thresholdsports.co.uk

Liz Sutton

Crew and Volunteer Manager

Team Threshold