



## Event Information Guide 2019

This event guide provides you with an introduction into what to expect on the Dixons Carphone Race to the Stones. It'll give you an insight into the following topics below:

1. Getting there
2. Registration and start times
3. Route and pit stops
4. Facilities and services during the event
5. Basecamp and overnight information
6. Kit list
7. Safety during the event
8. Medical support
9. Friends and Family
10. Contact Information

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## **DIXONS CARPHONE – TITLE SPONSOR**

### **A message from Dixons Carphone**

It's with real, genuine pleasure we continue our sponsorship of the Dixons Carphone Race to the Stones. To date, this multi award-winning event has raised over £1.5 million for charitable causes and played a massive part in making ultra's mainstream, accessible and diverse – with as many females as males taking on the mega-challenge.

With over 1,000 Dixons Carphone colleagues stepping up to the stones since our initial sponsorship, 'RTTS' provides us with the perfect platform to exercise both body and mind, supporting our aspiration to become one of Britain's healthiest workplaces. If you're taking on this epic event next July, be sure to stop, chat and swap stories (and plasters) with our dedicated team of experts! We can't wait to see you out there on the Ridgeway!

# Section 1: Getting there

## Key locations

Location	Address	Notes
Start	Field Farm, Shirburn Road, Lewknor, Watlington, Oxon, OX49 5RR	
Basecamp	Lattin Down Kiln, The Ridgeway, Wantage, Oxon, OX12 8PA	- Start for Day 2 participants - Finish for Day 1 participants
Finish	Rutland Farm, Avebury, SN8 1RH	

## Getting there

### Start

#### Car

- Car parking is available at the Start. Permits must be pre-purchased in advance via your [‘MyEvents’](#) portal.

#### Train

- The nearest station to the Start is Princes Risborough (9 miles from the event start).
- If you require a taxi from Princes Risborough station to the Start, we advise that you book this at least **two weeks** in advance.

#### Bus

- The Oxford tube bus service runs from London and Oxford to Lewknor [www.oxfordtube.com](http://www.oxfordtube.com).
- We will be providing three complimentary shuttles from Lewknor bus stop to the start location (0.5miles away) on Saturday 13th July. These will be timed to coincide with the Oxford Tube service. Please note that these timings are subject to any changes made to the Oxford Tube timetable.

## Basecamp

#### Car

- Car parking is available at the Basecamp. Permits must be pre-purchased in advance via your [‘MyEvents’](#) portal.

#### Train

- The nearest train station to Basecamp is Didcot Parkway and Newbury (both approximately 12 miles / 20 minute drive from basecamp).
- If you require a taxi from either train station to the Basecamp, we advise that you book this at least **two weeks** in advance.

## Finish

#### Car

- Car parking is available at the Finish. Permits must be pre-purchased in advance via your [‘MyEvents’](#) portal.

#### Train

- The nearest station to the Finish is Swindon train station. This is 12 miles away.
- If you choose to take a taxi instead of the shuttle, we strongly advise that you book a taxi at least **two weeks** in advance and then inform them of your arrival time at the Finish when you

can.

## Parking

- There is parking available at the Start, Basecamp and Finish.
- There will be a **£10** charge for parking whilst you are taking part in the event. Booking for parking is available through your '[MyEvents](#)' portal by clicking on 'Additional Purchases'. Keep an eye on the monthly emails near the event date for an update on deadlines and capacities.
- All car parking spaces **must** be pre-booked. Once booked you will receive a parking permit prior to the event which must be visible on the dashboard on the day.
- All cars are left at the owner's own risk and must be collected by the time the car park closes.

## Opening and closing times

Location	Open	Close
Start	Saturday 13 <sup>th</sup> July: 6:30am	Sunday 14 <sup>th</sup> July: 10:00pm
Basecamp	Saturday 13 <sup>th</sup> July: 5.30am <i>(for Day 1 participants only)</i>	NSaturday 13 <sup>th</sup> July: 9:00pm
	Saturday 13 <sup>th</sup> July: 11:30am <i>(for friends and family)</i>	
	Sunday 14 <sup>th</sup> July: 5:00am <i>(for Day 2 participants only)</i>	Sunday 14 <sup>th</sup> July: 10:00pm
Finish	Friday 12 <sup>th</sup> July: 3.00pm	Friday 12 <sup>th</sup> July: 10.00pm
	Saturday 13 <sup>th</sup> July: 5:30am	Sunday 14 <sup>th</sup> July: 9:00pm

**\*Please note:** There will be no shuttles available from Basecamp to Start on the Saturday morning so you will need to arrange your own transport if you choose to leave your car here

## Shuttles

- There will be event shuttle buses available between key sites to help you get to/from the event.
- Please see the Shuttle Timetable [here](#).
- You **must** book shuttle buses in advance through your '[MyEvents](#)' portal. Bring your confirmation email with you as proof of booking.
  - **Important:** If you drop out of the event it is your own responsibility to make your way back to your car / home. There will not be shuttles available.

## Shuttle bus routes

Start	Finish	Dates & times	Notes
Lewknor bus stop	Start	AM, Saturday 13 <sup>th</sup> July	Times will coincide with the Oxford Tube service.
Finish	Start	AM, Saturday 13 <sup>th</sup> July	Journey time: 1hr 30 mins

Basecamp	Start	PM, Saturday 13 <sup>th</sup> July	For Day 1 participants Journey time: 50 mins
Finish	Swindon Train Station	PM, Saturday 13 <sup>th</sup> July ALL DAY, Sunday 14 <sup>th</sup> July	Journey time: 30-40 mins
Finish	Start	PM, Saturday 13 <sup>th</sup> July PM, Sunday 14 <sup>th</sup> July	Journey time: 1hr 30 mins
Finish	Basecamp	PM, Sunday 14 <sup>th</sup> July	For Day 2 participants Journey time: 45 mins

## Section 2: Registration and start times

### Registration

You will receive your registration pack in the post ahead of 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 chips 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 registered, or changed package, after the **12<sup>th</sup> June 2019** will need to collect their pack at the registration desk at the Start of the event, as you will not receive them in the post.

### Registration desk opening times

**Saturday 13<sup>th</sup> July:** 6:30am

**Sunday 14<sup>th</sup> July:** 5:15am

Please allow **around 30 – 45 minutes** for:

- Parking your car
- Registering (if you have not received your pack)
- Dropping off your luggage
- A final check of your kit
- Final snack / breakfast (concessions available)
- Filling your water bottles (drinking water available)
- Toilet stop

### Start times

#### Saturday 13<sup>th</sup> July

We run a staggered start to reduce congestion on the early parts of the route. You will have selected your start time when registering, which you will be able to find on your confirmation email. You must be at the start pen **15 minutes before** your start wave is due to go.

The start wave times are:

- Wave A: 7.30am
- Wave B: 7.45am
- Wave C: 7.55am
- Wave D: 8.05am
- Wave E: 8.15am
- Wave F: 8.25am
- Wave G: 8.35am

#### Sunday 14<sup>th</sup> July

There are no allocated start waves on this day but we advise that all runner who want a clear run on the course aim to leave at 6am.

Start line open:

- 6:00am - 7:00am

## Section 3: Route and pit stops

### Route

#### Signage

All 100km of the route will be marked with **large 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 and The Pit-Stops' tab on the [Platform](#). We do recommend following the event signage in case there are any last-minute changes to the route.

#### Route opening times

The route is open from:

- Non-stop package:
  - Saturday 13<sup>th</sup> July, 7.30am – Sunday 14<sup>th</sup> July, 8.00pm
- Day 1 / Day 2 / Weekender:
  - Saturday 13<sup>th</sup> July, 7.30am – 10.00pm
  - Sunday 14<sup>th</sup> July, 6.00am – 8.00pm

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.

#### 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. There is also the possibility of changes in the route in the lead up to the event.

### Pit stops

#### Summary

Pit stops are approximately every 10km – 13km 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.

#### Opening and closing times

Each pit stop will have a specific opening and closing time that needs to be adhered to. These times will be published closer to the event.

It is essential that you reach the pit stops before the closing time otherwise you will face disqualification from the event.

#### Food and Drink

Each pit stop will have a selection of snacks for all participants including a variety of sweet and savoury options, which will vary at each pit stop. More information on food and drink will be published closer to the event.

#### Rubbish

The event takes part on a National Trail so we must respect this. 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 to dispose of this.

## Section 4: Facilities and services during the event

### Toilets and changing facilities

Toilets are at the **start** and **finish** locations and all **pit stops**.

There are **no designated changing** areas so we recommend coming to the start in your kit.

### Luggage transfer

We will provide luggage transfer from the **start to 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.

Drop off and collection locations are as follows:

Package	Weight allowance	Drop off	Collection
Day 1	7kg (small day sack)	Start: Lewknor	Basecamp
Day 2	7kg (small day sack)	Basecamp	Finish: Avebury
100km non-stop	7kg (small day sack)	Start: Lewknor	Finish: Avebury*
Weekender	10kg (approx. airline hand luggage size)	<b>DAY 1</b> Start: Lewknor  <b>DAY 2</b> Basecamp	<b>DAY 1</b> Basecamp  <b>DAY 2</b> Finish: Avebury

*\*There will be no mid-point collection available*

### Food stalls at the start and finish

Concessions will be available at the Start and Finish line. These will be at your own cost so you will need **cash** to buy this extra food.

There will also be a cash bar onsite at the Basecamp and Finish line.

### Medals

All participants will receive a finishers medal. These will be handed out at your respective finish lines.

### Participant timing

Times will be taken at the start, basecamp and finish point of the event and will be published online after the event.

## Photographs

Professional photographs will also be taken at key points on the route and will be available online after the event.

You will also be able to sign up to our live photo Facebook posting service called Pic2Go. This service enables photographs to be posted to your Facebook timeline as you are completing the challenge. More information on how to sign up to this will be shared closer to the challenge.

Please note, anyone who does not wish to be photographed should visit the info desk on the event.

***NB: There may also be drone footage taken throughout the event, but this will not interfere with any participants during the Race.***

## Section 5: Basecamp and overnight information

### Basecamp opening hours

There will be various places on the basecamp that you and your supporters can relax, including a cash bar and a coffee concession.

- **Saturday 13<sup>th</sup> July:** 11.30am – 10.00pm
- **Sunday 13<sup>th</sup> July:** 5.30am - 08:00am

### Food

Food is available in the dining area for non-stop participants and those camping overnight on the basecamp. Unfortunately, there is no hot food available to purchase for supporters.

- **Saturday 13<sup>th</sup> July, 12pm – 10pm:** Hot evening meal
- **Sunday 14<sup>th</sup> July, 5am – 7am:** Breakfast

### Charging facilities

- Plug sockets will be available in the dining area to charge items as you eat.
- Please be considerate when using this facility. Charge your device as required and then collect it to allow others to charge theirs.
- You must label all your personal items with your name so they can be clearly identified.
- Please DO NOT bring a laptop/iPad with you due to their value and confidential nature.

### Getting online

There will be no public Wi-Fi network. However, standard 3G/4G coverage should work as usual.

### Security

- Site stewards are present around basecamp looking after all participants and equipment onsite.
- Please report anything untoward to a steward.
- You are responsible for all your personal belongings. Threshold Sports cannot take responsibility for missing or lost items.

**Please note that smoking is not permitted in any areas of basecamp.**

### Overnight camping facilities and tent allocations

- There will be up to 1000 participants camping overnight. On arrival to the site, you can make your way to the sign posted camping area.
- In this area you will be **allocated your tent** for the night, be provided with a **sleeping mat** and most importantly can take a nice **hot shower!**
- We can't pre-allocate tents to groups, but if you come in together we will attempt to allocate tents next to one another where feasible.
- Please ensure your tents are cleared of all rubbish before leaving in the morning.

## Section 6: Kit list

### Recommended kit

The below is the kit advised to be carried by all participants. Ensure you keep checking the weather as this will may affect your packing:

- Waterproof bag
- Issued map of the route with emergency contact details
- Collapsible cup(s)\*
- Sun cream
- Waterproof jacket (lightweight)
- Warm top and spare change of clothes for when you finish
- A fully charged mobile phone with your emergency contact saved under NOK (next of kin)
- At least 750ml of water
- Emergency food (e.g. cereal bars, chocolate, fruit and nuts, sweets)
- Head torch and spare batteries (100km non-stop only)
- Cash (for emergencies)

*\*To reduce the amount of waste on the event this is an essential item as it will be used for all types of drink along the route (hot, cold, fizzy etc).*

### Overnight kit

All participants staying overnight at the basecamp will be allocated a one-man tent and a sleeping mat.

The recommended kit list below is to ensure your stay at the basecamp is as comfortable as possible. We strongly advise using a **waterproof bag and/or a bin liner** to wrap the contents of the bag in to protect it.

- Sleeping bag\*
- Towel\*
- Spare change of clothes (including comfy shoes, flip flops or crocs)
- Inflatable travel pillow
- Eye mask
- Ear plugs
- PJs
- Wash bag and toiletries

*\*Essential*

## Section 7: Medical kit

### Bring your own medical kit

- You are responsible for your own basic first aid.
- Use your experience from training to learn where your weaknesses are and predict what problems may arise. Address any possible niggles now before they become injuries on the event.
- There will be emergency medical care available at all times but this team is not there to provide basic first aid otherwise those with more serious problems could risk not being seen.
- Our medical team has collated a list of recommended items you should include in your main packing list for the event:
  - **Any regular medication you take**
  - Fabric plasters and/or tape, and scissors to cut
  - Vaseline
  - Blister treatment kit (see below)
  - Alcohol hand gel (for clean hands as well as cleaning small wounds)
  - Antihistamine tablets/eye drops (if you are susceptible to hay fever)
  - Painkillers
    - We recommend that each participant brings sufficient painkillers for their time on the event i.e. 8x500mg paracetamol for 24 hours. Paracetamol is the safest and most easily available.
    - Ibuprofen\* is an alternative but users must remain well hydrated if using these.
    - Routine use of painkillers for muscle aches and pains is discouraged. However, if required because of an injury, the user should follow the dosing instructions, never exceeding the maximum doses.
    - There will be medics along the route to offer additional advice if required.  
*\*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 the 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 en 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.*

### Recommended First Aid kit provisions for blisters

- Tape/ Talc/ Lube (depending on preference)
- Alcohol wipes
- Fabric plasters or tape
- Scissors to cut
- Antiseptic ointment
- Tissue paper or non-adherent dressings
- A skin adherent preparation (TBco, Opsite)
- Vaseline
- Alcohol hand gel (for clean hands as well as cleaning small wounds)

### Your blister preparations

Try out the varying products available to reduce moisture and friction, if you are going to use tape work out when and what works for you.

- Tape (Hyperfix, Hapla, Zinc Oxide, KT, Kinesio, Rocktape etc)
- Talc (There are lots of different types - find what works for you and stick with it)
- Lube (Again there are lots of different types - find what works for you)

## Ticks

Please be aware of ticks in long grass on the route.

- **Prevent** bites by wearing long loose clothing if you are walking.
  - Repellents containing PMD (Trans-p-methan-3,8-Diol) like lemon eucalyptus oil are better than those with DEET. Check your clothing and your skin for bites every 3-4 hours and after the Race.
- **Remove** ticks using tweezers applied as close to the skin as possible, pulling them straight off.
- **Do not** twist or try to remove using Vaseline or a flame.

Ticks usually cause no more than local irritation but sometimes their bite may become more infected. Less commonly they transmit **Lyme disease** or **Rickettsiae**. This is unlikely if the tick is removed before 16hrs. Symptoms include 'bulls eye' rash, headache, flu-like symptoms, joint pains, facial weakness, heart palpitations. Visit your GP if these occur within weeks of a tick bite.

## Section 7: Safety during the event

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, check your map 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.
- 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.

## Section 8: Medical support

We will have medical provisions at **the pit stops, basecamp** and **the finish line**.

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.

Basecamp clinic opening times:

- **Saturday 13<sup>th</sup> July:** 11:30am – 10:00pm
- **Sunday 14<sup>th</sup> July:** 5:30am - 7.30am

### Top tips from the medical team

#### 1. 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.

#### 2. 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.

#### 3. Bring your own medical kit

The recommended items are stated in the event packing list. The medical team is **NOT** present to hand out plasters and basic pain relief. Remember to pack plasters and painkillers in your daypack.

#### 4. Blisters

Please bring plenty of blister treatment with you (see Section 7 for a kit list). 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 blister: [click here](#) on how to treat them from foot care specialists, Profeet.

## Section 9: Friends and Family

Friends and family are welcome to wave you off at the start and cheer you in at basecamp or the finish. There will be good vantage points out on the route as well, but please be aware that the Ridgeway is a National Trail and **all routes are open to the public.**

Please be careful and aware of other walkers on the event when trying to take pictures!

Due to space limitations, please remind friends and family that they will **not be allowed** to park at all of the pit stops locations. Nearer the time we will publish a list of possible meeting and vantage points.

Spectators are **allowed into basecamp** but they will not be allowed into the food area as this is for participants only. All non-overnight participants will need to be **off the site by 9pm.**

## Section 10: Contact Information

Please keep an eye out for our event communication updates and on our event website [www.racetothestones.com](http://www.racetothestones.com) for any key event changes.

For further information not covered in the above please contact:

**E-mail:** [info@racetothestones.com](mailto:info@racetothestones.com)

**Phone:** 0845 486 5555

The Dixons Carphone Race to the Stones Team