

RACE TO THE STONES



8-9 July 2023

<https://www.thresholdtrailseries.com>

The 100 km Race to the Stones from Lewknor to Avebury follows the Ridgeway, passing such places as Wayland's Smithy, Uffington White Horse and Barbury Castle before reaching the iconic ancient Stone Circle at Avebury. Walk, jog or run or a combination.

The UK's favourite ultramarathon along the UK's oldest path

🚩 **Date:** 8th-9th July 2023

🚩 **Route:** Lewknor to Avebury

🏃 **Distance:** 100km / 50km

Top 5 Reasons to Take Part in Race to the Stones

1. **UK's oldest trail:** An unforgettable route running towards the UNESCO World Heritage Site of Avebury stone circle
2. **Unrivalled support:** World class support whether you set the record or make the most of extended cut offs
3. **Accessible terrain:** A fantastic mix of woodland, riverside and ridge trails without the need for technical skill
4. **90% completion rate:** Extended cut off times and medical support at every stage make it the a fully accessible Ultra
5. **Community:** Join our community of thousands of Ultra runners and walkers for guidance, support and camaraderie

The Friends of the Ridgeway (FoR) are now a **Participating Charity** for the 2023 Race to the Stones and we hope you will consider taking part and nominating the FoR as your charity. All funds raised will be used solely to preserve the spirit of the Ridgeway and maintain and improve the Trail.



From sign up to the finish line, Threshold Sports say they will support you every step of the way. “We aim to cater for all abilities on the event. As a guide, the minimum speed to complete your respective distance is approximately 4km/h or 2.5 mph. With a completion rate of over 90% this is the perfect 1st ultra.”

“This is a challenge for all, inclusive of all ages [though the minimum age at the start of the race is 18 years], experience and fitness levels. Whether you’re a seasoned runner, patient plodder or weekend walker – choose to camp over the weekend or take on 100 km in one go.”

What’s included?

- ✓ Training programme tailored to all levels
- ✓ Fully signposted route, with regular rest stops
- ✓ Hot meals, showers, drinks and sports nutrition
- ✓ Bag transport to the finish
- ✓ Medical support at pit stops and en route
- ✓ Finisher’s medal

How to enter and support The Friends of the Ridgeway

In your search engine type in “Race to the Stones 2023”. In the dropdown under the top level ‘Race to the Stones’ tab click on ‘Packages’. On the next page choose your package and then select the appropriate ‘CHARITY ENTRY – ENTER NOW’ for you (non-stop, or weekender ± camping). On the next page scroll down to get to ‘Charity: Participating’. Enter the number of entrants and continue. Next screen enter email address. Complete your details. Continue to the next screen and complete the details. As you complete your registration for the event under “Fundraising” there is a drop down menu which lists in alphabetical order all the participating charities. Please select the Friends of the Ridgeway.



Your 100km Options

Non-stop

The original challenge of the full route to Avebury stone circle in one go

Date: 8th-9th July 2023

Start/Finish: Lewknor/Avebury

Ballot Price: £145

Standard Entry: £170

Charity Entry: £40

[CHARITY ENTRY - ENTER NOW](#)

[GENERAL ENTRY - ENTER NOW](#)

2-days inc. camping

Make a weekend of it and stay overnight at our all inclusive base camp

Date: 8th-9th July 2023

Start/Finish: Lewknor/Avebury

Ballot Price: £225

Standard Entry: £250

Charity Entry: £60

[CHARITY ENTRY - ENTER NOW](#)

[GENERAL ENTRY - ENTER NOW](#)

You can also register for the 50K (single day) option.

2-days exc. camping

Complete 50km each day and arrange your own overnight stay nearby

Date: 8th-9th July 2023

Start/Finish: Lewknor/Avebury

Ballot Price: £135

Standard Entry: £155

Charity Entry: £30

[GENERAL ENTRY - ENTER NOW](#)