

**TOUGH
MUDDER**



INFORMATION PACK



TOUGH TIMES DON'T LAST,
BUT TOUGH PEOPLE DO.

SUE BIRD

LONDON WEST

10th & 11th May

Culden Faw Estate, Henley-On-Thames,
RG9 3AS

START TIMES



SATURDAY, 10th May

7:00am	Registration & Village Opens
7:45am	15K First Mud Start
8:00am	First 15K Wave
11:00am	First 5K Wave
2:45pm	Last 15K Wave
3:45pm	Last 5K Wave

SUNDAY, 11th May

8:00am	Registration & Village Opens
8:45am	15K First Mud Start
9:00am	First 15K Wave
11:00am	First 5K Wave
12:45pm	Last 15K & 5K Wave

KIDS

BY  SPARTAN

Kids by Spartan: Saturday 10th & Sunday 11th May

9:00am	3km Wave (Ages 9-14)
10:00am	1.5km Wave (Ages 7-14)
11:00am	1km Wave (Ages 4-14)
11:30am	1km Wave (Ages 4-14)
12:00pm	1.5km Wave (Ages 7-14)
1:00pm	1.5km Wave (Ages 7-14)
2:00pm	3km Wave (Ages 9-14)

- Arrival time: You will not be allowed into the village area more than 1 hour prior to your start time. Check-in will open at 7:00am on Saturday and 8:00am on Sunday.
- Within your 45 minute allocated start time there are four waves that leave every fifteen minutes (ie. 11:00, 11:15, 11:30 and 11:45). These waves will be filled on a first come, first served basis. So once you've dropped your bag you can head to the start pen for the next available wave. Persons wishing to start together should enter the loading zone as a group.
- What to expect when you arrive: Bring your ticket and ID and proceed to the Check-in tent where you'll show your ID, scan your QR code and receive your wristbands.
- Start times will be strictly enforced. Each participant can only participate in the start wave they either selected or were automatically assigned. There are no exceptions.

GET EVENT READY

HOW TO GET HERE:

Venue Address: Culden Faw Estate, Henley-On-Thames, RG9 3AS

By Train: Henley-on-Thames is the closest train station to the venue.

By Bus: From Henley-on-Thames station take the 850 (High Wycombe) to Greenlands

By Taxi: Henley Taxis Transport - 01491 574222, County Cars Henley - 01491 579696

By Car: Easily accessible from the M4 or M40, onto the A404 and then A4155. As you get close to the venue, follow the AA traffic management signs to the event parking field. Event parking is FREE at this venue.

AVIS®

Want to travel with your team or simply need a car? Our Official Vehicle Rental partner AVIS UK have you covered by offering mudders the chance to SAVE 10% on car rental, plus access the AVIS Preferred VIP event parking. Find out more at [AVIS UK](#) use code: Toughmudder25 to unlock your benefits. Already an Avis Preferred member? Complete [the form](#) to link your perks.

WHAT TO BRING:

- Photo ID & your Registration QR Code. Access your account [here](#) to print or screenshot your e-ticket.
- Spare clothes and shoes and a towel.
- Bag for muddy clothes - We have enough odd socks and muddy shoes to last a lifetime! Please take your muddy clothes home with you.
- Your bank card - **We're going cashless.** Whether you're buying the newest kit or re-fuelling post event, you'll want your bank card to hand.

WHAT TO WEAR:

- Keep an eye on the weather as your event approaches. Be sure to bring sunscreen if it is warm and extra layers for the cold.
- Try to avoid wearing any form of jewelry including wedding rings/bands. Additionally, whilst we allow watches and GoPros to be worn please be aware that these can easily be lost across the course and obstacles and are worn at the owners risk.
- Try to avoid loose clothing that can get caught on barbed wire. Tight, moisture-wicking leggings, t-shirts and shorts won't hold water and are less likely to chafe.
- A comfy pair of running trainers are the best footwear, but they will get muddy so leave your box-fresh pair at home. Spikes, cleats and football boots are strictly prohibited.
- For more advice on wearable tech, avoiding chafing and the age old debate on gloves, read our [What to Wear blog](#).

FORGOTTEN YOUR GEAR? OUR OFFICIAL MERCHANDISE TENT WILL BE OPEN IN THE VILLAGE AREA.





PRO TIPS:

To ensure you have the quickest and smoothest check-in, Screenshot your ticket and it and your ID out and ready to scan.

- Bring a fresh change of clothes, towel and an extra layer if it's cold.
- After you check-in, make sure your wristband is on nice and firm. You will need this throughout your time on course.
- Adults get lost too. Make sure you pre-arrange a meeting point with your teammates in case you get separated.

BAG DROP:

- Bag drop is included in your ticket price, and requires no additional fee.
- You'll receive a double wristband at registration, one for your wrist and another for your bag.
- Please do not leave any valuable items in your bag. Tough Mudder is not responsible for lost or stolen items.

MUDDER VILLAGE:

- Mudder Village is filled with all the necessities for your day out, including food trucks, drinks and music.
- Celebrate your achievement with a complimentary Prime Time finisher beer (for those aged 18+).
- Grenade are fuelling your run with tasty protein bars on-course and to aid recovery, go sample their wider range of Sports Nutrition Powders at their base in the village.
- Visit the AVIS recovery zone for a cold dip in ice baths and to learn about becoming an AVIS preferred member.
- Make sure to stop by the Tough Mudder Merch Shop to grab apparel, gear, and accessories.
- Celebrate your post event victories with a drink from the bar (for those aged 18+).
- Keep an eye open for Wild West famous beef jerky and vegan jerky samples on the finish line.
- Recover with Actiph's alkaline ionised water and their unique blend of electrolytes.
- Rehydrate and Emerge victorious with a cold isotonic drink, try out the different flavours available and learn more about their new Focus drink.
- Grab your recommended daily allowance of 8 key vitamins and minerals from Acti-Vit's sparkling vitamin water cans and visit their wellness area.
- For clean plant based energy drinks try Reignstorm and sample the different flavours.





Kids by Spartan:

- Kids by Spartan is for children aged 4 to 14.
- You will select your start wave for Kids by Spartan when you go through the booking process. Waves are run based on distance and Age Group and run between 9am and 2pm on Saturday and Sunday.
- Wave times: Distance & Age restrictions apply

9:00am	3km Wave (Ages 9-14)
10:00am	1.5km Wave (Ages 7-14)
11:00am	1km Wave (Ages 4-14)
11:30am	1km Wave (Ages 4-14)
12:00pm	1.5km Wave (Ages 7-14)
1:00pm	1.5km Wave (Ages 7-14)
2:00pm	3km Wave(Ages 9-14)
- All Kids by Spartan participants need to be accompanied by an adult or guardian with a valid spectator or participant ticket. These can be purchased online for £15 [here](#).
- You will not be able to run on the course with your child but you can cheer them on around the course which is easily accessible.
- We recommend that you bring a change of clothes as they may get muddy and wet.



KIDS
BY  **SPARTAN**

SPECTATORS:

- You can purchase Mudder Village passes for spectators [HERE](#) at the cheapest available price of £15.
- On-the-day spectator tickets are also available to purchase. Please note there can be queues to purchase onsite tickets, to avoid these we advise purchasing prior to arriving onsite.
- Spectators will check-in on event day the same way as participants. Please have your Ticket, Government-issued photo ID ready to show on arrival to site.
- NOTE: We recommend taking a screenshot of your QR Code for quick-reference when you check in at Registration.



TRAINING:

- If you're looking to hit the finish line with confidence, we have some last minute training opportunities for you. Get your last minute tips from our [Training Page](#) alongside a training plan, goals, nutrition and tips from the experts.
- Make sure you meet all the [obstacles](#) that are waiting for you and make the most of our tips and tricks.

HYDRATION & NUTRITION:

- Keeping hydrated is incredibly important. Make sure you drink plenty of water before, during and after your event.
- Official Finish Line Water partner Actiph will be providing alkaline ionised water to help you recover as fast as possible.
- Official Nutrition Partner Grenade will offer protein bars on-course delivering that much-needed hit of energy when you need it most.
- At the event water and a snack will be provided on course. There will be one water/food station on the Tough Mudder 5K course and 3 water/food stations on the Tough Mudder 15K course.
- Our official isotonic drink partner Emerge will also be available at water stations to give you an extra boost around the course.
- If you have any food allergies or intolerances, it is important that you check the food labels before consuming the snacks provided, as they may contain allergens.
- For more information on eating and your event check out our blog on [What to Eat Before and After Tough Mudder](#).

COURSE HIGHLIGHTS:

- **Venue Feature:** The Tough Mudder course at Culden Faw is one of the most challenging in the series, thanks to its relentless terrain and unpredictable conditions. Set in the heart of the Chiltern Hills, it features steep climbs and sharp descents, with elevation gains reaching up to 551 metres - demanding both grit and endurance. Mudders weave through dense forest trails, navigating uneven ground and natural obstacles that keep the pressure on. With the event held in May, weather at Culden Faw is famously unpredictable, adding an extra layer of challenge and the potential for slippery slopes and surprise slides.

LET'S GET SOCIAL

- If you haven't already, be sure to join the action on the [Facebook page](#).
- Don't forget to share your journey with us on your socials and tag @toughmuddereurope as you gear up for event weekend. That night before flat lay, the cheesy arrival group pic,⁶ or the 'OMG-I've-just-got-my-headband' shot...we want to see it all.

EVENT & COURSE SAFETY RULES:

They're Like Duct Tape. Not Sexy, but Essential



Safety and respect come first – for yourself, your fellow Mudders, and our crew out on course. Tough Mudder is all about teamwork, but there are still a few rules to play by.

Keep these in mind as you crush the mud:

- You **MUST** be able to swim 25 metres if you attempt water obstacles.
- If you do not feel comfortable completing any obstacle, **DO NOT** attempt it; simply continue on to the next obstacle via the bypass lane.
- Please refer to our [virus safety guidelines](#) for information on if attendance if you feel unwell or are a close contact.
- There is food and drink available at the refreshment stations on course, if you have any allergies please check the product details before consuming. Allergen signs will be displayed.
- Help your team – smartly. Teamwork is encouraged, but putting someone on your shoulders to get through hanging obstacles like Hangin' Tough or Just the Tip? Big nope. That's a safety hazard.
- Be cool out there. No pushing, shoving, or rough behavior. Don't be gross. Waste goes in bins – not the trail.
- Respect volunteers and staff. They're the real MVPs. Speak to them if you or others need help.
- Follow the Signs, Not the Crowd. Look out for directional arrows, obstacle warnings, and safety notices along the route. If a sign says "Caution," we mean it.
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- No obstacle is mandatory. If you're not physically ready for a challenge, don't risk it. Skip it.
- Medical warnings and Course Safety signage matter. If you have a heart condition, pacemaker, metal implants, or a history of seizures, do **NOT** attempt electrical obstacles.
- **There is one electrified obstacle on course, please do not attempt them if you have a heart condition, metal in your body, history of neurological conditions, or are pregnant.**
- All of the obstacles you will face on course will have an obstacle sign in front of them containing safety information. Please make sure you take your time to observe this signage and adhere to any safety guidance given.

It's all about mud, camaraderie, and making memories – let's keep it fun and safe for everyone.

Example Signage:





ADD ONs

CAMPING

- Camping is available on the nights of Friday 9th and Saturday 10th May from 4pm. The latest arrival time is 9pm.
- Camping facilities will include toilets but no showers, please plan accordingly.
- [Click here](#) to book your camping spot, alternatively head to your myevents Active account to add it to your ticket. Camping tickets cannot be purchased onsite.

PHOTO- PACKAGES

Receive up to 40 photos on course, at selected obstacles and throughout Mudder Village. Add the photo package for as low as £25.99 (£29.99 post event). This will be an experience you won't want to forget. [Purchase via your Active account.](#)

MUDDER TABS

A personalised dog-tag to add to your brand new medal. Add on for just £15. Personalisation included: your name, finish time (Endurance events only) and your preferred message. [Purchase via your Active account.](#)

VENUE T-SHIRTS & HOODIES

Specifically designed to your Tough Mudder location, this merchandise will make you look hard AF in the gym. Add on from £20. [Purchase via your Active account.](#)

To purchase any of these add ons, simply, log into [your account](#) and locate the event ticket that you'd like to purchase these add ons to.

GOT MORE QUESTIONS?

- If you have any more questions just drop our Customer Service team an email and they would be happy to help on: UKsupport@toughmudder.com
- Please note response times may vary leading up to the event.

ONSITE FACILITIES



Toilets



Bag Drop



Changing Facilities



On the day registration



Cold rinse station



Food stalls



Merchandise



Camping -Advance Booking only



Parking

HAVE YOU THOUGHT ABOUT FUNDRAISING FOR CHARITY?



Did you know that 80% of Tough Mudders raise for charity alongside their event? It's a great way to challenge yourself AND have an impact for a cause you care about. Choose from any of the UK's 200,000 charities and fast track your fundraising with [givestar](#), the official fundraising platform of Tough Mudder.



Whether you choose one of the incredible charities that we're partnered with or one that you've found yourself, running for charity can raise both much-needed funds and awareness as you take on obstacles with hundreds of other Mudders.

There's nothing like the feeling of crossing the finish line and earning your headband. Now imagine you've crushed that goal not only for yourself but for the greater good. Pretty epic we'd say.

IT'S NOT TOO LATE TO START FUNDRAISING - CREATE YOUR GIVESTAR PAGE NOW

● Macmillan Cancer Support

Our headline charity partner this year is Macmillan Cancer Support. We're hoping to make a hugely positive impact on their fundraising endeavors this year. To hear more about how you can help, click [here](#).

● Mind

Mind are our official Mental Health Charity Partner and do a huge amount of fantastic work supporting the vast number of individuals who have experienced some sort of mental health challenge in their life. Click [here](#) to learn more.

● Alzheimer's Research UK

Almost one million people are living with dementia today. Tragically, not one of them will survive. Alzheimer's Research UK exists to change that, and you can join them! Sign up to be an Alzheimer's Research UK Tough Mudder. With your support, Alzheimer's Research UK can help revolutionise the way we treat, diagnose, and prevent dementia. Alzheimer's Research UK will keep going until every person is free from the heartbreak of dementia. So [join them](#) and their #TeamARUK community today. Challenge yourself and become a (muddy) hero for dementia research!

● Cancer Research UK

Cancer Research UK is on a mission to see 3 in 4 people survive cancer by 2034. The life-saving work funded by supporters and fundraisers goes entirely towards making that mission a reality. Over the last 40 years survival of the disease has doubled. Today, 2 in 4 people survive. Play a part in saving people's lives by taking on a challenge for a good cause. Together we will beat cancer. To learn more about how you can help, click [here](#).



LOYALTY PROGRAM

- Are you familiar with Tough Mudder's loyalty program - called the Mudder Legion?
- As soon as you've finished your first Tough Mudder and earned your inaugural headband, you're automatically eligible for participation in the program
- A few of the perks of the program are:
 - Unique headbands for each achievement level - from 2 to 200
 - Early access to sales and promotions
 - Bragging rights. So many bragging rights
- To learn more and get started on your journey, stop by the Information tent after you finish your event

100+ TIMERS CLUB

- If you are about to join our very special 100 timers club and would like to notify us so that we can make sure your very own crown is at the finish line please complete [this form](#) and the associated linked survey within it.
- Details will need to be completed a minimum of 10 days before the event.



FANCY RUNNING FOR FREE?

- Come volunteer with us at London West and we'll provide a refund of your ticket. [Sign up to Volunteer](#).
- You'll earn yourself: An MVP t-shirt, a cap, a discount code and an amazing experience surrounded by amazing people.
- Take a look at our MVP Facebook page [here](#) or visit our Instagram [here](#), for more info.

Here's a look at our MVP Perk Program from last year. Remember all those awesome items you could collect just by volunteering? Pretty great, right? Well, 2025 is your chance to level up and snag even more incredible rewards! We'll be revealing this year's Perk Program soon—so keep your eyes peeled. One thing's for sure... POINTS MEAN PRIZES!



POINTS MEAN PRIZES

TAKE A LOOK AT ALL THE FANTASTIC MVP SWAG YOU COULD EARN WHEN YOU HIT OUR MUDDERHORN MILESTONES BY COMPLETING VOLUNTEER SHIFTS THROUGHOUT THE 2024 SEASON...



BACKPACK

50 POINTS



GLOVES

30 POINTS



SLIM POWER BANK

30 POINTS



RUNNING BELT

40 POINTS



SUNGLASSES

10 POINTS



BUCKET HAT

10 POINTS



VIRTUAL PARTNER GOODIE BAG

10 POINTS



SOCKS

20 POINTS



FLASK

20 POINTS

THE VOLUNTEER MUST HAVE ACHIEVED THE REQUIRED MINIMUM NUMBER OF POINTS TO OBTAIN THESE MILESTONE ITEMS. POINTS CAN BE EARNED THROUGH COMPLETING ANY VARIETY OF SHIFTS. A 'HALF DAY' SATURDAY, PRE-EVENT OR PACKDOWN SHIFT IS 3 POINTS. A FULL DAY SATURDAY IS 6 POINTS. A 'HALF DAY' SUNDAY IS 5 POINTS, AND A FULL DAY SUNDAY WILL EARN THE VOLUNTEER 10 POINTS. A HALF NIGHT ETM SHIFT WILL EARN THE VOLUNTEER 6 POINTS, WHILST A FULL NIGHT SHIFT IS WORTH 12 POINTS. TO BE ELIGIBLE FOR THESE POINTS, VOLUNTEER SHIFTS MUST HAVE BEEN COMPLETED AT UK EVENTS ONLY AND SHIFTS MUST BE RECORDED AS 'ATTENDED' ON OUR VOLUNTEER SIGN UP PLATFORM.