

**TOUGH
MUDDER**



INFORMATION PACK



COURAGE IS BEING SCARED TO DEATH
**AND SADDLING
UP ANYWAY.**

-JOHN WAYNE

LONDON WEST

18th & 19th May

Culden Faw, Fawley, Henley on Thames,
RG9 3AS

START TIMES



SATURDAY, 18th May

7:00am Registration & Village Opens
7:30am Infinity Wave start
7:45am 10+M First Mud Start
8:00am First 10+M Wave
9:00am First 3-5M Wave

12:45pm Last 10M+ Wave
1:45pm Last 3-5M Wave

SUNDAY, 19th May

8:00am Registration & Village Opens
8:45am 10M+ First Mud Start
9-9:45am First 10+M Wave
10:00am First 3-5M Wave

12:45pm Last 10+M & 3-5M Wave



LIDL Mudder: Saturday 18th & Sunday 19th May
10:00am First LIDL Mudder Wave
2:00pm Last LIDL Mudder Wave

- 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 head to the Check-In tent. Please refer to our [virus safety guidelines](#) for information on if attendance if you feel unwell or are a close contact.
- Proceed to Check-in 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, Marlow Road, Henley on Thames, RG9 3AS

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

By Taxi:

Local firms: Henley Taxis - 01491 411411, County Cars - 01491 579696, Henley Taxis Transport - 01491 574222

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

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-fuelled post race, 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](#).
- Don't forget, Craft are offering 30% off full price items using code: #TM30%CRAFT through their website.

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.
- Your complimentary finisher drink will be provided by **BrewDog** (for those aged 18+).
- Where clean nutrition meets dirty sports, visit the foodspring sample bar for post race nutrition and use their clean up station.
- Make sure to stop by the Tough Mudder Merch Shop to grab apparel, gear, and accessories from our official athletic and performance apparel partner, **Craft**.
- 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.
- Chill out in **Actiph's** 'recovery zone' with their alkaline ionised water.
- Find out more about our official automotive sponsor **Isuzu** and their award winning D-Max - the most tough and capable 4x4 Pick-up on the market.
- Rehydrate and recover with **Emerge isotonic drinks**, try out the different flavours available.
- Grab your recommended daily allowance of 8 key vitamins and minerals from **Acti-Vit's** sparkling vitamin water cans and visit their wellness area.
- Boost your energy and grab a can of **Reign** and find out more about the new Reignstorm.
- Loosen up and get ready with **Clinic4Sport**, who will be providing sport massages, physio and sports taping. Head to their stand to book in.





INFINITY RACERS:

- Infinity Wave is at 7:30AM, please make sure you arrive in plenty of time to check-in, leave any kit at the Infinity Drop Zone which will be located at the end of the bag drop tent, and head to the start chute for the brief and warm up.
- You will receive a BIB at check in that has your timing chip attached. You MUST wear this BIB as the outermost layer for the duration of the event. Please make sure that the timing chip remains attached to your bib as this is how we track your laps.
- To be considered an official finisher of Infinity you must complete the 10+ mile course first and then at least one other 3-5 Mile or 10+ mile lap.
- The 10+ mile course will be closed to Infinity participants at 1:45pm. If you run this course route after this time, the distance will only be counted as 3-5 Mile.
- The Infinity course start will be closed to Infinity participants at 3:45pm. Any laps that start after this time will not be counted towards your total distance. In order for your last lap to be counted as an active lap you must ensure you cross the finish line and complete your penalties before 4:45pm.
- There will be a small race center near the Infinity Drop Zone should you wish to track your progress throughout the day. This will also be where you collect your finisher items including: Infinity Headband, Infinity Medal, Generic TM Finisher Tee, and Infinity distance widget. In order to collect these items, you will need to return your timing chip and a complete set of penalty wristbands.
- Penalties will continue to be undertaken in a marked area next to the Race Centre and Drop Zone at the end of each lap. Purple penalty wristbands correlating to the number of penalty obstacles on the 10+ Mile course will be given to you at Registration. You must wear these on course from the start. If you fail a penalty obstacle you will have one wristband removed. Once you finish your lap you will need to complete the number of penalties required in the penalty area before starting your next lap. Upon completion of all assessed penalties from your previous lap, you will be resupplied with penalty wristbands for your next lap.
 - Final laps shall not be considered complete until you have completed all assessed penalties and turned in your remaining penalty wristbands at the Race Centre.
 - If you attempt to continue on course without having successfully completed an obstacle or forfeiting a penalty wristband you will be immediately disqualified from the event.
 - If you attempt to continue back on to course without completing the required number of penalties at the race centre and run out of penalty wristbands on your next lap you will immediately be disqualified from the event.
- There will be a marked Infinity bypass next to the start for all Infinity participants to get back on course with ease after their first lap.
- Results and live tracking will be available from our timing team onsite, whilst a final results page will go live on our website soon after the event.
- Tough Mudder Infinity 2024 Rules can be found [here](#). Please familiarise yourself with them before the event.





LIDL MUDDER:

- You will select your start wave for Lidl Mudder when you go through the booking process. Waves run on the hour every hour from 10am until 2pm on Saturday and Sunday.
- The course is about $\frac{1}{2}$ mile. Lidl Mudder participants will run 3 laps of the course and rack up 1 mile in total.
- All Lidl Mudder 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 Lidl Mudder but you can cheer them on around the course which is easily accessible.
- Lidl Mudder is for children aged 5 to 12, however any child taking part must be taller than 1.1 metres (3.5 feet).
- We recommend that you bring a change of clothes for your Lidl Mudder as they will get muddy and wet.



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.
- At the event water and a snack will be provided on course. There will be one water/food station on the Tough Mudder 3-5 Mile course. On the Tough Mudder 10 Mile+ course there will be two water/food stations, plus an additional water only station.
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- Our official isotonic drink partner Emerge will also be available at water stations to give you an extra boost around the course.
- Food Spring will be provide protein bars at the food stations. 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:

- The course: Well-known for being one of our hilliest and most technically difficult events on the calendar, this one isn't for the faint hearted. The course route will take you through forest trails, a number of killer hills and if it's anything like the 2023 event, plenty of incredibly muddy tracks. You may even see a wallaby or two on your travels.
- Obstacles to watch out for: Blockness Monster, Funky Monkey & Mudderhorn.

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,⁷ or the 'OMG-I've-just-got-my-headband' shot...we want to see it all.



ADD ONs

CAMPING

- Camping is available on the nights of Friday 17th and Saturday 18th 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

EVENT & COURSE SAFETY

- 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.
- 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.
- There are two electrified obstacles 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.

Example Signage:



HAVE YOU THOUGHT ABOUT FUNDRAISING FOR CHARITY?



Make your event day even more special by tackling the course to raise money for your favourite charities and the causes close to your heart. 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.

- **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**

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**

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.



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 for more info.



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...



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.

REACH OUR 2024

MUDDERHORN SHIFT MILESTONES

AND EARN A **NEW PRIZE** AS YOU HIT EACH ONE

- * THE MORE POINTS YOU EARN, THE MORE SWAG YOU GET (AS WELL AS YOUR USUAL 60 AND 100% CODES)
- * EACH VOLUNTEER SHIFT IS WORTH A CERTAIN NUMBER OF POINTS. THERE ARE SPECIFIC MVP ITEMS YOU WILL EARN AS YOU REACH OUR 10, 20, 30, 40 AND 50 POINT SHIFT MILESTONES

FOR THE FOLLOWING SHIFTS, YOU WILL GET...

SATURDAY HALF DAY, PACKDOWN.....
AND PRE-EVENT SHIFTS

3
POINTS

SATURDAY FULL DAY.....

6
POINTS

SUNDAY HALF DAY.....

5
POINTS

SUNDAY FULL DAY.....

10
POINTS

ETM HALF NIGHT.....

6
POINTS

ETM FULL NIGHT.....

12
POINTS

**THE MORE SHIFTS YOU DO, THE MORE ITEMS YOU GET
SO SIGN UP TO THOSE SHIFTS.**

VOLUNTEERS MUST BE SIGNED UP THROUGH OUR PLATFORM ROSTERFY, AND HAVE ATTENDED THEIR SHIFT FOR THEIR POINTS TO BE VALID AS PART OF THIS PROMOTION. ITEMS EARNED ARE RECEIVED IN ADDITION TO THE DISCOUNT CODE. SHIFTS MUST BE COMPLETE BY 20.10.2024.