

**TOUGH
MUDDER**



INFORMATION PACK



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

-JOHN WAYNE



**EUROPE'S
TOUGHEST**
INFINITY

LONDON WEST

10th May

Culden Faw Estate,
Henley on Thames, RG9 3AS

START TIMES

SATURDAY, 10th May

7:00am ETI Registration Opens

7:30am All participants in Start Chute for race rules and safety briefing

7:45am Race Start

4:45pm 15k Course Closed to ETI Participants

6:45pm Course Start Closed

7:45pm Finish Line and Penalty Area Closed



WHAT TO EXPECT WHEN YOU ARRIVE:

- Bring your ticket and ID and prepare to display it at the registration tent.
- **All ETI Participants are required to have a British Obstacle Sport (BOS) Membership and be required to show your membership email from BOS at check-in. If you don't have a membership you can purchase one [HERE](#).**
- What if I have questions? Have questions or need help? Visit our Mudder Services team when you arrive.

RACE RULES AND REGULATIONS:

- The Race Director will share further information on race day around conduct, disqualifications and equipment.
- Penalties
 - Not just tests of physical strength, but dexterity and mental awareness will also play a part
- Timing chips
 - Chips are to be collected when registering on the day. Each person will be allocated a specific chip which matches their name.
- Please view further FAQs and Europe's Toughest Infinity competition rules [here](#).

EUROPE'S TOUGHEST INFINITY RACERS:



- Infinity Wave is at 7:30AM, please make sure you arrive in plenty of time to check-in, leave any valuables in the bag drop tent, before dropping off your race kit at the Infinity Drop Zone tent, and head to the start chute for the brief and warm up.
- Regular bag drop rules apply to the Infinity Drop Zone, you will only have access to your own bag of race supplies. There is no "Pit Area" for Europe's Toughest Infinity.
- 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 15K course first and then at least one other 5K or 15K lap.
- The 15K course will be closed to Infinity participants at 4:45pm. If you run this course route after this time, the distance will only be counted as 5K.
- The course start will be closed to Infinity participants at 6:45pm. 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 7:45pm.
- There will be a small Race Centre 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, Toughest 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 15K 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.
- Europe's Toughest Infinity 2025 Rules can be found [here](#). Please familiarise yourself with them before the event.



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 cashless**. Whether you're buying the newest kit or re-fuelling 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 jewellery 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.



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.
- 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.

LOYALTY PROGRAMME

- Are you familiar with Tough Mudder's loyalty programme - 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 programme
- 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 Mudder Services 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...



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.