

**SIXTH TRA RIDGEWAY CHALLENGE
UK TRAIL RUNNING CHAMPIONSHIPS (LONG DISTANCE)
Saturday 29th and Sunday 30th August 2009 (Bank Holiday
Weekend)**

85 miles along a 5000 year old trackway through the Chiltern Hills and North Wessex Downs; Grim's Ditch and Barbury Castle and Liddington Castle (hill forts) en route; waymarked throughout; 9,000 feet of ascent; most check points managed by local running clubs. Support teams permitted. Entrants must be at least 21 years old.

Starts on the top of Ivinghoe Beacon. Registration in nearby Ashridge car park from 0830 on 29th August. 1000 start time for those expecting to take more than 24 hours; 1200 start time for those expecting to take less than 24 hours. Transport to start from Tring Station (and possibly local hotels) subject to prior booking. Finish at National Trust Study Centre, Avebury, near Marlborough. Meals at Goring-on-Thames (half way) and at finish. Baggage transport for unsupported entrants to Goring and then on to finish. No transport back to start. Cut off at Goring midnight Saturday and at finish 1400 on Sunday 30th August.

Refreshments at check points. Qualification requirement: at least a marathon since 1st January 2008. Entry fee: £47 with a reduction to £34.50 for entries received by 30th June 2008. TRA members and runners registered with English Athletics may deduct £2 from the entry fee.

Entrants who are not members of the TRA will be entitled to free membership until 31.12.2009 subject to submission of a membership application with a completed standing order form.

For the second time the Ridgeway is twinned with Abbots Way. This is an event in Italy scheduled for 2nd/3rd May 2009. For further information see www.theabbotsway.com

Contact Anthony Taylor at 2 Maunsel Street, London SW1P 2QL
Telephone 01394 387169 and 020 7828 0580 Email a.j.taylor@talktalk.net Also refer to TRA website at www.tra-uk.org