

FIFTH TRA RIDGEWAY CHALLENGE
UK TRAIL RUNNING CHAMPIONSHIPS (LONG DISTANCE)
Saturday 23rd and Sunday 24th August 2008 (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 23rd 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 1500 on Sunday 24th August.

Refreshments at check points. Qualification requirement: at least a marathon since 1st January 2007. Entry fee: £45 with a reduction to £32.50 for entries received by 30th June 2008. Unattached runners £2 extra.

Entrants who are not members of the TRA will be entitled to free membership until 31.12.2008 subject to submission of a membership application with a completed standing order form.

For the first time the Ridgeway is twinned with Abbots Way. This is an event in Italy scheduled for the first weekend in May 2008. For further information see www.theabbotsway.com

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www.tra-uk.org