

**FOURTH TRA RIDGEWAY CHALLENGE
UK TRAIL RUNNING CHAMPIONSHIPS (LONG DISTANCE)
Saturday 25th and Sunday 26th August 2007 (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 recommended but not essential. Entrants must be at least 21 years old.

Starts on the top of Ivinghoe Beacon. Registration in nearby Ashridge car park from 0830 on 25th 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 (subject to agreement of National Trust). 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 26th August.

Refreshments at check points. Qualification requirement: at least a marathon since 1st January 2006. Entry fee: £45 with a reduction to £32.50 for entries received by 30th June 2007. Unattached runners £2 extra.

Entrants who are not members of the TRA will be entitled to free membership until 31.12.2007 subject to submission of a membership application form.

Contact Anthony Taylor at West Briarwood, 125 Ipswich Road, Woodbridge, Suffolk IP12 4BY Telephone 01394 387169 and 020 7828 0580 Email anthony@maunsel.freemove.co.uk Also refer to TRA website at www.tra-uk.org