

Welcome to The Ridgeway Challenge

Thanks for entering this historic race. We are looking forward to seeing you in May.

The key details are all listed within this document, if you have any questions please email us at hello@runawayracing.com.



THE RIDGEWAY CHALLENGE

86 MILES | 139KM | 31 MAY 2025

[Race website](#) >

Overview

The race takes place on **Saturday 31st May 2025**, starting at **1000**. Runners have **28 hours** to complete the entire Ridgeway National Trail from Ivinghoe Beacon to Avebury.

The total distance is **139km (86 miles)** with a total elevation gain of **1850m**.

Getting to the start

The start takes place at **Ivinghoe Beacon**, and the event base is situated within the car park on Beacon Road. Here's how you can get there.

1 Drop-off
Get dropped off directly at the car park. There are around 100 spaces in total.

2 Coach Transfer
Park in Swindon and take the coach to the start line (Journey time 1h45), departs 0700 on race morning.

This is an additional cost and can be booked during registration, or via the link below. After the race, we are operating shuttles back to Swindon (25 min journey).

[Book coach](#) >

5 Shuttle from Tring Station, or Premier Inn Tring
We are operating a free shuttle service between Tring Train Station and Premier Inn Tring, to the start

[Book shuttle](#) >

Event location

Ivinghoe Beacon Car Park
Beacon Road
Ringshall HP4 1NF

[///caveman.shrugging.beads](http://caveman.shrugging.beads)

[Google Maps](#) >

On arrival (registration, trackers & bags)

Registration will be open on **race morning** from **0800 to 0915**. All runners must register within this time period.

Registration will take place within Ivinghoe Beacon Car Park, address opposite.

You must arrive at registration with your race pack and all mandatory kit, checks will be carried out.

You will be given your **race number, safety pins**, and have your **GPS tracker** attached to your pack.

Registration

Ivinghoe Beacon Car Park
Beacon Road
Ringshall HP4 1NF

[///caveman.shrugging.beads](http://caveman.shrugging.beads)

[Google Maps](#) >

Bag Drop

You may drop off **two bags** at the start, on the morning of the race. Both bags must be clearly labelled with your name and race number.

1 - On route drop bag

To be transported to CP5 South Stoke (67.1km) and then returned to the finish.

Max Size
30L

2 - Finish line bag

To be kept safe and transported to the finish line.

Max Size
60L

Important - In the event of a DNF, it is your responsibility to return your GPS tracker and collect your drop bags. Lost trackers that are not returned cost £120 to replace 🙄!

To the start

The start of the race is at the trig point on the top of Ivinghoe Beacon. It is a short walk (900m) from the event base.

There will be a short safety briefing at 0940, following this we will walk together to the start and begin the race at 1000.

Route information

Overview
The total distance is **139km** with **~1850m** of elevation gain.

The route is available to download as a **GPX** or via **Garmin, OS Maps & Google Maps**.

You **must** have the route on your phone or watch as a back up to the permanent signage.

[Route Downloads](#) >

Important note - The route is open to the public, please be respectful to all trail users and be careful not to drop any litter.

Following the route
The route is **permanently signposted** using official Ridgeway National Trail markers.

In some locations, temporary signage will be added to ensure the navigation is clear.

All signage will feature the 'acorn' logo and/or the word 'RIDGEWAY' (see image).

Towards the end of the race, you will see specific signage directing you to the finish at National Trust Avebury.



On-route (checkpoints, crewing & pacing)

There are **nine checkpoints** on the route, these will contain a mixture of fluids and nutrition, such as:

Drinks - Water, Coke, electrolyte mix, hot water (CP5, others TBC)

Food - Precision Fuel Gels, Chews, sandwiches, flapjacks, sweets, fruit, crisps + much more.

Hot Food - Available at South Stoke (CP5).

- CP1, Wendover** - 10.1 miles / 16.3km
- CP2, Whiteleaf** - 17.3 miles / 27.9km
- CP3, Lewknor** - 26.1 miles / 42.1km
- CP4, Nuffield** - 34 miles / 54.8km
- CP5, South Stoke** - 41.7 miles / 67.1km
- CP6, West Ilsley** - 52 miles / 83.7km
- CP7, Sparsholt** - 61 miles / 98.3km
- CP8, Foxhills** - 69.4 miles / 111.7km
- CP9, Barbury Castle** - 79.6 miles / 128.2km

Crewing

Crewing is **permitted** at **CP2, CP3, CP6, CP7, CP8 & CP9**.

Crewing is **not permitted** at **CP1, CP4 or CP5**. A time penalty of 15-minutes will be applied to any runner being supported at this locations.

With the exception of the above locations in red, you may meet your runner at any other point on the course to provide additional fluid or nutrition and moral support. Crew must not run with their runner and cannot carry any of their mandatory kit.

Pacing

Pacing is **not permitted**. However, for your safety, you may be accompanied by another runner during the night (between the hours of 10pm-6am). This runner is not permitted to carry any of your mandatory kit, and must be on foot (no bikes allowed).

Cutoffs

There is an overall **28-hour time limit (2pm on Sunday)** to complete the total distance.

We will be enforcing the following cut-off times during the race. You must **leave** the checkpoint by the time stated to be allowed to continue.

- CP1, Wendover** - 13:15
- CP2, Whiteleaf** - 15:40
- CP3, Lewknor** - 18:30
- CP4, Nuffield** - 21:00
- CP5, South Stoke** - 23:30
- CP6, West Ilsley** - 02:50
- CP7, Sparsholt** - 05:50
- CP8, Foxhills** - 08:30
- CP9, Barbury Castle** - 11:55
- Finish** - 14:00

During the race

Mandatory kit

You **must** carry the follow items at all times during the race. Time penalties will be applied to anyone not carrying the correct gear.

- Fully charged mobile phone (switched on throughout)
- Access to the route via GPX on your phone or watch, or via a paper map
- Water bottles/bladder capable of carrying a minimum of 1 litre
- Survival blanket or bag: 1.4m x 2m minimum
- Primary light source (min 75 lumens)
- Back up light source (min 25 lumen)
- Head covering (beanie or buff)
- Re-usable soft cup
- Waterproof jacket (must have hood & sealed seams)
- Item of warm clothing (long sleeved base layer or fleece)
- Basic first aid supplies (plasters/tape/bandage)
- Supply of nutrition
- Cash or bank card

Emergency info

To contact the event director or medical team, please use the following phone number.

07874 947339

Mid-race DNF

We **strongly recommend** having a contingency plan for this potential outcome, which should include arrangements for a partner/relative/friend to pick you up from a checkpoint.

A sweeper minibus will be available to transport runners off the course, either to CP5, or to the finish, dependant on where you stop. You will need to arrange onwards transport to get yourself home.

The Finish (post race, transport options)

Our finish line is at **National Trust Avebury Manor**, near to the museum.

Spectators will be permitted at the finish line throughout the duration of the event, however please note that the National Trust Estate (and cafe) is only open from 10am.

Parking

The National Trust car park will be open outside of official opening hours for spectators and runner pick-up.

Normal parking charges apply during opening hours.

Post-race travel

There will be a shuttle to Swindon available for runners posts race, this will leave intermittently based on demand. Speak to race staff at the finish to use this service.

Post-race rest

For anyone requiring rest before onwards travel, this will be available at the Cricket Club. Please pack a sleeping bag in your finish drop bag if you are likely to use this.

Contact us

We hope everything has been covered in the document, but if not please send us an email and we'll be happy to answer any questions.

hello@runawayracing.com

