

Welcome to The Ridgeway Challenge

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

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

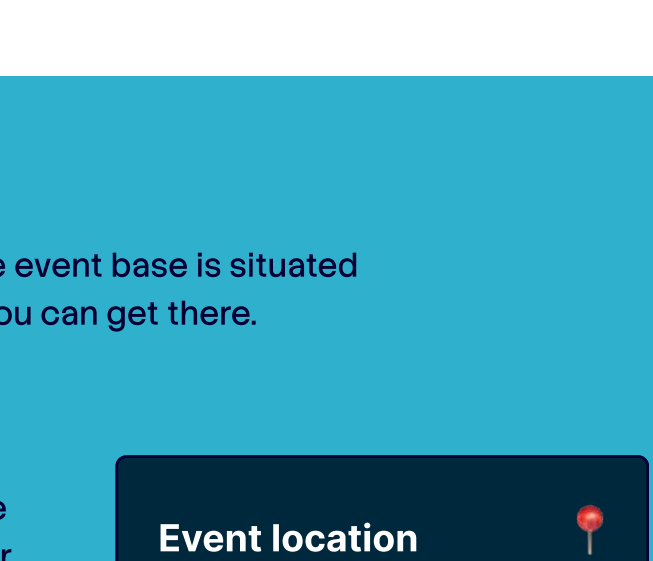


[Race website](#) >

Overview

The race takes place on **Saturday 30th May 2026**, starting at **10:00**.

Runners have **28 hours** to complete the entire Ridgeway National Trail from Ivinghoe Beacon to Avebury Manor.



The total distance is **139km (86 miles)**, with an 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.

- Drop-off**
Get dropped off directly at the car park. There are around 100 spaces - get there early if your driver wants to see the start.
- Coach Transfer**
Park in Swindon and take the coach to the start line (journey time 1h45), departs 07:00 on race morning.

This is an additional cost and can be booked during registration, or via the link below.
[Book coach](#) >
- Pickup from Tring Station, or Premier Inn Tring**
We are operating a pickup service from Tring Train Station and Premier Inn Tring, to the start. This must be booked in advance.
[Book pickup](#) >

Event location

Ivinghoe Beacon Car Park
Beacon Road
Ringshall HP4 1NF

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

[Google Maps](#) >

On arrival

Registration will be open on **race morning** from **08:00 to 09:15**. 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 may 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](https://caveman.shrugging.beads)

[Google Maps](#) >

Bag Drop

You may drop off **one bag** at the start.

This bag will be transported to CP5 (South Stoke), and then to the finish.

Recommended size - 30-60L
Please do not leave valuables with-in your drop bag.

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.

Walk 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 09:40, following this we will walk together to the start and begin the race at 10:00.

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 >

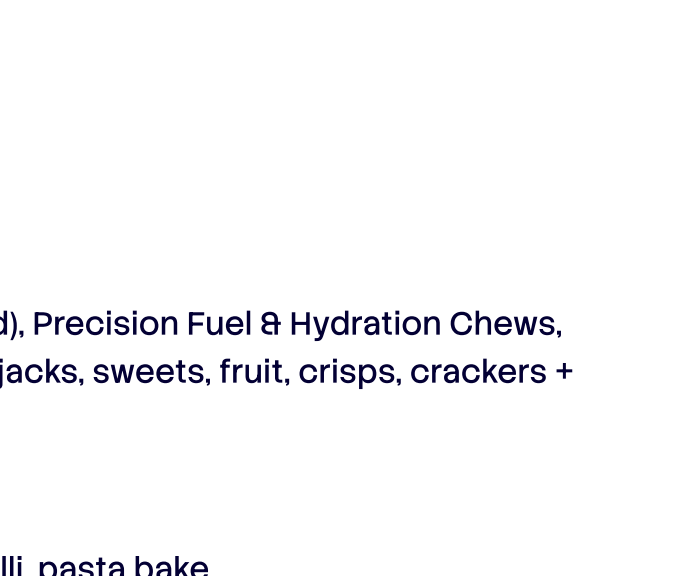
Important note - At Ogbourne St George the route will deviate from the official National Trail, this is to avoid a dangerous road crossing, and to allow us an indoor checkpoint within Ogbourne Village Hall - This deviation will be clearly signposted.

Following the route

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

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

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



On-route

There are **eight checkpoints** on the route, these will contain a mixture supplies, the list below will give you a good idea of what to expect.

Drinks

Water, Coke, Juice, Squash

Electrolyte tablets are available at all CPs

Fuel

Precision Fuel & Hydration Gels (non-caffeinated), Precision Fuel & Hydration Chews, Sandwiches (jam, marmite, cheese, nutella), flapjacks, sweets, fruit, crisps, crackers + much more.

Hot Food

CP5 (South Stoke) - Jacket potatoes + vegan chilli, pasta bake

CP8 (Ogbourne) - Soup + bread

All CPs with hot water will also have instant oats and instant pasta/noddles available.

Hot Water

CP3, CP5, CP6, CP7, CP8

(tea and coffee available)

CP1, Wendover - 10.1 miles / 16.3km

CP2, Whiteleaf - 17.3 miles / 27.9km

CP3, Aston Rowant - 25.5 miles / 41.1km

CP4, Nuffield - 34 miles / 54.8km

CP5, South Stoke - 41.7 miles / 67.1km

CP6, West Ilsley - 52 miles / 83.7km

CP7, Uffington - 64.4 miles / 104km

CP8, Ogbourne - 76.4 miles / 123km

[More CP info](#) >

Food at the finish

There will provide basic food at the finish for runners, this will consist of:

- 3 Bean Chill or Soup + Bread
- Oats + fruit
- Toast + usual spreads
- Tea & Coffee

For those finishing after 10am there is a National Trust cafe on site too.

Crewing

Crewing is **permitted** at **CP2, CP6, CP7**.

Crewing is **not permitted** at **CP1, CP3, CP4, CP5 or CP8** 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.

Pacing

Pacing is **permitted from** CP5 onwards. Please note, there is extremely limited parking in South Stoke. We recommend finding a suitable point near to CP5 for your pacer to meet you - Goring (a short distance from CP5) is the most most suitable location for this.

Pacers must not at any point carry mandatory kit for you.

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, Aston Rowant - 18:20

CP4, Nuffield - 21:00

CP5, South Stoke - 23:30

CP6, West Ilsley - 03:00

CP7, Uffington - 07:00

CP8, Ogbourne - 10:50

Finish - 14:00

Mandatory kit

You **must** carry the follow items at all times during the race - This is for your own safety.

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
- Primary light source (min 75 lumens)
- Back up light source or spare battery for primary
- Head covering (hat or buff)
- Re-usable soft cup (non-collapsible if using for hot drinks)
- Waterproof jacket (must have hood)
- 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 vehicle 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

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

Specators 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

Runners will need organise their own onwards transport from the finish.

For those going to Swindon or any of the surrounding towns, you will need to use a taxi, or the local bus routes (from 9am Sunday). More details will be provided closer to the race.

Post-race rest

There will have a marquee at the finish for runners to rest and stay warm. There are no beds available at the finish.

Finish location

Avebury Manor,
Marlborough, Wiltshire,
SN8 1RD

[Google Maps](#) >

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

