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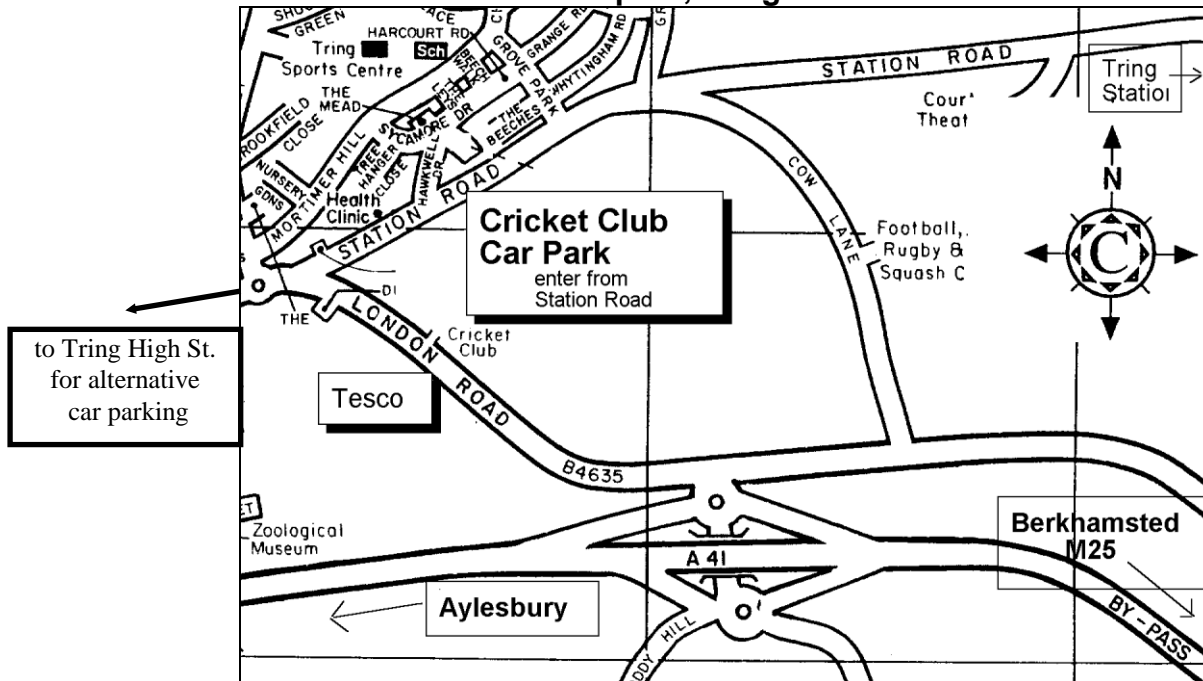
Is very pleased to welcome you to the

28th Ridgeway Run

established 1982

SUNDAY 11TH OCTOBER 2009**Starts 11.00am**

at Marshcroft Lane. Meet first at Tring Park Cricket Club, Tring.

To find the car park, Tring Park Cricket Club:

- Please allow at least 15 minutes to get to the start from the Cricket Club
- Please do not park near the start as this causes problems with local residents
- In the event of bad weather there are car parks in Tring High Street a short walk from the Cricket Club
- The course is approximately 15 km (9 miles). The route is the same as last year.

WE WOULD VERY MUCH LIKE TO SEE YOU AT THE CRICKET CLUB AFTERWARDS:

- Changing facilities including showers (m/f) available at the Cricket Club
- Presentation of prizes at the Cricket Club from 13:00 approx. or as soon as possible after
- Refreshments at the Cricket Club Pavilion including bar & sandwiches etc.
- Apex Sports stall for running shoes and kit

PRIZES

INDIVIDUAL (John Lewis/Waitrose vouchers to the value indicated).

MEN

1 £75
2 £50
3 £25
4 £15
5 £15
6 £10
7 £10
8 £10
9 £10
10 £10

WOMEN

1 £75
2 £50
3 £25
4 £15
5 £15

Vets men:	£15 to first :	V40	V50	V60
Vets women:	£15 to first:	V35	V45	V55

Competitors will only be awarded one individual prize

TEAM (£20 Saucony voucher to each team member)

First men's team (six to count)

First ladies team (four to count)

RESULTS

The results will be posted on our Web site www.tringrunningclub.org.uk

IMPORTANT....ROAD CROSSINGS AND HAZARDS!!!!

Please note that the race involves the crossing of several roads. The crossing points will be marshalled but marshals are NOT able to stop the traffic. It is YOUR responsibility to cross safely. Please take particular care especially when crossing into the finish. Losing a place is better than a life or a limb.

The course is multi-terrain. This means there are bumps and lumps and stumps and branches and all the hazards of the countryside. You know that, that's why you are doing the race, but take care. The descent of Incoombe Hole (a little before the water station) can be very slippery in the wet and Pitstone Hill (just after the water station) has a lot of rabbit holes; don't go down one.

The Red Cross will be in attendance at the start and finish and at the Bridgewater Monument (approx 3 miles and the top of the big hill) and at Pitstone Hill car park where the water station is (approx 6 miles)

Tring Ridgeway Run contact:

If you urgently need to make contact with Tring RC before the run please email ridgerun@tringrunningclub.org.uk