

**The Ironwood Challenge**

 **Starts at 11.00am on Sunday 26 February 2017 from Long Ashton Community Centre**

The Ironwood Challenge is six(ish) country miles of trails through ancient woodland, fields and forest above the village of Long Ashton in North Somerset.

**FACILITIES:** Free parking - Showers - Baggage store – St John Ambulance First Aid – Home-made Cakes – Refreshments - fully marshalled.

**DIRECTIONS**: O/S Map Ref. 537704. From Bristol - A370 to Weston-S-Mare - follow signs to Long Ashton. From M5 Jct. 18 - A4 to Bristol onto A370 - look for Long Ashton signs. From M5 Jct. 19 - A369 to Bristol onto A370 – follow Long Ashton signs. Long Ashton Community Centre is on Keedwell Hill, which is the turning off the main road, opposite the CO-OP.

**ADVANCED ENTRY FEES**: ARC/UKA Affiliated - £7. Unaffiliated runners - £9. **Online entry only** at fullonsport.com

**ON THE DAY ENTRY FEES:-** £8 affiliated/£10 unaffiliated

**FURTHER INFORMATION :** Contactinfo@nailsearunningclub.org.uk.

Race limit 200. Minimum age 17 years. Race numbers will not be sent out. Please collect them on the day.

**AWARDS**: 1st, 2nd & 3rd SM & SF; 1st & 2nd V40M &V40F; 1st V50M, V50F, V60M & V60F. NB Only one prize will be awarded to any individual runner.