



Lake District Challenge... Walk, Jog, or Run it

08 - 09 June 2024

SHORT COPY

Walk, Jog, or Run the Lake District Challenge and take on England's finest countryside at your pace. Suitable for all experience levels. Starting from our Kendal Base Camp, you can take on the full challenge, looping around Lake Windermere via Ambleside, or a half challenge, quarter challenge, 10km or our new Lake District Marathon distance. With the best support & hospitality all the way.

This event is part of the Ultra Challenge Series – 16 great events where you can walk, jog or run your chosen distance in the UK's most iconic locations! Head to the Ultra Challenge page to find out full details of prices and to sign up:

<https://www.ultrachallenge.com/lake-district-challenge/>

LONG COPY

Walk, Jog, or Run the Lake District Challenge and take on England's finest countryside at your pace. Choose your distance - the full challenge Kendal loop, or a half challenge, quarter challenge, 10km or our new Lake District Marathon distance. Test yourself on a fantastic Ultra Challenge - suitable for all experience levels - and you'll get the best support & hospitality all the way.

Our Challenge Base Camp is in Kendal. From there it's a full challenge anticlockwise loop taking in a couple of tough hills to Ambleside, a half way point by Lake Windermere, forests, and nature reserves - with some stunning views en route - before a huge welcome and celebration back at Base Camp after a momentous journey. Push yourself further in the stunning Lake District!

Your entry includes free food and drink at regular rest stops, plus support including medics, marshals and massage. As you cross the finish line, you'll get a glass of fizz, t-shirt, and a medal to commemorate your achievement.

Head to the Ultra Challenge page to find out full details of prices and to sign up: <https://www.ultrachallenge.com/lake-district-challenge/>

SIGN UP & FUNDRAISING OPTIONS:

- 1. Full Sponsorship** – you pay a small registration fee, do lots of fundraising and we cover the cost of your event place!
 - **100km:** Normal Reg Fee £40 & Fundraising Target - £575
 - **Shorter distances and lower fundraising targets are also available!**
- 2. Mixed Funding** – pay half of the event place cost yourself, fundraise a bit less and we pay the balance of the event place cost.
 - **100km:** Reg fee £100 / fundraising target £300
 - **Shorter distances and lower fundraising targets are also available!**
- 3. Own Place Fundraising** – you pay the full cost of the event place - fundraise whatever you can, with no set target or deadline, and there's no event place cost at all to the charity - us!
 - **100km:** £198
 - **Shorter distances and entry fees are also available!**

To sign up or find the full details of this great Challenge, and the full range of Ultra Challenges, click here:

<https://www.ultrachallenge.com/lake-district-challenge/>



RUNNERS COPY

Run the Lake District Challenge and take on England's finest countryside at your pace. Choose your distance - the full challenge Kendal loop, or a half challenge, quarter challenge, 10km or our new Lake District Marathon distance. Test yourself on a fantastic Ultra Challenge - suitable for all experience levels - and you'll get the best support & hospitality all the way.

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