



Thames Path Challenge ... Walk, Jog, or Run it

14 - 15 Sept 2024

SHORT COPY

Walk, jog or run the Thames Path Challenge, following England's greatest river. The full Thames Path Challenge 100km route heads from Putney Bridge past Hampton Court to Runnymede of Magna Carta at 50km, then on past wonderful historic scenery all the way to Henley. Choose your distance, with 75km three-quarter, 50km half challenge, or 25km challenge options - there's a challenge for everyone. Expect a great atmosphere, with full support, food and drinks throughout.

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/thames-path-challenge/>

LONG COPY

Take on the Thames Path Challenge following England's greatest river. Most will walk, many will jog, some will run, and all have special reasons to push themselves.

Our full Thames Path Challenge 100km route heads from Putney Bridge past Hampton Court to Runnymede of Magna Carta at 50km, then on past wonderful historic scenery all the way to Henley. With 75km three-quarter, 50km half challenge, or 25km challenge options - there's a challenge for everyone. Your challenge will be a test of spirit and determination. You'll be supported all the way by our team, and rewarded with an amazing sense of achievement.

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/thames-path-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/thames-path-challenge/>



RUNNERS COPY

Step up to run the Thames Path Challenge, following England's greatest river. With a flat course and great scenery, the course allows you to post a new personal best over a distance of your choice!

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