



actionchallenge
challenge events worldwide

In aid of



PROSTATE
CANCER UK

PUSH YOURSELF
FURTHER IN 2024

100KM

75KM

50KM

25KM

10KM



27 & 28 Jan



6 April



4 & 5 May



18 & 19 May



25 & 26 May



8 & 9 June



22 & 23 June



6 & 7 July



27 July



3 August



24 August



7 & 8 Sept



14 September



14 & 15 Sept



28 September



26 October

ULTRA CHALLENGE SERIES 2024

Walk, Jog, Or Run - Push Yourself Further!

You may be a walker & new to endurance events, a seasoned trekker, or perhaps a marathon runner looking to up the distance; whatever your pace, experience, or age, there are 16 fantastic events to choose from in the UK's #1 series of treks & runs - each with its own character, each a real challenge, and all achievable with our support and your spirit & determination. Whether it's setting out in stunning coastal scenery, along a historic towpath, or along trails in England's wonderful countryside - your Challenge will test you on an unforgettable journey. Most will walk at a pace that suits them, many will jog parts, and some will run the whole course Ultra Marathon style.

Join as an Individual or as a Team - do it for a charity of your choice or do it just for yourself. There are: full 100 km challenges for those who are up for it - continuous or with camping at halfway - and with our expert support & hospitality through day & night; NEW 75 km options to 'up' the distance; a whole range of testing 50 km & 25 km options, plus a few 10 km taster events. There's a challenge for everyone, and these are high quality events with rest stops every 10 -15km, with drinks, snacks & food to keep you going - and all included! The routes are fully signed, there's a Challenge App, you can camp with us on many events, there's medical & welfare teams to keep you on track, and a massive finish line cheer with a medal, glass of fizz, and a finishers t shirt.

Taking on an Ultra Challenge will make a real difference to you, and to your charity of choice if you're fundraising. You'll enjoy stunning scenery, meet many new friends, discover inner resilience & spirit, and be rewarded with an overwhelming sense of achievement as you cross your finish line.

With some training, determination, and our support, anyone can take on an Ultra Challenge!



- **WALK IT!** - At a pace that suits you
- **RUN IT!** - Ideal event to 'up' your distance
- **JOG IT!** - Run a bit, walk a bit - you choose
- For a Charity of your choice - or 'Self Fund' & go for it!
- Join as an Individual or as a Team
- 100 km, 75 km, 50 km, 25 km or 10 km options
- 2 Day 100 km 'daylight' option - 50km / day, rest at halfway
- Covered Rest Stops every 10 -15 km
- FREE hot meals, picnic, drinks & snacks
- Pace walkers, medics, massage, & support vehicles
- Fully signed route - pink arrows all the way!
- Corporate packages available
- Finisher's medal, T shirt, & glass of bubbly!
- Optional bus transfers, camping & baggage services



LONDON WINTER WALK

27 & 28 January 2024



- Flat 26 & 13 mile looped walks
- 10 km option - ideal for families
- Oval Cricket Ground start / finish
- Great routes through the Capital
- Good train & tube links
- Rest Stops with snacks & drinks
- + Picnic lunch for Marathon option
- Winter Walk neck buff
- Medal & hot food at the finish
- This event is walking only.

For full info, visit www.ultrachallenge.com/london-winter-walk

A great event to walk off the festive celebrations, and kick start a New Year fitness regime! Full Marathon, Half Marathon & 10 km options - starting & finishing at The Oval Cricket Ground - taking in highlights of the Thames, its historic bridges, and many of the Capital's key landmarks. Families are welcome, there're rest stops with snacks & drinks, and a special medal & hot food at the finish. Whether it's to enjoy an active day out with friends, or to start getting in shape - there's a Winter Walk for you! Join as an Individual or as a Team, and do it for yourself, or for Charity.



www.ultrachallenge.com

EASTER 50 ULTRA CHALLENGE

6 April 2024



- Windsor Racecourse basecamp
- 50 km loop ~350m of climb
- 25 km Loop ~175m of climb
- 10 km option - Eton & Windsor
- Rest Stops with snacks & drinks
- Plus a picnic lunch for 50 km option
- Hot food at finish
- Souvenir Easter neck buff
- Plenty of parking & transfers.

For full info, visit www.ultrachallenge.com/easter-challenge

Take on a 50 km Ultra, a historic 25km or a shaper 10km and make it an active Saturday after the Easter weekend celebrations! From our Windsor Racecourse basecamp 2000 or so adventurers will head out on looped routes through the Great Park with fantastic views of Windsor Castle, on to Runnymede, along the Thames Path, and take in Dorney Lake and some wonderful surrounding countryside. You'll get full support all the way, a few Easter surprises, a celebration finish & medal back at basecamp with a hot meal. It's easy to get to, there's lots of parking, and It's a great way to kick off the Ultra Challenge season, and to get prepared for an active summer ahead.



www.ultrachallenge.com

ISLE OF WIGHT ULTRA CHALLENGE

4 & 5 May 2024



- 106 km Full Challenge ~1800m of climb
- 2 Day Full option + camp at halfway
- Testing $\frac{3}{4}$, $\frac{1}{2}$, & $\frac{1}{4}$ Challenges available
- Spectacular coastal path
- Main start at Chale basecamp
- New 30 km 'Cross Island' - Cowes to Chale
- & 'Medina 10 mile' - explore Cowes estuary
- Optional camping packages
- Transport options from / to the Ferry.

For full info, visit www.ultrachallenge.com/isle-of-wight-challenge

Great challenges need great settings, and few are better than the Island's coastal path. Over 2,000 intrepid adventurers will take on the Isle of Wight over the bank holiday weekend - all out to push themselves further. From our start in the south, it's clockwise along the spectacular southern cliffs, past the iconic Needles, and up to Cowes at halfway. For Full Island challengers it's through the resorts of Sandown, Shanklin, and historic Ventnor, before a welcome return to basecamp in Chale after an epic 106km journey. You'll get full support & hospitality all the way, and with $\frac{3}{4}$, $\frac{1}{2}$, & $\frac{1}{4}$ distance Island Challenges available + new 'Cross Island' & Medina 10 Mile' options - there's an amazing Isle of Wight Challenge for everyone!



www.ultrachallenge.com

JURASSIC COAST ULTRA CHALLENGE

18 & 19 May 2024



- Full 100 km Challenge ~2300m of climb
- Along the coastal path - Corfe Castle to Bridport
- Testing $\frac{3}{4}$, $\frac{1}{2}$, $\frac{1}{4}$, & Marathon options available
- Tough ups & downs - and highly rewarding
- Bridport 10K on Sunday am
- Optional camping at Corfe Castle start
- Camping at Weymouth for 2 day or $\frac{1}{2}$ / $\frac{1}{4}$ challenge
- Optional bus transfers - making it easy to join / exit.

For full info, visit www.ultrachallenge.com/jurassic-coast-challenge

A real highlight of the season - and 3,000 or so will join us! Take on the spectacular & tough Jurassic Coast with a start at Corfe Castle, on a great route which loops down to Swanage, then across the Purbeck Hills to Lulworth Cove & Durdle Door, with ups & downs to the Weymouth halfway stop. For 100 km challengers it's along the end of Chesil Beach to West Bay's famous sandstone cliffs (of TV's Broadchurch) with a finish line celebration in vibrant Bridport. There are fantastic $\frac{1}{2}$, Marathon, and $\frac{1}{4}$ distance options providing a variety of scenery + a NEW $\frac{3}{4}$ challenge - with all getting full support & hospitality on this challenging course. With a 10 km challenge in Bridport as well - there's an unforgettable Jurassic Coast Ultra Challenge waiting for everyone in 2024!



www.ultrachallenge.com

LONDON 2 BRIGHTON ULTRA CHALLENGE

25 & 26 May 2024



- Full 100km Challenge ~1500m of climb
- Richmond start - 66% 'off road' route
- 2 Day 'daylight' 100 km option
- $\frac{3}{4}$, $\frac{1}{2}$ & $\frac{1}{4}$ Challenge options also available
- Camp at halfway - for 2 day or $\frac{1}{2}$ Challenge
- 2nd 'Half' is 42km 'Sussex Marathon'
- Trails, paths, road & climbs - mix of terrain
- Brighton Racecourse finish.

For full info, visit www.ultrachallenge.com/london-2-brighton-challenge

The original Ultra Challenge - a classic, and a must do! The London 2 Brighton Ultra Challenge will be in its 12th year and once again 2,000 or so adventurers will take on this iconic route from Capital to Coast, testing their grit & determination. It's a Richmond start by the Thames, before heading over the North Downs and through some wonderful Surrey & Sussex countryside to halfway at Turners Hill. For the full 100 km route, the final climb over the South Downs is rewarded with a welcome view of the Brighton coastline, followed by a celebration finish at the Brighton Racecourse. With $\frac{1}{2}$, $\frac{1}{4}$, and a new $\frac{3}{4}$ distance option + a new Saturday 25 km Brighton Loop - there's a Challenge here for you and your friends!



www.ultrachallenge.com

LAKE DISTRICT ULTRA CHALLENGE

8 & 9 June 2024



For full info, visit www.ultrachallenge.com/lake-district-challenge

- **Full 100km Challenge** – Kendal loop ~2500m of climb
- **½, Marathon, ¼, & distance options** also available
- **Camping option** at Kendal basecamp
- **2 Day 100km ‘daylight’ option**
- **Halfway accommodation** – for 2 Day or ½ challenge
- **Fantastic Ambleside 10K option** on Saturday morning
- **Through Lake District National Park**
- **Rest stops** – with free food & drink.

Join us in the Southern Lake District and take on England’s finest countryside at your pace. Test yourself on a fantastic Ultra Challenge, suitable for all experience levels and you’ll get the best support & hospitality all the way to achieve something special. Challenge basecamp is in Kendal, and from there, for the tough full 100km challenge, it’s an anticlockwise loop taking in a couple of sharp hills, Ambleside, a halfway point by Lake Windermere, forests, and nature reserves – with some stunning views enroute – before a huge welcome and celebration back at Kendal after a momentous journey. With ½, Marathon, ¼, & 10 km distances also available + camping & accommodation options available – there’s an epic weekend away in the Lakes waiting for you in 2024!



www.ultrachallenge.com

COTSWOLD WAY ULTRA CHALLENGE

22 & 23 June 2024



- Full 100km Challenge - Cirencester loop
~2,250m of climb
- Testing $\frac{3}{4}$, $\frac{1}{2}$ & $\frac{1}{4}$ distance options available
- University accommodation option at Cirencester basecamp
- 2 Day 100km 'daylight' option - camp at halfway
- University accommodation option at Cirencester basecamp
- Camping option at Wotton halfway
- New Cirencester 10 km on Saturday.

For full info, visit www.ultrachallenge.com/cotswold-way-challenge

The Cotswolds, an Area of Outstanding Natural Beauty - provides a stunning setting for this testing Ultra Challenge - with some fantastic views en route and some tough hills in between! Don't be fooled by the idyllic outward appearance of rolling hills & idyllic villages - this is tough one! You'll start at our basecamp in Cirencester, and ahead lies 100 km of footpaths and trails on a fabulous, looped route which takes in some of the best of the Cotswolds - and a halfway stop at Wotton under Edge. With every testing climb - you'll be rewarded with stunning views, and with plenty of support to keep you going right to the end - this is much more than a normal weekend break in the Cotswolds!



www.ultrachallenge.com

PEAK DISTRICT ULTRA CHALLENGE

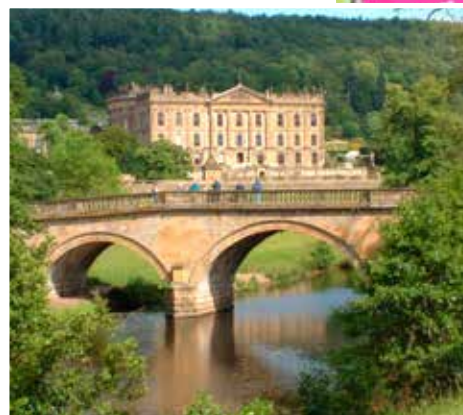
6 & 7 July 2024



- Full 100km Challenge - Bakewell loop ~2150m of climb
- Figure of 8 route - Bakewell start / halfway / finish
- 2 Day 100km 'daylight' option - camp at halfway
- Testing $\frac{3}{4}$, $\frac{1}{2}$ & $\frac{1}{4}$ distance options available
- Bakewell 10 mile option on Saturday
- Through Peak District National Park
- Camping options at Bakewell basecamp
- Bar & entertainment at basecamp.

For full info, visit www.ultrachallenge.com/peak-district-challenge

Mid-summer – and a fantastic challenge in the middle of England! We'll welcome 2,500 or so adventurers into the fabulous Peak District National Park, with a major basecamp set-up in the idyllic town of Bakewell – with camping options across the weekend. The full 100km Challenge takes a tough & varied figure of 8 route through Derbyshire's finest scenery - passing Chatsworth House, viaducts, country estates, and high & low Dales, before returning to Bakewell for a fantastic finish line celebration. With distance options to suit everyone – make sure you're heading to Bakewell in early July to join in!



www.ultrachallenge.com

NORTH DOWNS 50 ULTRA CHALLENGE

27 July 2024



- Full 50km loop ~ 830m of climb
- 25 km & 10 km options available
- Looped routes from Guildford
- Accommodation option at basecamp
- Optional transfers from station
- Fully supported with rest stops & free food & drink.

For full info, visit www.ultrachallenge.com/north-downs-50

Successful returning in 2023 - it's back again for 2024 by popular demand! With a start & finish basecamp in Guildford, the full 50 km route takes in some of the best of the North Downs Way & Surrey Hills, with some sharp climbs & magnificent views to the south over the surrounding countryside. Join us for this summer challenge - it's only a short train ride from the Capital, we'll have plenty of parking & accommodation options also. With 25 km & 10 km Challenges available as well - the North Downs is waiting for you in July!



www.ultrachallenge.com

SOUTH WEST COAST 50 ULTRA CHALLENGE

3 August 2024



- Tough 50 km loop ~1600m of climb
- Basecamp in fields beneath Dunster
- 3 fantastic 25 km options
- 10 km loop option from basecamp
- Camping packages available
- Rest stops every 12.5km with free food & drink
- Transfers options from Taunton station.

For full info, visit www.ultrachallenge.com/sw-coast-50

The South West Coast 50 Challenge takes in the initial section of the stunning & famous 630 mile Coastal Path – and whilst it’s a ‘50’ – it packs a big punch, and is a fantastic one day challenge! Our basecamp is set in the shadows of the impressive Dunster Castle near Minehead, and the 50 km loop heads along the coast to Porlock and then up & over Exmoor with some big ups & downs and magnificent views. You’ll get full support all the way, a lively finish line celebration, and with a range of 25 km options, the ‘Dunster’ 10 km, camping packages across the weekend and festival style hospitality at basecamp across the weekend – the South West Coast 50 is one to put in the diary early!



www.ultrachallenge.com

LONDON SUMMER WALK

24 August 2024



- 25 km looped route - fairly flat
- Start / Finish: Woolwich
- Walking only (no running)
- 10 km option for 2024
- Summer Walk neck buff
- Rest Stop with snacks & drinks
- BBQ + bar at finish.

For full info, visit www.ultrachallenge.com/london-summer-walk

This 25 km loop is a fascinating way to see the Thames Gateway to the east of London. Starting alongside the grandeur of Woolwich Royal Artillery Barracks (*short walk from the new Elizabeth Line station*) - our 25 km looped route heads through the Woolwich Tunnel, through the docklands, and to the Old Greenwich Naval College via the tunnel and past the famous Cutty sark for a welcome rest stop with snacks & drinks. It's on to the Greenwich Peninsular along the Thames Path, past the O2, through Charlton & the Thames Barrier before heading back up to the Woolwich Barracks basecamp for a lively finish line celebration, a BBQ, a bar & some early evening entertainment.



www.ultrachallenge.com

SOUTH COAST ULTRA CHALLENGE

7 & 8 September 2024



- Full 100km route ~2100 metres ascent
- Eastbourne to Arundel - Brighton halfway
- Iconic route - 7 Sisters, S Downs & Devil's Dyke
- 2 Day 100km 'daylight' option - camp at halfway
- Testing ½ & ¼ Challenge options available
- Camping packages available at Eastbourne start
- Transfer options to stations + back to start.

For full info, visit www.ultrachallenge.com/south-coast-challenge

Another real highlight of the season - and a truly magnificent challenge, taking on some of England's finest scenery as a Walk, Jog, or even a Run! It's an Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the South Downs Way with stunning views over the sea to a Brighton midpoint. Devil's Dyke, welcome rest stops, ups & downs all lie ahead before historic Arundel comes into view after an amazing 100 km journey for the 'full challenge' - and one you'll never forget. With fantastic ½ and ¼ Challenge options, camping packages at Eastbourne & Brighton - there really is something for everyone on this challenge!



www.ultrachallenge.com

THAMES BRIDGES TREK

14 September 2024

+ 13 September 2024
– Moonlight 10 Option



- Flat 25km across 16 of London's iconic bridges
- Ideal 1st Ultra Challenge
- Thames Path through Central London
- Mid-point stop at The oval - snacks & drinks
- Neck buff, finishers medal + T shirt
- Buffet lunch at the finish line
- **Plus Friday evening 'Moonlight Walk' also - 10 km or 10 miles.**

For full info, visit www.ultrachallenge.com/thames-bridges-trek

Part of the Thames Path Challenge Festival of events – also starting by Putney Bridge – but heads downstream. Join 2,500 walkers as we venture across the Capital taking in unrivalled views of the skyline from its best vantage points. We head East towards the City, zigzagging over the array of 16 historic bridges – each with its own fascinating story – and a mid-point rest stop with snacks & drinks at The Oval Cricket Ground. 25km later, it's a finish line celebration in Southwark Park past the majestic Tower Bridge – with a medal, glass of fizz and a buffet style picnic lunch.



www.ultrachallenge.com

THAMES PATH ULTRA CHALLENGE

14 & 15 September 2024



- Full 100km challenge - only 350m of climb
- Putney Bridge to Henley via Runnymede
- It's pretty flat - ideal as a 1st full Ultra!
- 2 Day 100km 'daylight' option - camp at halfway
- Also, $\frac{3}{4}$, $\frac{1}{2}$ & $\frac{1}{4}$ distance options on Thames Path
- Plus Henley 10k event on Sunday.

For full info, visit www.ultrachallenge.com/thames-path-challenge

The biggest event of the year as over 3,000 challengers take on the Thames Path, following England's greatest river, and passing through historic scenery. Our full 100km route heads upstream from a Putney Bridge start, past Hampton Court to Runnymede of Magna Carta fame at the 50km halfway stop - then on through Windsor & Eton and past wonderful scenery all the way to Henley. Choose from the Full 100km challenge, a NEW for $\frac{3}{4}$ option, either $\frac{1}{2}$ distances, or any of the $\frac{1}{4}$ sections - and you'll have a special challenge by the Thames!



www.ultrachallenge.com

CHILTERN 50 ULTRA CHALLENGE

28 September 2024



- Henley showground basecamp
- 50 km loop challenge ~920m of climb
- 25 km & 10 km challenge options also
- Camping at basecamp - Friday / Saturday
- BBQ + Bar + entertainment Saturday evening
- Transfers from station + parking.

For full info, visit www.ultrachallenge.com/chiltern-50-challenge

This end of season 50km looped route covers some of the best of the Chilterns countryside. You can Walk, Jog, or Run along historic trails and over rolling hills. Starting & finishing at our basecamp in Henley-on-Thames, there's a Saturday night celebration BBQ & entertainment with camping options. Passing through nature reserves, forests, and hills with great views - it's a route with real variety, and some wonderful scenery - and it's all easily accessible from London. With 25km and 10km options - there's a Chiltern Challenge here for everyone!



www.ultrachallenge.com

HALLOWEEN WALK

26 October 2024



- **Central London**
- **25 km or 10 km looped routes**
- **Oval Cricket Ground basecamp (the Dungeon)**
- **Walking only (no running)**
- **Dress to impress (scare!)**
- **Hot food at finish.**

For full info, visit www.ultrachallenge.com/halloween-walk

Why not treat yourself to a hair-raising hike around some of the City's scary streets and historic haunts? Choose your distance, gather your bravest guys & ghouls to make up a team – or go it alone if you dare and meet up with other chilling challengers. Dress to distress, and our creepy dungeon keepers at The Oval start & finish will meet, greet & shock. Once you escape there's ghostly looped routes, with zombie rest stops, and if you manage to get back in one piece there's a macabre medal, a glass of the Devil's fizz, some horrific hot food & drink!



www.ultrachallenge.com

HOW TO JOIN THERE ARE 4 PAYMENT OPTIONS, choose what suits your budget & fundraising intentions:

SELF FUNDING

You pay full event place cost when you register. No fundraising required, but you can if you wish to - and register as 'Own Place Fundraising' instead.

FULL SPONSORSHIP FOR CHARITY

Support an official charity partner - and get up to 50% off normal reg fee for the Full Sponsorship option. Visit the website for more information.

MIXED FUNDING FOR CHARITY

Lower charity fundraising target - and you pay half the Self Fund cost initially (and the charity pays the other half).

DISCOUNTS AVAILABLE

Multi-Deal - SAVE 15% OFF the 'Self Funding' prices by booking 3 events - and it's 25% OFF if you're up for a busy season! Also there's a **PAYMENT PLAN** option - meaning you can spread the cost of your Multi Deal. Visit the website for more information.

Full Charity Sponsorship - Choose from 300+ Charities. Save ££'s with 'Official Partner Charities' - and get up 50% off normal the reg fee for the Full Sponsorship option, Visit the website for more information.

Young Persons Discount - it's 1/3rd OFF the normal Self Funding price for those aged 18 or less. See website for details - and minimum age rules / distance apply.

Challenge/ Distance	Self Funding & Own place Fundraising	Charity payment options	Registration fee	Fundraising target
Full (100km)	£198	Sponsorship for Charity	£40	£575
		Mixed funding	£100	£300
3/4 (~75 km)	£169	Sponsorship for Charity	£35	£450
		Mixed funding	£90	£270
1/2 (~50 km)	£139	Sponsorship for Charity	£30	£360
		Mixed funding	£75	£225
1/4 (~25 km)	£89	Sponsorship for Charity	£20	£240
		Mixed funding	£50	£150
10 km	£39	Sponsorship for Charity	£10	£100
		Mixed funding	£22.50	£70

www.ultrachallenge.com

Take on an Ultra Challenge for:



**PROSTATE
CANCER UK**

