



Thames Path Ultra Challenge 14/15 Sept 2024

CHALLENGE

FACTSHEET



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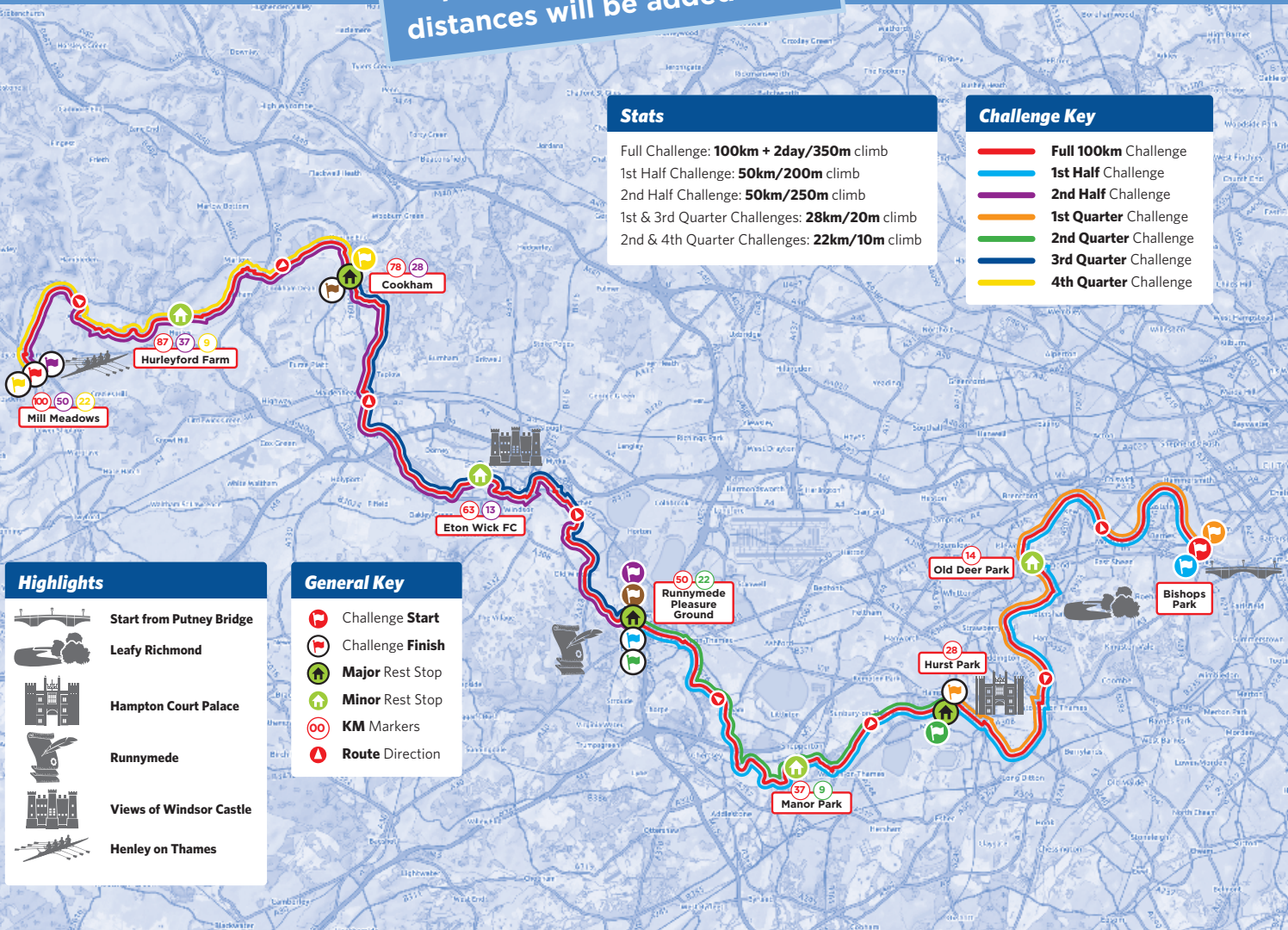
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14/15 September 2024

England's greatest river provides a fantastic backdrop for an unforgettable challenge. Over 3000 adventurers will join the Putney Bridge start, and the full 100km route heads upstream to Henley along the famous Towpath. It's through Richmond, Hampton Court, Runnymede, and Windsor, with some wonderful scenery to a riverside finish line. With three quarter, half, quarter distance options also available - plus the separate 25km 'Thames Bridges Trek' & 'The Moonlight 10 Walk' through Central London as part of the weekend 'festival' - there's a Thames Challenge for everyone!

New route for 2024 new distances will be added soon.



“ We were so impressed how well organised it was. From registration to the finish line everything was amazing - the staff were so lovely and helpful - the catering was outstanding and all the facilities clean and tidy. A huge thank you to you all!! ”

“ Such a good feeling crossing that finish line after 100km of walking. I must say a special thanks to the guy doing the massages at the 78km stop at around 5.30am. I may not have made it without his healing hands! Great event, well organised and would recommend that experience to anyone! ”

Distance options

Over 2,000 Challengers will take on the main Thames Path Challenge following England's greatest river – most will be walk, many will jog, some will run, and all have a special reason to push themselves.

Our full 100km route heads upstream from Putney Bridge past Hampton Court to Runnymede at 50 km, then on past wonderful scenery all the way to Henley. A 'flat' 100 km – but a real challenge!

Full Continuous 100 KM Challenge Putney to Henley

Sat 14 - Sun 15 Sept | 7:00-9:00am Start

DISTANCE:

100 km & 350 m

DETAILS:

- ✓ Start: Bishops Park Fulham
- ✓ Start times: 7am for runners, 7am – 9am for joggers & walkers
- ✓ Finish: Henley-on-Thames
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ 78 km – brunch/ lunch
- ▶ 100 km – cooked breakfast/ BBQ
- ▶ Finish – glass of fizz, medal & t-shirt

Full 2 Day Daylight 100 KM Challenge Putney - Runnymede - Henley

Sat 14 - Sun 15 Sept | 7:00-9:00am Start

DISTANCE:

Day 1 ~50 km & ~200 m

Day 2 ~50 km & ~150m

DETAILS:

- ✓ Day 1: Putney > Runnymede (50km)
- ✓ Day 2: Runnymede > Henley (50km)
- ✓ Camping option at Runnymede base-camp at the end of DAY 1 of the Challenge.
- ▶ Snacks & drinks – every 10-15 km
- ▶ 23 km – picnic lunch & fizzy drinks
- ▶ 55 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked meal/BBQ
- ▶ Finish – glass of fizz, medal & t-shirt

Three Quarter Challenge 72 KM Hurst Park to Henley

Saturday 14 Sept | 9:30am Start

NEW

DISTANCE:

72 km

DETAILS:

- ✓ Start: Hurst Park
- ✓ Start times: 9.30am – we will start runners off first, followed by walkers & joggers
- ✓ Finish: Henley-On-Thames
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

1st Half Challenge 50 KM Putney to Runnymede

Saturday 14 Sept | 7:00-9:00am Start

DISTANCE:

50 km & 200 metres

DETAILS:

- ✓ Start: Bishops Park, Fulham
- ✓ Start times: 7am for runners, 7-9am for joggers & walkers
- ✓ Finish: Runnymede
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

Distance options - continued
2nd Half Challenge 50 KM
 Runnymede to Henley

Sat 14 Sept | 10:00am or join
 Full Challengers OR Sun 15
 Sept | 6:00-7:30am

DISTANCE:

50 km & 150 m

DETAILS:

- ✓ Start: Runnymede
- ✓ Start times: Sat 14 Sept – start Saturday 10am walkers/11am runners or if just join a full challenger when they are ready, OR 6am – 7.30am rolling start on Sunday
- ✓ Finish: Henley (50 km)
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – Picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

1st Quarter Challenge
 28 KM
 Putney to Hampton

Saturday 14 September
 10:00-11:00am Start

DISTANCE:

28 km & 20 m

DETAILS:

- ✓ Start: Bishops Park, Fulham
- ✓ Start times: Sat 14 September 8:30 – 9:30am
- ✓ Finish: Hurst Park
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – Picnic lunch & fizzy drinks
- ▶ Finish – glass of fizz, medal & t-shirt

2nd Quarter Challenge
 22 KM
 Hampton to Runnymede

Saturday 14 September
 12:00am Start

DISTANCE:

22 km & 20 m

DETAILS:

- ✓ Start: Hurst Park, Hampton
- ✓ Start times: Sat 14 Sept, 12:00 only
- ✓ Finish: Runnymede
- ▶ 10 km – snacks & drinks
- ▶ 22 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt


3rd Quarter Challenge
 28 KM
 Runnymede to Cookham

Sat 14 Sept | 17:00am OR
 Sun 15 Sept | 6:00-6:30am

DISTANCE:

28 km & 20 m

DETAILS:

- ✓ Start: Runnymede
- ✓ Start times: Sat 14 Sept join a Full Challenger from 17:00 or Sun 15 Sept 06:00 – 06:30
- ✓ Finish: Cookham
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch
- ▶ Finish – glass of fizz, medal & t-shirt

4th Quarter Challenge
 22 KM
 Cookham to Henley

Sunday 15 September
 8:00am Start

DISTANCE:

22 km & 10 m

DETAILS:

- ✓ Start: Cookham
- ✓ Start times: Sun 15 Sept 08:00 only
- ✓ Finish: Henley
- ▶ Snacks & drinks – every 10-15 km
- ▶ 22 km – BBQ/Hot food
- ▶ Finish – glass of fizz, medal & t-shirt

Bookable extras

Bookable extras are designed to make the planning for your challenge as easy as possible - providing options for your joining & leaving arrangements, and are summarised below. As some participant's travel & logistics may involve parking, transfers, and maybe camping also - please check that the combination you book makes sense!

Camping Packages

Camping - Saturday 14th night - 50km 'half-way' - Runnymede

Inclusive Package: 1 Person

Inclusive Package: 2 Person

Pitch Only: 1 Person

Pitch Only: Extra Campers

Parking

- ✓ **There is local Pay & Display and free parking along the route at Hurst Park (28km), Runnymede (50km), Cookham (78km) & Henley (100km)**
- ✗ **There is NO parking at the start in Bishops Park - Fulham**

Pre Challenge Transfer

We've a range of shuttle services to take you to your start line, before your challenge. Putney Bridge tube station is the closest to Bishops Park (its on the District Line).

- ✓ Henley > Runnymede
- ✓ Henley > Cookham

Post Challenge Transfer

We've a range of shuttle services to take you where you need to go after your challenge.

- ✓ Hurst Park > Hampton Court Station
- ✓ Runnymede > Staines Station

Baggage Transfers

We've a range of services taking your bags forward for access during the challenge - for a change of clothes or shoes, extra layers for the night, or those snacks you can't do without!

Please note the max weight limits - these are strict, and bags will be weighed. Quoted prices are per bag.

Baggage services will be paid in cash/card on the day - and you cannot pre book.

- ✓ 100KM: Start > Half Way > Finish
- ✓ 100KM: Start > Finish
- ✓ 50KM Half: Start > Finish
- ✓ 25KM Quarter: Start > Finish
- ✓ Kit Bag Drop: **Runners only - Up to 10kg bag for FREE**

Challengers Meal

- ✓ **Sunday Morning Breakfast** - available to participants beginning their challenge on Sunday morning at Runnymede. Breakfast the following morning is included in the inclusive camping packages, but not in the pitch only & will need to be booked separately.



Funding & Cost options

OPTION 1

Self Funding Do It For Yourself

Pay for your place in full. Look forward to a great challenge with no fundraising!

FULL CHALLENGE ~100km

£198 Fee paid online & no fundraising commitment.

3/4 CHALLENGE ~75km

£169 Fee paid online as & no fundraising commitment.

1/2 CHALLENGE ~50km

£139 Fee paid online as & no fundraising commitment.

1/4 CHALLENGE ~25km

£89 Fee paid online & no fundraising commitment.

10K CHALLENGE ~10km

£39 Fee paid online & no fundraising commitment.

OPTION 2

Full Sponsorship For Charity

Pay a small Reg Fee & Fundraise for a chosen Charity (who pay for your place)

FULL CHALLENGE ~100km

£40 Reg Fee & at least £575 fundraising/sponsorship

3/4 CHALLENGE ~75km

£35 Reg Fee & at least £450 fundraising/sponsorship

1/2 CHALLENGE ~50km

£30 Reg Fee & at least £360 fundraising/sponsorship

1/4 CHALLENGE ~25km

£20 Reg Fee & at least £240 fundraising/sponsorship

10K CHALLENGE ~10km

£10 Reg Fee & at least £100 fundraising/sponsorship

OPTION 3

Mixed Funding For Charity

Pay for half your place cost & fundraise less for Charity (who pay half of your place cost)

FULL CHALLENGE ~100km

£100 Reg Fee & at least £300 fundraising/sponsorship

3/4 CHALLENGE ~75km

£90 Reg Fee & at least £270 fundraising/sponsorship

1/2 CHALLENGE ~50km

£75 Reg Fee & at least £225 fundraising/sponsorship

1/4 CHALLENGE ~25km

£50 Reg Fee & at least £150 fundraising/sponsorship

10K CHALLENGE ~10km

£22.50 Reg Fee & at least £70 fundraising/sponsorship

OPTION 4

Own Place Charity Fundraising

Pay for your place & fundraise whatever you can for a Charity (with NO cost to them)

FULL CHALLENGE ~100km

£198 Fee paid online & fundraise whatever you can

3/4 CHALLENGE ~75km

£169 Fee paid online & fundraise whatever you can

1/2 CHALLENGE ~50km

£139 Fee paid online & fundraise whatever you can

1/4 CHALLENGE ~25km

£89 Fee paid online & fundraise whatever you can

10K CHALLENGE ~10km

£39 Fee paid online & fundraise whatever you can

Fundraising Deadlines At least 50% of the Sponsorship target (for either the Sponsorship for Charity or Mixed Funding option) should be with your Charity by 3 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place to the Organiser (similar to the Self Funding cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% should be with your Charity 4 weeks after the Challenge.