



South Coast Challenge... Walk, Jog, or Run it 6 - 7 September 2025

GENERAL COPY

A challenge event you can take on at your pace. The South Coast Challenge invites you to walk, jog or run a distance of your choice, along a signed route, with free food and drink at regular rest stops, plus support including medics, marshals and massage. Get the 'Ultra Challenge' support & hospitality all the way – helping you to push yourself further and achieve something really special for [YOUR CHARITY NAME].

Take on some of England's finest scenery as a Walk, Jog, or a Run! An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point. Devil's Dyke, welcome rest stops, a few ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey. It will test spirit & determination but is totally achievable with good preparation and the Ultra Challenge support. With 50km, 25km and 10km challenge options also available - there's a challenge here for everyone – and you can join as an individual or as a team of friends / family.

You may have to dig deep at times, you'll meet new friends along the way, and the journey will be unforgettable! As you cross the finish line, you'll get a big welcome from the cheer squad, a glass of fizz, t-shirt, and a special medal to celebrate your achievement.

Click here for full details of prices and to sign up: <https://www.ultrachallenge.com/south-coast-challenge/>

WHAT YOU'LL GET:

- ✓ Sign up from £10
- ✓ Inclusive & fun event with a great atmosphere and camaraderie
- ✓ Choose your distance, including 25km, 50km, & 100km options
- ✓ Walk, jog, or run – it's your challenge, your way!
- ✓ A fully signed route, with a team of 'Trekmasters' out on the trail with you
- ✓ Regular covered rest stops, with free food & drink, massages and medics
- ✓ An epic finish line moment, with a glass of fizz, medal and t-shirt
- ✓ Camping, transfer and parking options to make getting there & away easy
- ✓ Full fundraising support, and a choice of fundraising options

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RUNNERS COPY

Part of the Ultra Challenge Series, the South Coast Challenge invites you to step up to run some of England's finest scenery across the picturesque backdrop of the South Coast! Choose your distance, and take on a signed route, with free food and drink at regular rest stops, plus support including medics, marshals and massage. Get the 'Ultra Challenge' support & hospitality all the way – helping you to push yourself further and achieve something really special!

An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point. Devil's Dyke, welcome rest stops, a few ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey.

There are 50km half challenge and 25km quarter challenge options too – so make it your challenge, your way!

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.

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- ✓ Choose your distance, including 25km, 50km, & 100km options
- ✓ Run at your pace!
- ✓ A fully signed route, with a team of 'Trekmasters' out on the trail with you
- ✓ Regular covered rest stops, with free food & drink, massages and medics
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