



Thames Path Challenge ... Walk, Jog, or Run it 13 - 14 Sept 2025

GENERAL COPY

A challenge event you can take on at your pace. The Thames Path Ultra 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]**.

The full Thames Path Ultra Challenge 100km follows England's greatest river, from Putney Bridge past Hampton Court to Runnymede of Magna Carta fame at 50km, then on past wonderful historic scenery all the way to Henley. then on through Windsor and wonderful historic scenery all the way to Henley – and will test spirit & determination but is totally achievable with good preparation and the Ultra Challenge support. With 75km, 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/thames-path-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 PLUS a Henley 10 km option
- ✓ 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 and transfer 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 Thames Path Ultra Challenge invites you to step up to run this great course, following England's greatest river. With a flat route and great scenery, the course allows you to post a new personal best over a distance of your choice! Follow 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]**!

The full Thames Path Ultra Challenge 100km route starts 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.

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- ✓ Run at your pace!
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