

South West Coast 2 Coast 2020

CHALLENGE

Factsheet

**SOUTH WEST
COAST 2
COAST 2**
CHALLENGE



www.ultrachallenge.com

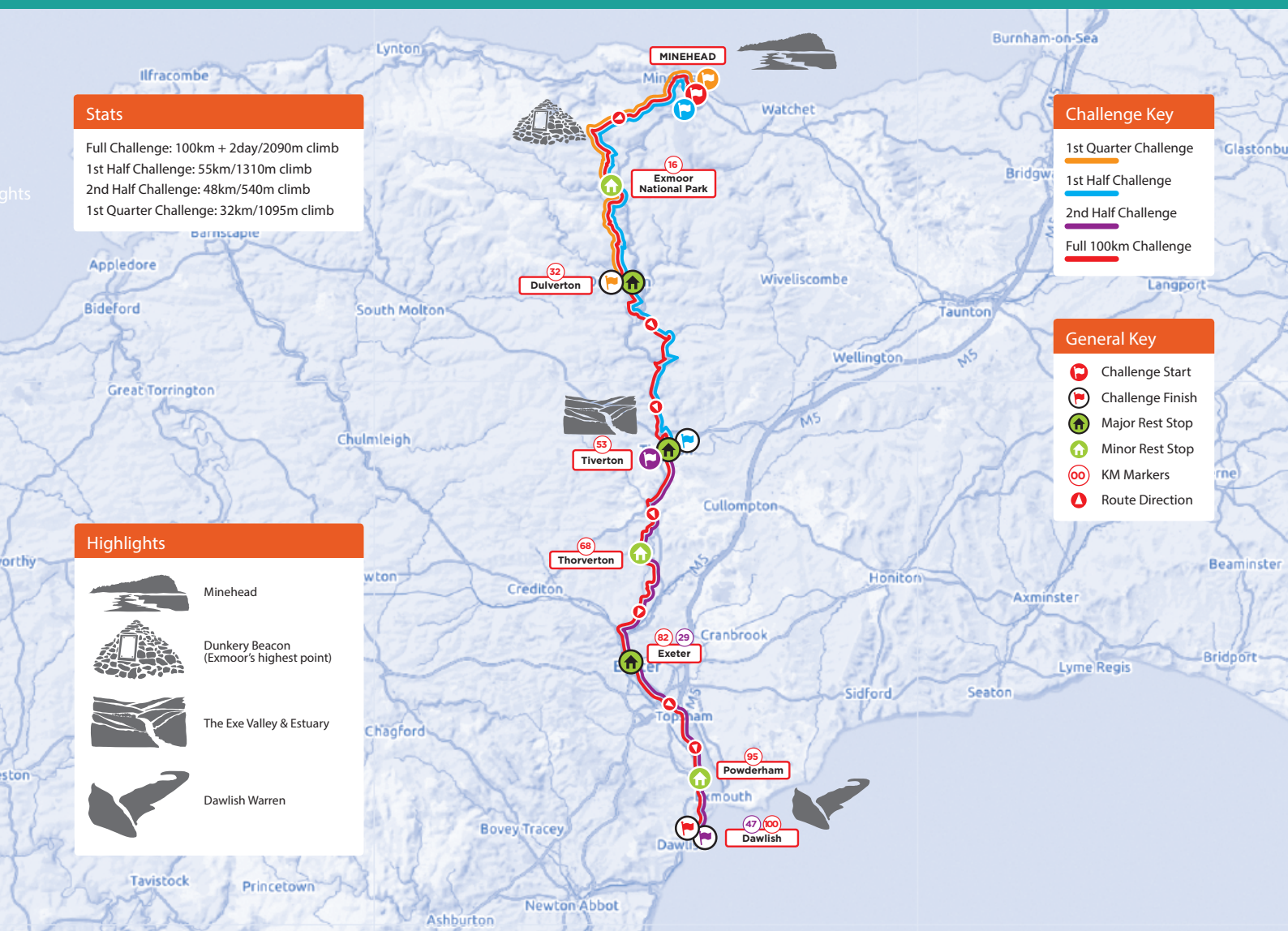
@ultrachallenges

organised by  **actionchallenge**
challenge events worldwide

A new 'Coast to Coast' Challenge for 2020 - across England's South West Peninsular. It's 100km from Minehead in Somerset on the south bank of the Bristol Channel, down to seaside Dawlish on the southern coast of Devon, with some ups & downs of Exmoor and the meandering Exe Valley in between. Take on the Challenge at your pace with a huge celebration at the finish line after an amazing journey. With half and 'quarter' distance options also - there's a South West Challenge for all!

As an individual or as a team it's a great way to do get fit, set a new goal, and to fundraise for a charity that's special for you if you want to. We'll be with you every step of the way - from kit advice, optional training walks, to moral support and great hospitality on the day.

Push yourself further in 2020 - you'll be amazed at what you can achieve!



“Brilliant challenges, fabulous support and organization.”

“The organisation was outstanding, checkpoints were incredible and the volunteers were super supportive.”

CHALLENGE Factsheet



Distance options

Full 100km Challenge

Minehead > Dawlish
Sat 25 July | 6.45-10am

DISTANCE & ELEVATION:

100km / 2090m climb

REST STOPS & MEALS: 9 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Picnic baguette lunch at 32km
- ✓ 3 course hot meal at 53km
- ✓ Dinner/cooked breakfast at 82km
- ✓ Cooked breakfast/BBQ at 100km

Full 100km-2 Day (stop overnight) Daylight Challenge

Minehead > Dawlish
D1 - Sat 25 July | 6.45-10am
D2 - Sun 26 July | 6-6.30am

DISTANCE & ELEVATION:

100km / 1550m climb

REST STOPS & MEALS: 9 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Picnic baguette lunch & fizzy drinks at 32km
- ✓ Three course hot meal at 53km
- ✓ Brunch/lunch at 82km
- ✓ Cooked breakfast/BBQ at 100km

First Half Challenge

Minehead > Tiverton
Sat 25 July | 6.45-10am

DISTANCE & ELEVATION:

55km / 1310m climb

REST STOPS & MEALS: 4 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Lunch & fizzy drinks at 32km
- ✓ Three course hot meal at 53km

Second Half Challenge

Tiverton > Dawlish
Sun 26 July | 6-7am

DISTANCE & ELEVATION:

48km / 540m climb

REST STOPS & MEALS: 4 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Hot lunch at 82km (29km in)
- ✓ BBQ at 100km (47km)

First Quarter Challenge

Minehead > Dulverton
Sat 25 July | 8-10am

DISTANCE & ELEVATION:

32km / 1095m climb

REST STOPS & MEALS: 2 Stops

- ✓ Snacks, water & hot drinks at all
- ✓ Snacks & drinks at 15 km
- ✓ Lunch & fizzy drinks at 32km



Our Support

An Ultra Challenge is all about pushing yourself further and setting your own goals. We lay on the best support services and hospitality all the way to the finish line - to give you the best chance of achieving them.

Whichever distance you choose - you will receive the same full support:

Before the Challenge...

- ✓ Dedicated Challenge App to help you prepare
- ✓ Challenge Manual & Event Guides
- ✓ Training Walks & Runs
- ✓ Kit & equipment lists - discounts & advice
- ✓ Preparation videos & pre-event briefing
- ✓ Online forums - meet fellow Challengers

During the Challenge

- ✓ Rest stops every ~12.5km - covered with seating, toilets & rest areas
- ✓ FREE - food & drinks - catering to all dietary requirements
- ✓ First aid support - at stops & en route
- ✓ Fully signed route & online maps
- ✓ Chip-timing - keeping track of you
- ✓ Trek Masters - to help guide you
- ✓ Group departures during the night
- ✓ Baggage transfer service
- ✓ Emergency support & route pick ups
- ✓ Shuttles for retirees to take you forward
- ✓ Bookable transfers before and after your Challenge
- ✓ Medal, T shirt & glass of fizz at the finish!

Optional Extras

Baggage

All baggage services are paid for in cash on the morning of the Challenge - you do not need to pre-book online.

Transfers to your finish...	Transfers to half way & finish...
• Full Challengers£10	• Available to Full Challengers only
• Half Challengers£5	• for walkers & joggers ...£15
• Quarter Challengers.....£5	• Included for runners (10kg max)

The following options (apart from free shuttles) must be booked online in advance of the Challenge. Please head to the App or the Participant Area of the website once you have signed up in order to do so.

Camping

Available at Tiverton (halfway) on Saturday night only - for 2 Day Challengers (mid-Challenge), 1st Half Challengers (post-Challenge) or 2nd Half Challengers (pre-Challenge).

Full Camping Package - includes:

- 2-Man tent & x1 roll mat
- Baggage transfer to finish or storage

Single share - £55 | Twin share - £75

Pitch Only Package - includes:

- Pitch-only - bring own tent
- x1 Baggage transfer to campsite, then onto finish per person (for Full Challengers)

Single share - £25 | Twin share - £40

Transport

Parking

- Valid at Tiverton, Exter College & Dawlish (Finish)..... £5*

Transfers & Shuttles

Full Challengers

- **Before:** Taunton Station to start line£15
- **After:** Shuttles to Dawlish Station after

1st Half Challengers

- **Before:** Taunton Station to start line£15
- Tiverton to Minehead start line.....£20
- **After:** Shuttles to Tiverton Parkway Station

2nd Half Challengers

- Tiverton Parkway Station to start line.....£5

1st Quarter Challengers

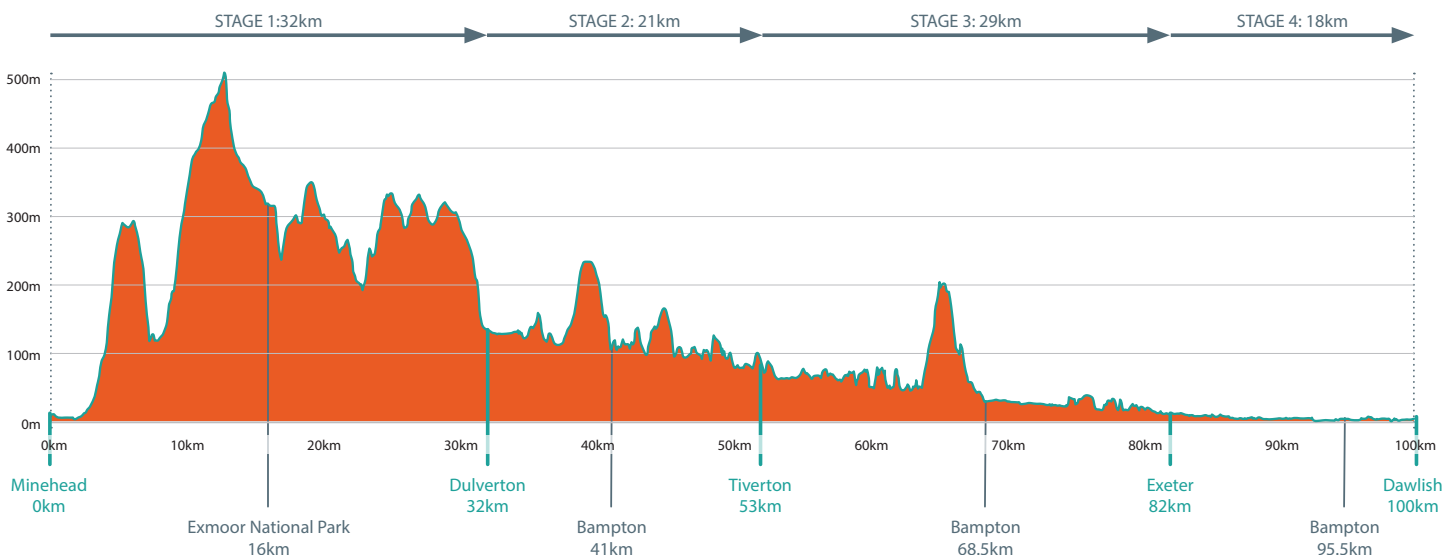
- **Before:** Taunton Station to start line£15
- Dulverton to Minehead start line.....£10
- **After:** Shuttles to Tiverton Parkway Station £5

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Route & Rest Stops

	REST STOP	LEG KM	TOTAL KM	FOOD/CATERING	SHUTTLES
STAGE 1	START: Minehead.	↓ 16	0	Free tea / coffee, biscuits, energy drink, & water. Breakfast vendor.	N/A
	1: MID POINT: Exmoor National Park.	↓ 16	16	Variety of free snacks, tea / coffee, energy drink, & water.	N/A
STAGE 2	2: REST STOP: Dulverton.	↓ 9	32	Picnic lunch incl. for all - snacks, teas, coffee, water & energy drinks.	To Tiverton Parkway Station (£5)
	3: MID POINT: Bampton.	↓ 12	41	Variety of free snacks, tea, coffee, energy drink.	To Tiverton for retirees
STAGE 3	4: REST STOP - HALF WAY: Tiverton.	↓ 15.5	53	Hot meal + tea, coffee, energy drink, water & free snacks. You can pre-purchase meals for your spectators here.	To Tiverton Parkway Station
	5: MID POINT: Thorverton.	↓ 13.5	68.5	Variety of free snacks, tea, coffee, water, energy drink.	For retirees to finish
STAGE 4	6: REST STOP: Exeter College.	↓ 13.5	82	Hot meal + tea, coffee, energy drink, water & free snacks.	For retirees to finish
	7: MID POINT: Powderham.	↓ 4.5	95.5	Variety of free snacks, tea, coffee, energy drink & water.	For retirees to finish
	8: FINISH: Dawlish.		100	Hot meal provided for finishers & tea / coffee.	To Dawlish Station



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Funding & Cost options

Option 1 Charity Sponsorship

Pay a low registration fee & do 'lots' of fundraising for a chosen charity. The charity covers your event place cost.

An ideal option if you feel you can raise lots of money for your chosen charity.

✓ **FULL CHALLENGE:**

£15 Reg Fee online
+ at least £595
Fundraising target

✓ **HALF CHALLENGE:**

£10 Reg Fee online
+ at least £395
Fundraising target

✓ **QUARTER CHALLENGE:**

£5 Reg Fee online
+ at least £245
Fundraising target

£25% OFF Reg Fee if for a Charity Partner below:

- ✓ Alzheimer's Society
- ✓ Barnardo's
- ✓ Breast Cancer Now
- ✓ British Heart Foundation
- ✓ Cancer Research UK
- ✓ CLIC Sargent
- ✓ Great Ormond Street Hospital Charity
- ✓ Help for Heroes
- ✓ Macmillan Cancer Support
- ✓ Parkinson's UK
- ✓ Prostate Cancer UK
- ✓ Shark Trust

Note: At least 50% of the Min Sponsorship target should be with your Charity by 6 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.

Option 2 Mixed Funding

For those who wish to pay more of the cost themselves, and fundraise a bit less.

An ideal option if you feel you can raise lots of money for your chosen charity.

✓ **FULL CHALLENGE:**

£99 Reg Fee online
+ at least £299
Fundraising target

✓ **HALF CHALLENGE:**

£64.50 Reg Fee online
+ at least £199
Fundraising target

✓ **QUARTER CHALLENGE:**

£39.50 Reg Fee online
+ at least £119
Fundraising target

£25% OFF Reg Fee if for a Charity Partner below:

- ✓ Alzheimer's Society
- ✓ Barnardo's
- ✓ Breast Cancer Now
- ✓ British Heart Foundation
- ✓ Cancer Research UK
- ✓ CLIC Sargent
- ✓ Great Ormond Street Hospital Charity
- ✓ Help for Heroes
- ✓ Macmillan Cancer Support
- ✓ Parkinson's UK
- ✓ Prostate Cancer UK
- ✓ Shark Trust

Note: At least 50% of the Min Sponsorship target should be with your Charity by 6 weeks prior to the Challenge. At this time your Charity will pay a Fee for your place (equates to 'half' the Self Fund cost). Failure to meet the 50% target may result in cancellation by your charity. The remaining 50% fundraising should be with your Charity 4 weeks after the Challenge.

Option 3 Self Funding

You pay full event place cost when you register. No fundraising required, but you can if you wish to!

For those wanting to do it for themselves. You can still do a bit of fundraising on the side!

✓ **FULL CHALLENGE:**

£198

✓ **HALF CHALLENGE:**

£129

✓ **QUARTER CHALLENGE:**

£79

Note: See cancellation policy - as conditions apply

