

Thames Path Challenge

# CHALLENGE

## Factsheet



[www.ultrachallenge.com](http://www.ultrachallenge.com)

@ultrachallenges

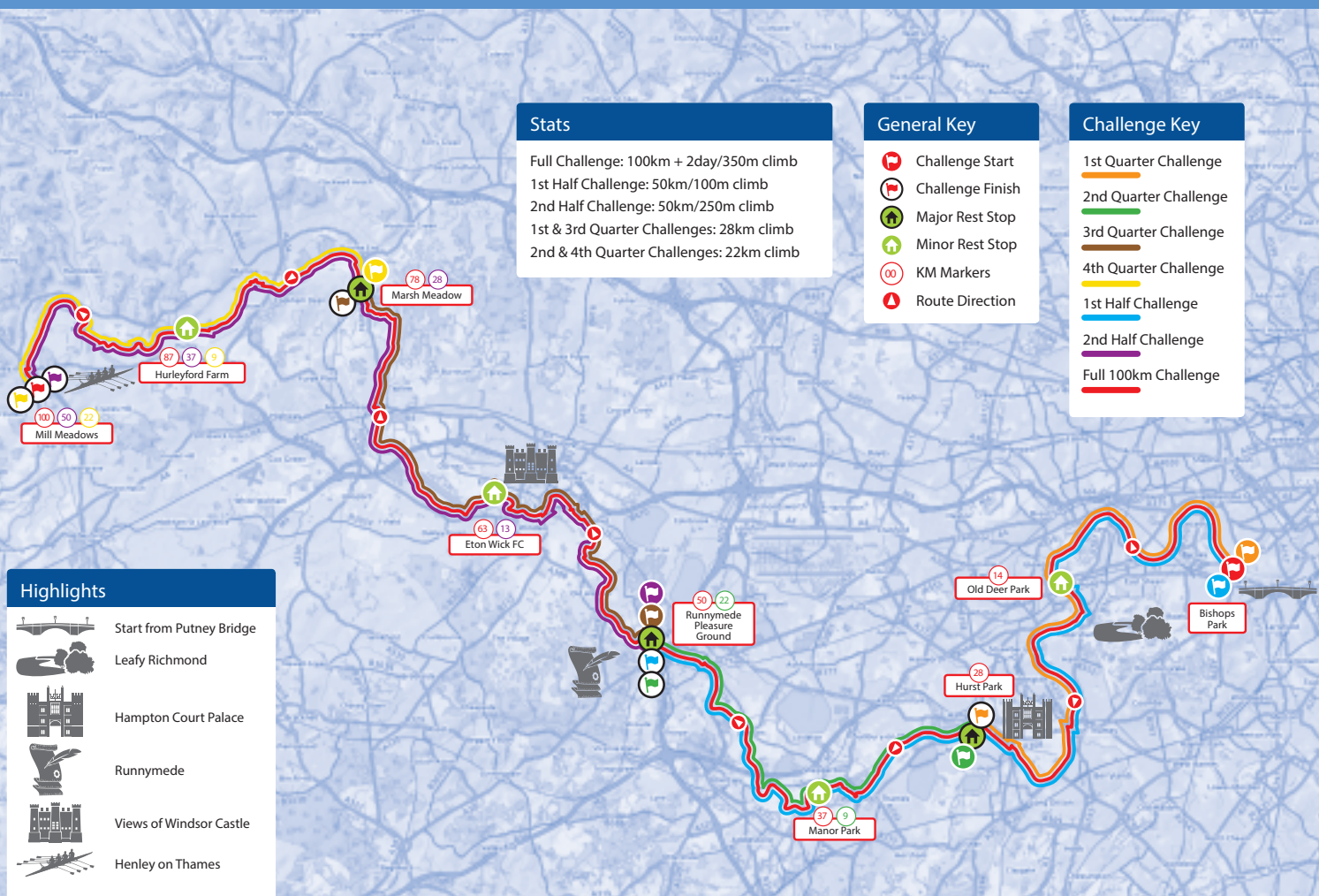
organised by  actionchallenge  
challenge events worldwide



Take on the Thames Path Challenge following England's greatest river with 3,000 other Challengers. Our full 100km route heads upstream from Putney Bridge past Hampton Court to Runnymede of Magna Carta fame at 50km, then on past wonderful scenery all the way to Henley. Choose from the Full 100km, either half or any quarter section!

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 - you'll be amazed at what you can achieve!



“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

### Full 100km Challenge

Fulham > Henley  
Sat 12 Sept | 7-10am

#### DISTANCE & ELEVATION:

100km / ~350m climb

#### REST STOPS & MEALS: 9 Stops

- Snacks, water & hot drinks at all
- Late breakfast/lunch at 28km
- Lunch/dinner at 50km
- Dinner/breakfast at 78km
- Dinner/breakfast/lunch at 100km

### First Half Challenge

Fulham > Runnymede  
Sat 12 Sept | 7-10am

#### DISTANCE & ELEVATION:

50km / ~100m climb

#### REST STOPS & MEALS: 4 Stops

- Snacks, water & hot drinks at all
- Late breakfast/lunch at 28km
- Lunch/dinner at 50km

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

Fulham > Henley  
D1 - Sat 12 Sept | 7-10am  
D2 - Sun 13 Sept | 6-8am

#### DISTANCE & ELEVATION:

100km / ~350m climb

#### REST STOPS & MEALS: 9 Stops

- Snacks, water & hot drinks at all
- Late breakfast/lunch at 28km
- Lunch/dinner at 50km
- Dinner/breakfast at 78km
- Dinner/breakfast/lunch at 100km

### Second Half Challenge

Runnymede > Henley  
Sun 13 Sept 6-8am OR 'join a 100km friend' between Sat 12 Sept 5pm - Sun 13 Sept 8am

#### DISTANCE & ELEVATION:

50km / ~250m climb

#### REST STOPS & MEALS: 4 Stops

- Snacks, water & hot drinks at all
- Lunch/dinner at 78km (28km in)
- Lunch/dinner at 100km (50km)

### 1st Quarter Challenge

Fulham > Hurst Park  
Sat 12 Sept | 7-10am

#### DISTANCE & ELEVATION:

28km

#### REST STOPS & MEALS: 2 Stop

- Snacks, water & hot drinks at halfway
- Lunch at 28km finish

### 2nd Quarter Challenge

Hurst Park > Runnymede  
Sat 12 Sept | 12pm

#### DISTANCE & ELEVATION:

22km (Walking only)

#### REST STOPS & MEALS: 2 Stop

- Snacks, water & hot drinks at halfway
- Lunch at 50km finish (total 22km)

### 3rd Quarter Challenge

Runnymede > Cookham  
Sun 13 Sept | 6-8am

#### DISTANCE & ELEVATION:

28km

#### REST STOPS & MEALS: 2 Stop

- Snacks, water & hot drinks at halfway
- Lunch at 78km finish (total 28km)

### 4th Quarter Challenge

Cookham > Henley  
Sun 13 Sept | 8am

#### DISTANCE & ELEVATION:

22km

#### REST STOPS & MEALS: 2 Stop

- Snacks, water & hot drinks at halfway
- Lunch at 100km finish (total 22km)

\*All additional options are available to book online once you've signed up to the



## 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...

- Full Challengers ..... **£10**
- Half Challengers ..... **£5**
- Quarter Challengers..... **£5**
- Included for runners

#### Transfers to half way & finish...

- Full Challengers only .. **£15**
- Included for runners.

### Camping

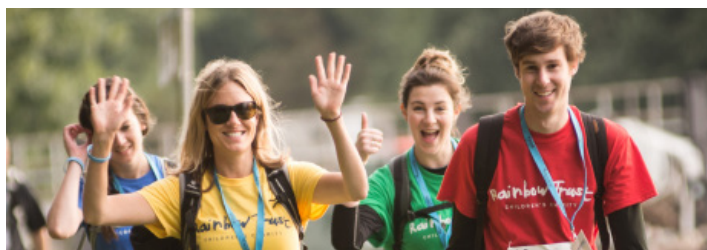
#### Saturday 7th September - Runnymede

Available to 2 Day Full Challengers mid-challenge & 2nd Half Challengers pre-challenge.

#### Full Camping Package - Includes:

- 1x 2-man tent per booking & 1x rollmat per person
- 1x baggage transfer to campsite, then on to finish per person (for 2 Day Full Challengers)

**Single - £55 / Twin Share - £75**



### Transport

You must pre-book all additional transport options with an \* in advance, once you've registered onto the challenge.

#### Full Challengers

- Shuttles for all retirees to finish from 3rd rest stop

#### 1st Half Challengers

- Pick up/drop off parking
- Shuttles for all retirees to finish from 3rd rest stop
- **After:** Shuttle to Staines station

#### 2nd Half Challengers

- Start - shuttle from Staines station\*
- Pick up/ drop off parking
- **After:** Coach back to Runnymede after ..... **£20\***

#### 1st Quarter Challengers

- **After:** Shuttles to Hampton Court station after

#### 2nd Quarter Challengers

- **After:** Shuttles to Staines station after
- **After:** Coach back to Hurst Park after ..... **£10\***

#### 3rd Quarter Challengers

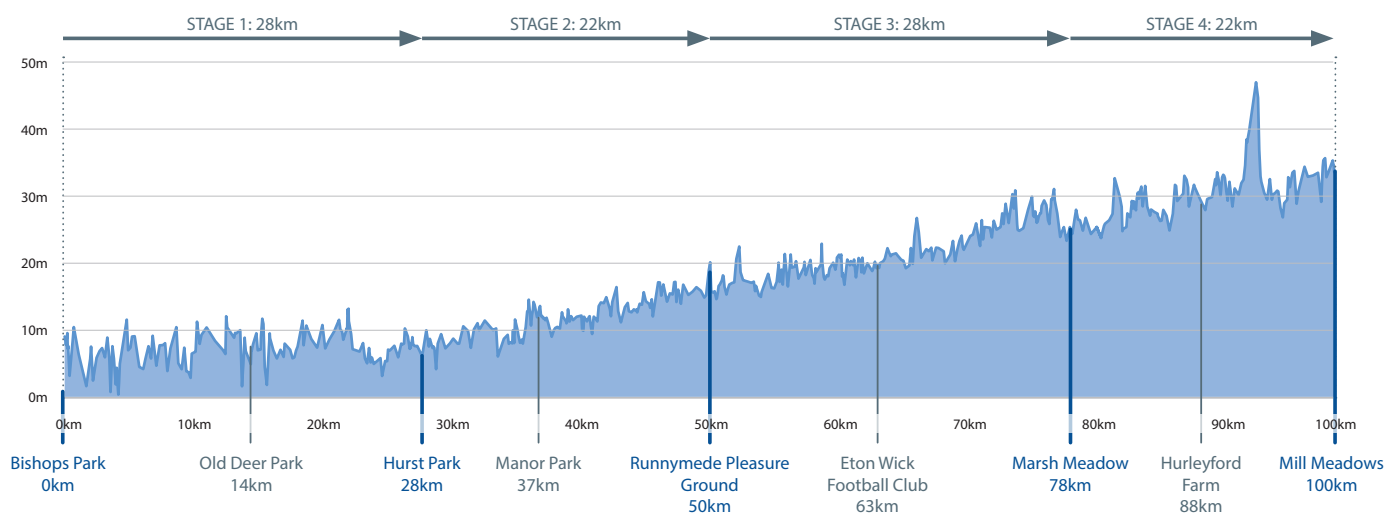
- Pick up/drop off parking
- **After:** Shuttles to nearest station after
- **After:** Coach back to Runnymede after ..... **£10\***

#### 4th Quarter Challengers

- Pick up/drop off parking
- **Before:** Transfer from Henley to Cookham start .... **£10\***

## Route & Rest Stops

	REST STOP	LEG KM	TOTAL KM	CUT OFF TIMES	FOOD/CATERING	FREE SHUTTLES	SUPPORTER PARKING
STAGE 1	1: START: Bishops Park, Fulham, SW6 3LA.	U 14	0	N/A	Free tea / coffee, biscuits, energy drink, & water. Breakfast vendor.	N/A	
	2: MID POINT: Old Deer Park, Richmond, TW9 2SF. <small>Please inform spectators they may not attend this site unless in an emergency</small>	U 14	14	12:45	Variety of free snacks, tea / coffee, energy drink, & water.	N/A	P&D
STAGE 2	3: REST STOP: Hurst Park, Hurst Road, East Molesey, KT8 9AL.	U 9	28	16:55	Picnic lunch incl. for all - snacks, teas, coffee, water & energy drinks. You can pre-purchase meals for your spectators here.	To Hampton Court station	P&D
	4: MID POINT: Manor Park, Church Road, Shepperton, Middlesex TW17 9HE. <small>Please inform spectators they may not attend this site unless in an emergency</small>	U 13	37	19:30	Variety of free snacks, tea, coffee, energy drink.	For retirees to finish	P&D
STAGE 3	5: REST STOP - HALF WAY: Runnymede Pleasure Ground, Windsor Road, Egham, TW20 0AE.	U 13	50	Continuous Challengers: 01:00 2 Day Challengers: Sunday 06:00	Hot meal + tea, coffee, energy drink, water & free snacks. You can pre-purchase meals for your spectators here.	To Staines station	P&D
	6: MID POINT: Eton Wick Football Club, Haywards Mead, Eton Wick, SL4 6LT. <small>Please inform spectators they may not attend this site unless in an emergency</small>	U 15	63	Sunday 10:00	Variety of free snacks, tea, coffee, water, energy drink.	For retirees to finish	
STAGE 4	7: REST STOP: Marsh Meadow, Berries Road, Cookham, Maidenhead, Berkshire SL6 9SA.	U 10	78	Sunday 14:50	Hot meal + tea, coffee, energy drink, water & free snacks. You can pre-purchase meals for your spectators here.	For retirees to finish	
	8: MID POINT: Hurleyford Farm, SL6 5ND. <small>Please inform spectators they may not attend this site unless in an emergency</small>	U 12	88	Sunday 18:30	Variety of free snacks, tea, coffee, energy drink & water.	For retirees to finish	
	9: FINISH: Mill Meadows, Henley Upon Thames RG9 1BF.		100	Sunday 22:00	Hot meal provided for finishers & tea / coffee. Spectators may pre-purchase a meal here.	Henley Train Station is a 2 min walk away	P&D



## 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:

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

£10% OFF Reg Fee if for a Charity Partner below:

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

