



Thames Path Challenge 2019

Push Yourself Further
7/8 Sept 2019

Take on the Thames Path Challenge following England's greatest river for a fantastic trail run. Join 3,000 others - and all will have a special reason to push themselves. 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.

Push yourself further - 100km Full Challenge, with Half & Quarter options also available.

You'll get full support and hospitality all the way, leaving you to focus on your challenge!

- Join as Individual or Team
- 100km Full Challenge
- Half or 1/4 Challenge options
- Rest stops - free food & drink
- ALL meals/ food included!
- Medics, massage, and pacers
- Medal, T shirt, glass of bubbly!
- Run or Jog - set a New Goal!
- 2 Day Full 'Daylight' option
- Camping options available
- Pre-event training support + app
- It's Your Challenge - Your Way!

CHOOSE YOUR FUNDRAISING OPTION:

Charity Sponsorship – pay a small registration fee and do lots of fundraising!

- Full Challenge - £15 reg fee + £595 in fundraising
- Half Challenge - £10 reg fee + £395 in fundraising
- Quarter Challenge - £5 reg fee + £245 in fundraising

Mixed Funding – pay a higher contribution to the cost of your place and fundraise to a more achievable target .

- Full Challenge - £99 reg fee + £299 in fundraising
- Half Challenge - £64.50 reg fee + £199 in fundraising
- Quarter Challenge - £39.50 reg fee + £119 in fundraising

Find out more about the route, support, and hospitality at www.ultrachallenge.com/thames-path-challenge