

Thames Path Challenge **2022**

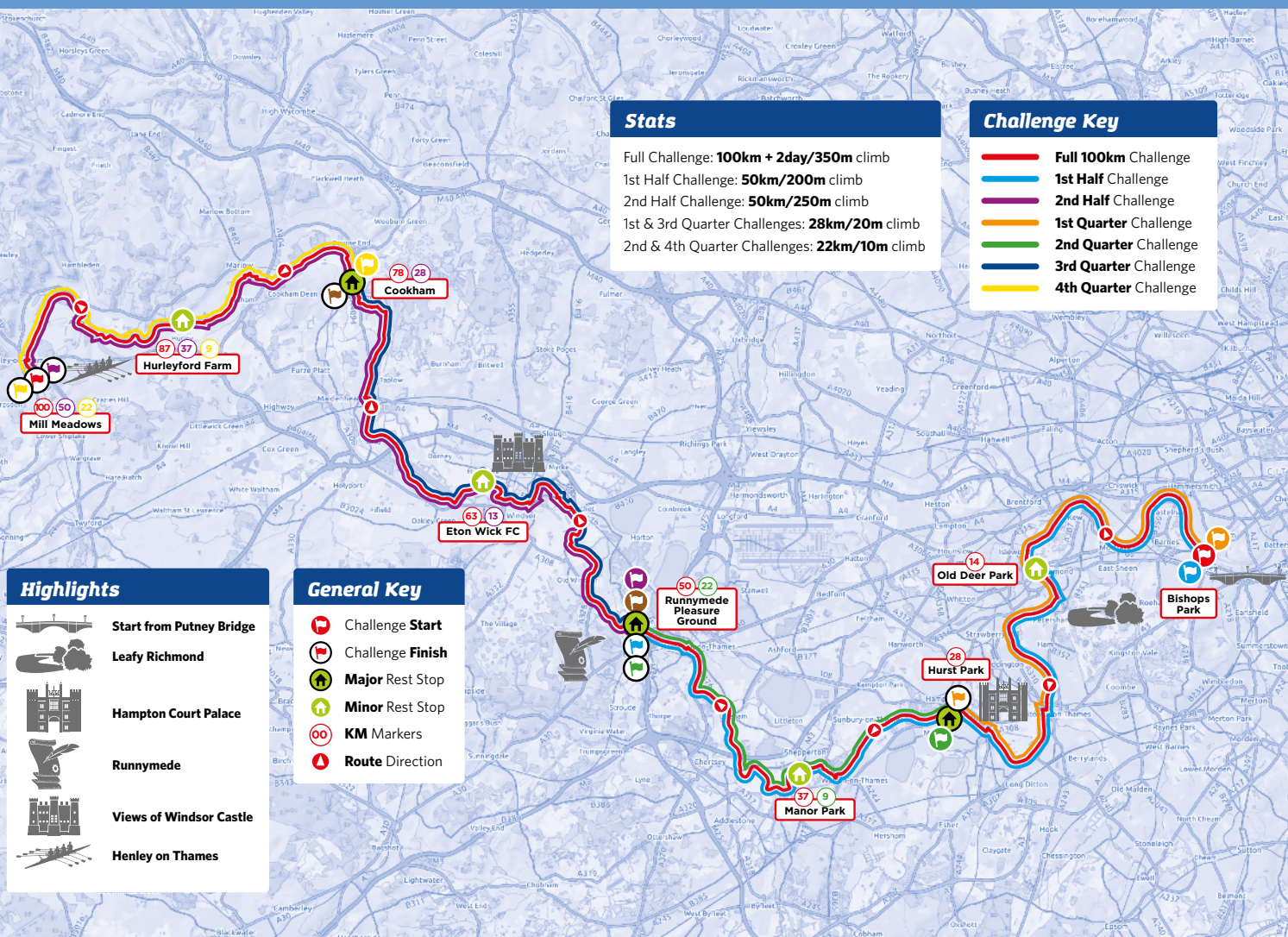
CHALLENGE

Factsheet



Take on the Thames Path Challenge following England's greatest river. Most will walk, many will jog, some will run, and all have special reasons to push themselves.

Our full Thames Path Challenge 100km route heads 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. With half & quarter distance options - there's a challenge for everyone.



“ 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

Putney > Henley
Sat 10 Sept | 6:45am-9am

DISTANCE & ELEVATION:

100km / 350m climb

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28km – picnic lunch & fizzy drinks
- ✓ 50km – hot meal
- ✓ 78km – brunch/ lunch
- ✓ 100km – cooked breakfast & BBQ
- ✓ Finish – glass of fizz, medal & t-shirt

First Half Challenge

Putney > Runnymede
Sat 10 Sept | 6:45am-9am

DISTANCE & ELEVATION:

50km / 200m climb

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28km – picnic lunch & fizzy drinks
- ✓ 50km – hot meal
- ✓ Finish – glass of fizz, medal & t-shirt

1st Quarter Challenge

Putney > Hampton
Sat 10 Sept | 6:45am-9am

DISTANCE & ELEVATION:

28km / 20m

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28 km – BBQ & fizzy drinks
- ✓ Finish – glass of fizz, medal & t-shirt

2nd Quarter Challenge

Hurst Park > Runnymede
Sat 10 Sept | 12pm only

DISTANCE & ELEVATION:

22km / 10m

REST STOPS & MEALS:

- ✓ 10 km – snacks & drinks
- ✓ 22 km – hot meal
- ✓ Finish – glass of fizz, medal & t-shirt

Full 100km-2 Day (stop overnight) Challenge

Day 1 - Putney > Runnymede
Sat 10 Sept | 6:45am-9am
Day 2 - Runnymede > Henley
Sun 11 Sept | 6am-6:30am

DISTANCE & ELEVATION:

D1: 50km / 200m D2: 50km / 150m climb

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28km – picnic lunch & fizzy drinks
- ✓ 50km – hot meal
- ✓ 78km – brunch/ lunch
- ✓ 100km – cooked breakfast & BBQ
- ✓ Finish – glass of fizz, medal & t-shirt

Second Half Challenge

Runnymede > Henley
Sat 10 & Sun 11 Sept
If joining Full - 10 Sept | 5pm
11 Sept start | 6:00am-6:30am

DISTANCE & ELEVATION:

50km / 150m climb

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28km – picnic lunch & fizzy drinks
- ✓ 50km – hot meal
- ✓ Finish – glass of fizz, medal & t-shirt

3rd Quarter Challenge

Runnymede > Cookham
Sat 10 Sept if joining Full-5pm
Sun 11 Sept 6:00am-6:30am

DISTANCE & ELEVATION:

28km / 20m

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 28 km – hot food & fizzy drinks
- ✓ Finish – glass of fizz, medal & t-shirt

4th Quarter Challenge

Cookham > Henley
Sun 11 Sept | 8am only

DISTANCE & ELEVATION:

22km / 10m

REST STOPS & MEALS:

- ✓ Snacks & drinks – every 10-15 km
- ✓ 22 km – BBQs
- ✓ Finish – glass of fizz, medal & t-shirt

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

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 Transfers

We've a range of baggage services taking your baggage forward for you to access during the challenge. All baggage services will be paid in cash on the day, you cannot pre book/ buy these options. Please note the max weight limits - these are strict, and bags will be weighed.

- **Full Challenge:** Start > Half Way > Finish **£15**
- **Full Challenge:** Start > Finish **£10**
- **Half Challenges:** Start > Finish **£5**
- **Quarter Challenges:** Start > Finish **£5**
- **Kit Drop Service:** Runners only

Camping

Based at our 'base camp' in Runnymede Saturday 10 September. Ideal for all Challengers on the 2 Day 'Daylight' Challenge. Our campsite has hot showers, a rest area, changing rooms, drinks & more, and is a short shuttle journey from the 50 km rest stop, all shuttles there & back are included.

- Inclusive Package:** 1 Person **£65 p/n**
- Inclusive Package:** 2 Person **£50 p/n**
- Pitch Only:** 1 Person **£20 p/n**
- Pitch Only:** 2 Person **£35 p/n**

Transport

You must pre-book all additional transport options in advance:

Pre Challenge Transfers

We've a range of shuttles & services to take you to your start line, before your challenge.

- Henley > Runnymede Start **£15**
- Henley > Cookham Start **£10**
- Cookham > Runnymede Start **£10**
- Drop off parking Hurst Park **local P&D**
- Drop off parking Runnymede **local P&D**
- Drop off parking Cookham **FOC**

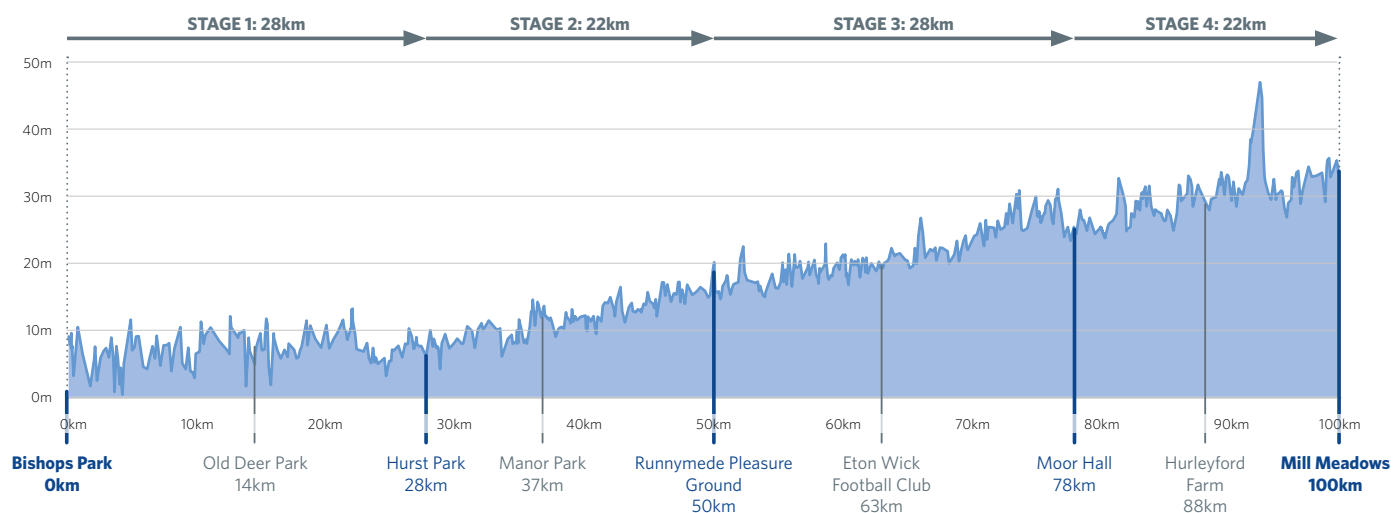
Post Challenge Transfers

We've a range of shuttles & services to take you to where you need to go, after your challenge.

- Hurst Park > Hampton Court Station **FOC**
- Runnymede > Staines Station **FOC**
- Cookham > Maidenhead Station **FOC**
- Pick up parking Hurst Park **local P&D**
- Pick up parking Runnymede **local P&D**
- Pick up parking Cookham **FOC**
- Pick up parking Henley **local P&D**

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.	↓ 14	0	N/A	Free tea / coffee, biscuits, energy drink, & water. Breakfast vendor.	N/A	✗
	2: MID POINT: Old Deer Park, Richmond, TW9 2SF. Please inform spectators they may not attend this site unless in an emergency	↓ 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.	↓ 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. Please inform spectators they may not attend this site unless in an emergency	↓ 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.	↓ 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. Please inform spectators they may not attend this site unless in an emergency	↓ 15	63	Sunday 10:00	Variety of free snacks, tea, coffee, water, energy drink.	For retirees to finish	✗
STAGE 4	7: REST STOP: Moor Hall & Conference Centre, Cookham, Maidenhead SL6 9QH.	↓ 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. Please inform spectators they may not attend this site unless in an emergency	↓ 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

Self Funding For You

Pay for your place in full, with no fundraising target but you can raise of you like!

FULL CHALLENGE:

£198 Registration Fee

- Pay online as you register
- Fundraise if you want no commitment

HALF CHALLENGE:

£129 Registration Fee

- Pay online as you register
- Fundraise if you want no commitment

QUARTER CHALLENGE:

£79 Registration Fee

- Pay online as you register
- Fundraise if you want no commitment



Option 2

Sponsorship For Charity

Pay a small registration fee & commit to fundraise for a charity of your choice.

FULL CHALLENGE:

£30 Registration Fee

- Pay online as you register
- Commit to fundraise £595 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for your place on the event

HALF CHALLENGE:

£20 Registration Fee

- Pay online as you register
- Commit to fundraise £395 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for your place on the event

QUARTER CHALLENGE:

£10 Registration Fee

- Pay online as you register
- Commit to fundraise £250 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for your place on the event

Option 3

Mixed Funding For Charity

Pay half your place, & fundraise a smaller target for your chosen charity.

FULL CHALLENGE:

£110 Registration Fee

- Pay online as you register
- Commit to fundraise £330 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for half of your place on the event

HALF CHALLENGE:

£72.50 Registration Fee

- Pay online as you register
- Commit to fundraise £218 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for half of your place on the event

QUARTER CHALLENGE:

£45 Registration Fee

- Pay online as you register
- Commit to fundraise £135 for your chosen charity
- 50% due 3 weeks before the challenge
- Remaining 50% due 4 weeks after the challenge
- Charity pays for half of your place on the event

Fundraising Deadlines At least 50% of the Sponsorship target (for either the Sponsorship for Charity or Mixed Funding option) should be with your Charity by 3 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.