

ULTRA CHALLENGE

WALK. JOG. RUN

PUSH YOURSELF FURTHER IN 2018

FOR PARKINSON'S UK

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

100KM

50KM

25KM



ISLE OF WIGHT CHALLENGE
5/6 May

LONDON 2 BRIGHTON CHALLENGE
26/27 May

GOTSWOLD WAY CHALLENGE
WALK, JOG OR RUN
30 Jun/1 Jul

JURASSIC COAST CHALLENGE
21/22 July

WYE VALLEY CHALLENGE
11/12 Aug

SOUTH COAST CHALLENGE
25/26 Aug

THAMES PATH CHALLENGE
8/9 Sept

www.ultrachallenge.com

Ultra Challenge Series 2018

WALK, JOG, OR RUN - PUSH YOURSELF FURTHER IN 2018!

You may be a walker and new to endurance events, or a seasoned marathon runner looking to up the distance, and you'll have 7 fantastic endurance events to choose from, each with its own character, each a real challenge, and all achievable. Whether it's setting out in stunning coastal scenery, along a historic towpath, or on trails into the countryside - your Challenge will test you on an unforgettable journey. Most will walk at a pace that suits them, many will jog parts, and some will run the whole course Ultra Marathon style – all will have a special reason to push themselves.

Join as an Individual or as a Team; there are full 100km challenges for those who are up for it, with full support and great hospitality through day & night, and 50km / 25km options if you want to ease your way into the world of endurance events. These are high quality events, with marquee rest stop every 12.5km

with drinks and snacks, a fully signed route (you won't get lost!), hot meals designed to keep you going, and medical support to fix you along the way! Taking on an Ultra Challenge will make a real difference to you – and to Parkinson's UK. You'll see stunning scenery, meet new friends, discover inner resilience and spirit, and rewarded with an overwhelming sense of achievement as you cross your finishing line.

With some training, determination, and our support, anyone can take on an Ultra Challenge. Are you ready for a real challenge in 2018?

- **WALK IT!** - at a pace that suits you – 24+ hours
- **RUN IT!** - ideal event to 'up' your distance
- **JOG IT!** - run a bit, walk a bit - you choose
- **Join as an Individual or as a Team**
- **100km, 50km, or 25km. Your Challenge, Your Way!**
- **2 Day 100km option – 50 km / day – Rest at half way.**
- **Marquee Rest Stops every 12.5 km – full support**
- **FREE hot meals, drinks & snacks en route**
- **Pace walkers, medics, massage, support vehicles**
- **Fully Signed Route – pink arrows all the way!**
- **Corporate packages available; round up your colleagues!**
- **Finisher's medal, T shirt, glass of bubbly!**
- **Free shuttle buses to stations at the finish**
- **Optional Training Walks & Runs**



actionchallenge
challenge events worldwide

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Isle of Wight Challenge



5/6 May 2018 – BANK HOLIDAY WEEKEND

Great challenges need great settings, and there's none better than this stunning coastal path. Over 2,000 adventurers will take on the Island in May - most walking but many jogging or running - past the famous Needles and up to Cowes at half way, then around clockwise back to our base camp in Chale after a spectacular 106km journey with full support and hospitality.

- **Take on the Full Island – 106 km along the coastal path**
- **Or try a Half or Quarter island distance**
- **1,780 metres of ascent – mixture of trails & footpaths**
- **Spectacular scenery; the Needles, white cliffs, and sandy beaches**
- **Starts & finishes at a basecamp in Chale – optional camping available here for ease**
- **Bookable shuttle service from the Ferry Port to the start (and free shuttle back after your Challenge!)**
- **2 Day Full Island option – with overnight camp at halfway**

“ I was absolutely amazed at the organisation. Outstanding. The rest stops were amazing. [The Trekmasters] helped the team get through the night and got us through to the end. The walk was gruelling but the layout of the event and the frequent triangles made it clear to follow. Am really impressed with Action Challenge. ”

Louise, 2017 Isle of Wight Challenger



For Full info, visit www.IsleofWightChallenge.com



London 2 Brighton Challenge



26/27 May 2018 – BANK HOLIDAY WEEKEND

Over the May Bank Holiday 3,000 intrepid adventurers will Walk, Jog, or Run an epic 100km from Capital to Coast setting out from Richmond on Thames and over the North & South Downs, with full support & great hospitality all the way to the finish line. Now in it's 7th year the London 2 Brighton Challenge has become one of the UK's greatest endurance events - and will raise over £1.5 million for charities in 2018.

- **Full 100 km route – from capital to coast – an iconic challenge**
- **66% of route off road; 1,420 m ascent**
- **Trails, paths, road & climbs – mixture of terrain under foot**
- **Half (56 or 44km) & Quarter (1st & 2nd) options available**
- **Highlights include North & South Downs, Brighton promenade**
- **2 Day Full Challenge option – with overnight camp at halfway**
- **Shuttles from the finish points to nearest stations to help you home**

“ I run a lot of marathons and I've never seen organisation at the same level as Action Challenge! THANK YOU so much for the clear registration and signage, free buff, snacks, drinks etc. Your staff are always so friendly and helpful. It REALLY makes a difference. I'll be returning to 2018 to complete a full 100k with you guys! ”

Emma, 2017 London 2 Brighton Challenger



For full info, visit www.London2BrightonChallenge.com

www.ultrachallenge.com

Cotswold Way Challenge



30 June/1 July 2018

After a successful 1st year, the Cotswold Way Challenge returns in 2018. Over 2,000 adventurers take on the historic path from Bath to Cheltenham - with most walking - others jogging, and some on the run of their life! It's a start by the magnificent Royal Crescent, and then onto the famous rolling hills with fantastic views towards the Severn Estuary, and idyllic villages nestling in between on an epic 100km journey - with full support and great hospitality all the way to the finish line.

- **100km from Bath's Royal Crescent to Cheltenham**
- **Or take on the Half or Quarter distance**
- **2,200 metres of ascent – Footpaths, trails, and lots of climbs**
- **Along the Cotswold Way – up to stunning views and panoramas**
- **Take on the Full Challenge over 2 Days – optional camping at Wotton-under-Edge at halfway**
- **The hilliest of all the Ultra Challenge Series!**

“ What a weekend! The scenery and views were stunning along the way. Those hills were brutal though, so very pleased to have made it to the finish. Thank you for an incredibly well supported event. You always do a first class job, but this event went even further. The facilities and support at each stop were excellent, as well as the catering and supplies. The signage was the best I'd seen too... looking forward to the next one! ”

Michelle, 2017 Cotswold Way Challenger

For full info, visit www.CotswoldWayChallenge.com



Jurassic Coast Challenge



NEW

21/22 July 2018

A Poole Harbour start, then along the spectacular Jurassic Coast - a World Heritage Site since 2001. It's up and down through Lulworth Cove to the Weymouth half way point, then past Portland Bill and the unique Chesil Beach to West Bay's famous sandstone cliffs (of TV's Broadchurch fame) - before a welcome finish line celebration in the vibrant town of Bridport. You'll get full support and great hospitality all the way - leaving you to focus on your Challenge!

- **The Full Challenge: 100km from Poole to Bridport**
- **Or take on the Half or Quarter distance.**
- **Along the coastal path – 1,850m of ascent**
- **Dramatic cliffs, harbours, bays, and beaches**
- **Sandbanks, West Bay, Durdle Door, and Lulworth Cove**
- **Take on the Full Challenge over 2 Days – optional camping at Weymouth halfway point**



For full info, visit www.JurassicCoastChallenge.com

www.ultrachallenge.com

Wye Valley Challenge

NEW



11/12 August 2018

Take on the dramatic landscape straddling the England & Wales border - an Area of Outstanding Natural Beauty. A Chepstow start, then through woodlands and the limestone cliffs of the Wye gorge, with the magical twisting riverside path passing Tintern Abbey en route to Ross-on-Wye at half way. You'll climb Capler Hill to the Iron Age fort, and traverse above the river before Hereford's cathedral comes into view; and a welcome finish line after an amazing 100km journey with full support and hospitality all the way.

- **Chepstow to Hereford Full 100km Challenge**
- **Or take on the Half or Quarter distance**
- **Dramatic Landscapes – Area of Outstanding Natural Beauty**
- **Tough hills – but fabulous views – historic Offa's Dyke, Symonds Yat**
- **Full route 1,430 metres of ascent**
- **Take on the Full Challenge over 2 Days – optional camping at Ross-on-Wye halfway point**



For full info, visit www.WyeValleyChallenge.com



South Coast Challenge



25/26 August 2018 – BANK HOLIDAY WEEKEND

Take on some of England's finest scenery - up the stunning Beachy Head, over the magnificent Seven Sisters, and along the South Downs Way to a Brighton mid-point. Devil's Dyke, breath-taking views, ups & downs all lie ahead before historic Arundel comes into view after an amazing journey you'll never forget.

- **Full 100km route from Eastbourne to Arundel**
- **Iconic coastal route – Seven Sisters, South Downs & Devil's Dyke**
- **Mixture of coastal climbs & dramatic downhills – tests the legs!**
- **Tackle the 1st Half from Eastbourne to Brighton or the 2nd Half, Brighton to historic Arundel**
- **1st Quarter option – from Eastbourne over the Seven Sisters**
- **Shuttles from finishes to nearest stations from finish your point**



“ A very special thank you to the teams behind the organisation, the volunteers on the day, the first aid crew and the massage therapists. I finally made it into Arundel and I could not have done it without the support at each rest stop. ”

Sally, 2017 South Coast Challenger

For full info, visit www.SouthCoastChallenge.com

www.ultrachallenge.com

Thames Path Challenge

8/9 September 2018

Join 3,000 others and take on the Thames Path Challenge following England's greatest river this September - most will be walking, many will jog, some will be running, 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.

- Putney to Henley via Runnymede at halfway.
- Take on the full 100km, a Half Challenge distance, or any quarter section of the route.
- Flat route, footpaths & green riverside scenery
- Leafy West London, Hampton Court, Oxfordshire
- Friends & family can sign up and join for final 25km on Sunday

“ We completed the second half this year after doing first half in 2014. The scenery is amazing, but it's the organisation of Action Challenge that makes it possible. The food and refreshments at the rest stops is fantastic...and the endless supply of blister plasters! Seeing the sunset as we came into Henley-on-Thames [when] everything lit up, was like Christmas! ”

Sue, 2017 Thames Path Challenger

For full info, visit www.ThamesPathChallenge.com



Thames Bridges Trek

8 September 2018

Join other 3,000 trekkers as we venture across the Capital taking in unrivalled views of the skyline from its best vantage points. Setting out from Putney Bridge - we head East towards the City, zig-zagging over the array of historic bridges - each with its own fascinating story - and a mid-point stop in Vauxhall for some snacks & drinks. 25km later, it's a finish line celebration in Southwark past the majestic Tower Bridge.

A great opportunity to get out, get fitter, meet others, and explore the very best of London!



- 25km across 16 of London's most iconic bridges
- Ideal 1st Ultra Challenge for anyone looking to push themselves
- London Bridge, Millennium Bridge, Tower Bridge!
- Starting from Putney, Bishop's Park heading to Southwark
- Following the Thames Path through Central London
- Mid-point stop en route - refuel on snacks & drinks
- Buffet lunch at the finish line & celebration!

“ This was the first time that I have ever done a challenge like this. It was brilliantly organised and sign posted. The rest stop offered fantastic choice and amazing pastries. The prosecco at the end was very welcome! Great sightseeing! ”

Nikki, 2017 Thames Bridges Trek Challenger

For full info, visit www.ThamesPathChallenge.com/Thames-Bridges-Trek

www.ultrachallenge.com



How to Join

You can join any of the Challenges as an Individual or as a Team. Sign up online and pay an initial Registration Fee online and also commit to a Minimum Fundraising target for Parkinson's UK. Fundraising makes a real difference to others – and can make your Challenge even more worthwhile - these events are tough – and you'll find that friends, family, and colleagues will be keen to sponsor you!

Parkinson's UK is an Ultra Challenge Series Charity Partner, and so by joining us, you can save 25% ON REG FEES.

Distance	Reg fee + fundraising for Parkinson's UK
Full Challenge	£60 (+£425 min fundraising)
Half Challenge	£45 (+£275 min fundraising)
Quarter Challenge	£30 (+£175 min fundraising)

50% of the fundraising target is due to be submitted to your charity 6 weeks prior to the challenge, the remaining 50%, and any extra, 4 weeks after. Sign up today - make 2018 a year to remember!

Looking to take on more than 1 challenge?
Our Multi Challenge deal...

In 2018 there will be 7 Ultra Challenge events - and we recognise that for some taking on one challenge isn't enough. You can combine which events you would like take on in 2018 and save on your costs, or combine your fundraising targets! You can save up to £150 if looking to take on all 7 events...

If you are thinking about taking on more than 1 challenge, the savings depend on the distances you are looking to take on, and the number of events. To find out full details visit www.ultrachallenge.com/multi-deal

