



Thames Path Ultra Challenge **13-14 Sept 2025**

# CHALLENGE

## FACTSHEET

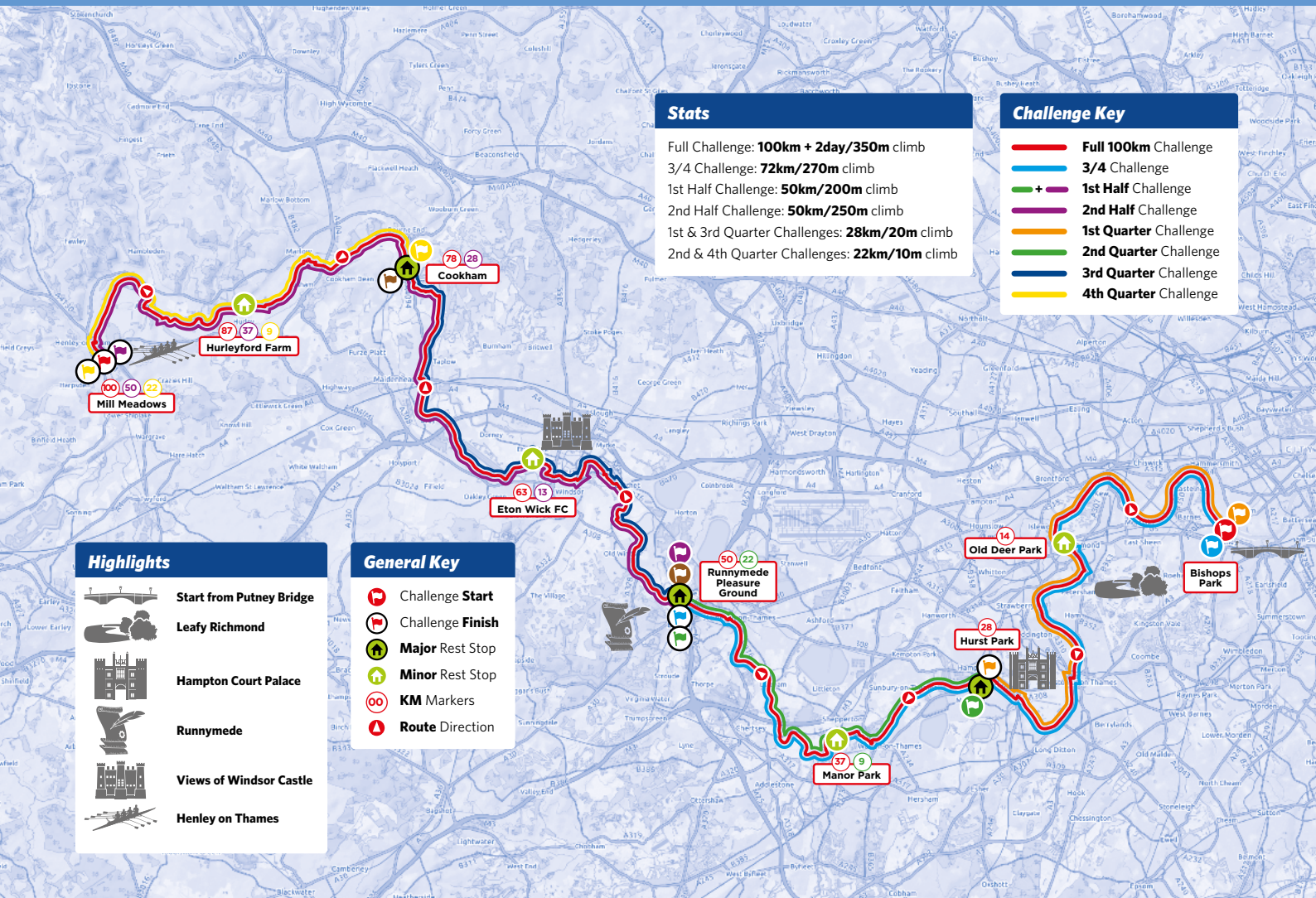


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# Thames Path Ultra Challenge **13-14 September 2025**

England's greatest river provides a fantastic backdrop for an unforgettable challenge. Over 2000 adventurers will join the Putney Bridge start, and the full 100km route heads upstream to Henley along the famous Towpath. It's through Richmond, Hampton Court, Runnymede, and Windsor, with some wonderful scenery to a riverside finish line. With three quarter, half and quarter distance options also available - plus the separate 25km 'Thames Bridges Trek' & 'The Moonlight 10 Walk' through Central London as part of the weekend 'festival' - there's a Thames 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

Over 3,000 Challengers will take on the main Thames Path Challenge following England's greatest river – most will be walk, many will jog, some will run, and all have a special reason to push themselves.

Our full 100km route heads upstream from Putney Bridge past Hampton Court to Runnymede at 50 km, then on past wonderful scenery all the way to Henley. A 'flat' 100 km – but a real challenge!

### Full Continuous 100 KM Challenge Putney to Henley

Sat 13 - Sun 14 Sept | 7:00-9:00am Start

**DISTANCE:**

100 km & 350 m

**DETAILS:**

- ✓ Start: Bishops Park Fulham
- ✓ Start times: 7am for runners, 7am – 9am for joggers & walkers
- ✓ Finish: Henley-on-Thames
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ 78 km – brunch/lunch
- ▶ 100 km – cooked breakfast/hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

### Full 2 Day Daylight 100 KM Challenge Putney - Runnymede - Henley

Sat 13 - Sun 14 Sept | 7:00-9:00am Start

**DISTANCE:**

Day 1 ~50 km & ~200 m

Day 2 ~50 km & ~150m

**DETAILS:**

- ✓ Day 1: Putney > Runnymede (50km)
- ✓ Day 2: Runnymede > Henley (50km)
- ✓ Camping option at Runnymede base-camp at the end of DAY 1 of the Challenge.
- ▶ Snacks & drinks – every 10-15 km
- ▶ 23 km – picnic lunch & fizzy drinks
- ▶ 55 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked meal/hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

### Three Quarter Challenge 72 KM Hurst Park to Henley

Saturday 13 Sept | 9:30am Start

**DISTANCE:**

72 km & 270 metres

**DETAILS:**

- ✓ Start: Hurst Park
- ✓ Start times: 9.30am – we will start runners off first, followed by walkers & joggers
- ✓ Finish: Henley-On-Thames
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

### 1st Half Challenge 50 KM Putney to Runnymede

Saturday 13 Sept | 7:00-9:00am Start

**DISTANCE:**

50 km & 200 metres

**DETAILS:**

- ✓ Start: Bishops Park, Fulham
- ✓ Start times: 7am for runners, 7-9am for joggers & walkers
- ✓ Finish: Runnymede
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

**Distance options - continued****2nd Half Challenge 50 KM**  
Runnymede to HenleySat 13 Sept | 10:00am or join  
Full Challengers OR Sun 15  
Sept | 6:00-7:00am**DISTANCE:**

50 km &amp; 150 m

**DETAILS:**

- ✓ Start: Runnymede
- ✓ Start times: Sat 14 Sept – start Saturday 10am walkers/11am runners or if just join a full challenger when they are ready, OR 6am – 7am rolling start on Sunday
- ✓ Finish: Henley (50 km)
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – Picnic lunch & fizzy drinks
- ▶ 50 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

**1st Quarter Challenge**  
28 KM  
Putney to HamptonSaturday 13 September  
10:00-11:00am Start**DISTANCE:**

28 km &amp; 20 m

**DETAILS:**

- ✓ Start: Bishops Park, Fulham
- ✓ Start times: Sat 14 September 8:30 – 9:30am
- ✓ Finish: Hurst Park
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – Picnic lunch & fizzy drinks
- ▶ Finish – glass of fizz, medal & t-shirt

**2nd Quarter Challenge**  
22 KM  
Hampton to RunnymedeSaturday 13 September  
12:00am Start**DISTANCE:**

22 km &amp; 20 m

**DETAILS:**

- ✓ Start: Hurst Park, Hampton
- ✓ Start times: Sat 14 Sept, 12:00 only
- ✓ Finish: Runnymede
- ▶ 10 km – snacks & drinks
- ▶ 22 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

**3rd Quarter Challenge**  
28 KM  
Runnymede to CookhamSat 13 Sept | 17:00am OR  
Sun 14 Sept | 6:00-6:30am**DISTANCE:**

28 km &amp; 20 m

**DETAILS:**

- ✓ Start: Runnymede
- ✓ Start times: Sat 14 Sept join a Full Challenger from 17:00 or Sun 15 Sept 06:00 – 06:30
- ✓ Finish: Cookham
- ▶ Snacks & drinks – every 10-15 km
- ▶ 28 km – picnic lunch
- ▶ Finish – glass of fizz, medal & t-shirt

**4th Quarter Challenge**  
22 KM  
Cookham to HenleySunday 14 September  
8:00am Start**DISTANCE:**

22 km &amp; 10 m

**DETAILS:**

- ✓ Start: Cookham
- ✓ Start times: Sun 15 Sept 08:00 only
- ✓ Finish: Henley
- ▶ Snacks & drinks – every 10-15 km
- ▶ 22 km – Hot food
- ▶ Finish – glass of fizz, medal & t-shirt

## Bookable extras

Bookable extras are designed to make the planning for your challenge as easy as possible - providing options for your joining & leaving arrangements, and are summarised below. As some participant's travel & logistics may involve parking, transfers, and maybe camping also - please check that the combination you book makes sense!

### Camping Packages

**Camping - Saturday 14th night - 50km 'half-way' - Runnymede**

**Inclusive Package:** 1 Person

**Inclusive Package:** 2 Person

**Pitch Only:** 1 Person

**Pitch Only:** Extra Campers

### Parking

- ✓ **There is local Pay & Display parking along the route at Hurst Park (28km), Runnymede (50km), Cookham (78km) & Henley (100km)**
- ✗ **There is NO parking at the start in Bishops Park - Fulham**

### Pre Challenge Transfer

**We've a range of shuttle services to take you to your start line, before your challenge. Putney Bridge tube station is the closest to Bishops Park (its on the District Line).**

- ✓ Henley > Runnymede
- ✓ Henley > Cookham

### Post Challenge Transfer

**We've a range of shuttle services to take you where you need to go after your challenge.**

- ✓ Hurst Park > Hampton Court Station
- ✓ Runnymede > Staines Station

### Baggage Transfers

**We've a range of services taking your bags forward for access during the challenge - for a change of clothes or shoes, extra layers for the night, or those snacks you can't do without!**

**Please note the max weight limits - these are strict, and bags will be weighed. Quoted prices are per bag.**

**Baggage services will be paid in cash/card on the day - and you cannot pre book.**

- ✓ 100KM: Start > Half Way > Finish
- ✓ 100KM: Start > Finish
- ✓ 50KM Half: Start > Finish
- ✓ 25KM Quarter: Start > Finish
- ✓ Kit Bag Drop: **Runners only - Up to 10kg bag for FREE**

### Challengers Meal

- ✓ **Sunday Morning Breakfast** - available to participants beginning their challenge on Sunday morning at Runnymede. Breakfast the following morning is included in the inclusive camping packages, but not in the pitch only & will need to be booked separately.



## Funding & Cost options

### OPTION 1

#### Self Funding Do It For Yourself

Pay for your place in full. Look forward to a great challenge with no fundraising!

##### FULL CHALLENGE ~100km

**£199** Fee paid online & no fundraising commitment.

##### 3/4 CHALLENGE ~75km

**£169** Fee paid online as & no fundraising commitment.

##### 1/2 CHALLENGE ~50km

**£139** Fee paid online as & no fundraising commitment.

##### 1/4 CHALLENGE ~25km

**£89** Fee paid online & no fundraising commitment.

##### 10K CHALLENGE ~10km

**£39** Fee paid online & no fundraising commitment.

### OPTION 2

#### Full Sponsorship For Charity

Pay a small Reg Fee & Fundraise for a chosen Charity (who pay for your place)

##### FULL CHALLENGE ~100km

**£50** Reg Fee & at least **£575** fundraising/sponsorship

##### 3/4 CHALLENGE ~75km

**£45** Reg Fee & at least **£475** fundraising/sponsorship

##### 1/2 CHALLENGE ~50km

**£40** Reg Fee & at least **£375** fundraising/sponsorship

##### 1/4 CHALLENGE ~25km

**£30** Reg Fee & at least **£275** fundraising/sponsorship

##### 10K CHALLENGE ~10km

**£20** Reg Fee & at least **£100** fundraising/sponsorship

### OPTION 3

#### Mixed Funding For Charity

Pay for half your place cost & fundraise less for Charity (who pay half of your place cost)

##### FULL CHALLENGE ~100km

**£110** Reg Fee & at least **£330** fundraising/sponsorship

##### 3/4 CHALLENGE ~75km

**£90** Reg Fee & at least **£270** fundraising/sponsorship

##### 1/2 CHALLENGE ~50km

**£75** Reg Fee & at least **£225** fundraising/sponsorship

##### 1/4 CHALLENGE ~25km

**£50** Reg Fee & at least **£150** fundraising/sponsorship

##### 10K CHALLENGE ~10km

**£22.50** Reg Fee & at least **£70** fundraising/sponsorship

### OPTION 4

#### Own Place Charity Fundraising

Pay for your place & fundraise whatever you can for a Charity (with NO cost to them)

##### FULL CHALLENGE ~100km

**£199** Fee paid online & fundraise whatever you can

##### 3/4 CHALLENGE ~75km

**£169** Fee paid online & fundraise whatever you can

##### 1/2 CHALLENGE ~50km

**£139** Fee paid online & fundraise whatever you can

##### 1/4 CHALLENGE ~25km

**£89** Fee paid online & fundraise whatever you can

##### 10K CHALLENGE ~10km

**£39** Fee paid online & fundraise whatever you can

**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.