THAMES PATHS ULTRA CHALLENGE®

Thames Path Ultra Challenge **12-13 Sept 2026**

CHALLENGE FACTSHEET

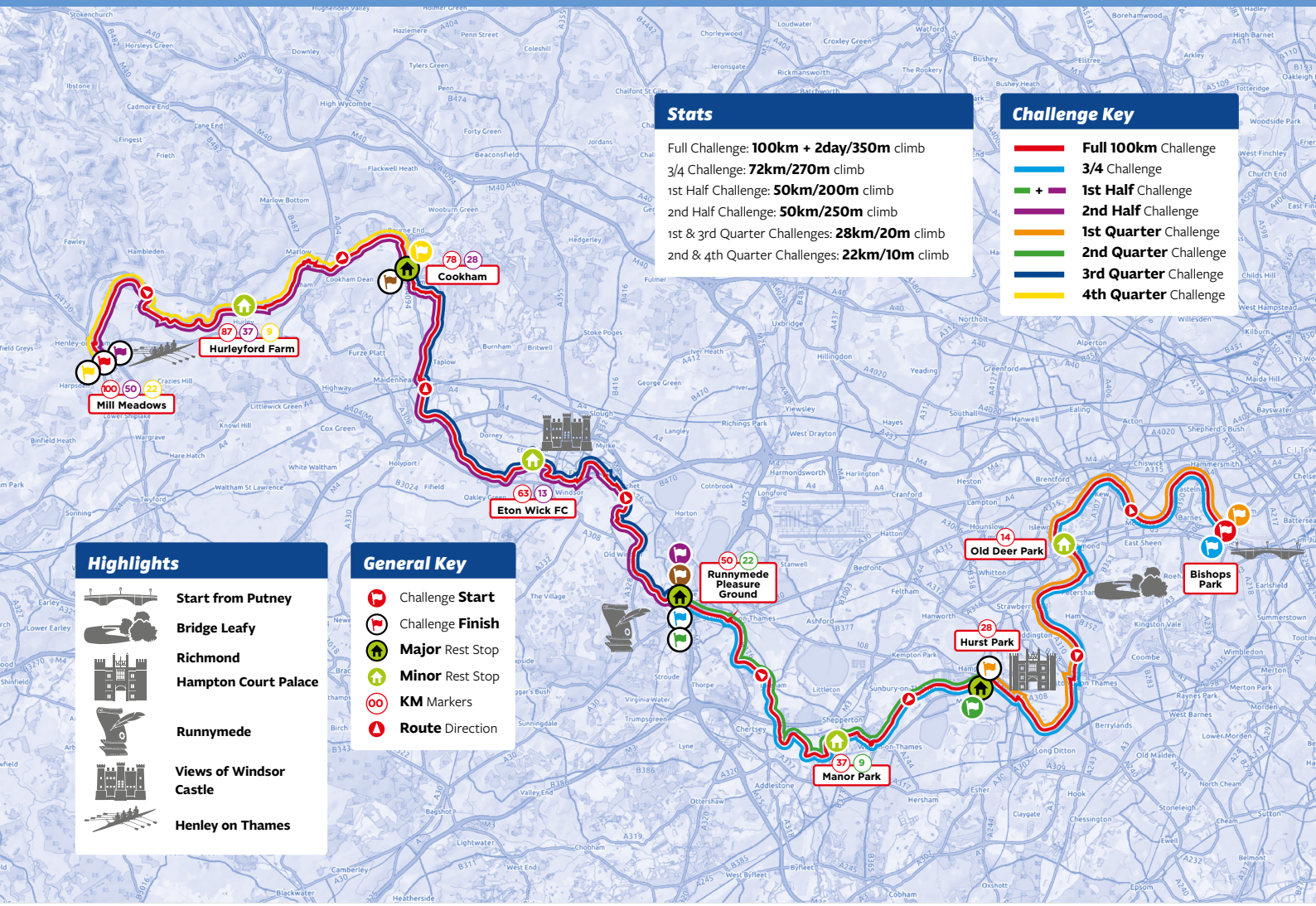


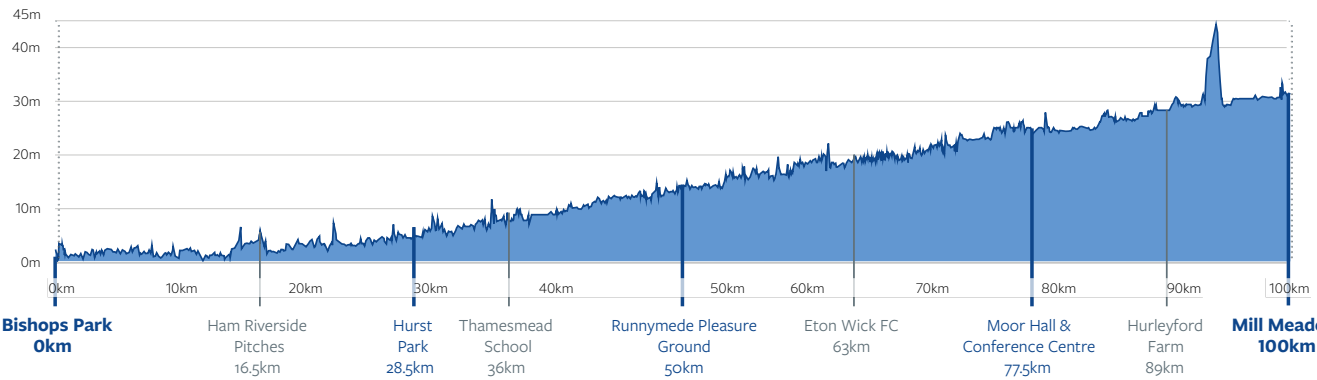
Part of the ULTRA CHALLENGE SERIES

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Thames Path Ultra Challenge **12-13 September 2026**

England's greatest river provides a fantastic backdrop for an unforgettable challenge. Over 3,000 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!





CHALLENGE FACTSHEET

Distance options

Over 3,000 Challengers will take on the main Thames Path Challenge following England's greatest river – most will 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 50km, then on past wonderful scenery all the way to Henley. A 'flat' 100km – but a real challenge!

Full Continuous 100KM ***Challenge*** Putney to Henley

Sat 12 - Sun 13 Sept | 6:45-9:30am Start

DISTANCE:

100km & 350 m

DETAILS:

- ✓ Start: Bishops Park Fulham
- ✓ Start times: 6:45 for Trailblazerz, 7am for runners, 7am – 9:30 for joggers & walkers 8:30 for Ultra March walkers
- ✓ Finish: Henley-on-Thames
  - ▶ Snacks & drinks – every 10-15km
  - ▶ 28km – picnic lunch & fizzy drinks
  - ▶ 50km – hot meal
  - ▶ 78km – brunch/lunch
  - ▶ 100km – cooked breakfast/hot meal
  - ▶ Finish – glass of fizz, medal & t-shirt

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

Sat 12 - Sun 13 Sept | 7:00-9:00am Start

DISTANCE:

Day 1 ~50km & ~200 m
Day 2 ~50km & ~150m

DETAILS:

- ✓ Day 1: Putney > Runnymede (50km)
- ✓ Day 2: Runnymede > Henley (50km)
- ✓ Camping option at Runnymede 50km stop base-camp at the end of DAY 1 of the Challenge.
  - ▶ Snacks & drinks – every 10-15km
  - ▶ 28km – picnic lunch & fizzy drinks
  - ▶ 50km – hot meal
  - ▶ 78km – brunch/lunch
  - ▶ 100km – cooked breakfast/hot meal
  - ▶ Finish – glass of fizz, medal & t-shirt

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

Saturday 12 Sept | 9:30am Start

DISTANCE:

72km& 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 10-15km
  - ▶ 28km – picnic lunch & fizzy drinks
  - ▶ 50km – hot meal
  - ▶ Finish – glass of fizz, medal & t-shirt

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

Saturday 12 Sept | 6:45-9:30am Start

DISTANCE:

50km & 200 metres

DETAILS:

- ✓ Start: Bishops Park, Fulham
- ✓ Start times: 6:45 for Trailblazerz, 7am for runners, 7am – 9:30 for joggers & walkers 8:30 for Ultra March walkers
- ✓ Finish: Runnymede
  - ▶ Snacks & drinks – every 10-15km
  - ▶ 28km – picnic lunch & fizzy drinks
  - ▶ 50km – hot meal
  - ▶ Finish – glass of fizz, medal & t-shirt

Distance options - continued

2nd Half *Challenge* 50KM Runnymede to Henley

Sat 12 Sept | 10:00am or join Full Challengers OR Sun 13 Sept | 6:00-6:30am

DISTANCE:
50km & 150 m

DETAILS:
- ✓ Start: Runnymede
- ✓ Start times: Start - Sat 12 Sept 10am walkers/11am runners, or join a full challenger as they come through. Or Sun 13 Sept between 6 – 6:30am
- ✓ Finish: Henley (50km)
  - ▶ Snacks & drinks – every 10-15km
  - ▶ 28km – Picnic lunch & fizzy drinks
  - ▶ 50km – hot meal
  - ▶ Finish – glass of fizz, medal & t-shirt

1st Quarter *Challenge* 28KM Putney to Hampton

Saturday 12 September 8:30-9:30am Start

DISTANCE:
28km & 20 m

DETAILS:
- ✓ Start: Bishops Park, Fulham
- ✓ Start times: Sat 12 September 8:30 – 9:30am
- ✓ Finish: Hurst Park
  - ▶ Snacks & drinks – every 10-15km
  - ▶ 28km – Picnic lunch & fizzy drinks
  - ▶ Finish – glass of fizz, medal & t-shirt

2nd Quarter *Challenge* 22KM Hampton to Runnymede

Saturday 12 September 12:00pm Start

DISTANCE:
22km & 20 m

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

3rd Quarter *Challenge* 28KM Runnymede to Cookham

Sat 12 Sept | 17:00am OR Sun 13 Sept | 6:00-6:30am

DISTANCE:
28km & 20 m

DETAILS:
- ✓ Start: Runnymede
- ✓ Start times: Sat 12 Sept join a Full Challenger from 5:00pm or Sun 13 Sept 06:00 – 06:30
- ✓ Finish: Cookham
  - ▶ Snacks & drinks – every 10-15 km
  - ▶ 28km – picnic lunch
  - ▶ Finish – glass of fizz, medal & t-shirt

4th Quarter *Challenge* 22KM Cookham to Henley

Sunday 13 September 8:00am Start

DISTANCE:
22km & 10 m

DETAILS:
- ✓ Start: Cookham
- ✓ Start times: Sun 13 Sept 08:00 only
- ✓ Finish: Henley
  - ▶ Snacks & drinks – every 10-15 km
  - ▶ 22km – Hot food
  - ▶ Finish – glass of fizz, medal & t-shirt

FOR RAPID RUNNERS... ULTRA TRAILBLAZERZ

A NEW CATEGORY – for competitive runners who can complete 100km in sub 12 hrs (male) / sub 13 hrs (female), or 50km in sub 5 hrs (male) / sub 5.5 hrs (female).

For seasoned Ultra runners, or accomplished marathon participants switching to trails & upping the distance – with the support services that Ultra Challenge® events are famous for!

FOR HASTY HIKERS... THE ULTRA MARCH

Join an intrepid group attempting to Walk 100km in under 24 hours, or 50km in under 12 hours.
An Ultra March® is about WALKING at a brisk & consistent pace with like minded challengers – a bit like a march! – but taking in the great rest stops & services of an Ultra Challenge!

CHALLENGE FACTSHEET

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 12th 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 5kg bag for FREE**

Challengers Meal

- **Henley 10km Finisher's Meal** – 10km challengers can pre-book a finisher's meal, which includes a sandwich/ wrap, fruit, sweet treat, crisps & a cold fizzy drink.
- **Saturday Morning Breakfast** – available to participants beginning their challenge on Sunday morning at Bishop's Park. NOT pre-bookable - Paid on the day.
- **Sunday Morning Breakfast** – available to participants beginning their challenge on Sunday morning at Runnymede.



CHALLENGE FACTSHEET

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
£49 Fee paid online & no fundraising commitment.

OPTION 2
Full Charity Sponsorship

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
£15 Reg Fee & at least **£150** 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
£25 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 just an admin fee for the charity)

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
£49 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.