



## South Coast Challenge... Walk, Jog, or Run it 7 – 8 September 2024

### SHORT COPY

Walk, jog or run up to 100km from Eastbourne to Arundel. Take the full challenge up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail through Brighton and on to Arundel, or choose from a half challenge or quarter challenge distance. With full support, food and drinks throughout.

This event is part of the Ultra Challenge Series – 16 great events where you can walk, jog or run your chosen distance in the UK's most iconic locations! Head to the Ultra Challenge page to find out full details of prices and to sign up:

<https://www.ultrachallenge.com/south-coast-challenge/>

### LONG COPY

Take on some of England's finest scenery as a Walk, Jog, or a Run! An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point. Devil's Dyke, welcome rest stops, a few ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey.

There are 50km half challenge and 25km quarter challenge options too – so make it your challenge, your way!

Your entry includes free food and drink at regular rest stops, plus support including medics, marshals and massage. As you cross the finish line, you'll get a glass of fizz, t-shirt, and a medal to commemorate your achievement.

Head to the Ultra Challenge page to find out full details of prices and to sign up: <https://www.ultrachallenge.com/south-coast-challenge/>

#### SIGN UP & FUNDRAISING OPTIONS:

- 1. Full Sponsorship** – you pay a small registration fee, do lots of fundraising and we cover the cost of your event place!
  - **100km:** Normal Reg Fee £40 & Fundraising Target - £575
  - **Shorter distances and lower fundraising targets are also available!**
- 2. Mixed Funding** – pay half of the event place cost yourself, fundraise a bit less and we pay the balance of the event place cost.
  - **100km:** Reg fee £100 / fundraising target £300
  - **Shorter distances and lower fundraising targets are also available!**
- 3. Own Place Fundraising** – you pay the full cost of the event place - fundraise whatever you can, with no set target or deadline, and there's no event place cost at all to the charity - us!
  - **100km:** £198
  - **Shorter distances and entry fees are also available!**

To sign up or find the full details of this great Challenge, and the full range of Ultra Challenges, click here:

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## RUNNERS COPY

Step up to run some of England's finest scenery across the picturesque backdrop of the South Coast! An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point. Devil's Dyke, welcome rest stops, a few ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey.

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