SOUTH COAST CHALLENGE

South Coast Challenge **2022**

CHALLENGE Factsheet

Part of the ULTRA CHALLENGE SERIES

organised by actionchallenge
challenge events worldwide

www.ultrachallenge.com
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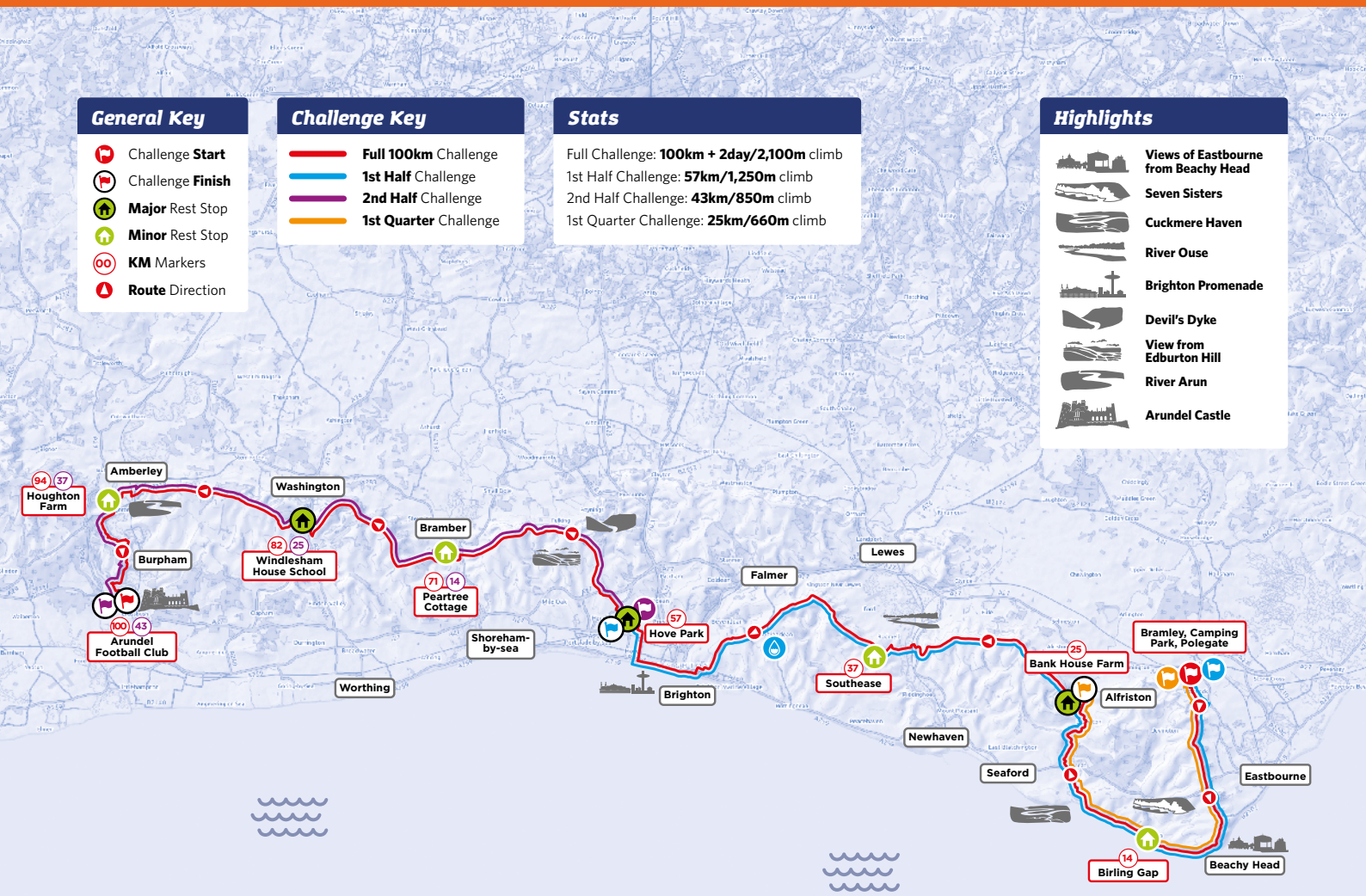
Take on some of England's finest scenery as a Walk, Jog, or a Run! An Eastbourne start, up Beachy Head, over the magnificent Seven Sisters, and along the famous South Downs Way National Trail with stunning views over the sea to a Brighton mid-point.

Devil's Dyke, welcome rest stops, a few ups & downs all lie ahead before historic Arundel comes into view after an 100km amazing journey.



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Distance options

Full 100km *Challenge*

Eastbourne > Arundel
Sat 3 Sept | 6:45-9am

DISTANCE & ELEVATION:

100km / 2100m climb

REST STOPS & MEALS:

- ✔ Snacks & drinks – every 10-15 km
- ✔ 23 km – picnic lunch & fizzy drinks
- ✔ 55 km – hot meal
- ✔ 80 km – brunch/ lunch
- ✔ 100 km – cooked breakfast/ BBQ
- ✔ Finish – glass of fizz, medal & t-shirt

Full 100km-2 Day (stop overnight) *Challenge*

Day 1 - Eastbourne > Hove
Sat 3 Sept | 6:45am-9am
Day 2 - Hove > Arundel
Sun 4 Sept | 6am-6:30am

DISTANCE & ELEVATION:

D1: 57km / 1250m D2: 43km / 850m climb

REST STOPS & MEALS:

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

First Half *Challenge*

Eastbourne > Hove
Sat 3 Sept | 6:45-10am

DISTANCE & ELEVATION:

57km / 1250m climb

REST STOPS & MEALS:

- ✔ Snacks & drinks – every 10-15 km
- ✔ 23 km – picnic lunch & fizzy drinks
- ✔ 55 km – hot meal
- ✔ Finish – glass of fizz, medal & t-shirt

Second Half *Challenge*

Hove > Arundel
Sat 3 & Sun 4 Sept
If joining Full - 3 Sept | 5pm
4 Sept start | 6:00am-6:30am

DISTANCE & ELEVATION:

43km / 850m climb

REST STOPS & MEALS:

- ✔ Snacks & drinks – every 10-15 km
- ✔ 25 km – picnic lunch & fizzy drinks
- ✔ 45 km – BBQ
- ✔ Finish – glass of fizz, medal & t-shirt

First Quarter *Challenge*

Eastbourne > Alfriston
Sat 3 Sept | 6:45-9am

DISTANCE & ELEVATION:

25km / 660m climb

REST STOPS & MEALS:

- ✔ 11 km – snacks & drinks
- ✔ 23 km – BBQ & fizzy drinks
- ✔ 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

There is a 'pre Challenge' Friday night option at our new start venue in Eastbourne (with optional dinner), and on the Saturday evening based at our main half way stop in Hove – which is perfect for 2 day full challengers (fine for 'half' challengers also). Our campsites have hot showers, a rest area, changing rooms, drinks & more.

Inclusive Package: 1 Person **£50**
Inclusive Package: 2 Person **£65**
Pitch Only: 1 Person **£20**
Pitch Only: 2 Person **£35**

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.

Eastbourne station > Start **£5**
Alfriston > Start **£10**
Drop Off Parking > Eastbourne ..... **FOC**
Parking > Eastbourne **£5**

Post Challenge Transfers

We've a range of shuttles & services for after your challenge.

Hove > Brighton Station ..... **FOC**
Hove > Eastbourne Start/Station **£15**
Arundel > Arundel Station ..... **FOC**
Arundel > Eastbourne Start/Station **£25**

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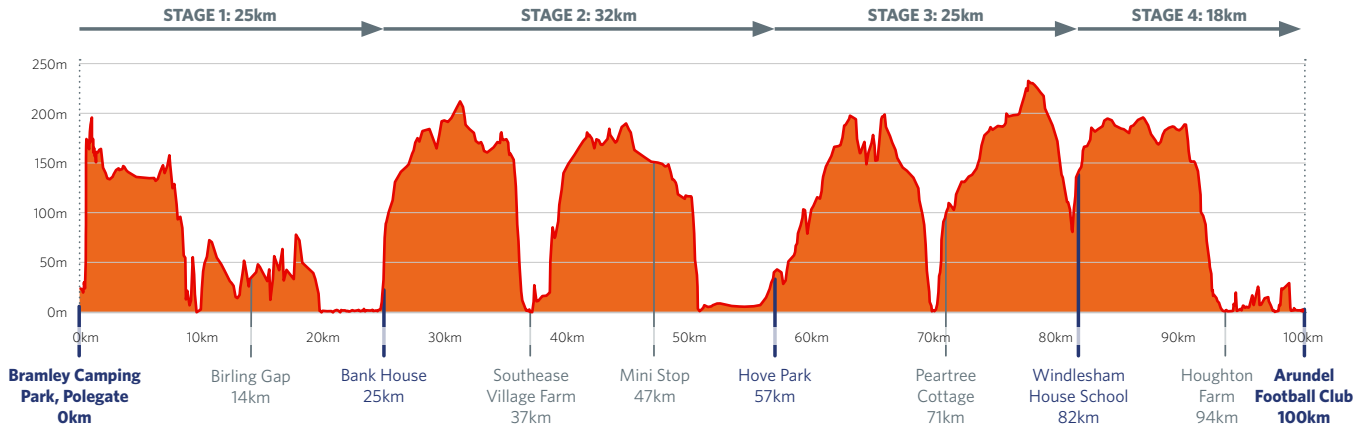
Route & Rest Stops

	REST STOP	LEG KM	TOTAL KM	CUT OFF TIMES	FOOD/CATERING	OPTIONAL EXTRAS	SHUTTLES	SUPPORTER PARKING
STAGE 1	**1: START:** Bramley Camping Park, Wannock Road, Polegate BN26 5PH.	↓ 14	**0**		Free tea / coffee, biscuits, energy drink, & water. Breakfast vendor.	Camping	Shuttle bus from Eastbourne Station to start £5	✔ £5
	2: MID POINT: Birling Gap, East Dean, East Sussex, BN20 0AB. Please inform spectators they may not attend this site unless in an emergency	↓ 11	**14**	13:40	Variety of free snacks, tea / coffee, energy drink, & water.		N/A	✖
STAGE 2	**3: REST STOP:** Bank House Farm, Alfriston, BN26 5UG. The Willows public car park.	↓ 12	**25**	18:15	BBQ for 1st Quarter finisher's and also picnic for all other pax - snacks, teas, coffee, water & energy drinks.		Shuttle to nearest station	✔ P&D
	4: MID POINT: Southease Village Farm, East Sussex, BN7 3HX. Please inform spectators they may not attend this site unless in an emergency	↓ 10	**37**	22:00	Variety of free snacks, tea, coffee, energy drink.		N/A	✖
	Mini Stop: Woodingdean car park, Falmer Road. Please inform spectators they may not attend this site unless in an emergency	↓ 10	**47**	Sunday 00:45	Toilets and water only.		N/A	✖
STAGE 3	**5: REST STOP - HALF WAY:** Hove Park, Goldstone Crescent, Hove, BN3 6LR.	↓ 14	**57**	Sunday 06:00	Hot meal + tea, coffee, energy drink, water & free snacks.	Camping	Shuttle buses to Brighton Station	✔ P&D
	6: MID POINT: Peartree Cottage in Botolphs, BN44 3WB. Please inform spectators they may not attend this site unless in an emergency	↓ 11	**71**	Sunday 11:10	Variety of free snacks, tea, coffee, water, energy drink.		Shuttle buses to Finish	✖
STAGE 4	**7: REST STOP:** Windlesham House School, Pulborough, RH20 4AY.	↓ 12	**82**	Sunday 15:10	Hot meal + tea, coffee, energy drink, water & free snacks.		Shuttle buses to Finish	✔ £5
	8: MID POINT: Houghton Farm, Arundel BN18 9LW. Please inform spectators they may not attend this site unless in an emergency	↓ 6	**94**	Sunday 18:50	Variety of free snacks, tea, coffee, energy drink & water.		Shuttle buses to Finish	✖
	9: FINISH: Arundel Football Club, Mill Rd, Arundel BN18 9PA.		**100**	Sunday 22:00	Hot meal provided for finishers & tea / coffee.		Shuttle buses to Arundel Station	✔ P&D



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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.