



South Coast Ultra Challenge 7/8 Sept 2024

CHALLENGE

FACTSHEET



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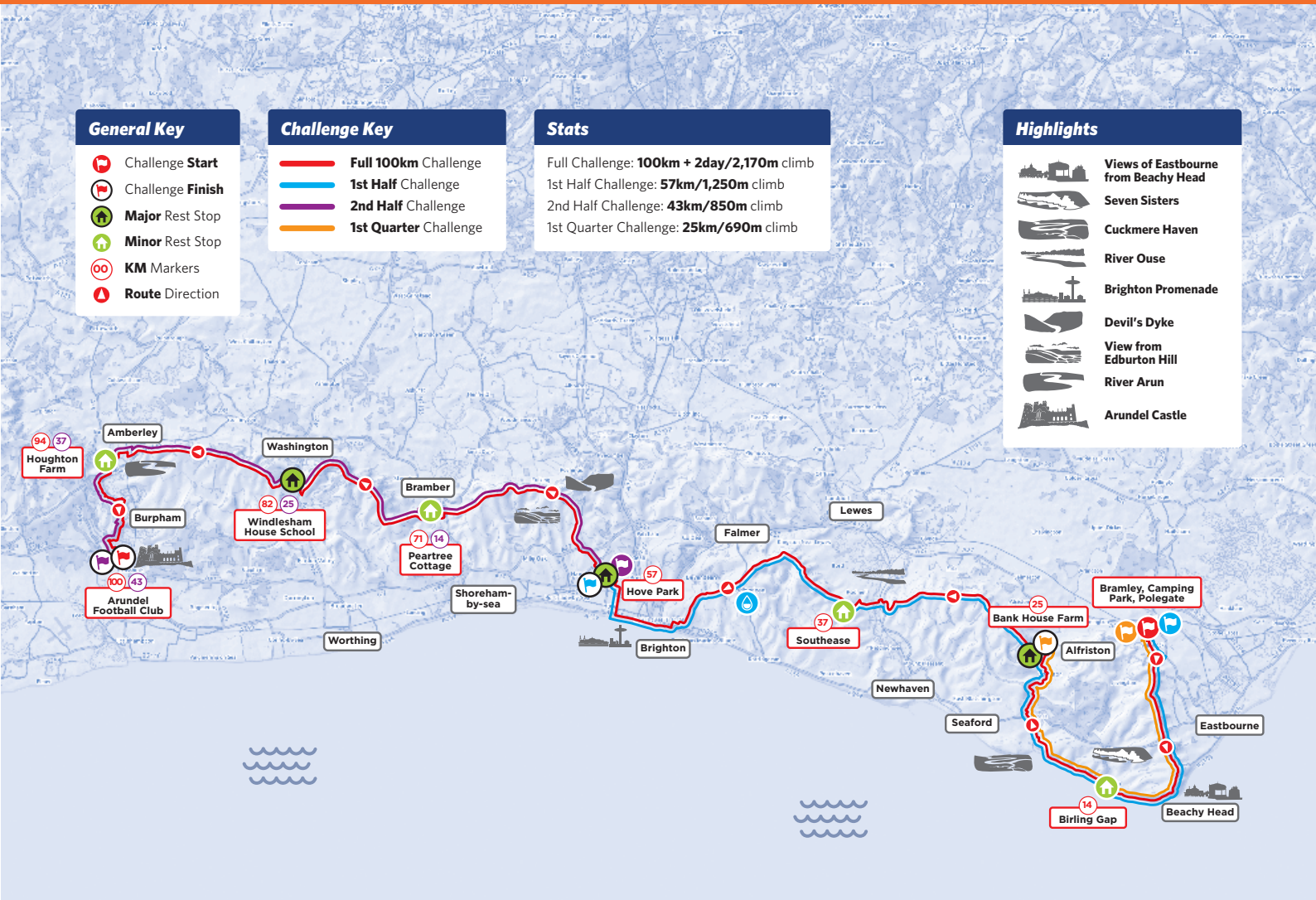
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7/8 September 2024



The South Downs National Park is a superb backdrop for 2000 adventurers to take on a real challenge. An Eastbourne start, up Beachy Head, the magnificent Seven Sisters, and along the South Downs Way, with stunning views over the sea, to a Brighton half-way. Devil's Dyke, and a few ups & downs lie ahead before historic Arundel comes into view after an amazing 100 km journey. You'll get full support & hospitality all the way – and with half & quarter distance options available – there's a South Coast Ultra Challenge for everyone!



“ Thank you again for such a well organised event - my second 100k! However tough the Challenge, I always appreciated the support and facilities you provide and special thanks to all the volunteers for their kindness and encouragement. ”



“ A very special thank you 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. ”

Distance options

A seaside start on Saturday morning, you'll Walk, Jog, or Run 100 km along the coastal path, over the South Downs Way through day & night (for some) on this 24+ hour challenge all the way to Arundel. Or perhaps take on either 'Half' ~57 km (1st) or 43 km (2nd) Challenge and start or finish at Brighton – alternatively, there's a 25 km Quarter option from Eastbourne over the famous Seven Sisters. The full route goes through stunning scenery, with a Brighton half way point, and the undulating path will test you – but will be incredibly rewarding.

Full Continuous 100 KM Challenge Eastbourne to Arundel

Sat 7 - Sun 8 Sept | 7:00-9:00am Start

DISTANCE:

~100 km & ~2170 m

DETAILS:

- ✓ Start: Eastbourne
- ✓ Start times: 7am for runners, 7am – 9am for joggers & walkers
- ✓ Finish: Arundel, W. Sussex
- ▶ Snacks & drinks – every 10-15 km
- ▶ 23 km – picnic lunch & fizzy drinks
- ▶ 55 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked breakfast
- ▶ Finish – glass of fizz, medal & t-shirt

Full 2 Day Daylight 100 KM Challenge Eastbourne - Hove - Arundel

Sat 7 - Sun 8 Sept | 7:00-9:00am Start

DISTANCE:

Day 1 – ~57 km & ~1250 m

Day 2 – ~43 km & ~850 m

DETAILS:

- ✓ Day 1 Start 7am-9am: Eastbourne to Hove
- ✓ Day 2 Start 6am-6:30am: Hove to Arundel
- ✓ Overnight: local B&B / Hotel
- ▶ Snacks & drinks – every 10-15 km
- ▶ 23 km – picnic lunch & fizzy drinks
- ▶ 55 km – hot meal
- ▶ 80 km – brunch/ lunch
- ▶ 100 km – cooked meal
- ▶ Finish – glass of fizz, medal & t-shirt

1st Half Challenge 57 KM Eastbourne to Hove

Saturday 7 September
7:00-9:00am Start

DISTANCE:

~57 km & ~1250 m

DETAILS:

- ✓ Start: Eastbourne
- ✓ Start times: 7am for runners, 7 – 9am for joggers & walkers
- ✓ Finish: Hove
- ▶ Snacks & drinks – every 10-15 km
- ▶ 23 km – picnic lunch & fizzy drinks
- ▶ 55 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

2nd Half Challenge 43 KM Hove to Arundel

Sat 7 - Sun 8 Sept | 10:00am
or join Full Challengers OR Sun
8 Sept | 6:00-7:00am

DISTANCE:

~57 km & ~850 m

DETAILS:

- ✓ Start: Eastbourne
- ✓ Start times: 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: Arundel (45 km)
- ▶ Snacks & drinks – every 10-15 km
- ▶ 25 km – picnic lunch & fizzy drinks
- ▶ 45 km – hot meal
- ▶ Finish – glass of fizz, medal & t-shirt

1st Quarter Challenge 25 KM Eastbourne to Alfriston

Saturday 7 September
7:00-9:30am Start

DISTANCE:

~25 km & ~690 m

DETAILS:

- ✓ Start: Eastbourne
- ✓ Start times: 7am for runners, 8:30 – 9:30am for joggers & walkers
- ✓ Finish: Alfriston, East Sussex
- ▶ 11 km – snacks & drinks
- ▶ 25 km – Picnic lunch & fizzy drinks
- ▶ 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. Scroll down for details & prices on each category.

Camping Packages

Camping - Friday night - Start in Eastbourne

Inclusive Package: 1 Person

Inclusive Package: 2 Person

Pitch Only: 1 Person

Pitch Only: Extra Campers

Camping - Saturday night - 57km 'half-way' in Hove

Inclusive Package: 1 Person

Inclusive Package: 2 Person

Pitch Only: 1 Person

Pitch Only: Extra Campers

Parking

Parking for your vehicle is available at :

- ✓ **The Major Start** This combined with the 'before & after' bus transfer options will enable you to join & leave the event 'sensibly'.
- ✓ **Supporter Parking Pass** - friends / family can park at some 'key' venues along the route.

We do not have parking available at the finish line at Hove & Arundel, there is a near by P&D car park.

Pre Challenge Transfer

We've a range of shuttle services to take you to your start line, before your challenge. Eastbourne Station is the closest rail link to Bramley Camping Park (Eastbourne) (it's on the East Coastway line).

- ✓ Eastbourne station > Eastbourne start
- ✓ Alfriston > Eastbourne start

Post Challenge Transfer

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

- ✓ Arundel FC > Eastbourne start
- ✓ Arundel FC > Arundel Station
- ✓ Hove > Eastbourne start
- ✓ Hove > Brighton station
- ✓ Alfriston > Eastbourne station via Eastbourne start

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.

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

- ✓ **Friday Night Dinner** - available to book for anyone staying at Eastbourne on Friday night.
- ✓ **Saturday Morning Breakfast** - available to participants beginning their challenge on Saturday morning at Eastbourne. Breakfast the following morning is included in the inclusive camping packages, but not in the pitch only & will need to be booked separately.
- ✓ **Sunday Morning Breakfast** - available to participants beginning their challenge on Sunday morning at Hove. 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

£198 Fee paid online & 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.

OPTION 2

Full Sponsorship For Charity

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

FULL CHALLENGE ~100km

£40 Reg Fee & at least £575 fundraising/sponsorship

1/2 CHALLENGE ~50km

£30 Reg Fee & at least £360 fundraising/sponsorship

1/4 CHALLENGE ~25km

£20 Reg Fee & at least £240 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

£100 Reg Fee & at least £300 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

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

£198 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

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.