

WALK IT JOG IT

Whether you walk it, jog it, or a mix of the two; 100km on foot is a test of mental and physical strength. However, with good preparation, and a training plan which builds distance over time, 100km is an achievable goal, no matter what your fitness or experience.

The most important thing is that we'll be with you every step of the way, supporting you, encouraging you, and making sure that you have the best possible chance of crossing the finish line smiling.

**LONDON2
BRIGHTON
CHALLENGE**

25 - 26 May

- The original 100km challenge!
- Trail-du-Mont-Blanc qualifier
- Rated 90% in 'Runner's World'

www.london2brightonchallenge.com

**TRANS PENNINE
CHALLENGE
MANCHESTER
TO SHEFFIELD**

22 - 23 June

- 100km or 50km option
- Travels along the historic Trans-Pennine Trail
- New for 2013, with records to be set!

www.transpenninechallenge.com

**THAMES PATH
CHALLENGE**

14 - 15 Sept

- 100km or 50km option
- Follows the Thames Path National Trail
- Flat and fast route

www.thamespathchallenge.com

100/50KM CHALLENGES

Our new 100km & 50km Challenge events are attracting thousands of runners in 2013, from those that jog 10km to those that want to step up from a traditional marathon, to the hardened Ultramarathon competitors battling it out at the front!

RUNNING CLUB SPECIAL OFFER

- ✓ Feed stations every 12.5km
- ✓ Special running menus
- ✓ Hot food at 50, 75 & 100km
- ✓ Medics & masseuses
- ✓ Free baggage transfer
- ✓ Fully signed + GPS + maps
- ✓ Medals, certificates & prizes



RUN IT

How far does your endurance stretch? Our series of runs give you the chance to go a longer distance than ever before or can be taken on as a competitive race; testing yourself against others.

If you are looking to step up from a marathon distance or want to push yourself to achieve your personal best and set a course record; the prize is there for the taking!

HALF PRICE ENTRY FEE

100KM Events

£99 entrance fee .

- or -

£42.50 (usually £85) to register. Then fundraise for a charity of your choice.

50KM Events

£59 entrance fee.

- or -

£30 (usually £60) to register. Then fundraise for a charity of your choice.

Contact

eMail: events@actionchallenge.com

Phone: 0207 609 6695