

Frequently Asked Questions

Costs & inclusions

You pay an initial registration fee to sign up to the challenge - the fee is paid per person for individuals and members of a team, the fee secures your place on the challenge & is non-refundable.

100km Ultra Challenge - £49

2nd Half Ultra Challenge - £39

Capital Marathon Challenge - £39

By registering & signing up you are committing to a Minimum Fundraising target for the charity of our choice. 50% of your fundraising / sponsorship will ideally be received by your charity by the 20th July, with the remaining sponsorship plus any extra due, at the latest, 4 weeks after the challenge. All fundraising goes directly to the charity - normally via an online donation page that you need to set up (justgiving / virgin money etc). The charity that you choose to fundraise for will be in touch within a week or so of you registering for the challenge.

100km Ultra Challenge - £475 minimum fundraising

2nd Half Ultra Challenge - £295 minimum fundraising

Capital Marathon Challenge - £295 minimum fundraising

We've partnered with many of the UK's leading charities to offer real choice. Team members can elect to fundraise for the same charity or each for different charities - it's entirely up to you, and it's all for great causes. If the charity you want to support is not listed, you can select 'A Charity Not Listed' & nominate who yours is.

Please note: Your charity pay a fee of between £110-130 (100 km) & £70-£90 (Capital Marathon & 2nd 50km Ultra) per participant. However they do not have to pre-buy any places, nor pay any registration fees. Charities only pay for each person that raises the set amount of money.

What's included?

All food and drink, main meals at 50, 75 & finish for 100km participants

50km participants encouraged to bring packed lunch for 25km (or purchase)

Finish meals included for all (inc Capital Marathon), with energy snacks stops en route

Event pack - timing chip, hi-vis, energy products

Full event support - marshals, support walkers

Fully signed route, route map

Aerobic warm up at the start

Manned Check points every 12.5km

Snack / drink stops and hot meal rest stops

Doctors and event medics at every rest stop from 50km onwards

Shuttle service for retirees at rest stops from 50km onwards

Massage facilities all all finish lines!

Runners - Extra supplies of energy bars and gels along route

Runners - Baggage service at the 50km hot food stop

Breakfast in Cambridge and finish line party!

A finisher's pack - with a 2015 challenger medal and T-shirt

Welcomed in by your friends, family and supporters!

Shuttle buses to Cambridge Station

I am signing up as an individual - how can I meet other trekkers on the challenge?

Once you have signed up to the challenge you will be invited to join our Ultra Challenge & Capital Marathon Facebook group whereby we encourage individuals and teams of people to meet, converse and organise training walks. It is a great way to connect with other individuals on the challenge and there is always a discussion going on! If you then want to you can arrange to walk with the people you have met on the challenge.

How old do I need to be?

You must be 16 years or over on the date of the event to enter on to the London 2 Cambridge & Capital Marathon Challenge.

Can I cancel my place on the challenge?

You can cancel your place on the event but your registration fee is non-refundable. However, it will be between you and your chosen charity to deal with the refund of any sponsorship monies paid.

Fitness & training

How tough is the challenge?

There's no denying it - all the distances are tough challenges by anyone's standards. It will be physically and emotionally demanding! You will have to combat fatigue and tiring limbs as you battle through the challenge!

You will need to prepare - and should read the training advice issued carefully. The more comfortable you are with walking / running long distances for sustained periods the more comfortable you will be on the challenge.

For those walking the Ultra you should also practice walking at night at similar times to those projected on the schedule - to get your body accustomed and used to the sensation of working when it's normally sleeping and recovering!

A 6-month training plan will be issued in the participant's area of the website to assist in your preparation for the event!

Am I fit enough to run the challenge?

To run 100km is a double marathon and the Capital Marathon is a marathon (26 mile) distance - across difficult and varied terrain. This is no road marathon and the running category of the challenge is classed for only those who are attempting the 100km challenge within under 15 hours and the Capital Marathon in under 5 hours.

The full support we provide on our challenges for runners means that if you have previously run other marathons and now looking to step up your distance to something longer - this is the perfect event to support your challenge!

If however you would like to run and jog (and perhaps walk too!) some of the challenge then you enter into the challenge as a walker and attempt the challenge in that category.

How much will I need to train?

The London 2 Cambridge & Capital Marathon Challenge is a tough event and training is essential for everyone. Preparation is key and will aid your enjoyment of the challenge whilst ensuring that your body is up to the rigors of the event.

It is very important for all competitors to train properly and build up endurance and resilience thresholds, alongside your base fitness. This will enable you to cope with the distance and provide you with the ability to recover between stages during the challenge.

You will have access to an event specific training guide to aid with your training and preparation, it can be found in the participants area.

If you're looking to run the challenge, the following links could be valuable resources for your preparation:

[Ultra Marathon Running](#)

[Training](#)

What about food and nutrition?

All food and drink is fully included in your registration fee! Approximately every 12.5km there are manned checkpoints and replenishment stops where water, energy drinks, teas, coffee, cake, and many more energy snacks are provided!

Your first major rest-stop is a bring your own picnic lunch after 25km then main hot meals are served by our specialist catering team at ~50km, ~75km (if 100km participant), and a celebratory breakfast as you cross the finish line!

The event catering will be mixed, varied, delicious and plentiful, with calorific intake a priority.

At the finish in Cambridge there will be a celebratory hot brunch/lunch available to all participants (supporters are charged a nominal fee).

For runners - there will be an extra supply of energy products available throughout the event.

On-event & support

What do I carry?

You are responsible for your personal items on the event and an equipment and clothing list will be available to download from the Participants Area. Some items are essential/compulsory, others recommended.

You will need a daypack (c30l) to carry the recommended personal items throughout the event including wet weather gear, warm clothing, water, snacks, sun protection, personal first aid kit, and personal items.

You will be issued with a walker safety pack including maps also.

There will be a baggage transfer service from the start in London to the finish line in Brighton for a single piece of baggage not exceeding 75l/20kg. Participants who retire from the challenge will be responsible for claiming their baggage at the finish line.

100km Runners will have an extra baggage service - where you will be able to access your bags at the half-way mid point on the challenge should you not wish to run with your bags.

How do we find our way along the route?

Each stage of the challenge will have it's own map marked with rest-stops, hazards and distances. The route will also be clearly and fully signed with pink directional arrows and the night time stages will be supplemented with reflective tape and glow sticks - meaning you never have to worry about finding your way and you can just concentrate on the challenge!

What happens if I get lost during the night stages?

All stages of the route are fully signed - and during the night stages we use reflective and glow-in-the-dark signage so you will always be able to see the marked route. It is also compulsory that all challengers wear a head-torch during the night states, and a reflective item to wear which will be provided for you.

The night stages will also be heavily supported by our team of head walkers you will not be on the course by yourself and we encourage groups to join and walk together during the night stages. We will also be tracking every walker at each check point with electronic tagging.

It will be compulsory for you to carry a charged mobile phone and we will have an emergency contact number and contact procedure in the unlikely event you do get lost. Our control room will be on standby throughout the event to help anyone in need.

What is the terrain of the route like?

The London 2 Cambridge & Capital Marathon Challenge mainly takes place on bridle paths however there is an urban element to the challenge when leaving London. The route is a mixture of built up urban areas and spacious countryside, the route is 1/3 on roads and 2/3 following footpaths and bridleways.

What happens if I or someone in my team has to pull out of the challenge along the route?

If you unfortunately have to drop out of the challenge, you will need to do so at the nearest check-point if possible, where you will need to alert the event organisers, who will 'log' you out of the event.

From the half way stage onward there will be support vehicles, and shuttle services to the nearest train stations for you to safely and easily return home.

Can I bring my dog on the challenge?

No - unfortunately we do not allow dogs to take part in the challenge as we cannot cater for them along the route and can be difficult to manage on the challenge. We do however think dogs make for great training companions.

How do I get to the start and from the finish?

Within the Participants Area full information about transport links at the start and finish and approximate start times will be published. Then about 1 month prior to the challenge exact start times and specific joining information details will be sent to you as part of your departure pack.

Joining as a team

How can we sign up as a team?

All teams entering need to be set up by a 'team captain' - this is the first team member who signs up to the challenge and creates the team. Then the additional team members can sign up by stating the team they wish to join and their team captain's name.

There is no limit to the number of participants you can have in a team - however we recommend that everyone is of the same fitness level and pace - and that a team is no more than 12 challengers (unless a corporate group!)

[Click here](#) to find out more about being part of a team.

One of our team mates has dropped out of the challenge, can someone else take his place?

All teams are made up of challengers who have paid a non-refundable registration fee. We can add, change and amend team sizes and names but any cancellation of a team member is subject to our cancellation terms and conditions.

I signed up as an individual - can I join a team?

If you have signed up to the challenge as an individual you can amend your registration form by logging back in to the forms and changing your registration - to either create a new team or join a pre-existing team.

Can we do a name change for a team member of our team?

No, all registrations are on an individual basis and whilst we can link together registrations to join and create teams. Any persons cancelling from the challenge will forfeit their place on the event and any new team member will have to sign up as a new challenger.

Charity & fundraising

Once signed up, how do I start my fundraising and set up my fundraising page?

Once you have signed up to the challenge and chosen your charity, you can set up your online fundraising page by logging on to Just Giving www.justgiving.com. Once you have set this up you can start sending out the online link to all your friends and family to start collecting donations!

Your charity will also send you a welcome pack which will give you advice and support on how to go about your fundraising plans.

What happens if I fail to raise the minimum sponsorship amount?

The London 2 Cambridge & Capital Marathon Challenge is a fundraising event for charity - and therefore by signing up you are committing to fund raise the minimum sponsorship for your chosen charity - with 50% of that fundraising total due in to your charity 6 weeks prior to the challenge (unless you're a Last Chance Challenger - details released closer to event).

Failure to meet the initial target could result in you being unable to take part in the challenge. However this is down to the discretion of the charity and will be decided on a case by case basis. The event is tough - but in many respects that makes it a bit easier to find willing sponsors, as it is no ordinary charity challenge. In line with previous events the average fundraising total reached by our challengers was just over £1,000 - often once you get the ball rolling you will see the collections and sponsorship flood in!

Who should I speak to regarding fundraising issues and my sponsorship pack?

Once you have signed up to the challenge your charity will send out a fundraising pack - if you still haven't received this please contact your charity.

I would like to fundraise for a charity who aren't on the list or website?

If you'd like to fundraise for a charity who aren't listed on the website, you can still sign up to the challenge by selecting *A Charity Not Listed* - we will then contact that charity just to confirm they are happy for you to fundraise on their behalf!