

ULTRA LONDON

Ultra London press release:

A brand new urban ultra-marathon challenge the heart of the Capital

ULTRA LONDON, a brand new urban ultra-marathon event, is set to take place on Saturday 5 October. The multi-distance event will be held on an innovative course, that aims to showcase some of London's finest viewpoints, whilst crossing many of its lesser known open spaces, nature reserves and Sites of Specific Scientific Interest.

The 55km ultra course starts in Woolwich and finishes in Richmond upon Thames, with participants following large parts of the Capital Ring Walk route across south London. The challenging yet accessible event also includes a 27.5km run or walk starting at Crystal Palace, also finishing in Richmond.

The course, a mix of trails, footpaths, parks, disused railway lines, woodland and more will provide a challenge for participants who will also need to ensure they navigate the correct paths through parts of Falconwood, Grove Park, Crystal Palace, Streatham, Wimbledon and onto Richmond.

Andy Graffin, Director of Product Development at The Great Run Company who are staging the event, said: "We're excited to be trying something new in the growing area of ultra running. Many of London's landmarks are world famous of course, yet the Capital Ring is a comparatively little-known gem and we hope this event will provide participants with a suitable challenge and perhaps some surprises along the way, they will pass numerous landmarks and enjoy some breath-taking views of the Capital.

"Being in London, the event is accessible for participants and also for friends, family and supporters who can plan a route using public transport that will allow them to see their runner at numerous points along the course."

Whilst the inaugural event this year uses the southern half of the Capital Ring there are plans to include the northern half of the route in 2020, where the ultimate challenge for ultra-runners will be to complete the entire 125km circular route in the *Ultra London 125*.

For more information or to secure one of a limited number of entries into this year's event visit ultralondon.co.uk

Ends.