



Joint challenge for AKPA and MNDA



Beachy Head Marathon Challenge Walk - 16th May 2020



The Seven Sisters – last stage of the marathon!

We are inviting all walkers and lovers of a challenge to join us and raise funds to support two local organisations which work to help people in Cambridgeshire who are affected by Kidney Disease or Motor Neurone Disease. Both organisations are run entirely by volunteers and provide help and services, support and equipment for their members.

The day will be a challenge and fine walking is guaranteed!

The walk starts and ends by the sea at the far Western end of Eastbourne front, at the entrance to St. Bede's School. From there, walkers head up the slopes of Beachy Head and across the Downs to the first refreshment stop at the beautiful village of Alfriston, with magnificent views across the Sussex Weald from the tops above Wilmington. From the first support point (bacon butties will be provided here!), walkers go through the village and up to the top of the downs again at Bostal Hill, another lovely viewpoint. Checkpoint 3 is next, at the hamlet of Littlington, where you can top up on snacks and drinks for the final legs over the Seven Sisters and Beachy Head. There will be a drinks and cake support at Birling Gap, overlooking the beaches and the white cliffs of the South Downs most scenic section. The last 2 miles are all downhill to come back to St Bede's School again and a well-earned rest! If you reach here, you will have completed one of the UK's most popular marathon routes – eagerly contested as a competitive event every year in October, since 1981. It is voted in the top three off-road marathons in the UK.

The ultimate challenge is to walk the 26.2 mile route in under 9 hours, which is the time limit suggested by the official event organisers of the Beachy Head Marathon. We are not so tough and will be there up to 12 hours to make sure you get around your Marathon – a huge achievement whatever your time!! Get together a group of friends, family or colleagues to enjoy the day. There is excellent accommodation available in the area, so come and make a weekend of it in Eastbourne! On the day of the walk, volunteers will provide support for everyone entered to encourage you and provide drinks and snacks to keep you going. The walk is circular if you complete it all, however anyone retiring early at one of the three principal support points will have the possibility of transport back to the start at Eastbourne when it is available.

There is an entry fee of £20, which will cover you for public liability insurance, all costs of food and drinks provided on the walk and any emergency transport back to the start. A T-shirt can be provided as well as sponsor forms, help with fund-raising suggestions and lots of support!

Help us to help people with MND and Kidney Disease– we need your support!

Contact A.J.Norton on 01954 25135 or e-mail to andrew.j.norton@pdmassociates.co.uk for an entry form and information pack!

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