

KUK SOOL TRAIL SERIES 2026

12 Runs • 12 Months • 1 Goal
Supporting Halton Cancer Support Centre

Origin Story

After paying £30 for a trail race that gave us a £1 wooden medal and tried charging us for a cup of tap water, we thought... surely, we can do this better! So we're creating our own running series. Not for profit — for purpose.

Introducing the Kuk Sool Trail Series 2026:
12 community-powered runs raising money for the Halton Cancer Support Centre.

How It Works:

- 12 events taking place throughout 2026.
- Entry: £12 per run (or £100 for the year).
- 100% of proceeds donated to Halton Cancer Support Centre.
- Routes vary: 5K, 10K, 10 Mile, Hill Challenge, Mountain Monster, and 5K Family Walks.
- Inclusive: run, jog, hike, or walk at your own pace.
- We provide: certificates for every finisher, first aid cover, route maps and GPX files, and community spirit.

What Do I Get For My £12?

- Every penny goes to the Halton Cancer Support Centre.
- A certificate for every completed event.
- Maps and GPX files of the route.
- First aid cover and safety support.
- Special discounts at our running partners and the chance to purchase an exclusive T-shirt for the series.



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Why Bother?

Because this isn't just about running. It's about fitness, charity, and community. You'll discover new trails, train alongside friends, and probably moan about hills together. Bonding through a bit of suffering is real — and at the end of each run, we celebrate the achievement together.

Sample Events

Each event will have an easier option built in, and all routes will be made accessible to different fitness levels. But don't get me wrong — this isn't meant to be easy!

Who Is This For? Do I Have to Do Kuk Sool to Take Part?

No — this is for everyone! Students, parents, family members, friends... it's open to all ages. (Children must be accompanied by an adult)

Do I Have to Be Fast?

Not at all. Run, jog, hike, or crawl if you want. This is inclusive — all paces welcome. If you finish, you've won. These are not



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How Long Are the Runs?

They vary — 5k to 10 miles, plus themed challenges like the Hill Climb Hustle, the Mountain Monster, and the Family 5K Walk & Picnic.

How Does This Help My Martial Arts Training?

Think of it as cross-training: cardio, footwork, resilience, and a big boost to your mental toughness. Plus, it builds team camaraderie across all ranks and families — and that's priceless.

When Do They Happen?

Events will take place on selected Saturdays or Sundays throughout 2026.

Do I Need Special Gear?

Trail shoes are recommended. Bring water and snacks, but we'll support with maps and local knowledge. Waterproofs are advised if it's chucking it down — and let's be honest, it probably will be.

How Do I Sign Up?

Pay upfront for the year, or book the individual events you'd like to enter. Either way, you're in for 12 unforgettable adventures.



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Month	Event	Description
January	5k Frosty Start	A flat 5K from the Dojang, followed by cakes and brews.
February	10k Woodland Dash	Build stamina with a longer route.
March	Springtime Shuffle	Our first out-of-town event.
April	Hill Climb Hustle	A shorter route, but one that will get the legs pumping.
June	Mountain Monster	A sponsored hike up Snowdon with full team support.
July	5k The Centre's Way	Their main event of the year.
August	5k Family Walk & Picnic	An easy summer stroll with a picnic.
September	10 Mile Challenge	Time to get real... are you up for this one?
October	Autumn Leaf Kicker	Country Park 10k to appreciate the beauty of the season.
December	Turkey Busters	A series of shorter runs to keep you moving through the festive period.

Let's lace up, hit the trails, and make 2026 unforgettable – together.

