








Country to Capital Chekpoint Information

Check Point	location		CP Notes	Distance from start	Runners ETA through time	Runner's notes
Start Registration	Wendover Cricket Club, Witchell Pavilion The Witchell, Wendover, Buckinghamshire HP22 6EG		All runners must register, train due 8.15. Registration opens 07:00, non train competitors clear by 8.15am. Please note that this is an out door location so please dress accordingly	0 miles	Start Time: 08:45	all bags labelled and loaded in to van/collect timing chip Staggered start by race number - competitors are permitted to start with friends
CP 1	Lowndes Park, Junction Bury Lane/Park Road, Chesham HP5 1HU		CP1 corner of park junction of Bury Lane/Park Lane	7.5 miles	09:15 - 11:00	Chesham street route in map book
CP 2	Horn Hill, Dumb Bell Pub. The Dumb Bell, Shire lane, Hornhill, Chalfont St. Peter, Bucks SL9 0QY		On junction of Shire Lane/Rickmansworth Lane runners coming from left 5.5 hour soft cut off - Advise runners not to leave after 14:00	17.0 miles	10:20 - 13:30	Advisory cut off 14.00
CP 3	Cowley Peachy nr Marina off A408. Satnav UB8 2JS TQ 05288 81382 Bridge #190		The pub on the opposite side of canal, Waters Edge Turn off A408 at Paddington packet Boat pub into packet Boat lane. 7 hour cut off - No runner to leave after 15:30 Runners must be paired after 15:00	26.2 miles	11:20 -15:30	
CP 4	Greenford under B455. Satnav UB5 6AT The Civil Engineer Pub which will be on the opposite side of the road. TQ 12838 82812		Bridge #18 of the GUC Paddington Arm. There is some parking near the steps down to the canal. Land mark building is the Grange Care Centre which is opposite some on street parking 8.5 hour cut off- No runner to leave after 17:00 Runners must be paired after 15:00.	32.9 miles	12:10 - 17:00	
CP 5	Sainsbury's towpath entrance at Alperton. Park in Sainsbury's car park. Head to left corner under covered parking. TQ 17773 83632. HA0 1HB		Pleasure Boat Pub on opposite bank 9.5 hour cut off- No runner to leave after 18:00 Runners must be paired after 15:00	37.1 miles	12:40 - 18:00	10K to go
Finish	Floating Boater Waterside Café Little Venice, W2 6NE		Parking in Delamere Terrace, Little Venice W2 6ND 11 hour time limit	43 miles	13:00 -19:30	bag collection from top of steps to Delamere Terrace