








Shires and Spires Checkpoint Information

Check Point	location		CP Notes	Distance from start Ultra	Distance from start Marathon	Runners ETA through time	Runner's notes
Start Registration	Naseby Village Hall, Haselbech Road, Naseby, NN6 6DE		All runners must register, Registration opens 07:00, Race briefing 08:25	0 miles	0 miles	Start Time: 08:30	Confirm mobile number, collect race number, map book and timing chip
CP 1	Outside No 1 West End, West Haddon NN6 7AY		CP1 on pavement by roundabout on junction of West End and Station Road Marathon runners turn left down Station Road/Ultra Runners turn right along West End	6.4 miles	6.4 miles	09:15 - 10:00	Marathon and Ultra Split at this point. Ultra runners turn right along West End then left at the Green towards the school. Marathon runners turn left down Station Road and on to Foxhill Road
CP 2	High Street, Long Buckby, NN6 7RR		Next to toilets on High Street - Car Park to rear - Peacock Pub opposite	10.7 miles	9.2 miles	09:35 - 11:15	Go along the High Street and turn right into Brighton Road
CP 3	Village Green, Holdenby NN6 8EE		Outside the Woodcutters Cottage at the top end of the village green 5 hour cut off - No runner to leave after 13:30	18.7 miles	17.3 miles	10:30 - 13:30	Cut off 1.30pm
CP 4	Fishes Tail, after footpath, Station Road, Cottesbrooke		Marathon Runners turn left along Station Road into Cottesbrooke and miss out CP5. Ultra Runners turn right along the single track road to start the fishes tail 6 hour cut off- No runner to leave after 14:30	23.5 miles	22 miles	11:00 - 14:30	Cut off 2.30pm - Marathon Runners ignore fishes tail section
CP 5	Fishes Tail		On verge outside entrance to farm buildings, Ultra Runners only - turn right along Station Road in to Cottesbrooke 8 hour cut off- No runner to leave after 16:30	29.9 miles	N/A	12:00 - 15:30	Cut off 4.30pm - 4.7 miles to go!
Finish	Naseby Village Hall, Haselbech Road, Naseby, NN6 6DE		9 hour time limit	34.6 miles	26.7 miles	12:00 - 17:30	Cut off 5.30pm