

Check Point	location		CP Notes	Distance from start	Runners ETA through time	Runner's notes
<b>Start</b> Registration	Brixworth Country Park , NN6 9DG		Sign in all runners . Registration opens 06:30. 5 Registration Channels Race briefing 07.50		6:30-8:00	
<b>Traffic Control</b>	A43 Crossing		1 Person on each side of the road warning on coming traffic In position from 08.15am	5.5 miles	8.40 - 9:20	Cross with care
<b>CP 1</b>	Sywell Village Hall, 21-32 Church Lane, Sywell NN6 0BQ		CP1 outside village hall.	8.7 miles	09:00 - 10:10	
<b>CP 2</b>	Chadstone main street, near Old Rectory NN7 1LH		CP2 on green near the Old Rectory runners coming from left	15.8 miles	09:50 - 11:50	
<b>CP 3</b>	Spread Eagle Pub, 36 Forest Road, Piddington, NN7 2DA		CP3 Pub Car park. The pub is directly opposite the footpath competitors then run past the pub on their right away from the village <b>6 hour cut off - No runner to leave after 14:00</b>	23.2 miles	10:30 - 14:00	Cut Off 2.00pm
<b>CP 4</b>	Northampton Mens Own RFC , Stoke Road, Ashton NN7 2JN		CP 4 in car park of Rugby Club <b>7.5 hour cut off- No runner to leave after 15:30</b>	30 miles	11:30 - 15:30	Cut Off 3.30pm
<b>CP 5</b>	Gayton NN7 3HG		CP 5 Village Green on corner of Eastcote Road and Bugbrooke Road <b>9.5 hour cut off- No runner to leave after 17:30</b>	37.7 miles	12:30 - 17:30	Cut Off 5.30pm
<b>CP 6</b>	Nobottle NN7 4HJ		CP 6 Green on corner of lane and Roman Road <b>11.5 hour cut off - No runner to leave after 19.30</b>	45.7 miles	13.00 19:30	Cut Off 7.30pm
<b>Finish</b>	Brixworth Country Park , NN6 9DG			54.1 miles	14:30 21:30	13.5 hours