








Country to Capital Chekpoint Information

| Check Point | location | | CP Notes | Distance from start | Runners ETA through time | Runner's notes |
|---------------------------|---|---|--|---------------------|--------------------------|--|
| Start Registration | Shoulder of Mutton Pub, 20 Pound Street, Wendover, Aylesbury, HP22 6EJ |  | All runners must register, train due 8.15. Registration opens 07:00, non train competitors clear by 8:10am. | 0 miles | Start Time: 08:45 | all bags labelled and loaded in to van/collect timing chip |
| CP 1 | Lowndes Park, Junction Bury Lane/Park Road, Chesham HP5 1HU |  | CP1 corner of park junction of Bury Lane/Park Lane Parking extremely limited Supporters need to park in Watermeadow Car Park, Watermeadow, Chesham, Bucks HP5 1LF | 7.7 miles | 09:30 - 11:15 | 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 14:15 | 17.3 miles | 10:35 - 13:45 | Advisory cut off 14:15 - great spectators location |
| 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 15:45 Runners must be paired after 15:15 | 26.5 miles | 11:35 -15:45 | |
| 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 17:15 Runners must be paired after 15:15 | 33.2 miles | 12:25 - 17:15 | |
| CP 5 | Sainsbury's towpath entrance at Alperton. Park in Sansbury'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 18:15 Runners must be paired after 15:15 | 37.3 miles | 12:55 - 18:15 | 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 -19:45 | bag collection from top of steps to Delamere Terrace |