

	CP position	location/approach	CP Notes	Approximate Distance from start	Runner's notes
Start Point		The Hawkwell House Hotel, Church Way, Iffley, Oxfordshire, OX4 4DZ	NO PARKING FOR COMPETITORS	0 Miles	runners turn left out of pub car park - turn right into Mill Lane and on to Thames Path
CP1		Culham Lock, Tollgate Road, Culham, Abingdon, OX14 4NE. Car parking close by 	CP on Grass area where path splits next to the bench, runners come from the direction of the lock house and will follow the fence line	10 Miles	cross the road and follow foot path.
CP2		Green just after marina near paddling pool and Waterfront Café. Use brick built shelter	Nearest Landmark is Waterfront Café. Benson Waterfront, Benson, OX10 6SJ The path runs across the green DO NOT USE CAR PARK AT CAFÉ 4 hour 30 minutes cut off - no runner to leave after 13:00	19.5 Miles	cross field to gate, follow lane to right (ignore footpath sign to left) and pick up foot path and cross Benson Lock
CP3		At the end of Manor Road, Goring RG8 9EH. Road finishes and turns into a track. Runners come along Manor Road, pass in front of the checkpoint.	The CP will be set up to the left of the track. hrs 30 mins cut off - No runner to leave after 15:00 Advise runners to pair up. 6	27.7 Miles	After passing through the "anti motorcycle" barrier and bear right down to the Thames and turn left back on the path
CP4		Mapledurham RG8 8BD 	Heading east from Pangbourne A329 to Purley on Thames take left into New Hill. Cross railway to bottom of Road. There is a junction with the lane (no entry) from Mapledurham Lock. On verge looking down the lane. Runners approach from Mapledurham Drive 8 hrs cut off- No runner to leave after 16.30 Advise runners to pair up after 15:00	34 Miles	cross junction and up the hill over the railway
CP5		Sonning RG4 6UT (park opposite) 	CP set up in the area before the competitors cross the bridge over B478 The great house at Sonning RG4 6UT hotel CP side of river. 9 hrs 30 mins cut off- No runner to leave after 18:00 Advise runners to pair up after 16:00	41.7 Miles	Cross the bridge
Finish		Mill Meadows, Meadow Road, Henley-on-Thames Oxfordshire RG9 1BE	Finish time 19.30 11 hour time limit	47 Miles	