








Shires and Spires Checkpoint Information - Clockwise

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,	0 miles	0 miles	Start Time: 08:30	Confirm mobile number, collect race number, map book and timing chip
CP 1	Fishes Tail what3words location - ///dupe.puttry.haggling		On verge outside entrance to farm buildings, Ultra Runners only - turn left along farm track	4.7 miles	N/A	9:00 - 10:00	Ultra Runners only - Turn left Marathon Runners ignore fishes tail section NO SPECTATORS PERMITTED
CP 2	Fishes Tail change point across the road from CP1, after footpath, Station Road, Cottesbrooke what3words location - ///lectured.less.suckle		Marathon Runners turn right in to footpath. Ultra Runners turn left in to foot path from Station Road	11.1 miles	4.7 miles	9:00 - 11:15	Marathon Runners ignore fishes tail section and turn right NO SPECTATORS PERMITTED
CP 3	Delf Lane, Lower Harlestone NN7 4JS what3words location - ///divisions.dream.occupy		The junction of Delf Lane/Glebe Lane/A428 road crossing	17.8 miles	11.5 miles	9:30 - 1:15	Cut off 1.15pm NO SPECTATORS PERMITTED
CP 4	High Street, Long Buckby, NN6 7RR what3words location - ///steam.stealing.conquests		Next to toilets on High Street - Car Park to rear - Peacock Pub opposite 6.5 Hour cut off - No runner to leave after 3pm	23.8 miles	17.5 miles	10:30 - 15:00	Cut Off 3.00pm Go along the High Street and turn right into Brighton Road
CP 5	Outside No 1 West End, West Haddon NN6 7AY what3words location - ///estuaries.cherish.biggest		CP on pavement by roundabout on junction of West End and Station Road 7.5 Hour cut off - No runner to leave after 4pm	28.2 miles	20.3 miles	11:50 - 16:00	Cut off 4pm
Finish	Naseby Village Hall, Haselbech Road, Naseby, NN6 6DE		9 hour time limit	34.5 miles	26.7 miles	12:00 - 17:30	Cut off 5.30pm