

| | CP position | location/spectator approach | CP Notes | Approximate Distance from start | 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 |  | Hales Meadow Car Park , Abingdon, OX14 3NN  | CP on path near bench | 7.6 Miles | Car Parking 1 hour free/2 hours £1.50 Toilets available but need debit card |
| CP2 |  | Henley Road, Wallingford OX10 7JX  | Layby before Dorchester on Thames walk down to CP in field | 16.9 Miles | Runners turn left in 0.3 miles up to main road |
| CP3 |  | Little Stoke OX10 6AX | The CP will be set up to the left of the track. hrs 30 mins cut off - No runner to leave after 13:45 ⁵ | 24.3 Miles | Climb through wall stile and on to the track NO SPECTATORS |
| CP4 |  | Pangborne Aventure Dolphin car park RG8 7DA  | 7.5 hrs cut off- No runner to leave after 15.45 | 31.5 Miles | Gap in white railings after bridge. Parking £0.80 one hour/£1.30 two hours Toilets available |
| CP5 |  | Tesco Extra, Napier Road, Reading RG1 8DF | 9 hrs cut off- No runner to leave after 17:15 Advise runners to pair up after 16:00 | 39.1 Miles | By metal archway with Tesco Extra sign Toilets available in store |
| Finish |  | Mill Meadows, Meadow Road, Henley-on-Thames Oxfordshire RG9 1BE | Finish time 19.15 11 hour time limit | 47.3 Miles | |