











	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 3/4 hrs cut off- No runner to leave after 16:00	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 1/4 hrs cut off- No runner to leave after 17:30 Advise runners to pair up after 16:00	39.1 Miles	By metal archway with Tesco Extra sign Toilets available in store
Finish		The YMCA Y Centre, 2 Lawson Rd, Henley-on-Thames RG9 1NZ	Finish time 19.45 11.5 hour time limit	47.7 Miles	