Check Point	location		CP Notes	Distance from start	Runners ETA through time	Runner's notes
Start Registration	Brixworth Country Park , NN6 9DG		Sign in all runners . Registration opens 06:30. Race briefing 07.50/Registration opens 10am - bus leaves at 10:45 Race Start 11:30am		6:30-8:00	
Traffic Control	A43 Crossing		1 Person on each side of the road warning on coming traffic In position from 08.15am	5.5 miles	8.40 - 9:20	Cross with care
CP 1	Sywell Village Hall, 21-32 Church Lane, Sywell NN6 0BQ ///confining.dollars.publish		CP1 outside village hall.	8.7 miles	09:00 - 10:10	
CP 2	Chadstone main street, near Old Rectory NN7 1LH ///wicked.unusually.craftsman		CP2 on green near the Old Rectory runners coming from left	15.8 miles	09:40 - 11:50	No spectators
CP 3	Spread Eagle Pub, 36 Forest Road, Piddington, NN7 2DA ///sensual.redeeming.gazed		CP3 Pub Car park. The pub is directly oposite the footpath competitors then run past the pub on their right away from the village 6 hour cut off - No runner to leave after 14:00	23.2 miles	10:30 - 14:00	Cut Off 2.00pm
CP 4	Northampton Mens Own RFC , Stoke Road, Ashton NN7 2JN ///marmalade.spoken.coverings		CP 4 in car park of Rugby Club 7.5 hour cut off- No runner to leave after 15:30	30 miles	11:30 - 15:30	Cut Off 3.30pm
CP 5	Gayton NN7 3EU ///flicks.monorail.shift		CP 5 Village Green on corner of Eastcote Road and Bugbrooke Road 9.5 hour cut off- No runner to leave after 17:30	37.7 miles/9.5 miles	12:30 - 17:30	Cut Off 5.30pm/2:00pm
CP 6	Nobottle NN7 4HJ ///promotes.sprouted.assemble		CP 6 Green on corner of lane and Roman Road 11.5 hour cut off - No runner to leave after 19.30	45.7 miles/17.6 miles	13.00 19:30	Cut Off 7.30pm/4:00pm No spectators
Finish	Brixworth Country Park , NN6 9DG			54.1 miles/26.2 miles	14:30 21:30	13.5 hours/7 Hours