








**Country to Capital Chekpoint Information**

Check Point	location		CP Notes	Distance from start	Runners ETA through time	Runner's notes
<b>Start</b> Registration	Shoulder of Mutton Pub, 20 Pound Street, Wendover, Aylesbury, HP22 6EJ ///digit.tower.accordion		All runners must register, train due 8.15. Registration opens 07:00, non train competitors clear by 8:10am. Race briefing 08:40	0 miles	<b>Start Time: 08:45</b>	all bags labelled and loaded in to van/collect timing chip
<b>CP 1</b>	Lowndes Park, Junction Bury Lane/Park Road, Chesham HP5 1HU ///slips.solo.visits		CP1 corner of park junction of Bury Lane/Park Lane <b>Parking extremely limited Supporters need to park in Watermeadow Car Park, Watermeadow, Chesham, Bucks HP5 1LF</b>	7.7 miles	09:30 - 11:15	Spectators go to Germain street near the Watermeadow Car Park to watch
<b>CP 2</b>	Horn Hill, Dumb Bell Pub. The Dumb Bell, Shire lane, Hornhill, Chalfont St. Peter, Bucks SL9 0QY ///reef.feed.boost		On junction of Shire Lane/Rickmansworth Lane runners coming from left <b>5.5 hour soft cut off - Advise runners not to leave after 14:15</b>	17.3 miles	10:35 - 13:45	Advisory cut off 14:15 - great spectators location
<b>CP 3</b>	Cowley Peachy nr Marina off A408. Satnav UB8 2JS Bridge (# 190) ///winter.given.appeal		The pub on the opposite side of canal, Waters Edge Turn off A408 at Paddington packet Boat pub into packet Boat lane. <b>7 hour cut off - No runner to leave after 15:45 Runners must be paired after 15:15</b>	26.5 miles	11:35 -15:45	
<b>CP 4</b>	Greenford under B455. Satnav UB5 6AT The Civil Engineer Pub which will be on the opposite side of the road. ///closer.wide.snail		Bridge #18 of the GUC Paddington Arm. There is some parking near the steps down to the canal. Land mark building is the Grange Care Centre which is opposite some on street parking <b>8.5 hour cut off- No runner to leave after 17:15 Runners must be paired after 15:15</b>	33.2 miles	12:25 - 17:15	
<b>CP 5</b>	Sainsbury's towpath entrance at Alperton. Park in Sansbury's car park. Head to left corner under covered parking. HA0 1HB ///trout.long.owner		Pleasure Boat Pub on opposite bank <b>9.5 hour cut off- No runner to leave after 18:15 Runners must be paired after 15:15</b>	37.3 miles	12:55 - 18:15	10K to go
<b>Finish</b>	The Stowe Centre 258 Harrow Rd London W2 5ES ///shade.pine.rated		Royal Oak Tube Station across the road 11 hour time limit	43 miles	13:00 -19:45	