

**THREE SHIRES WAY**  
**SATURDAY, 21ST JUNE 2025**

NUMBER	ROUTE	AID STATION/CHECKPOINT NAME	MAP LINK	CUT OFF	NOTES
START	<i>U</i>	<i>Hanslope Village Hall, Hanslope</i>	<a href="#">Google Map link</a>	-	Indoor location with toilets.
CP1 - 7.9m	<i>U</i>	<i>West Lane, Emberton</i>	<a href="#">Google Map link</a>	-	
CP2 - 16.2m	<i>U</i>	<i>Dungee Road, Bozeat</i>	<a href="#">Google Map Link</a>	-	
Start / CP3 - 24.2m	<i>Both</i>	<i>Yelden Village Hall, Yelden</i>	<a href="#">Google Map Link</a>	<b>14:00</b>	Indoor location with toilets.
CP4 - 31.6m / 7.2m	<i>Both</i>	<i>Tilbrook Grange</i>	<a href="#">Google Map Link</a>	<b>16:45</b>	<b>No crews or supporters.</b>
CP5 - 39.1m / 15.1m	<i>Both</i>	<i>Grafham Water</i>	<a href="#">Google Map Link</a>	<b>18:50</b>	Toilets available.
CP6 - 44.6m / 20.6m	<i>Both</i>	<i>Dillington Farm</i>	<a href="#">Google Map Link</a>	<b>20:20</b>	<b>No crews or supporters.</b>
Marathon Finish - 26.5m	<i>M</i>	<i>Marlow Park, Grafham Water</i>	<a href="#">Google Map Link</a>	<b>18:45</b>	
50m Finish - 50.8m	<i>U</i>	<i>Marlow Park, Grafham Water</i>	<a href="#">Google Map Link</a>	<b>22:00</b>	

Aid Stations/Checkpoint locations do have some capacity for crews/supporters but, in all instances, they are located in small villages and it is essential that you are considerate and mindful at all times of the landowners, villagers, and the villages themselves.

*Thank you for your co-operation.*

The race cut-off time is 14 hours for the 50m, and there will be progressive cut-off times from Checkpoint 4 onwards.

The race cut-off time for the marathon is 8 hours at the Finish; there are no Checkpoint cut-offs.



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**ULTRA & MARATHON**