

THREE SHIRES WAY

NUMBER	ROUTE	AID STATION/CHECKPOINT NAME	MAP LINK	CUT OFF	NOTES
START	U	Hanslope Village Hall, Hanslope	Google Map link	-	Indoor location with toilets.
CP1 - 7.9m	U	West Lane, Emberton	Google Map link	-	No crews or supporters.
CP2 - 16.2m	U	Dungee Road, Bozeat	Google Map Link	-	No crews or supporters.
Start / CP3 - 24.2m	Both	Yelden Village Hall, Yelden	Google Map Link	14:00	Indoor location with toilets.
CP4 - 31.6m / 7.2m	Both	Tilbrook Grange	Google Map Link	16:45	No crews or supporters.
CP5 - 39.3m / 15.1m	Both	Grafham Water	Google Map Link	18:50	Toilets available.
CP6 - 44.3m / 20m	Both	Dillington Farm	Google Map Link	20:20	No crews or supporters.
Marathon Finish - 26.5m	M	Marlow Park, Grafham Water	Google Map Link	18:45	
50m Finish - 50.8m	U	Marlow Park, Grafham Water	Google Map Link	22:00	

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 3 onwards.

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

