

THAMES RING CHECK POINT OPENING AND CLOSING TIMES 2024

Information for volunteers/Runners

Location	Leg dist	Leg time	Total dist	Total time	CP opens Closes (hrs open)
Hurley GR = SU828842 SL6 5ND CP1	27 <i>3.6</i>	7.5	27	7.5	14:00 17:30 Wed (3.5)
Chertsey GR= TQ054666 KT16 8JB CP2	28 <i>3.5</i>	8	55	15.5	19:00 Wed 01:30 Thur (6.5)
Yiewsley Tesco Store GR= TQ057806 UB7 7FP CP3	28 <i>3</i>	9	83	24.5	01:00 Thurs 10:30 Thur (9.5)
Berkhamsted GR= SP997077 HP4 2EG CP4	24 <i>3</i>	8	105	32.5	07:00 Thur 18:30 Thur (11.5)
Milton Keynes GR= SP880364 MK6 3AB CP5	25 <i>2.75</i>	8.5	130	42	13:00 Thur 03:00 Fri (14)
Nether Heyford GR= SP659584 NN7 3LE CP6	26 <i>2.5</i>	11+1 *	156	53	19:00 Thur 15:00 Fri (20)
Fenny Compton GR= SP430532 CV47 2FE CP7	29 <i>2.5</i>	12	185	65	03:00 Fri 02:00 Sat (24)
Lower Heyford GR= SP485249 OX25 5PG CP8	23 <i>2</i>	12	208	77	09:00 Fri 15:00 Sat (30)
Abingdon GR= SU498967 OX14 3HP CP9	25 <i>2</i>	12.5	233	89.5	15:00 Fri 03:30 Sun (36.5)
Goring Finish GR= SU594808 RG8 9HT CP10	21 <i>2</i>	10.5	253	100	19:30 Fri 14:00 Sun (42.5)

Red opening times = estimations based on previous record pace.

Times may be adjusted based on tracker information

All distances / pace speeds are approximate - your gps device may differ!

Green sites are good sleeping spaces. Orange Sites are Indoors with warm dry sleeping!

* Extra hour added to closing time for sleeping!

Purple numbers refer to average MPH necessary to stay within cut-off times.

NB. Postcodes are nearest and not necessarily exact.

You are not expected to be available for all the checkpoint opening hours but on the earlier CPs it would be easier. If you are available for longer than the CP is open we may ask you to help at another CP as well, up to the end of your availability.

Kit will be delivered and collected from each Checkpoint by a Race Van so you will be required only to get yourself to and from the Checkpoints.