

## THAMES RING CHECK POINT OPENING AND CLOSING TIMES 2025

### Information for volunteers/Runners

Location	Leg dist to this CP	Leg time hrs	Total dist so far	Max total time	CP opens Closes (hrs CP open)
<b>Hurley</b> GR = SU828842 SL6 5ND	<b>CP1</b> 29 <i>3.9</i>	7.5	29	7.5	14:00 <b>17:30 Wed</b> (3.5)
<b>Chertsey</b> GR= TQ054666 KT16 8JB	<b>CP2</b> 28 <i>3.6</i>	8	57	15.5	<b>19:00 Wed</b> <b>01:30 Thur</b> (6.5)
<b>Yiewsley Tesco Store</b> GR= TQ057806 UB7 7FP	<b>CP3</b> 28 <i>3.1</i>	9	85	24.5	<b>01:00 Thurs</b> <b>10:30 Thur</b> (9.5)
<b>Berkhamsted</b> GR= SP997077 HP4 2EG	<b>CP4</b> 23 <i>2.9</i>	8	108	32.5	<b>07:00 Thur</b> <b>18:30 Thur</b> (11.5)
<b>Milton Keynes</b> GR= SP880364 MK6 3AB	<b>CP5</b> 25 <i>2.9</i>	8.5	133	42	<b>13:00 Thur</b> <b>03:00 Fri</b> (14)
<b>Nether Heyford</b> GR= SP659584 NN7 3LE	<b>CP6</b> 26 <i>2.2</i>	12*	159	53	<b>19:00 Thur</b> <b>15:00 Fri</b> (20)
<b>Fenny Compton</b> GR= SP430532 CV47 2FE	<b>CP7</b> 29 <i>2.6</i>	11	188	65	<b>03:00 Fri</b> <b>02:00 Sat</b> (24)
<b>Lower Heyford</b> <b>CP8</b> GR= SP485249 OX25 5PG	23 <i>1.8</i>	13*	211	77	<b>09:00 Fri</b> <b>15:00 Sat</b> (30)
<b>Abingdon</b> GR= SU498967 OX14 3HP	<b>CP9</b> 25 <i>2</i>	12.5	236	89.5	<b>15:00 Fri</b> <b>03:30 Sun</b> (36.5)
<b>Goring Finish</b> GR= SU594808 RG8 9HT	<b>CP10</b> 21 <i>2</i>	10.5	256	100	<b>19:30 Fri</b> <b>14:00 Sun</b> (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!**

*Purple numbers refer to a rough average MPH pace (or faster) necessary to stay within cut-off times.*

**NB. Postcodes are nearest and not necessarily exact.**

- **Longer Leaving Cutoff allows for sleeping time on arrival at the indoor CP's**