

50km Aid Stations & Additional Public Facilities*

**Public facilities are included for your convenience and point of interest; they are not checkpoints and will not be marshalled by our team. If you choose to come off course to use them, you will need to ensure you rejoin the course at the same point*

Checkpoint (CP) / Public Facility	Distance	Location	What3Words	Toilets?	Details
CP1	4.2 km	Ranmore Common / National Trust Denbies Hillside	///quick.clay.hero	Yes – temporary toilets	Full Aid Station
CP2	13.1 km	West Hanger / Staple Lane Car Park	///once.pass.wins	Yes – temporary toilets	Full Aid Station
Public Facility	15.7 km	Newlands Corner	///sting.proven.speaks	Yes – public toilets	Café (9:15am-4:30pm) <i>Toilets are in a separate building slightly behind the cafe</i>
Public Facility	18 km	St Martha’s Hill Church	///even.direct.shelf	No	Water Refill Point <i>Slightly off course in churchyard, facing view</i>
Public Facility	19.7 km	Golden Fords Café	///golf.snake.herb	Yes – café toilets (portable toilets)	Café (9am-4pm) <i>Slightly off course, signposted from the North Downs Way</i>
CP3	21.1 km	Shalford Park	///analogy.cliff.badge	Yes – public toilets	Full Aid Station
CP4 TURNAROUND POINT	25.5 km	Watts Gallery	///avocado.advancing.germinate	Yes – within gallery (permission to use)	Full Aid Station <i>Café also available in gallery (10am-5pm)</i>
CP5	29.9 km	Shalford Park	///analogy.cliff.badge	Yes – public toilets	Full Aid Station
Public Facility	31.26 km	Golden Fords Café	///golf.snake.herb	Yes – café toilets (portable toilets)	Café (9am-4pm) <i>As above</i>
Public Facility	32.9 km	St Martha’s Hill Church	///even.direct.shelf	No	Water Refill Point <i>As above</i>
Public Facility	35.2 km	Newlands Corner	///sting.proven.speaks	Yes – public toilets	Café (9:15am-4:30pm) <i>As above</i>
CP6	37.9 km	West Hanger / Staple Lane Car Park	///once.pass.wins	Yes – temporary toilets	Full Aid Station
CP7	46.7 km	Ranmore Common / National Trust Denbies Hillside	///quick.clay.hero	Yes – temporary toilets	Full Aid Station

25km Aid Stations

Checkpoint (CP)	Distance	Location	What3Words	Toilets?	Food/Drink
CP1	4.2 km	Ranmore Common / National Trust Denbies Hillside	///quick.clay.hero	Yes – temporary toilets	Full Aid Station
CP2 TURNAROUND POINT	13.1 km	West Hanger / Staple Lane Car Park	///once.pass.wins	Yes – temporary toilets	Full Aid Station
CP3	21.9 km	Ranmore Common / National Trust Denbies Hillside	///quick.clay.hero	Yes – temporary toilets	Full Aid Station

10km Aid Stations

Checkpoint (CP)	Distance	Location	What3Words	Toilets?	Food/Drink
CP1 (APPROX 800m BEFORE TURNAROUND POINT)	4.2 km	Ranmore Common / National Trust Denbies Hillside	///quick.clay.hero	Yes – temporary toilets	Full Aid Station

Start/Finish (all distances) – toilets and water available. Additional food and hot drinks available to purchase.

At our Full Aid Stations, you can expect to find: Selection of sweet and savoury snacks, such as sweets and crisps/pretzels; Veloforte gels at halfway aid station – 50km only*; Fruit (eg bananas, orange segments); Sandwiches/wraps – cheese sandwiches, hummus wraps (GF & Vg available); Water / cola / squash

* All participants will also get a Veloforte chews pack at registration (all distances)

Don't forget to bring a packable/collapsible cup for the drinks!