

Check Point (CP) Number	CP Location	ROF/FLT CP	CP Opens	CP Closes	Sleep/Rest CP (ROF Runners Only)	Leave CP After Sleep/Rest By (Time) - ROF Runners Only	Distance Run	Distance to next CP	Distance to Finish	British Grid Reference	What Three Words	Facilities for Runners	Crew and Supporters Information
Start	Holyhead Breakwater Country Park Postcode: LL65 1YG	ROF/FLT shared CP	06:45	09:00	n/a	n/a	0	12.8 miles 20.48kms	130 miles 208 kms	SH225 834	froze. delighted. roadmap	Cafe Toilets Tent/Shelter Water	Car Park Cafe Public Toilets
1	Penryn Bay Caravan Park Postcode: LL65 4YG	ROF/FLT shared CP	10:47	12:59	n/a	n/a	12.8 miles 20.48 kms	14.2 miles 22.7 kms	117.2 miles 187.5 kms	SH284 845	scars. reflected. mango	Toilets Small inflatable shelter Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
2	Cemaes Bay Beach car park East	ROF/FLT shared CP	12:51	17:37	n/a	n/a	27 miles 43.2 kms	20 miles 32 kms	103 miles 164.8 kms	SH374 937	float. line. nags	Toilets Small inflatable shelter Water Snacks	Car Park Shops Cafe Public Toilets
3	Moelfre Village Hall Firelighter Finish Postcode: LL72 4TH	ROF/FLT shared CP	Friday 15:42	Saturday 00:00	Yes (max 4hrs)	Saturday 0400	47 miles 75 kms	18 miles 28.8 kms	83 miles 132.8	SH511 861	shuttled. museum. width	Hot Food (ROF only) Toilets Shelter in building Water Snacks	Car Park Shops Cafe Public Toilets
4	Beumaris Music Hall, New Street Postcode: LL58 8EL	ROF	Friday 18:17	Saturday 09:54	Yes (max 4hrs)	Saturday 1354	65 miles 104 kms	16 miles 25.6 kms	65 miles 104 kms	SH602 760	mistress. deform. lollipop	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
5	Sea Zoo Brynsiencyn Postcode: LL61 2TQ	ROF	Friday 20:34	Saturday 19:13	n/a	n/a	81 miles 129.6 kms	12 miles 19.2 kms	49 miles 78.4 kms	SH479 653	shave. star. tooth	Toilets Small Inflatable shelter Water Snacks	Car Park Shop Cafe Public Toilets
6	Eglwys Crist Y Brenin Hall Malltraeth Postcode: LL62 5AT	ROF	Friday 22:17	Saturday 23:16	n/a	n/a	93 miles 148.8 kms	12 miles 19.2 kms	37 miles 59.2 kms	SH406 687	parsnips. shorts. shorten	Toilets Shelter in building Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
7	Rhosneigr Village Hall Postcode: LL64 5UX	ROF	Saturday 00:00	Sunday 03:21	Yes (max 4hrs)	Sunday 0721	105 miles 168 kms	11 miles 17.6 Kms	25 miles 40 kms	SH318 730	awakening. asking. tripling	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
8	Rhoscolyn Outdoor Alternative Postcode: LL65 2NQ	ROF	Saturday 01:34	Sunday 11:08	n/a	n/a	116 miles 185.6kms	14 miles 22.4 kms	14 miles 22.4 kms	SH278 751	sang. subsystem. tower	Toilets Shelter in yurt Water Snacks	Closed. Private Land. No Supporters. Respect the local neighbourhood.
9	Holyhead Breakwater Country Park Postcode: LL65 1YG	ROF	Saturday 03:34	Sunday 16:00	n/a	n/a	130 miles 208 kms	n/a	n/a	SH225 834	froze. delighted. roadmap	Cafe Toilets Tent/Shelter Water Snacks	Car Park Cafe Public Toilets

