

Checkpoints

For detailed checkpoint information, including locations, opening/closing times, and available facilities, please refer to the table below:

Check Point (CP) Number	CP Location	ROF/FLT CP	CP Opens	CP Cut Off	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	0	13 miles 21 kms	131 miles 208 kms	SH225 834	froze delighted roadmap	Cafe Toilets Tent/Shelter Water	Car Park Cafe Public Toilets
1	Penhryn Bay Caravan Park Postcode: LL65 4YG	ROF/FLT shared CP	10:51	13:08	13 miles 20.48 kms	14 miles 22.7 kms	118 miles 189 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	27 miles 43.2 kms	20 miles 32 kms	104 miles 166.4 kms	SH374 937	float line nags	Toilets Small inflatable shelter Water Snacks	Car Park Shops Cafe Public Toilets
3	Moelfre Primary School Firefighter Finish Postcode: LL72 8HA	ROF/FLT shared CP	Friday 15:42	Saturday 00:00	47 miles 75 kms	20 miles 32 kms	84 miles 134.4 kms	SH509 864	stray vintages speeding	Hot Food (ROF only) Toilets Shelter in building Water Snacks	Car Park Shops Cafe Public Toilets
4	Beaumaris Leisure Centre Postcode: LL58 8AL	ROF	Friday 18:34	Saturday 10:31	67 miles 107 kms	15 miles 24 kms	64 miles 102.4 kms	SH605 762	grunt mobile tries	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
5	Sea Zoo Brynsiencyn Postcode: LL61 2TQ	ROF	Friday 20:42	Saturday 19:28	82 miles 131 kms	12 miles 19 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 22:25	Saturday 23:28	94 miles 150 kms	11 miles 17.6 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 03:10	105 miles 168 kms	17 miles 27 Kms	26 miles 41.6 kms	SH318 730	awakening asking tripling	Hot Food Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
8	Trearddur Bay Village Hall Postcode: LL65 2PJ	ROF	Saturday 02:25	Sunday 12:56	122 miles 195 kms	9 miles 14.4 kms	9 miles 14.4 kms	SH258 789	puzzled converter averages	Toilets Shelter in building Water Snacks	Car Park Shops Cafes Pubs Public Toilets
9	Holyhead Breakwater Country Park Postcode: LL65 1YG	ROF	Saturday 03:42	Sunday 16:00	131 miles 210 kms	n/a	n/a	SH225 834	froze delighted roadmap	Cafe Toilets Tent/Shelter Water Snacks	Car Park Cafe Public Toilets Finish Benedegedig!