

Endurance 80 Route 2019.

80k 50m in 24hrs

Check Point	Map Ref	Location	Approx k/m done	Approx k/m to go	Guide to next CP
Start	SP 897007 HP16 0BN	Misborne School	0/0	80/50	Good Luck. Enjoy! From start go via High street, Church street and footpath (FP) under the bypass and up the hill to SP 900 014 Use FP (under no circumstances via road) to CP1A SP 905 024
1A	SP905024	Bud Cottage (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross the road. Then to SP 913 023 . Follow road (RD) to CP1.
1	SP 921024 HP5 2SX	Herbert’s Hole	4/2.5	76/47.5	From CP1 follow FP. At SP 944 020 turn right up RD then follow FP to CP2. Care crossing RD at SP 949 019 , only a minor RD but can be busy.
2	SP 956015 HP5 1HX	Chesham St Mary’s Guide HQ	8/5	72/45	Cross at Zebra crossing SP 958 014 . turn right, and walk along pavement along A416 (Red Lion Street and Amersham Road taking care as you cross Waterside) to SP 961 010 , left turn at roundabout and follow Moor Road under railway and then via FP adjacent to river. At Footbridge turn right towards swimming pool, then left and follow path adjacent to river across Chesham Moor to unmanned CP2A
2A	SP 969004	The Weir (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch located on footpath sign opposite weir to clip your own walker card. Cross road and go up Hill Farm Road and then follow Bridleway (BrW) to SP 974 012 . Now use combination of FP, BrW to CP3 via these ‘grids’ SP 975 016 , SP 979 019 , SP 982 017 , follow the track through woods to residential road at SP 987 019 to cp 3 under no circumstances should the road via Botley be used
3	SP 990019 HP5 1UY	Ley Hill	13.4/8.3	66.6/41.4	Go via BrW to grid SP 993 022 , then BrW to SP 994 030 , SP 995 032 PLEASE TAKE CARE by very busy road that you have to cross. BrW To unmanned CP3A
3A	SP 996032	The Boarder (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence after you cross road at the start of the bridleway. BrW to SP 986 039 , FP to SP 981 039 , SP 974 035 then by FP to CP4.
4	SP 970039 HP5 3PF	Nashleigh Ashley Green Rd. A416	17/10.5	23/14.5	Cross over RD follow FP to Little Pressmore Fm. Care crossing busy rd at SP 964 042 . Follow Byway (ByW) & FP to SP 945 059 . Cross over Hawridge Lane (track) to SP 941 064 , SP 942 065 , SP 943 067 cross the road with care and use footpath parallel to the road in woods (not marked on map) to CP5

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5	SP 941068 HP5 2UQ	Hawridge	23/14.3	57/35.4	By FP to SP 943 069 , then RD to SP 943 070 and take track off to your left past Tring Grange Fm. SP 941 075 . At end of track/FP cross road. Unmanned CP5A SP 939 082
5A	SP 939082 HP23 6JQ	Cholesbury Road (unmanned)			The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to gate/fence as you cross road to enter the wood. Crossing road into wood and kick left on to FP. Follow FP, ByW & RD to Hastoe CP6. At SP 935 083 , the end of the wood, head left following path (crossing Kiln Road) to SP 930 080 and turn right on to ByW and follow. At Hastoe hook left up Gadmore Lane to CP6. Hastoe,
6	SP 914092 HP23 6LS	Hastoe	28/17.4	52/32.3	Follow BrW to ‘Bottom Road’. As FP hits the RD, go left, note radio mast on your left, and follow up RD a few yards to SP 905 085 Now take Ridgeway FP to SP 901 081 , then FP through woods (keeping to left FP when you hit a split in the path at approx. SP 898 079) to CP7.
7	SP 898074 HP23 6LH	Hale Lane	30/18.6	50/31.0	Take the main FP/BW Ridgeway path through Hale wood and Barn Wood to SP 882 063 then via Hogtrough Lane & Church Lane. Take path to SP 869 078 . Left turn up high street and head for CP9. Note WC’s can be found in car park on your left as you go up. PLEASE TAKE CARE approaching CP9 busy road
8	No CP 8				CP 8 is for Endurance 40 only
9	SP 863074 HP22 6EL	Coombe Hill Ellesborough Rd.	35/22	45/28	Select left hand path and head for CP10
10	SP 851062 HP17 0UR	Coombe Hill Car Park	37/23	43/27	By Lodge Hill rd to bottom of hill at SP 846 056 turn left on to FP (the right hand one as there is a junction of 3 radiating out) to SP 848 050 and by FP to SP 846 049 . DO NOT use the road for this section. Stay safe by using the designated FP’s. Continue by FP (inside hedge) to cross road at approx. SP 843 046 and follow FP through the wood to CP11.

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11	SP 832046 HP27 0NB	Longdown public walkers car park	41/25.5	39/24.5	Do not walk down Longdown hill road, too dangerous. By BrW to SP 822 054 ; A4010. Follow RD's using pavement where possible, via Askett down Crowbrook Rd past Monks Risborough Station to SP 809 046 then by Place Farm Way, Westmead and FP SP 806 041 to CP12.
12	SP 806039 HP27 9JA	Princes Risborough Scout HQ	45/28	35/22	Leave CP12, go under railway bridge. FP immediately on left follow FP & RD to Horsenden then by FP to ByW via SP 798 033 , SP 793 029 , SP 786 025 and left turn and follow to end. Then by Oddley Lane/ Bledlow Ridge Rd to CP13.
13	SP 783012 HP27 9NQ	Ickneild Way	50/31	30/19	This section, CP13, CP14 & CP15 is approx. 4 miles long and effectively dead straight after Wainhill turn. The Chiltern Hills constantly loom over you on your left. Follow Ridgeway path via Hempton Wainhill to CP14. Care crossing Chinnor Hill Rd, just yards before CP14.
14	SP 760002 OX39 4BB	Chinnor Ridgeway	52/32.5	28/17.5	Continue to follow the Ridgeway on and on. Care crossing Rd at SU 741 986 . Continue along Ridgeway. Care crossing the A40 Aston Hill SU 728 977 follow Ridgeway path a few more yards to CP15
15	SU 727976 OX49 5SD	Base of Beacon Hill	56/35	24/15	Beacon Hill. Follow the Ridgeway to SU 723 973 . DO NOT GO BEYOND THIS POINT. Go through swing gate on left and then through 5-bar gate to your front (not right) Head for the route summit at SU 726 970 , signified by an old iron post in ground. Now head for CP16 along the ridge path. A wood on your left M40 way below on right. There are two main routes up, one steep & direct the other longer but easier going (?) Plus there's a 'Sunken Path' that does not go to the summit path but does take you to CP16. The direct route up is a 'toe path' starting at SU 724 972 it's the shortest route & is the 80k/50m route.
16	SU 732965 HP14 3YL	Aston Rowant Nature Reserve / Beacon Hill Car Park	58/36	22/14	CP16 will either be set up just inside the car park or immediately outside it. (this is the grid ref given) Leaving this CP head for CP17 via A40 a mile away by following the road out, turning left at T junction and then right at the A40. Take care crossing the A40. Stokenchurch tower will be on your right. Follow A40 by path to Stokenchurch & CP17 in Park Lane.

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17	SU 761964 HP14 3SY	Stokenchurch Scout HQ	61/38	19/12	Leave CP17 & follow Park Lane, then Chiltern Way footpath to SU 766 968 and then to SU 776 972 . Now head for SU 778 976 , up that hill in-front of you.. At top go through gate on right (easy to miss- it is just as you leave the field) and follow path (houses close) for a few yards, go through another gate & left turn to SU 779 977 Sprigs Holly Lane. Turn right follow RD to Radnage Scout HQ (CP18) about ~ 185yds on right. CARE narrow RD. Mini Buses will be using it + local traffic.
18	SU 781976 HP14 4DZ	Radnage Scout HQ	64/40	16/10	Leave CP18 by going back on to the road and turning right and follow road to SU 784 978 ; entry to a house called "Kirk Stile" with FP off drive. Follow FP to St Mary's Church. The FP goes right through the church yard. Please treat with respect. Follow FP to SU 789 978 then on up to SU 791 977 Follow FP to RD (~ 41m done) then cross over and down track/FP. Follow FP till it breaks out to a track/lane (Chapel Lane) SU 792 985 , right turn. Follow FP by most direct route (partly through Lodge Hill Farm & keep slightly left of Manor Farm) to Lee Rd then right kick down Lea Road to CP19 (on the left hand slip road just after the bridge)
19	SU 807997 HP27 9NP	Saunderton Lee	69/43	11/7	To reduce road work PLEASE follow FP from SU 808 998 to Loosley Row then by pavement to FP at SP 818 006 then follow FP/ BrW to SP 833 019 & right turn on to RD (Pink Rd.) and follow to CP20. Do not take the FP that goes by COPPICE HOUSE
20	SP 835019 HP27 ORW Junction of Pink Rd & Peters Lane	Redland End	73/45.5	7/4.5	By FP to SP 840 016 then RD to SP 851 011 (lane) and on to SP 852 009 and take FP off to your right going through the wood to SP 853 004 then on to CP21

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21	SP 855003 HP16 0HY	Denner Hill	75.5/47	4.5/3	<p>The checkpoint is unmanned but there is a “team tracker” to scan your tag and/or punch to clip your own walker card attached to “Denner Hill Farm Road” sign on right as you join the road.. By RD to SP 859 002 and then FP to FP & RD to CP22. Caution crossing road at SP 870 004</p> <p>The Prestwood HQ is on the SE corner of the Rec and by the RD. note the instruction to follow FP route is important as it is dangerous to do otherwise and it is the quickest/shortest route!</p>
22	SP 877006 HP16 0QF	Prestwood Scout HQ	78/48.5	2/1.5	<p>From SP 877 007 N corner of Rec ground and take FP , through Angling spring wood (entry point SP 883 009) and follow FP on to SP 893 010 (Trafford Rd.) right turn & through underpass a little way down on your left and head for home OR follow rd to SP 894 009 & left turn into Whitefield Lane and run for home SP 897 007</p>
Home	SP 897007 HP16 0BN	Misborne School	80/50	0/0	<p>WELL DONE. You have done almost 2 marathons in less than 24 hrs with kit over rough terrain.</p>

Course notes, tips & ideas

- Use Google Earth & Street View and “Grid Reference Finder” when plotting the course, but remember the use of GPS navigation is not permitted except in an emergency
- There is still some road walking but where possible it has been reduced. However, there are a number of paths that break out onto roads and in some cases with poor visibility left & right, Note these locations.
- Beware Rabbits!! There are a number of locations on the route that have a healthy rabbit population and they don't mind where they dig burrows or in particular bolt holes which are often away from the main warren and all too frequently close to bridleways and footpaths. These bolt holes are often 'camouflaged' (cunning devils these rabbits!) and hard to see in daylight let alone the dark...stay alert to their possible presence, typically close to hedges and fences
- Many of the bridleways see heavy use from horses and 'mountain bikes' and it is common to come across them in daylight hours, the bikes are a particular hazard especially if coming from behind as you may not hear them. Depending on weather conditions these two users can leave sections badly rutted; creating very boggy areas or hard, sharp, cratered sections adapt and twisting the ankle of the unwary. Been there, done that, not good!
- Increase your visibility to road users or people searching for you. In addition to torches and the Hi-Vis jackets try a small 'cycle' lights attached to your rucksack, or try sticking some reflective tape to prominent areas of your rucksack to increase the probability of being seen at night. small but numerous strips on key bits like the end of straps, shoulder strap etc.. It's very effective and needs no batteries. One possible reflective tape supplier.

<http://www.glow.co.uk/reflective-tape.html>