

Crews are welcome at the Chiltern Hills 100K. You are permitted to meet your runner along the route at any location, except for the checkpoints listed opposite.

CREWS NOT PERMITTED

CP1 & 3 - Hastoe Village Hall, 14km & 41.4km CP2 - Little Gaddesden Village Hall, 28km CP6 - Little Hampden, 88km

CREWS PERMITTED

CP4 - Whiteleaf Cross Car Park, 57.8km CP5 - Bledlow Ridge Village Hall, 75.3km

CREWING ON ROUTE

- Northchurch Common Car Park, HP4 1LS (21km)
- Pitstone Hill Car Park, HP23 5RT (33.2km)
- Witchell Pavillion Car Park, Wendover (49km)
- Buryfields Recreation Ground,
 Great Missenden, HP16 9AE (94km)