

Stage 1 - Overview

Start time: 08:30, Saturday
Distance: 12.7 miles
Emergency: 07966 542315

Start: Over Hampton Court Bridge (in group), cross **BUSY ROAD** and then keep to towpath for first 5 miles

0.4 miles: **BEWARE** of crews carrying boats as you run past boathouse

5 miles: after small footbridge, continue under Walton Bridge, then turn left to cross bridge

5.6 miles: End of Walton Ln, turn left to join B375. **BUSY ROAD WITH TINY PAVEMENT**

6.5 miles: turn left to Ferry Lane

6.7 miles: back to towpath and follow for the rest of the race

7.7 miles: stay left on towpath as road bears right

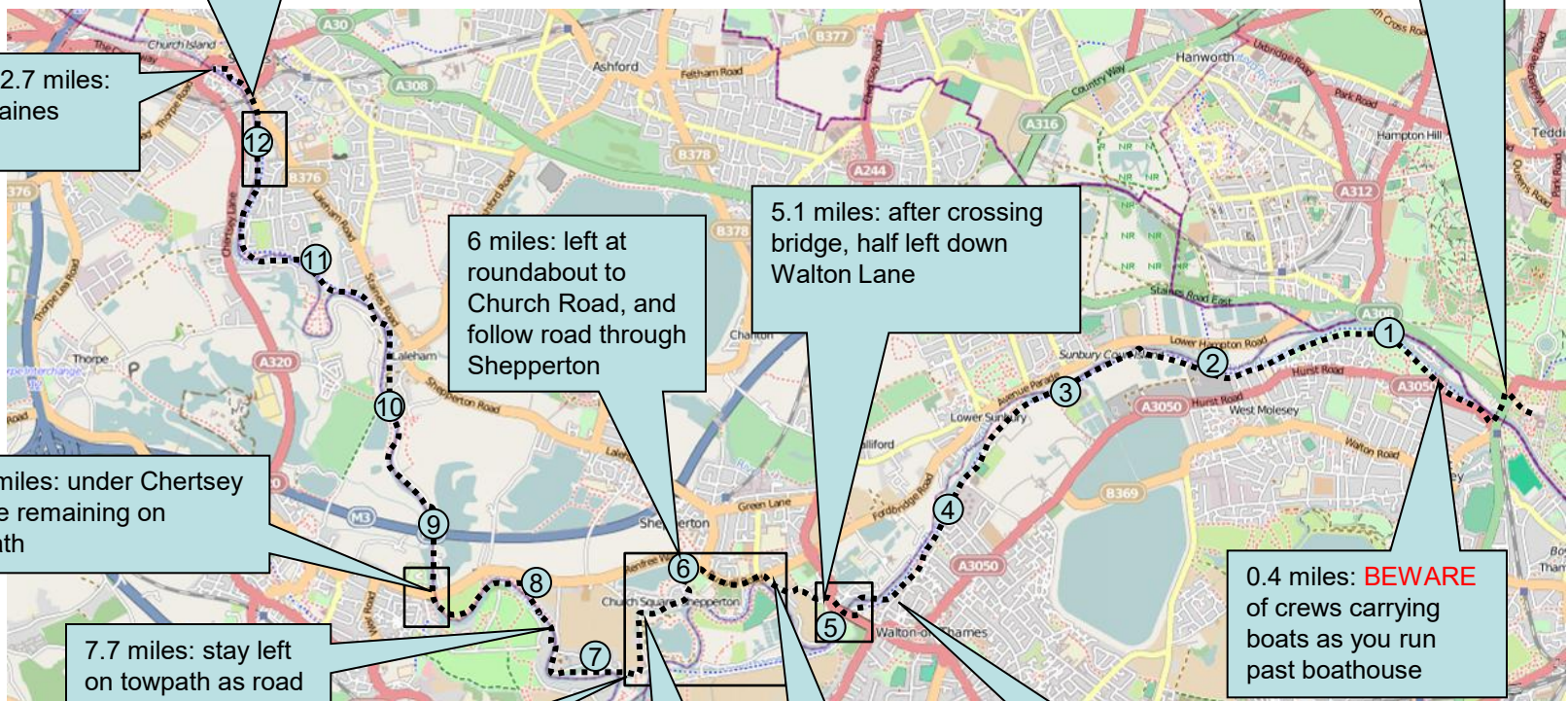
8.65 miles: under Chertsey Bridge remaining on towpath

6 miles: left at roundabout to Church Road, and follow road through Shepperton

5.1 miles: after crossing bridge, half left down Walton Lane

12.4 miles: under railway bridge and left before hotel to towpath – **NARROW PATH**, take care

FINISH 12.7 miles: before Staines Bridge



Stage 1 – Things to know

Race Navigation: Following the Thames Path is never as easy as it sounds. Take care crossing the road at the start, mind the bollards on the bridge, and watch out for rowing boats as you run past Molesey RC.

Please don't cut across Dumsey Meadow at 8.5 miles – it is a SSSI. Remain on the towpath.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
1	0.0	Hampton Court Bridge	M		KT8 9AS	08:30	08:35	///basket.blunt.brand
1	5.1	Walton Bridge	L	Y	TW17 8LY	08:55	09:26	///runner.locate.vast
1	5.7	End of Walton Lane / Red Lion	L		TW17 9HX	08:58	09:32	///pines.retire.door
1	8.6	Chertsey Bridge	L	Y	KT16 8JA	09:13	10:04	///social.exam.ships
1	12.7	Finish	L	Y	TW18 4BU	09:33	10:49	///good.pills.plan

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2024	1	12.7	Paddy Roddy	Thames Hare & Hounds	01:10:01	Overall (men)
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	Overall (women)
2023	1	12.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:13:16	V35 Men
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	V35 Women
2010	1	12.7	Howard Gleave	Ranelagh	01:17:21	V45 Men
2007	1	12.7	Dee Smale	Stragglers	01:26:41	V45 Women
2024	1	12.7	Joseph Gonzalez-Armas	26.2 RRC	01:21:10	V55 Men
2011	1	12.7	Jane Davies	Elmbridge	01:33:36	V55 Women
2005	1	12.7	Pete Warren	Ranelagh	01:37:34	V65 Men
2007	1	12.7	Sue Lambert	Serpentine	01:44:07	V65 Women

Nearest A&E (from finish):

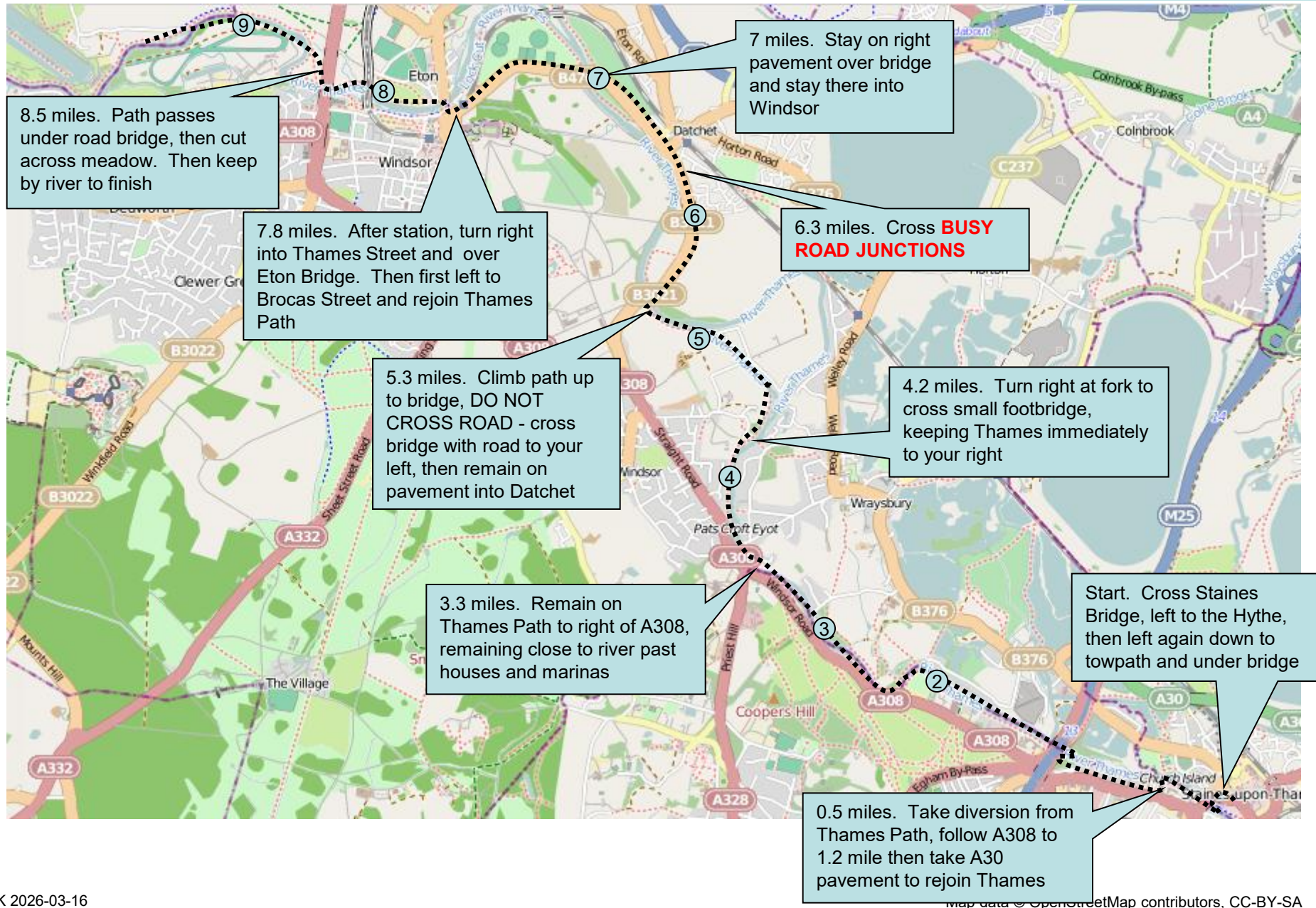
St Peter's Hospital
Guildford Road
Chertsey KT16 0PZ

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

Be safe, be considerate, and smile.

Stage 2 – Overview

Start time: 09:41 Saturday
Distance: 9.7 miles
Emergency: 07966 542315



Stage 2 – Things to know

Race Navigation:

At 0.5 miles there is a diversion to avoid a closed towpath footbridge. Please follow marshals.

There are busy road junctions to cross in Datchet – please take care.

You may take the short cut over the meadow at 8.5 miles. This may not be marked, so it is worth preparing.

Near the finish, stay by the river as you pass Boveney Lock at 9.4 miles, not the wide path to your right.

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
Start	0	Staines Bridge	n/a		TW18 3JF	09:42	9:43	///good.pills.plan
1.	1.5	Diversion for closed bridge	M			09:49	09:58	///comic.hype.punt
2.	3.6	Towpath/mooring	M	Y	SL4 2SH	09:58	10:18	///play.holly.brain
3.	6.4	Road crossings through Datchet	M		SL3 9BR	10:12	10:49	///silk.brass.pink ///listed.being.result ///minds.deny.crowd
4.	7.8	Windsor/Eton Bridge	M	Y	SL4 1PU	10:19	11:04	///crown.scale.unless
5.	9.7	Finish	L	Y	SL4 6QQ	10:30	11:28	///moons.vest.nets

Stage records:

Year	Stage	Distance	Name	Team	Time	Category
2024	2	9.7	Richard Ollington	Thames Hare & Hounds	00:54:16	Overall (men)
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	Overall (women)
2016	2	9.42	Simon Barrett	Serpentine	00:56:14	V35 Men
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	V35 Women
2023	2	9.42	Joseph Gonzalez-Armas	26.2 RRC	00:58:05	V45 Men
2018	2	9.42	Fiona Slevin-Brown	Sandhurst	01:07:23	V45 Women
2025	2	9.7	Duncan Wright	British Airways AC	01:06:32	V55 Men
2024	2	9.7	Vikki Filsell	Thames Hare & Hounds	01:13:13	V55 Women
2025	2	9.7	David Sampson	Paddock Wood	01:11:49	V65 Men
	2	9.42				V65 Women

Nearest A&E (from finish):

Wexham Park
Slough SL2 4HL

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes

Be safe, be considerate, and smile.

Stage 3 – Overview

Start time: 10:37 Saturday
Distance: 11.2 miles
Emergency: 07966 542315

10.5 miles. Left into Pound Lane, follow footpath, then right to Westthorpe Farm Lane and to finish

9.9 miles. Turn right and cross over **BUSY LEVEL CROSSING – STOP!** and straight on into Little Marlow

8.9 miles. Cross Thames on railway bridge and continue along towpath; over footbridge past marina

7.8 miles. cross **BUSY ROAD** through Cookham through churchyard to join Thames path

7.7 miles. Right onto A4094 (**DANGER - STOP!**) & through Cookham

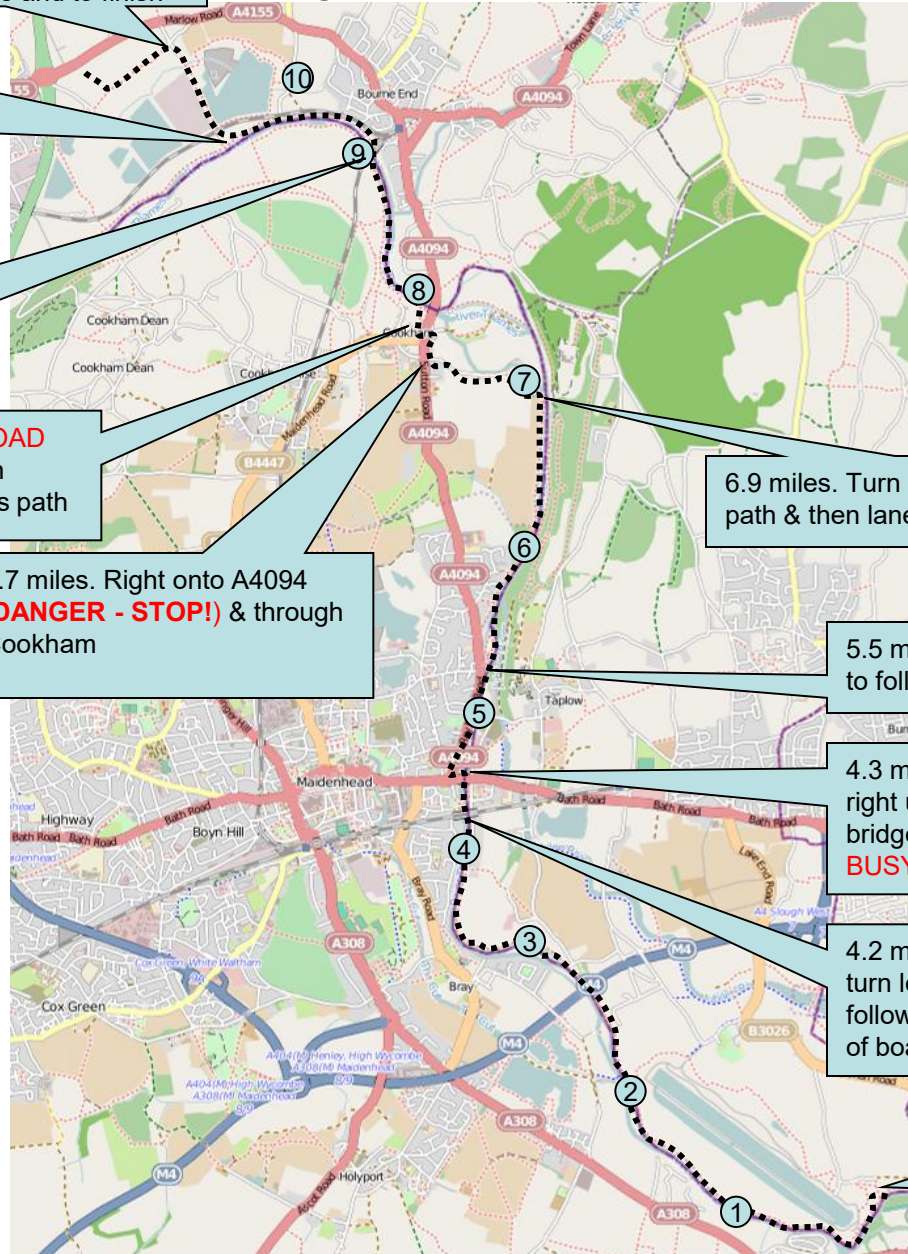
6.9 miles. Turn away from river on path & then lane to Cookham

5.5 miles. Turn away from A4094 to follow Thames towpath

4.3 miles. Under road bridge, then right up on to bridge, cross over bridge, then right to pavement by **BUSY ROAD** along Thames

4.2 miles. After railway bridge, turn left through gate and follow towpath by river in front of boat club

Start. Follow Thames towpath to Maidenhead



Stage 3 – Things to know

Navigation:

Care needed crossing the road in Cookham, and we sometimes get livestock in Thames meadows.

DANGER - trains at pedestrian level crossing at 9.9 miles. Do not cross until instructed – we will credit you with any time lost.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
Start	0	Boveney Church	n/a		SL4 6QQ	10.37	10.38	///owners.sends.vast
3	4.2	Maidenhead Bridge	L	Y	SL6 0BB	10:58	11:23	///bats.dimes.ladder ///moved.elaborate.undulation
3	7.7	Road crossing into Cookham	H		SL6 9RE	11:15	12:01	///cope.blend.moods
3	7.8	Cookham church	M	Y	SL6 9QW	11:16	12:02	///guitar.pirate.pump
3	9.6	Spade Oak	L	Y	SL8 5RF	11:25	12:22	///chuckling.steadier.tractor
3	9.9	Railway crossing	H		SL6 9RQ	11:26	12:25	///hovered.clipboard.lawfully
Finish	11.2	Wycombe Athletics, Little Marlow	L	Y	SL7 3RJ	11:33	12:40	///schematic.rounds.packages

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2024	3	11.2	Chris Biley	Clapham Chasers	01:02:23	Overall (men)
2025	3	11.2	Georgie Bruinvels	Clapham Chasers	01:10:10	Overall (women)
2024	3	11.2	Chris Biley	Clapham Chasers	01:02:23	V35 Men
2025	3	11.2	Georgie Bruinvels	Clapham Chasers	01:10:10	V35 Women
2024	3	11.2	Rob Buckle	26.2 RRC	01:14:04	V45 Men
2024	3	11.2	Ann Keary	Ranelagh	01:19:22	V45 Women
2025	3	11.2	Will Parry	London Front Runners	01:14:55	V55 Men
2024	3	11.2	Ann Keary	Ranelagh	01:19:22	V55 Women
2025	3	11.2	Fraser Wigley	Stragglers	01:28:36	V65 Men
	3	11.2				V65 Women

Nearest A&E (from finish):

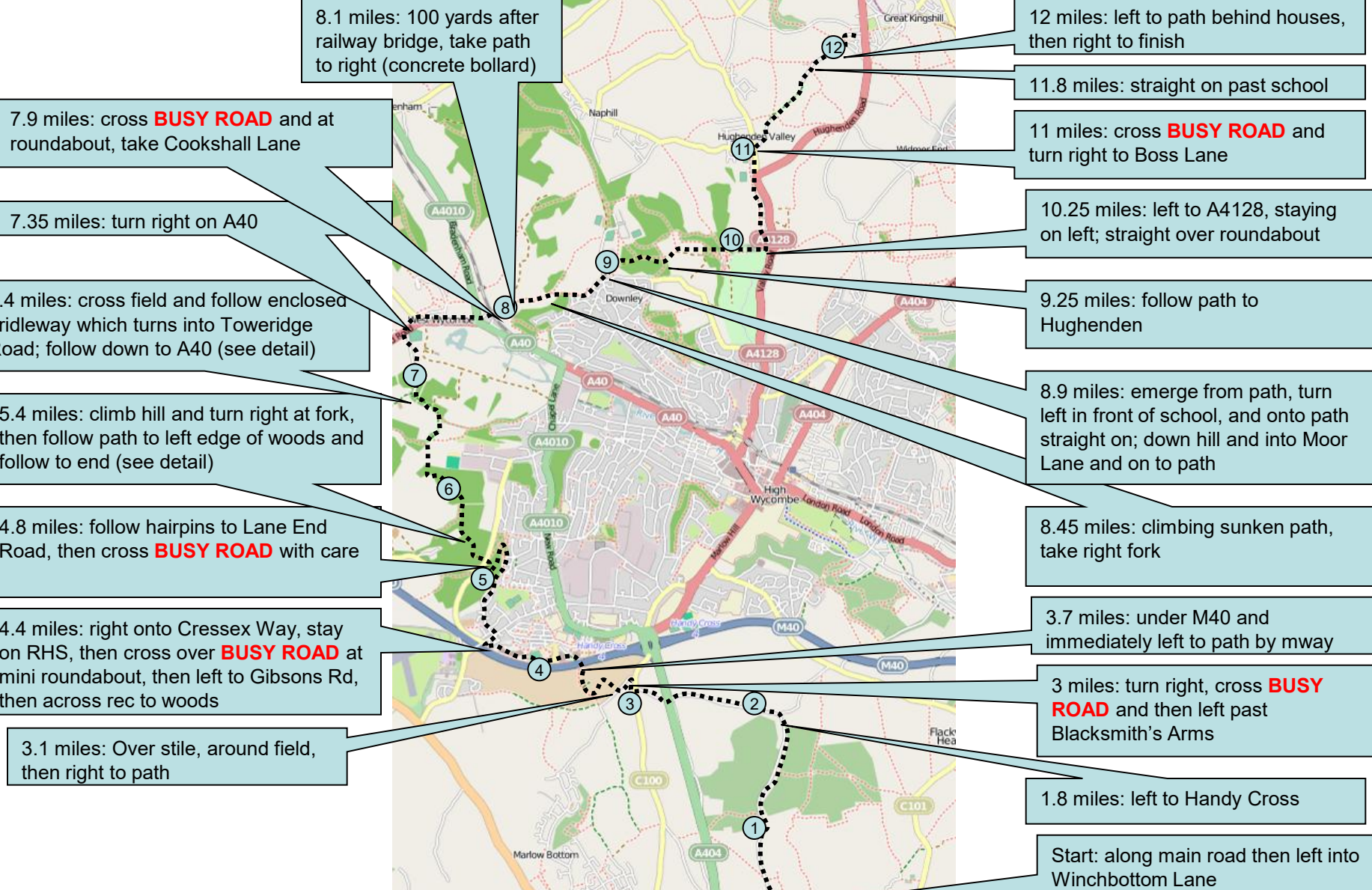
Wexham Park Hospital
Wexham,
Slough SL2 4HL

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

Be safe, be considerate, and smile.

Stage 4 – Overview

Start time: 11:40 Saturday
Distance: 11.8 miles
Emergency: 07966 542315



Stage 4 – Things to know

Race Navigation:

- This is a complex and hard stage. It is easy to get disorientated in the woods and hard to follow a map. We will try to mark the woods as best we can but get prepared and equipped.
- Five busy roads to cross – take care

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
4	Start	Little Marlow - Wycombe Athletics	n/a		SL7 3RJ	11:40	11.41	///dull.custom.clef
4	2.8	Handy Cross	H	Y	HP10 9QD	11:54	12:10	///scarf.acid.daily
4	4.0	Cressex Rd / Gibson Rd	M	Y	HP12 4QX	12:00	12:24	///intensely.friday.crafted
4	4.7	Lane End Rd	H		HP12 4EW	12:03	12:31	///pylons.superhero.huddling
4	6.6	Toweridge Rd/A40	M		HP14 3AP	12:16	13:00	///trials.expert.scenes
4	7.2	Cross roundabout to Cookshall Lane	H	Y	HP14 3AA	12:19	13:06	///curving.slave.mugs
4	10.3	A4128 crossing to Boss Lane	H	Y	HP14 4PE	12:31	13:33	///castle.hungry.loss
4	11.5	Finish – Great Kingshill	L	Y	HP15 6DR	12:37	13:46	///redefined.eyeliner.mashing

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2017	4	12.2	James McMullan	Thames Hare & Hounds	01:11:10	Overall (men)
2025	4	12.2	Tracy Barlow	Clapham Chasers	01:22:59	V35 Women
2025	4	12.2	Ross MacDonald	Ranelagh	01:14:23	V35 Men
2025	4	12.2	Tracy Barlow	Clapham Chasers	01:22:59	V35 Women
2018	4	12.2	Ben Reynolds	Thames Hare & Hounds	01:18:02	V45 Men
2016	4	12.2	Ange Norris	Dulwich Runners	01:32:44	V45 Women
2025	4	12.2	Jonathan Moore	Ranelagh	01:22:28	V55 Men
2007	4	12.2	Liz Pritchard	Dulwich Runners	01:44:42	V55 Women
	4	12.2				V65 Men
	4	12.2				V65 Women

Nearest A&E (from finish):

Stoke Mandeville
Aylesbury HP21 8AL

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Be safe, be considerate, and smile.

Stage 5 – Overview

Start: From Old Allotment Park, left to path then join Cockpit Road, then over **BUSY ROAD** to Heath End Road.

2 miles: off road onto South Bucks Way

3 miles: left onto road (**STOP!**), then (3.3m) left into village, then right and (3.7m) back onto SBW (see detail)

5 miles: Out of cricket club, follow path under A413 (by stream – **MIND YOUR HEAD!**), and onto Old Amersham Rd

8.7 miles: left onto Bell Lane, down hill, then right at t-junction

9 miles: through field, lane over bridge, up hill and right towards Latimer Village

11.4 miles: over **CROSSROADS**, down hill, then over **T-JUNCTION**, onto path through woods

12.2 miles: right onto lane, then left to path where road bears right, follow yellow arrows through woods

6 miles: in Amersham, left through churchyard, right along stream, then up hill to narrow footpath before Martyrs memorial

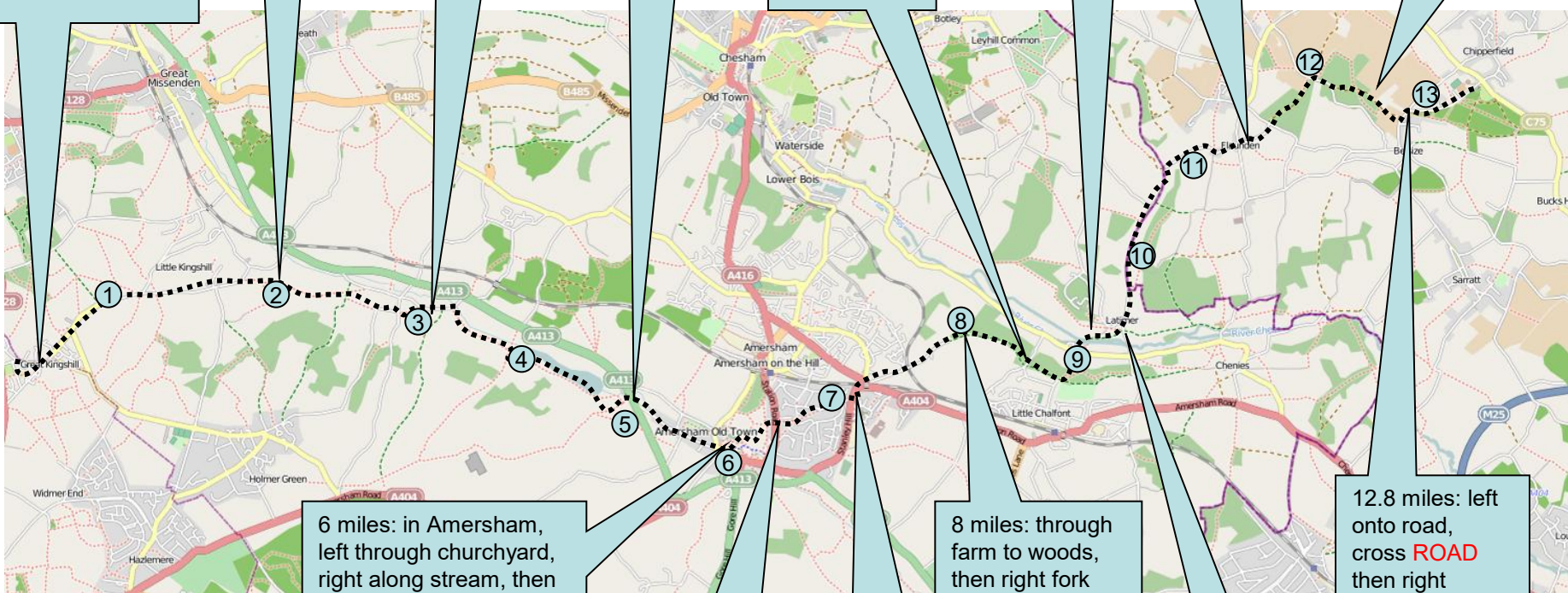
6.5 miles: **DANGER – STOP! ROAD CROSSING** as path emerges

7 miles: along Stanley Hill Ave., then under railway bridge to cross **BUSY ROAD** into Raans Road

8 miles: through farm to woods, then right fork (marked by orange arrow)

9.6 miles: Left out of Latimer towards Flaunden

12.8 miles: left onto road, cross **ROAD** then right towards Bucks Hill, to finish



Stage 5 – Things to know

Race Navigation: Our longest stage with plenty of roads to cross. Take extra care at 6.5 miles, where you emerge blind onto a busy road.

The path at 6.5 miles is not always visible and we may divert around the field edge. Follow markings.

Timings, marshals & support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
5	Start	Great Kingshill	n/a		HP15 6DR	12:53	12:54	///lively.lipstick.agreeable
5	0.3	Heath End Road crossroads	M		HP15 6HP	12:54	12:55	///embedded.envisage.rots
5	2.0	Turn to South Bucks Way	M		HP16 0DL	13:03	13:15	///punctured.rashers.available
5	3.0	Turn into Little Missenden	M		HP7 0QU	13:08	13:26	///confetti.warned.depend
5	5.0	Path under A413	M	Y	HP7 0RN	13:18	13:48	///order.stud.grows
5	6.0	Amersham High St/church	M		HP7 0DT	13:23	13:59	///gladiators.races.clock
5	6.5	Amersham A416 crossing	H		HP7 0BD	13:25	14:04	///torn.hush.brains
5	7.1	Raan's road roundabout	M	Y	HP6 6NX	13:28	14:11	///reason.harsh.same
5	8.5	Bell Lane turn	L		HP6 6PQ	13:35	14:26	///encounter.shape.curving
5	9.1	Turns to Latimer Farm	M		HP5 1TU	13:38	14:33	///closet.pint.lush
5	11.3	Flaunden crossroads	M		HP3 0PW	13:49	14:57	///solar.juices.aims
5	11.6	Hog Pits Rd t-junction	M	Y	HP3 0PW	13:51	15:00	///using.pets.reduce
5	13	Windmill Hill junction	M		WD4 9DE	13:58	15:16	///pits.vouch.event
5	13.5	Finish – Chipperfield	L	Y	WD4 9BS	14:00	15:21	///lost.artist.pencil

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2023	5	13.5	James Hoad	Thames Hare & Hounds	01:13:50	Overall (men)
2024	5	13.5	Steph McCall	Clapham Chasers	01:26:01	Overall (women)
2025	5	13.5	Chris Biley	Clapham Chasers	01:15:48	V35 Men
2023	5	13.5	Gaby Reynolds	Sutton Striders	01:28:09	V35 Women
2019	5	13.5	Hugh Jones	Ranelagh	01:16:45	V45 Men
2025	5	13.5	Nicky Hornzee	Stragglers	01:35:49	V45 Women
2025	5	13.5	Mike Morris	Ranelagh	01:25:55	V55 Men
2024	5	13.5	Ange Norris	Dulwich Runners	01:43:35	V55 Women
	5	13.5				V65 Men
	5	13.5				V65 Women

Nearest A&E (from finish):

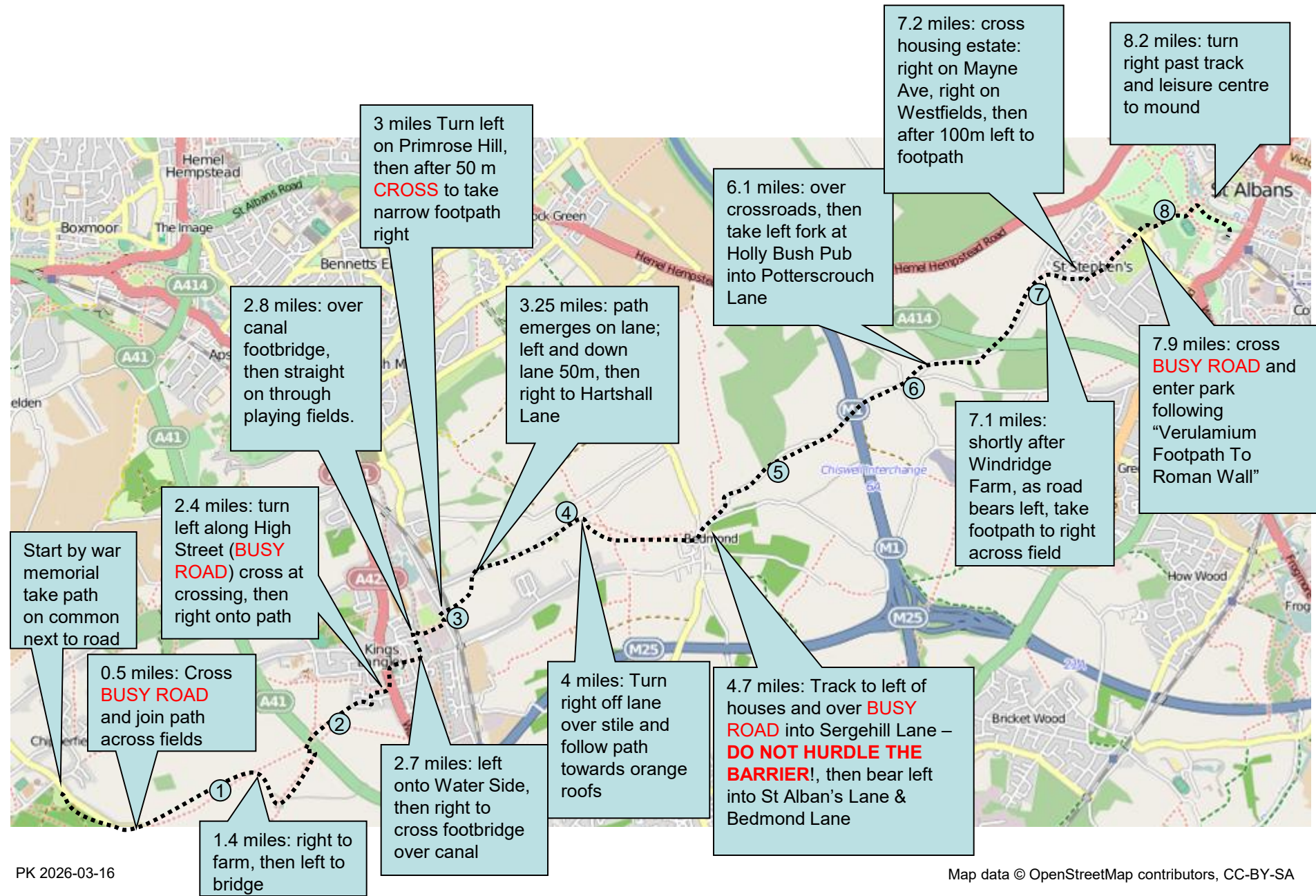
Watford General
Watford WD18 0HB

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

Be safe, be considerate, and smile.

Stage 6 – Overview

Start time: 14:08 Saturday
Distance: 8.5 miles
Emergency: 07966 542315



Stage 6 – Things to know

Race Navigation: A series of fiddly turns in Kings Langley and then in St Albans. The opening 2 miles also have 11 kissing gates – please be patient. The stile at 3.8 miles is hidden in a hedgerow and hard to spot, and to mark: look out for chalk on the road. The footpath at 7.5 miles is also well hidden.

Road crossing at 4.7 miles – we will penalise you if you hurdle this barrier. Run around it. Be patient crossing King Harry Lane near the end, no matter how near the end of the race it is.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
6	Start	Chipperfield	n/a		WD4 9BS	14:08	14:09	///chef.owls.expose
6	0.5	Crossing from the Common to footpath	H		WD4 9BN	14:10	14:13	///mental.sketch.ended
6	2.5	Church Rd crossing	M		WD4 8JR	14:20	14:35	///sobs.exchanges.party
6	3.0	Primrose Hill crossing	M	Y	WD4 8HS	14:23	14:41	///tiny.poem.clock
6	4.7	Sergehill Lane crossing	H		WD5 0RW	14:31	14:59	///smart.bring.chain
6	6.1	Potters Crouch	M	Y	AL2 3NN	14:38	15:15	///dice.cigar.double
6	7.8	King Harry Lane	M		AL3 4HX	14:47	15:33	///cigar.gallons.taped
6	8.5	Finish – Verulamium Park	L	Y	AL1 1HR	14:50	15:41	///hits.extra.memo

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	6	8.5	Eirin McDaid	Ranelagh	00:49:31	Overall (men)
2024	6	8.5	Anna Lawson	Clapham Chasers	00:53:50	Overall (women)
2025	6	8.5	Eirin McDaid	Ranelagh	00:49:31	V35 Men
2019	6	8.5	Rebekah Edgar	Thames Hare & Hounds	00:55:29	V35 Women
2025	6	8.5	Ben Reynolds	Thames Hare & Hounds	00:52:19	V45 Men
2019	6	8.5	Sophie Biggs	Stragglers	00:59:29	V45 Women
2025	6	8.5	Ben Reynolds	Thames Hare & Hounds	00:52:19	V55 Men
2025	6	8.5	Michelle Lennon	Dulwich Runners	01:02:36	V55 Women
2025	6	8.5	Paul Hirst	VPH & THAC	01:04:54	V65 Men
	6	8.5				V65 Women

Nearest A&E (from finish):

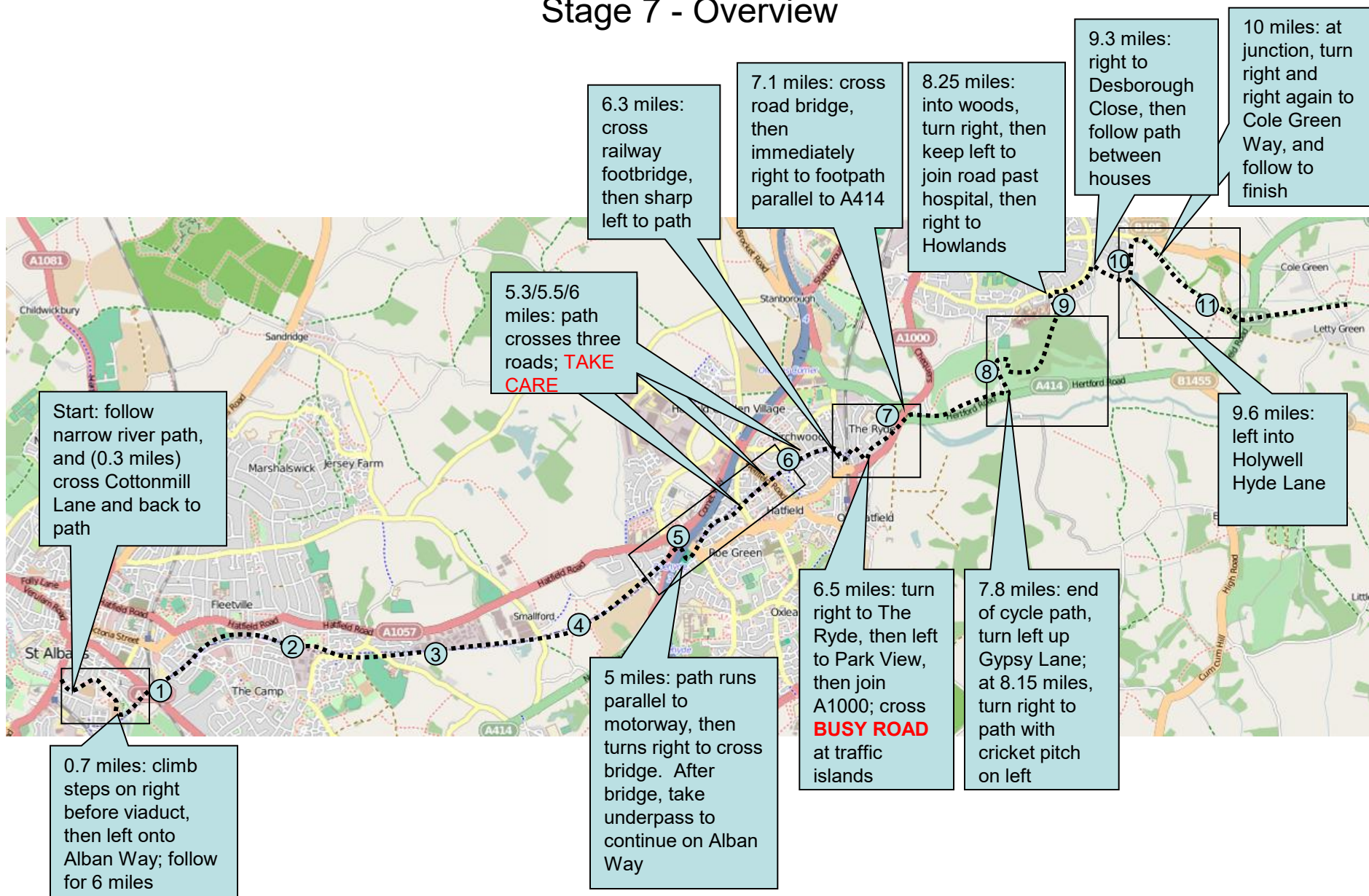
Watford General
Vicarage Road
Watford WD18 0HB

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

Be safe, be considerate, and smile.

Start time: 14:56 Saturday
Distance: 11.6 miles
Emergency: 07966 542315

Stage 7 - Overview



Stage 7– Things to know

Navigation: There are some turns through Hatfield, but the major challenge is Commons Wood at 8.25 miles; this can be disorientating. Please follow the detailed map.

Take real care crossing the A1000 out of Hatfield at 7 miles.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
7	Start	St Albans	n/a		AL1 1HR	14:56	14:57	///twins.courier.harsh
7	0.3	Cottonmill Lane crossing	M		AL1 1HJ	14:57	14:59	///valley.knots.charmingly
7	1.9	Sutton Rd crossing	M		AL1 5JE	15:05	15:16	///labs.loyal.milk
7	5.3	St Albans Rd West crossing	M	Y	AL10 0FH	15:22	15:53	///noble.agenda.ridge
7	5.4	Lemsford Rd crossing	M		AL10 0DL	15:23	15:55	///shirt.train.stump
7	6.0	Ground Lane road crossing	M		AL10 0QH	15:26	16:02	///shift.seated.urban
7	7.0	A1000 crossing	H		AL9 5HW	15:31	16:13	///twist.expose.voted
7	9.9	Cole Green Way start	L	Y	AL7 3DQ	15:45	16:44	///leaves.hills.look
7	11.6	Finish – Letty Green	L	Y	SG14 2NL	15:54	17:03	///form.like.unions

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	7	12	Richard Ollington	Thames Hare & Hounds	01:02:21	Overall (men)
2025	7	12	Lizzy Apsley	Thames Hare & Hounds	01:08:26	Overall (women)
2008	7	12	Shaun Whelan	London Front Runners	01:06:19	V35 Men
2017	7	12	Alexi Shaw	Dulwich Runners	01:15:39	V35 Women
2016	7	12	Shaun Whelan	London Front Runners	01:09:16	V45 Men
2024	7	12	Sarah Winter	Stragglers	01:20:47	V45 Women
2024	7	12	Malcolm Davies	Stragglers	01:19:39	V55 Men
2025	7	12	Lucy Pickering	Dulwich Runners	01:35:26	V55 Women
2024	7	12	John Foss	Sutton Striders	01:25:29	V65 Men
2025	7	12	Ramona Thevenet	Stragglers	01:38:03	V65 Women

Nearest A&E (from finish):

Barnet Hospital
Barnet EN5 3DJ

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

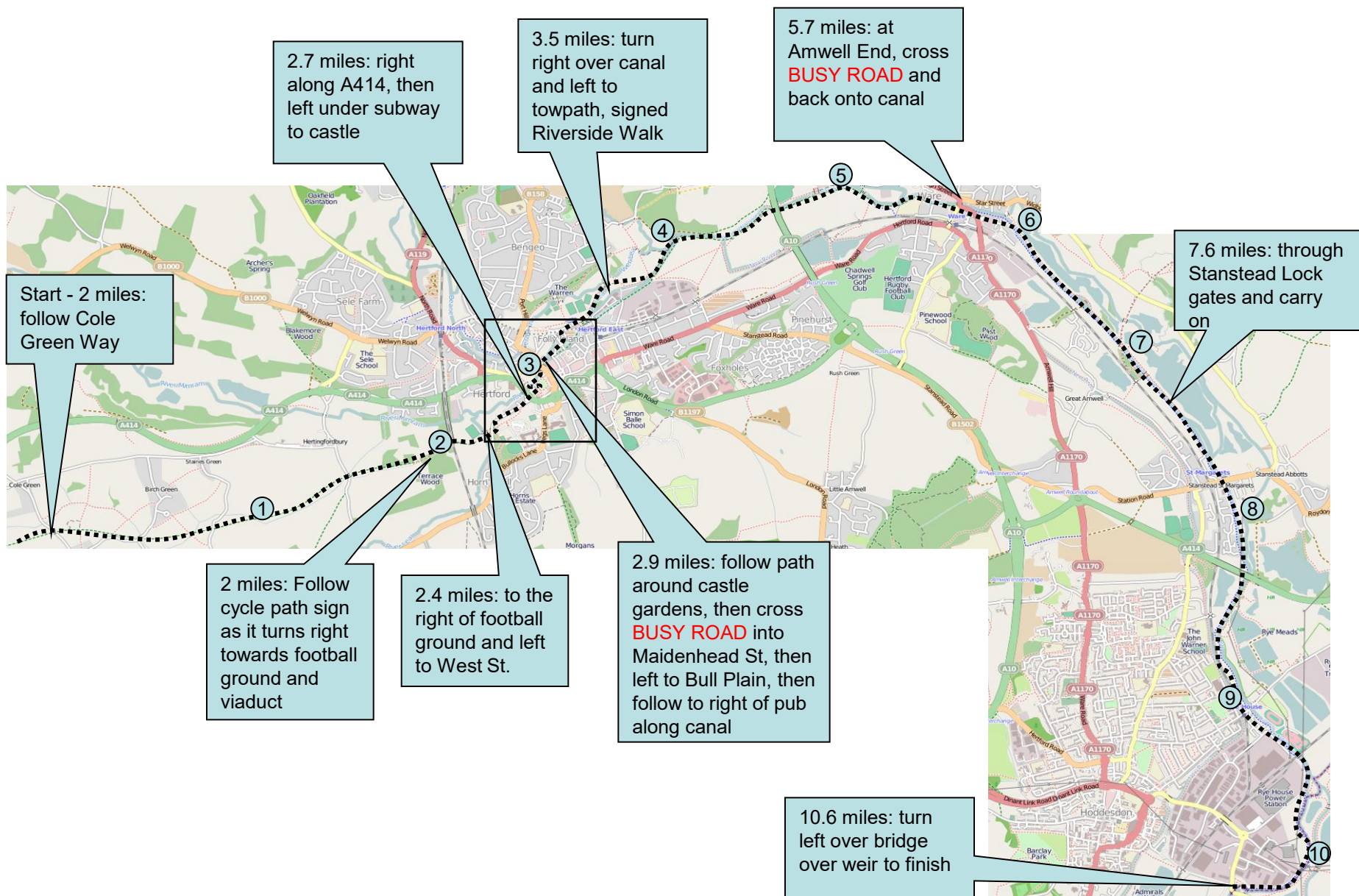
Be safe, be considerate, and smile.

Stage 8 – Overview

Start time: 16:03 Saturday

Distance: 10.65 miles

Emergency: 07966 542315



Stage 8 – Things to know

Navigation: Navigating through Hertford town centre needs some care, but once you are on the canal towpath, just keep going.

The canal towpath crosses a busy road in Ware (5.7 miles) – take care.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
8	Start	Letty Green	n/a		SG14 2NL	16:03	16:04	///form.like.unions
8	2.8	Maidenhead Rd Hertford	M		SG14 1EA	16:17	16:33	///backed.charge.found
8	3.5	Mill Rd canal crossing	L	Y	SG13 7GD	16:20	16:41	///window.tribal.holds
8	5.7	Amwell End crossing	M	Y	SG12 9BS	16:31	17:05	///young.driven.detect
8	7.8	St Margarets	L	Y	SG12 8DH	16:41	17:28	///linen.resort.noon
8	10.7	Finish	L	Y	EN11 0AY	16:56	18:00	///take.clap.desks

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	8	10.65	James McMullan	Thames Hare & Hounds	00:58:02	Overall (men)
2025	8	10.65	Gaby Reynolds	Beeches Track Squad	01:03:29	Overall (women)
2018	8	10.65	Matt Jones	Thames Hare & Hounds	01:00:10	V35 Men
2025	8	10.65	Gaby Reynolds	Beeches Track Squad	01:03:29	V35 Women
2023	8	10.65	Crispin Allen	Stragglers	01:04:06	V45 Men
2011	8	10.65	Cathy Ulliot	Brighton & Hove City	01:12:02	V45 Women
2025	8	10.65	Crispin Allen	Stragglers	01:03:52	V55 Men
2024	8	10.65	Dorothy Wilkinson	Elmbridge	01:24:22	V55 Women
2009	8	10.65	Bill Stewart	Stragglers	01:30:18	V65 Men
	8	10.65				V65 Women

Nearest A&E (from finish):

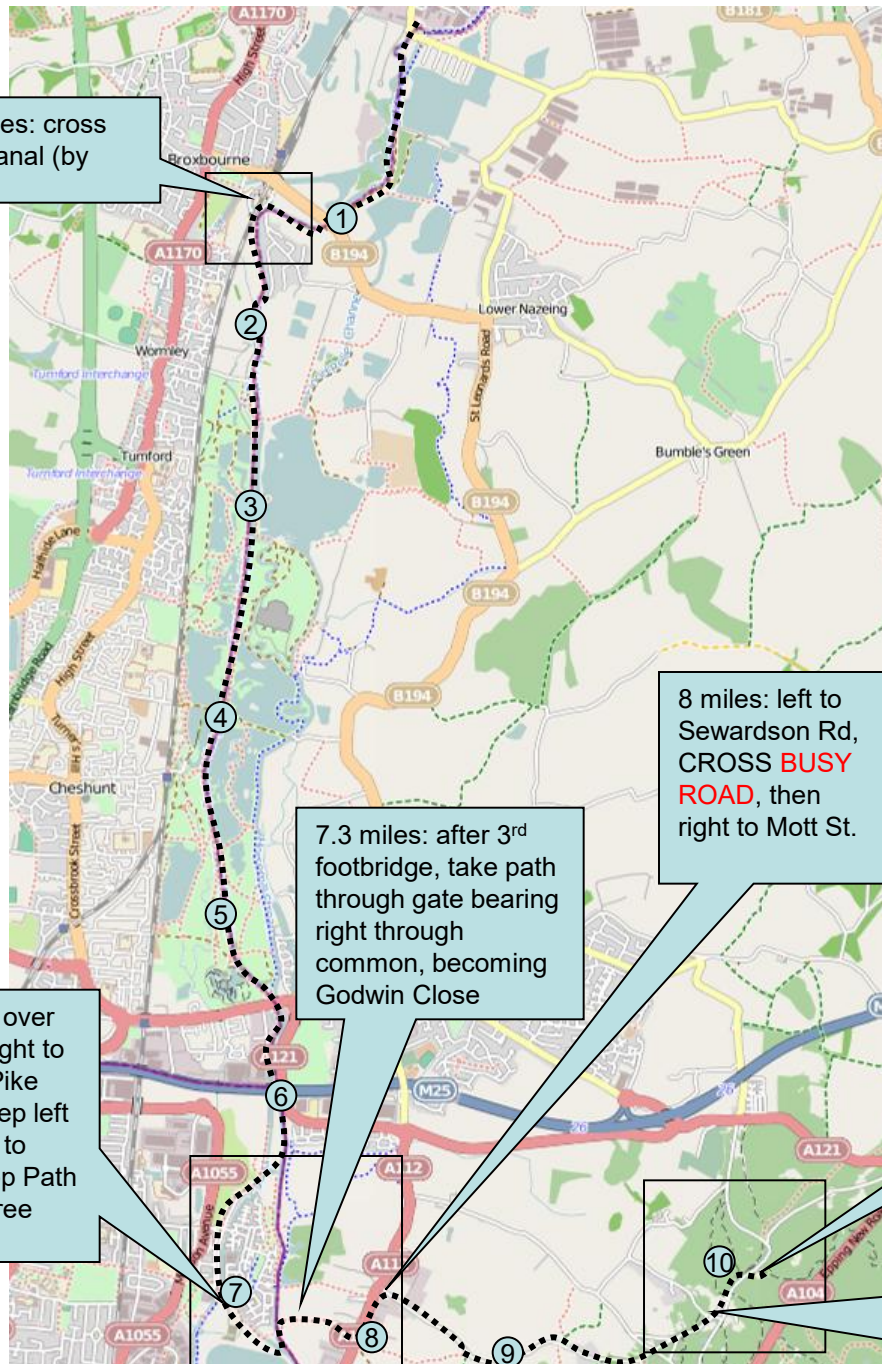
Princess Alexandra
Harlow CM20 1QX

We share busy roads, footpaths, pavements, pubs and car parks with many other people, pets, cattle, events, cars, and bikes.

Be safe, be considerate, and smile.

Stage 9 – Overview

Start time: 17:02 Saturday
Distance: 10.2 miles
Emergency: 07966 542315



Stage 9 – Things to know

Navigation: You can go badly wrong at Enfield Lock (7 miles) so read the map.

The canal towpath crosses roads in Broxbourne and Enfield, so take care. At 8.1 miles you need to cross the busy A412, then another smaller crossroads near the end.

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
9	Start	Dobbs Weir	n/a		EN11 0AY	17:02	17:03	///reform.curiosity.fact
9	5.5	Station Rd, Waltham Abbey	M	Y	EN9 1AZ	17:29	18:02	///proof.pages.alarm
9	7.0	Enfield Lock	L	Y	E4 7DF	17:37	18:19	///soils.firms.anyway
9	8.1	A112 crossing to Mott St	H		EN9 3QQ	17:42	18:30	///nests.tummy.chimp
9	9.8	Crossroads towards High Beach	M		IG10 4AD	17:50	18:49	///limes.rubble.spots
9	10.2	Finish – High Beach	L	Y	IG10 4AE	17:53	18:54	///tennis.system.tested

Stage Records:

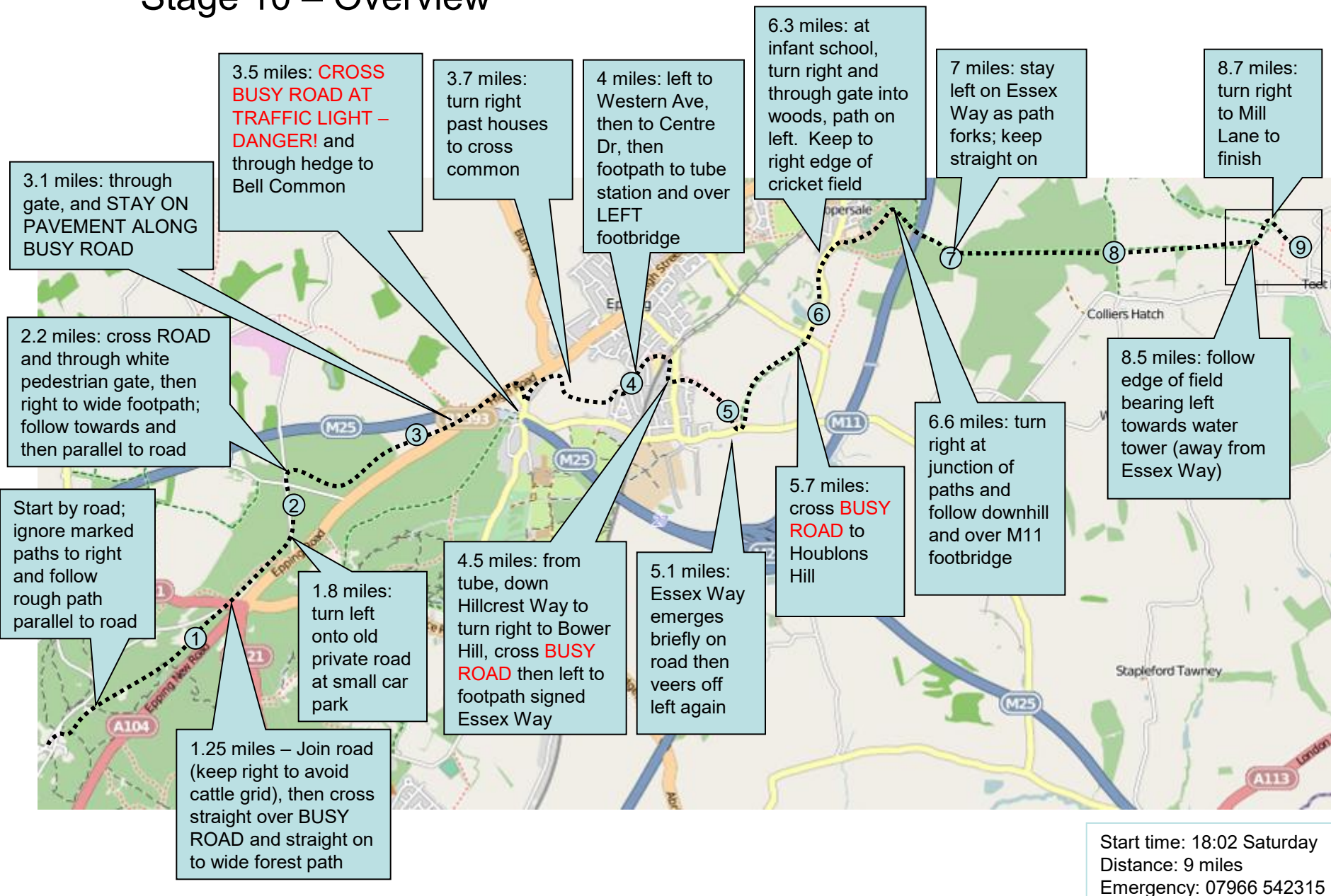
Year	Stage	Distance	Name	Team	Time	Category
2025	9	10.2	Paddy Roddy	Thames Hare & Hounds	00:54:51	Overall (men)
2023	9	10.2	Anna Lawson	Clapham Chasers	01:01:59	Overall (women)
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	V35 Men
2025	9	10.2	Natasha Sheel	Serpentine	01:04:56	V35 Women
2006	9	10.2	Mick Lane	Ranelagh	01:01:14	V45 Men
2024	9	10.2	Sonia Bandeira	Stragglers	01:12:25	V45 Women
2024	9	10.2	David Symons	Thames Hare & Hounds	01:07:59	V55 Men
2009	9	10.2	Claire Steward	Dulwich Runners	01:19:50	V55 Women
2025	9	10.2	Mike Dennison	British Airways	01:20:01	V65 Men
	9	10.2				V65 Women

Nearest A&E (from finish):
North Middlesex Hospital
Sterling Way, London N18 1QX

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Be safe, be considerate, and smile.

Stage 10 – Overview



Start time: 18:02 Saturday
Distance: 9 miles
Emergency: 07966 542315

Stage 10 – Things to know

Navigation: Largely offroad route which can get very slippery following rain.

In the first mile, if you keep Epping Road in sight to your right you won't go too far wrong

Dangerous crossings at 1.3, 3.5 and 4.6 miles – listen to the marshals.

Timing, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
10	Start	High Beach	n/a		IG10 4AE	18:02	18:03	///demand.camera.museum
10	1.3	A121 forest crossing - big roundabout	H		CM16 5HP	18:08	18:15	///dine.alive.complains
10	2.2	Crown Hill crossing - Copped Hall	M		CM16 5HR	18:13	18:26	///covers.metals.wage
10	3.5	Theydon Rd crossing	H	Y	CM16 4DQ	18:19	18:40	///grin.drips.limp
10	4.6	Cross Bower Hill	M		CM16 7AA	18:25	18:52	///loaf.smart.drill
10	5.7	Crossing to Houblons Hill	H		CM16 7QJ	18:30	19:04	///bless.shape.rungs
10	6.3	Coopersale - road crossing at church	M	Y	CM16 7QT	18:33	19:11	///verse.pints.year
10	9.0	Finish	L	Y	CM5 9SE	18:47	19:41	///spring.parent.awards

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	10	9	Gordon Pearce	Thames Hare & Hounds	00:54:25	Overall (men)
2024	10	9	Lizzy Apsley	Thames Hare & Hounds	01:02:01	Overall (women)
2025	10	9	Jonathan Smith	Ranelagh	00:55:47	V35 Men
2018	10	9	Becky Hall	Ranelagh	01:06:05	V35 Women
2018	10	9	Ben Reynolds	Thames Hare & Hounds	00:58:58	V45 Men
2019	10	9	Andrea Pickup	Dulwich Runners	01:07:18	V45 Women
2024	10	9	Ben Reynolds	Thames Hare & Hounds	00:58:58	V55 Men
2025	10	9	Helen Davies	Stragglers	01:19:35	V55 Women
2025	10	9	Dave Wilson	26.2	01:28:42	V65 Men
	10	9				V65 Women

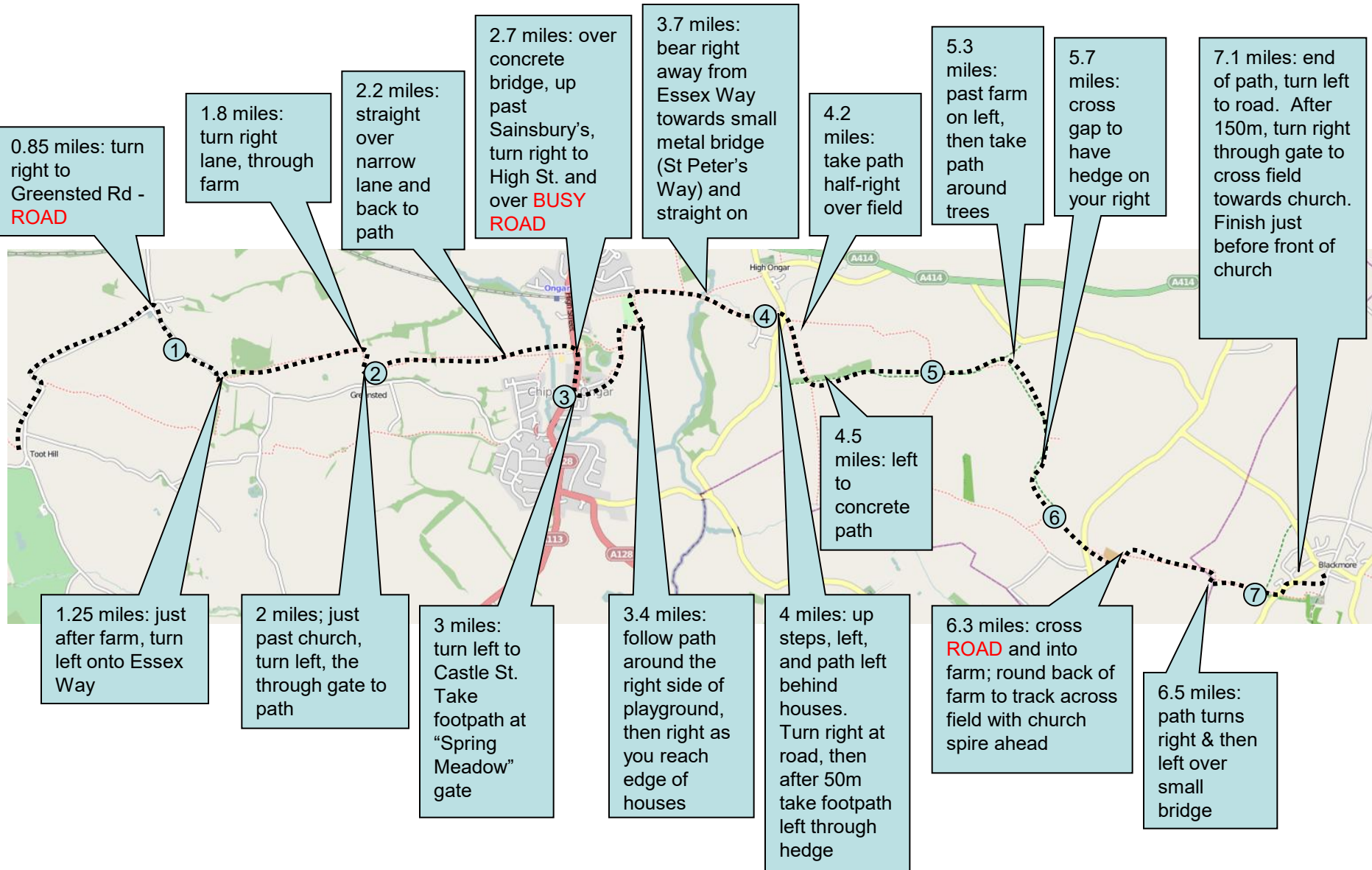
Nearest A&E (from finish):
Princess Alexandra
Harlow CM20 1QX

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Be safe, be considerate, and smile.

Stage 11 - Overview

Start time: 18:48 Saturday
Distance: 7.3 miles
Emergency: 07966 542315



Stage 11 – Things to know

Navigation: Don't miss the Essex Way at 3.75 miles and the path at 4.2.

The fields at 5 and 6 miles can get buried in head height crops. We sometimes need to re-direct sections from 4.2 and/or 6.4 miles at short notice to avoid this – follow marshal instructions

The finish has changed (2026) to enter the final field earlier. Take care crossing Blackmore Road and into field opposite.

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
11	Start	Toot Hill	n/a		CM5 9SE	18:48	18:49	///atoms.bliss.cling
11	0.8	Toot Hill T-junction	M		CM5 9LF	18:52	18:56	///sank.anyway.army
11	1.3	Essex Way turn off road	L		CM5 9LG	18:54	19:02	///intelligible.owner.card
11	2.9	Ongar High St	L		CM5 9AB	19:02	19:19	///invest.flank.sands ///point.slide.gives
11	4.2	High Ongar	M	Y	CM5 9RL	19:09	19:34	///aims.press.choice
11	6.5	Paslow Farm	M	Y	CM4 0JY	19:20	19:59	///booth.curl.lonely
11	7.1	Blackmore Rd crossing	L		CM4 0QZ	19:23	20:06	///nests.whites.icon
11	7.5	Finish	L	Y	CM4 0RN	19:25	20:10	///float.tidy.noted

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	11	7.5	Jonathan Neville	Burgess Hill	00:42:58	Overall (men)
2007	11	7.5	Zara Hyde- Peters	Stock Exchange	00:46:49	Overall (women)
2025	11	7.5	Jonathan Neville	Burgess Hill	00:42:58	V35 Men
2007	11	7.5	Zara Hyde-Peters	Stock Exchange	00:46:49	V35 Women
2007	11	7.5	Andy Bickerstaff	Ranelagh	00:46:22	V45 Men
2024	11	7.5	Nicky Hornzee	Stragglers	00:52:57	V45 Women
2024	11	7.5	Jonathan Moore	Ranelagh	00:47:58	V55 Men
2025	11	7.5	Zoe Dobbs	Hillingdon AC	01:02:22	V55 Women
2024	11	7.5	Mike Dennison	British Airways	00:54:59	V65 Men
	11	7.5				V65 Women

Nearest A&E (from finish):
Broomfield Hospital
Chelmsford CM1 7ET

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