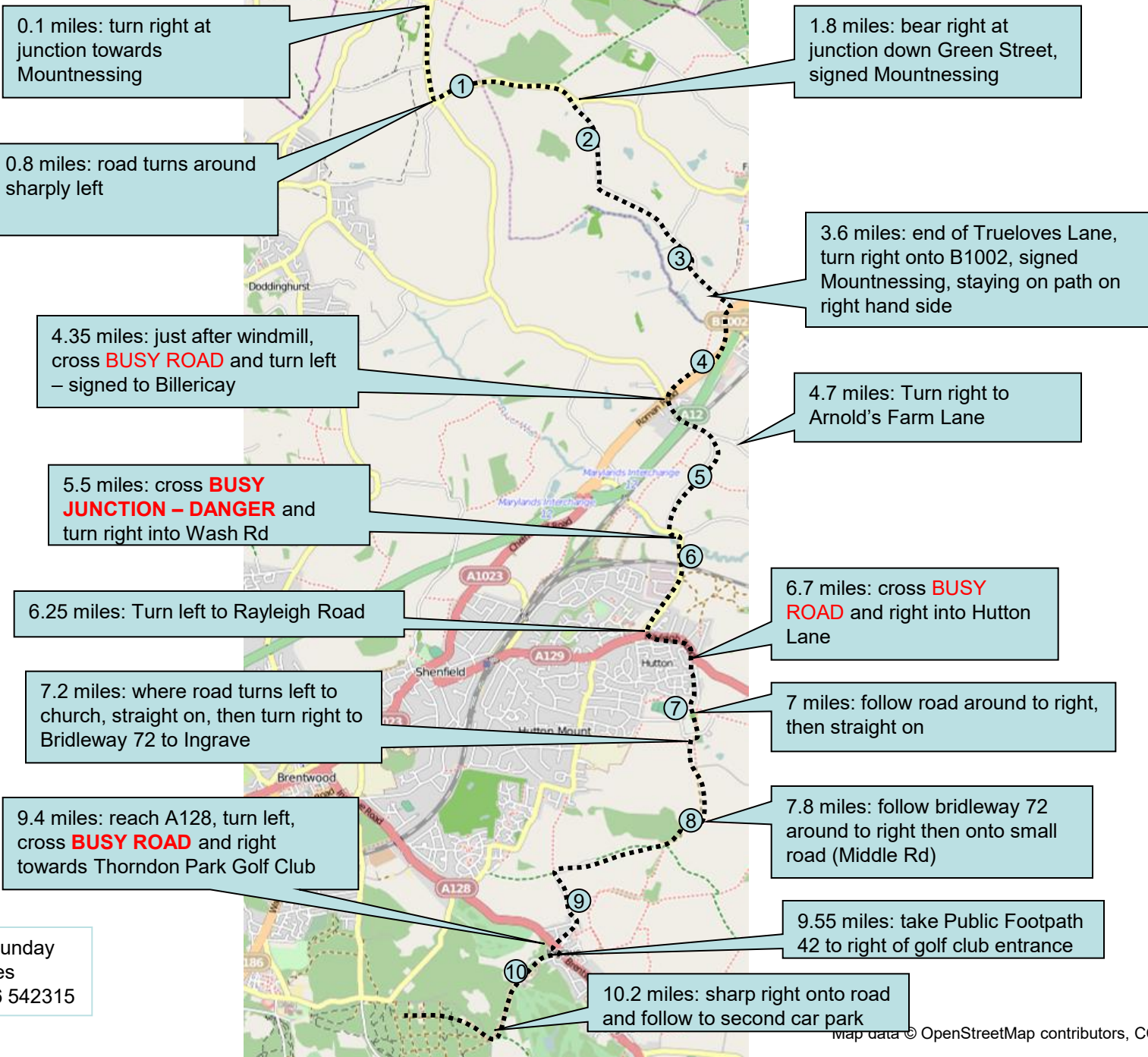


Stage 12 – Overview



Start time: 08:00 Sunday
Distance: 10.9 miles
Emergency: 07966 542315

Stage 12 – Things to know

Navigation: Much of this stage is run on roads, so take care. Take extra care at the crossing at 5.5 miles, where you have traffic behind you turning left as you bear right.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
12	Start	Blackmore	n/a		CM4 0RN	08:00	08:01	///relay.camps.clocks
12	4.4	Windmill/Billericay turn	L	Y	CM15 0TD	08:22	08:48	///regard.scam.occurs
12	5.5	Widvale Rd junction	H		CM13 1XB	08:27	09:00	///intend.movies.latest
12	6.7	Hutton Lane turn	M	Y	CM13 1QG	08:33	09:13	///caged.closet.metals
12	9.4	Brentwood Rd crossing	H		CM13 3QZ	08:47	09:43	///herds.faced.lasted
12	10.9	Finish	L	Y	CM13 3RZ	08:54	09:59	///vision.open.hobby

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2011	12	10.9	Richard Phillips	Serpentine	00:59:36	Overall (men)
2010	12	10.9	Teresa Gaillard de Laubenque	Dulwich Runners	01:08:39	Overall (women)
2015	12	10.9	Andrew Reeves	Serpentine	01:02:38	V35 Men
2010	12	10.9	Teresa Gaillard de Laubenque	Dulwich Runners	01:08:39	V35 Women
2018	12	10.9	Ben Reynolds	Thames Hare & Hounds	01:05:23	V45 Men
2024	12	10.9	Sarah Winter	Stragglers	01:15:33	V45 Women
2003	12	10.9	Brian Wiles	Stragglers	01:09:20	V55 Men
2007	12	10.9	Jane Davies	Elmbridge	01:21:37	V55 Women
2005	12	10.9	Brian Bennett	British Airways	01:24:59	V65 Men
	12	10.9				V65 Women

Nearest A&E (from finish):

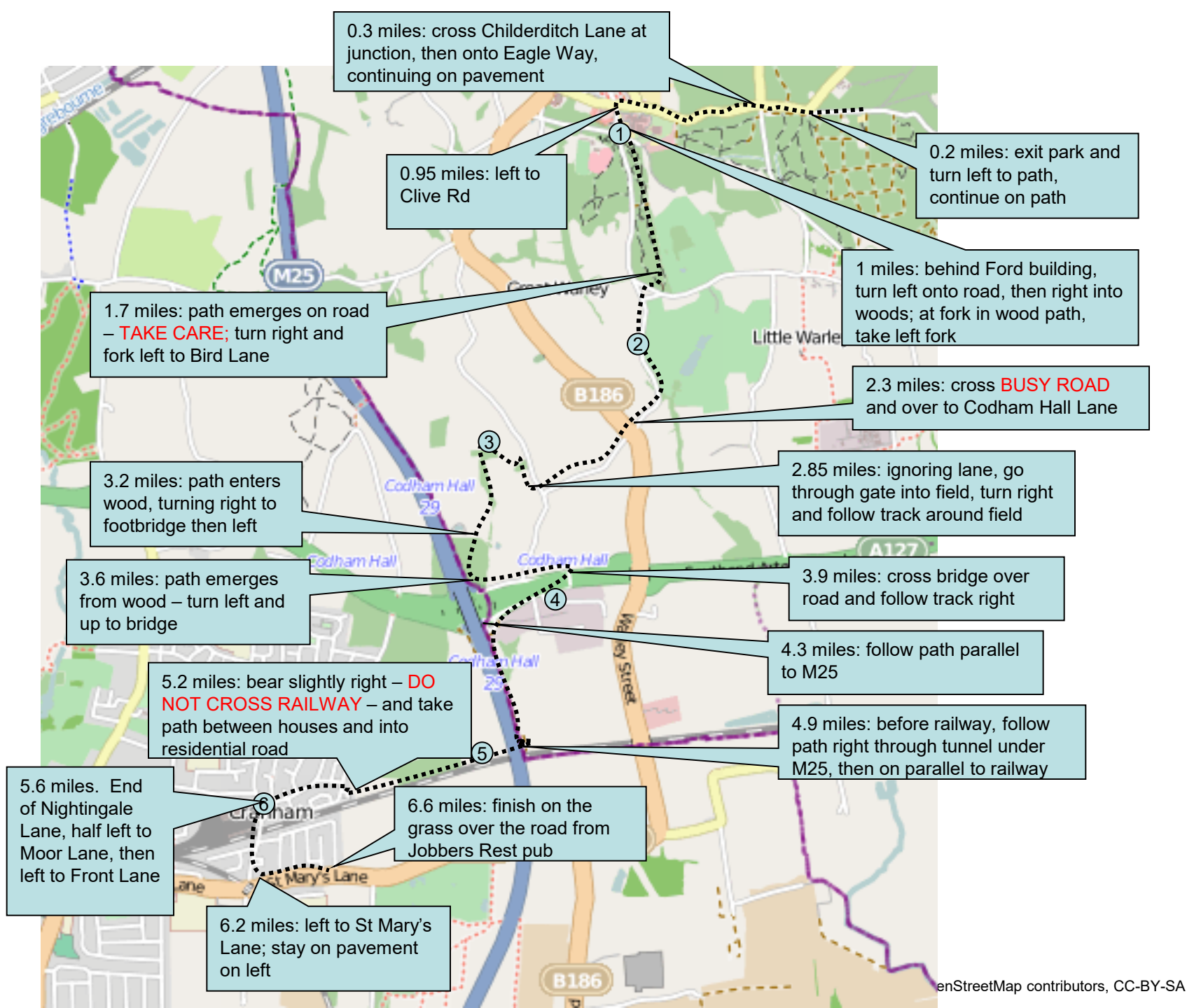
Queens Hospital
Romford RM7 0AG

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: 09:04 Sunday
Distance: 6.6 miles
Emergency: 07966 542315

Stage 13 – Overview



Stage 13 – Things to know

Navigation: The fields and woods between 2.9 and 3.6 miles are where you could get lost. Road crossings at 1.7 miles and 2.3 miles where you need to take real care.

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
13	Start	Thorndon Park	n/a		CM13 3RZ	09:04	09:05	///vision.open.hobby
13	0.3	Childerditch Lane	M		CM13 3RZ	09:05	09:07	///parks.silly.happen
13	1.7	Magpie Lane crossing	H		CM13 3DT	09:12	09:22	///transfers.each.gravy
13	2.3	Warley Rd crossing	H	Y	CM13 3JH	09:15	09:29	///mutual.ridge.middle
13	6.6	Finish	L	Y	RM14 3JX	09:37	10:16	///caged.deeply.combining

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	13	6.6	Glenn Hughes	Serpentine	00:35:38	Overall (men)
2025	13	6.6	Bethanie Murray	Thames Hare & Hounds	00:41:36	Overall (women)
2025	13	6.6	James Whistler	Ranelagh	00:37:57	V35 Men
2024	13	6.6	Nicky Hornzee	Stragglers	00:43:57	V35 Women
2022	13	6.6	Jonathan Moore	Ranelagh	00:39:24	V45 Men
2024	13	6.6	Nicky Hornzee	Stragglers	00:43:57	V45 Women
2025	13	6.6	Jonathan Moore	Ranelagh	00:39:24	V55 Men
2025	13	6.6	Harriot Sinclair	Paddock Wood	00:46:19	V55 Women
2025	13	6.6	Malcolm Fletcher	Stragglers	00:55:43	V65 Men
	13	6.6				V65 Women

Nearest A&E (from finish):

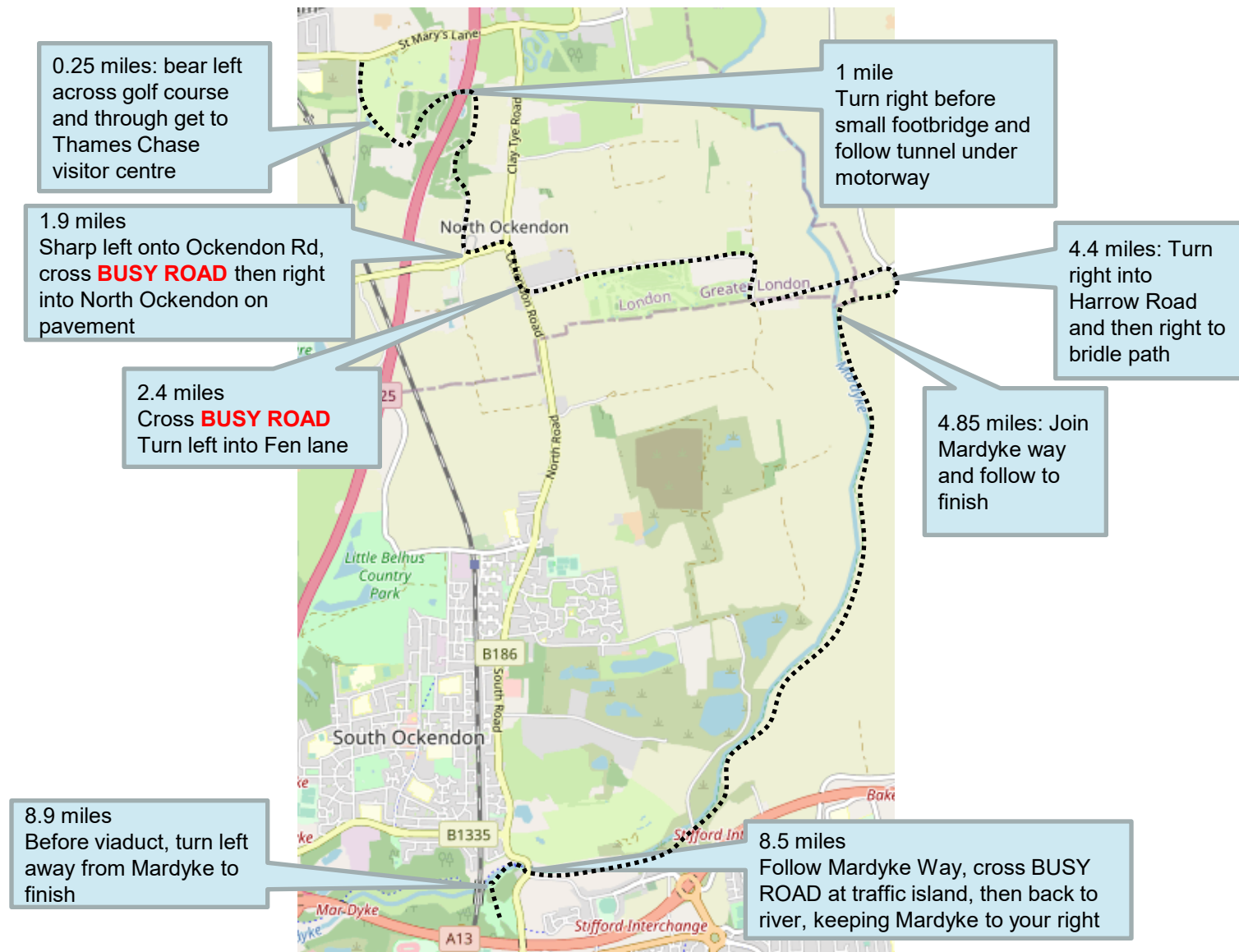
Queen's Hospital
Romford RM7 0AG

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 14

Start time: 9:41 Sunday
Distance: 9 miles
Emergency: 07966 542 315



Stage 14 – Things to know

Navigation: The start is a short walk from the finish of 13, just inside the golf course. The finish is a long way from the start of 15 (which is over the QE2 bridge); please bear this in mind when planning.

There is a sharp turn onto a busy road with poor visibility at 1.9 miles – please take extra care.

The Mardyke Way is an isolated 4-mile stretch of potentially slippery mud. Please be prepared and equipped, and please take on drinks at the 4.4 mile point.

Always keep the Mardyke to your right, and don't cross it as you're nearing the finish.

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
14	Start	Thames Chase, Cranham	n/a		RM14 3JX	09:44	09:45	///safely.tiles.speeds
14	1.9	Ockendon Rd/Church Lane	H		RM14 3PX	09:50	10:01	///dome.mostly.needed
14	2.3	Ockendon Rd/Fen Lane	M	Y	RM14 3PS	09:52	10:06	///vague.wisdom.thin
14	4.4	Fen Lane bend	M	Y	RM14 3BP	10:03	10:29	///hunter.warns.rocket
14	8.5	Stifford Hill crossing	M		RM16 5AA	10:23	11:14	///reject.keen.hook
14	9	Finish – Davy Down	n/a	Y	RM16 5UL	10:26	11:20	///squad.organs.wipe

Stage Records:	Year	Stage	Distance	Name	Team	Time	Category
	2025	14	9.41	Peter Robins	Ranelagh	00:50:14	Overall (men)
	2024	14	9.41	Anna Lawson	Clapham Chasers	00:56:00	Overall (women)
	2025	14	9.41	Bryn Reynolds	Beeches	00:53:36	V35 Men
	2025	14	9.41	Georgie Bruinvels	Clapham Chasers	00:57:06	V35 Women
	2023	14	9.41	Kevin Murray	Serpentine	01:00:49	V45 Men
	2025	14	9.41	Julia Donovan	Wimbledon Windmilers	01:04:47	V45 Women
	2025	14	9.41	Duncan Wright	British Airways	01:03:51	V55 Men
	2025	14	9.41	Ramona Thevenet	Stagglers	01:21:23	V55 Women
	2025	14	9.41	Frank Elston	Clapham Runners	01:34:31	V65 Men
	2025	14	9.41	Ramona Thevenet	Stagglers	01:21:23	V65 Women

Nearest A&E (from finish):

Queen's Hospital, Romford RM7 0AG

OR (if QE2 Bridge is clear):

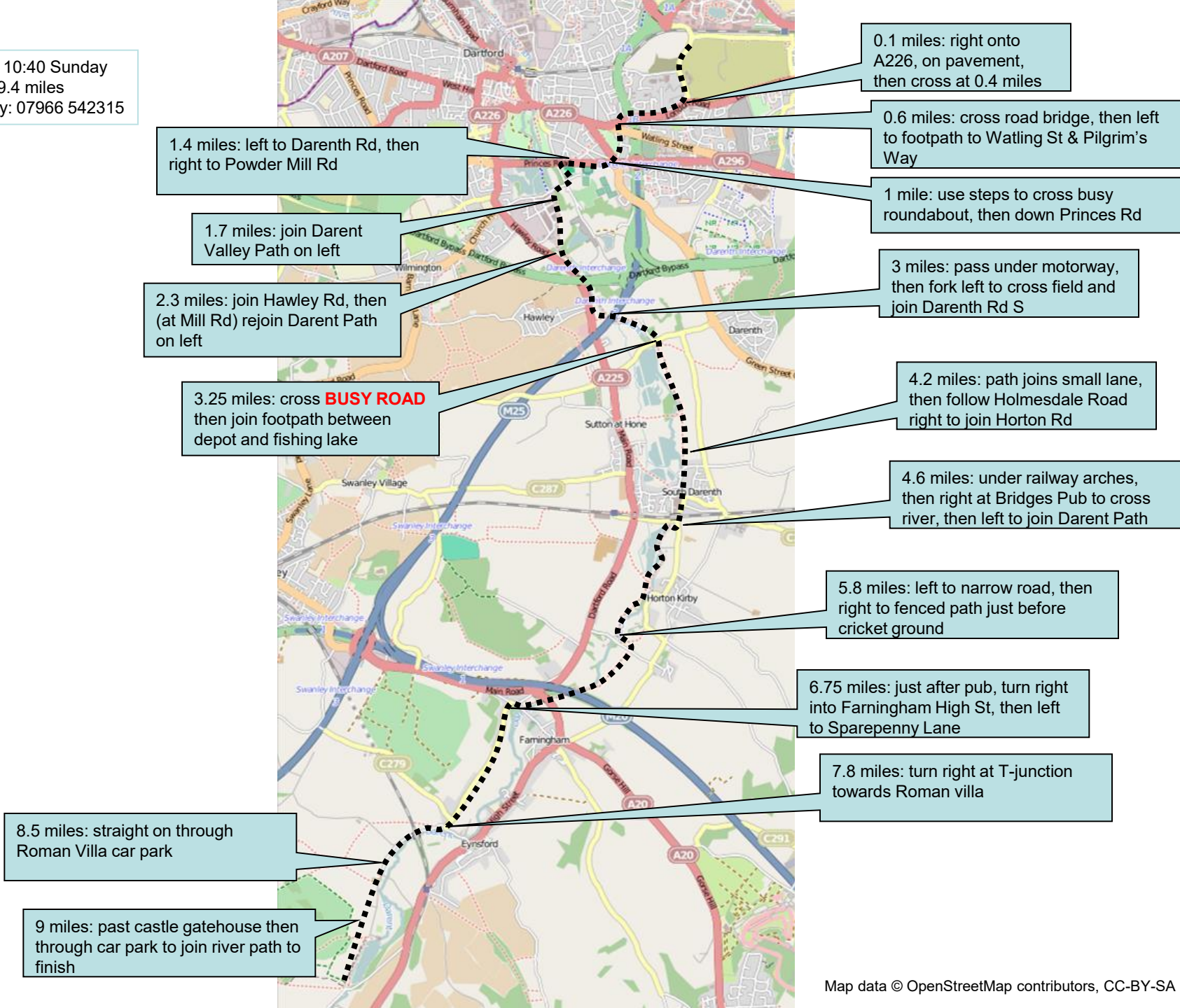
Darent Valley, Dartford DA2 8DA

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 15 – Overview

Start time: 10:40 Sunday
Distance: 9.4 miles
Emergency: 07966 542315



Stage 15 – Things to know

Navigation: Most of this is on the Darent(h) Path although we cross a few roads and villages along the way
Dangerous road crossing at 3.4 miles so please take care

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
15	Start	Hall Bowls Club, Dartford	n/a		RM16 5UL	10:40	10:41	///scan.dart.actors
15	0.4	Traffic Lights and road crossing	M		DA2 6BH	10:42	10:44	///gosh.manliness.spit
15	0.7	Pigrims Way turn	M		DA1 1RF	10:43	10:47	///hints.last.damage
15	1.0	Princes Lane turn	M		DA1 1QA	10:45	10:51	///clash.remain.rush ///puppy.spell.alone
15	1.6	Powder Mill Lane	L		DA1 1LZ	10:48	10:57	///harder.online.unions ///sugars.sugars.burst
15	2.6	Hawley	L	Y	DA2 7RG	10:53	11:08	///open.noon.slang ///margin.eating.rival
15	3.3	Darenth Hill crossing	H		DA2 7QP	10:56	11:15	///under.oils.parks
15	4.6	Bridges pub	M	Y	DA4 9AZ	11:03	11:30	///flash.part.thus
15	6.8	Farningham	M	Y	DA4 0DN	11:13	11:54	///cried.notes.watch ///output.tower.fact
15	9.2	Finish	L	Y	DA4 0JF	11:26	12:21	///remain.firmly.legal

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	15	9.4	Richard Ollington	Thames Hare & Hounds	00:53:17	Overall (men)
2025	15	9.4	Tracy Barlow	Clapham Chasers	00:58:33	Overall (women)
2023	15	9.4	Rich Bull	Clapham Chasers	00:55:44	V35 Men
2025	15	9.4	Tracy Barlow	Clapham Chasers	00:58:33	V35 Women
2025	15	9.4	Ben Reynolds	Thames Hare & Hounds	00:59:28	V45 Men
2022	15	9.4	Maria Jovani	British Airways	01:11:17	V45 Women
2025	15	9.4	Ben Reynolds	Thames Hare & Hounds	00:59:28	V55 Men
2025	15	9.4	Helen Davies	Stragglers	01:18:22	V55 Women
2024	15	9.4	Mike Dennison	British Airways	01:11:38	V65 Men
2025	15	9.4				V65 Women

Nearest A&E (from finish):

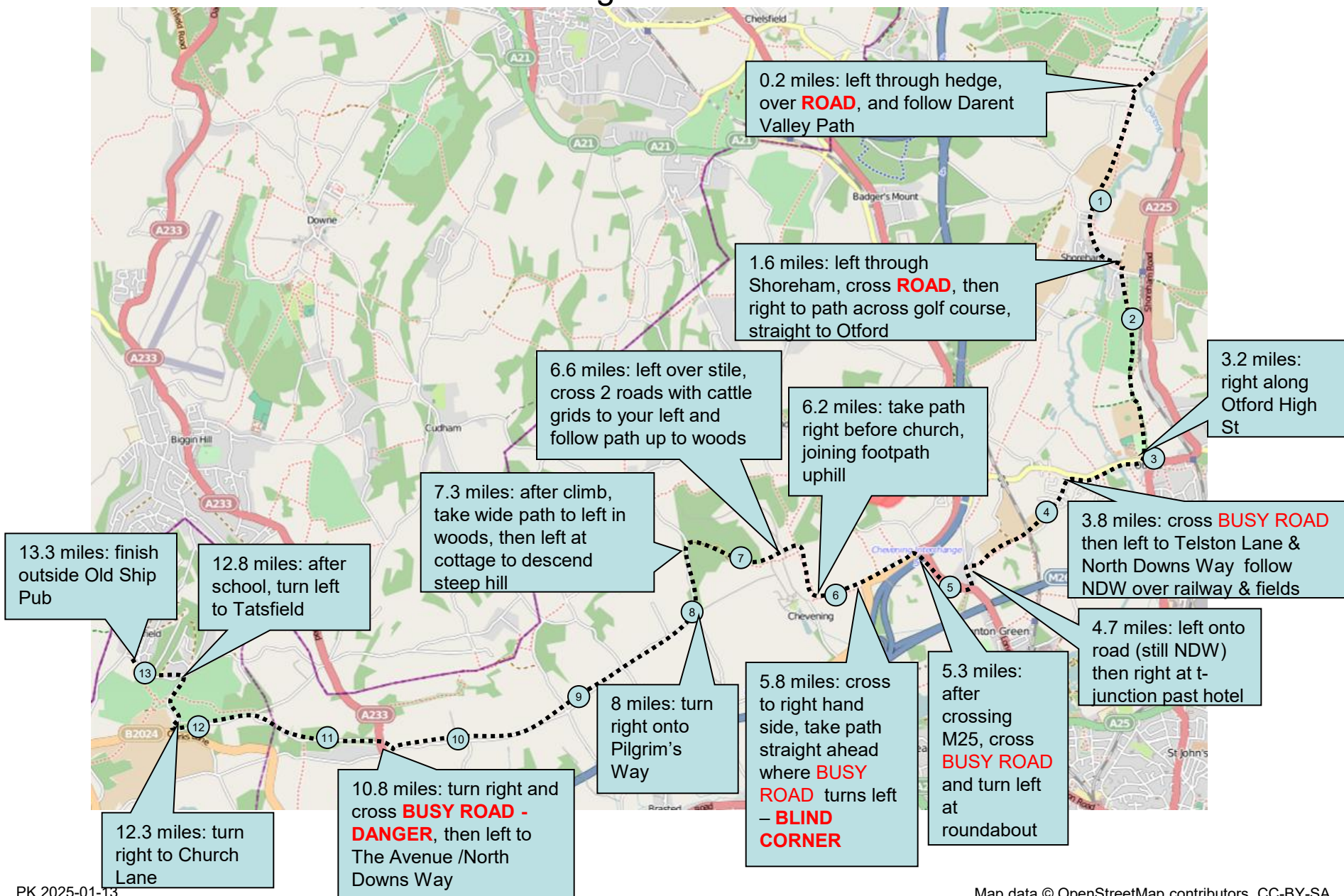
Princess Royal,
Orpington BR6 8ND

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: 11:34 Sunday
Distance: 13.3 miles
Emergency: 07966 542315

Stage 16 – Overview



Stage 16 – Things to know

Navigation: The toughest course of the day and can get hot. Prepare carefully and get hydrated.
Busy, fast road crossings at 5.8 miles and 10.8 miles – take extra care.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
16	Start	Lullingstone	n/a		DA4 0JF	11:34	11:35	///rails.flies.locker
16	0.2	Road section after start	M		DA4 0JF	11:35	11:36	///stole.silent.extra
16	3.2	Otford High St	L	Y	TN14 5PQ	11:50	12:09	///gladiators.linked.spared
16	3.8	Telston Lane	M		TN14 5JX	11:53	12:15	///races.copy.hunter
16	5.3	Morants Court Rd	M		TN14 6HD	12:00	12:32	///pools.pages.evenly ///swaps.lakes.crops
16	5.8	Road bend towards Chevening	H		TN14 6HB	12:03	12:37	///dome.farms.never
16	7.5	Keepers Cottage	L	Y	TN14 7PP	12:11	12:56	///head.feed.fines
16	10.8	A233 crossing	H	Y	TN16 2DS	12:28	13:32	///quiet.live.spice ///ports.props.boats
16	12.3	Church Hill turn	M		TN16 2DG	12:35	13:49	///dunes.idea.hello
16	12.8	Ship Hill turn	M		TN16 2JY	12:38	13:54	///views.ties.slap
16	13.3	Finish - Tatsfield	L	Y	TN16 2AH	12:40	14:00	///zoom.sting.method

Stage Records:	Year	Stage	Distance	Name	Team	Time	Category
	2024	16	13.1	James Hoad	Thames Hare & Hounds	01:15:33	Overall (men)
	2025	16	13.1	Gaby Reynolds	Beeches	01:28:56	Overall (women)
	2024	16	13.1	Chris Biley	Clapham Chasers	01:16:19	V35 Men
	2025	16	13.1	Gaby Reynolds	Beeches	01:28:56	V35 Women
	2007	16	13.1	Hugh Jones	Ranelagh	01:19:41	V45 Men
	2012	16	13.1	Carys Mills	Stragglers	01:39:42	V45 Women
	2025	16	13.1	Roger Reid	Serpentine	01:38:42	V55 Men
	2024	16	13.1	Dorothy Wilkinson	Elmbridge	02:03:04	V55 Women
	2024	16	13.1	Robert Kipling	Ealing Eagles	02:19:08	V65 Men
		16	13.1				V65 Women

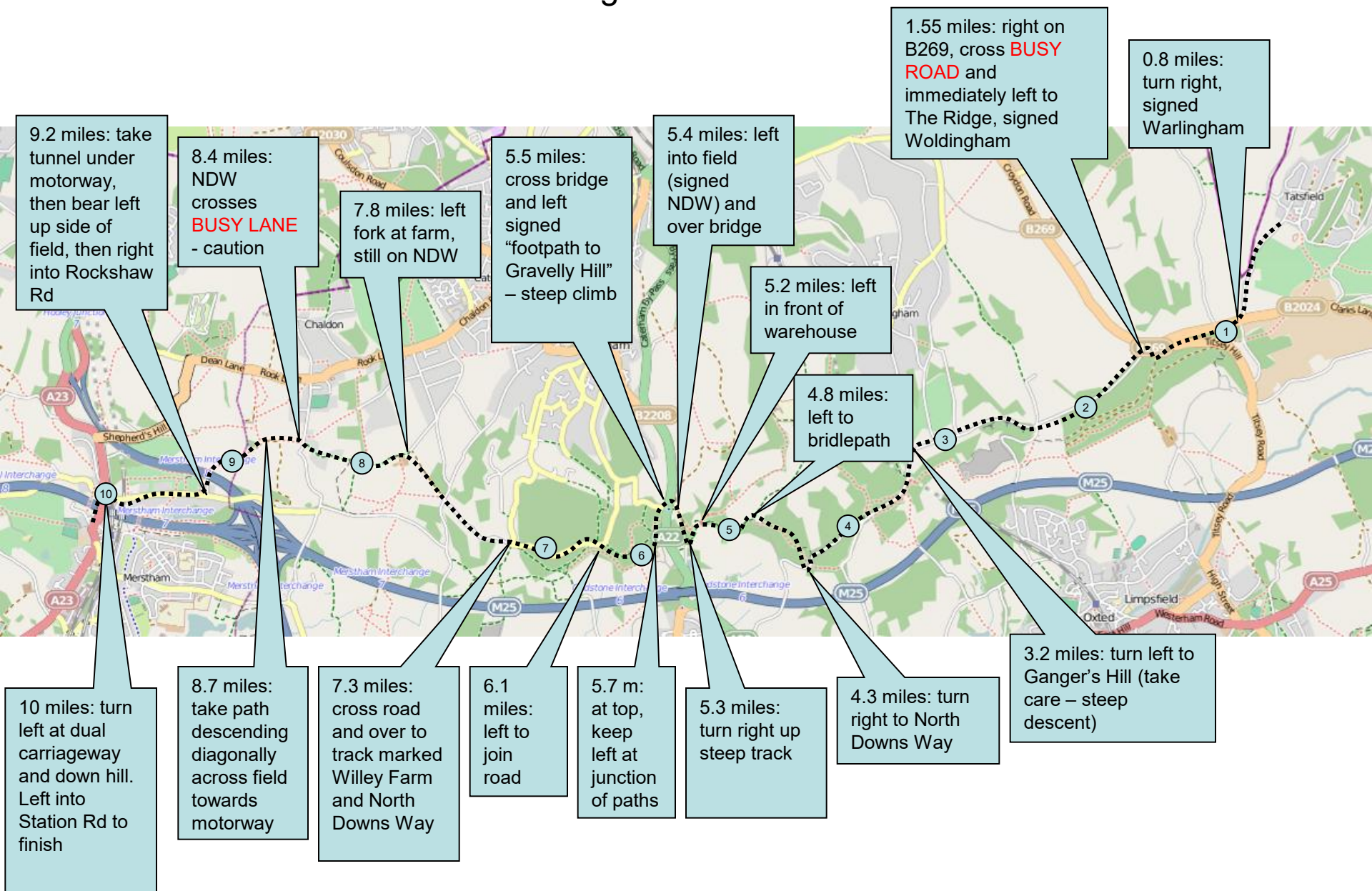
Nearest Hospital with A&E:
Princess Royal University Hospital
Farnborough Common
Orpington BR6 8ND

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: 12:54 Sunday
Distance: 10.5 miles
Emergency: 07966 542315

Stage 17 – Overview



Stage 17 – Things to know

Navigation: difficult off-road sections around 5 miles, then much on the North Downs Way. Course marking this is intermittent as many sections are inaccessible other than on foot, so follow your map. Busy, fast road up to 1.6 miles. Use the verge where possible (we will check it prior to the race), and take extra care crossing.

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
17	Start	Tatsfield	n/a		TN16 2AH	12:54	12:55	///crew.even.comical
17	1.6	The Ridge turn	H		CR6 9QH	13:01	13:11	///bumps.offers.swaps
17	3.2	Gangers Hill turn	M	Y	CR3 7AX	13:10	13:29	///usage.elaborate.gladiators
17	4.7	Quarry Rd turn	M		RH9 8DF	13:17	13:45	///payer.shadow.when
17	7.6	Stanstead Rd junction	M	Y	CR3 6AJ	13:32	14:17	///scuba.beard.noisy
17	8.7	Hilltop Lane crossing	M		CR3 5BL	13:37	14:29	///brave.deeply.honest
17	10.5	Finish	L	Y	RH1 3BA	13:46	14:49	///economies.organ.terms

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	17	10.5	Paddy Roddy	Thames Hare & Hounds	00:55:08	Overall (men)
2011	17	10.5	Lucie Custance	Serpentine	01:05:28	Overall (women)
2016	17	10.5	Simon Barrett	Serpentine	00:59:24	V35 Men
2024	17	10.5	Sarah Holt	Stragglers	01:07:37	V35 Women
2007	17	10.5	Greg Stevens	Stock Exchange	01:02:02	V45 Men
2002	17	10.5	Jane Davies	Epsom & Ewell Harriers	01:14:49	V45 Women
2024	17	10.5	Duncan Wright	British Airways	01:11:53	V55 Men
2009	17	10.5	Sue Ashley	Ranelagh	01:27:20	V55 Women
2009	17	10.5	Brian Bennett	British Airways	01:27:45	V65 Men
	17	10.5				V65 Women

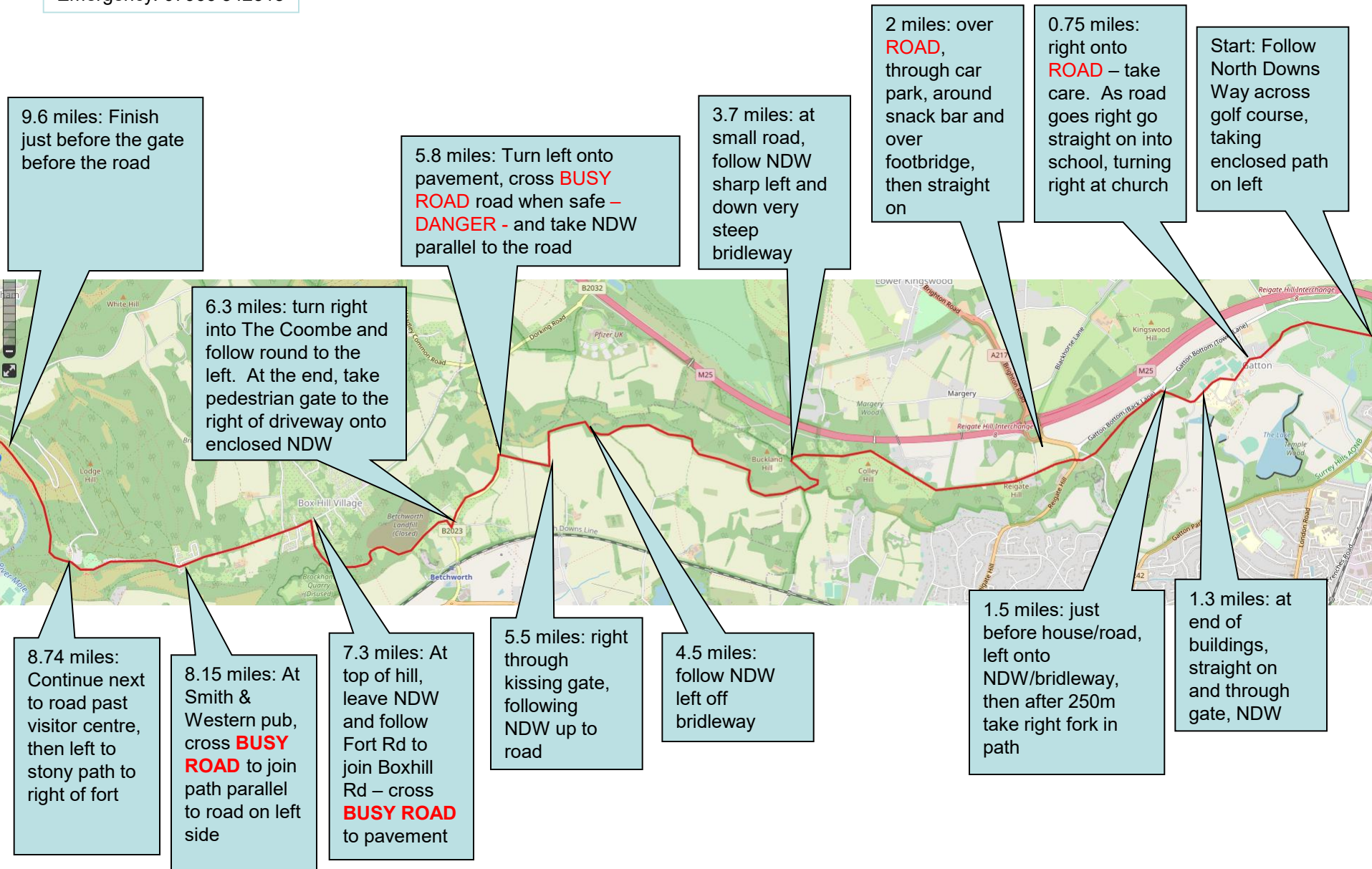
Nearest A&E (from finish):
East Surrey Hospital
Redhill RH1 5RH

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 18 - Overview

Start time: 13:53 Sunday
Distance: 9.6 miles
Emergency: 07966 542315



Stage 18 – Things to know

Navigation: The start is a way from the finish of 17 and not easy to find – please prepare.

We may need to alter the start slightly when there is a cricket game. It makes no real difference to distance.

Dangerous road crossing at 5.8 miles – please take extra care and listen to marshals.

Stage	Miles	Place	Risk	Water	Postcode	Start	End	What Three Words
18	Start	Merstham Cricket Club	n/a		RH1 3BA	13:53	13:54	///shop.warns.echo
18	0.8	Gatton Rd crossing	M		RH2 0TA	13:56	14:01	///plants.sings.look
18	2.0	Viewpoint & footbridge	M	Y	RH2 9RP	14:03	14:15	///exit.supporter.clubs
18	5.8	Pebble Hill Rd	H	Y	RH3 7BP	14:22	14:56	///bells.taking.towers
18	6.3	The Coombe	M		RH3 7BW	14:24	15:02	///chairs.start.candy
18	7.1	Old Fort Road	M	Y	KT20 7JN	14:28	15:11	///plant.puts.free ///crazy.sends.gain
18	7.5	Smith & Western	M		KT20 7JN	14:33	15:22	///elite.envy.caring
18	8.7	Box Hill top / military road	L		KT20 7LB	14:36	15:29	///olive.blast.light
18	9.7	Finish	L	Y	RH5 6BY	14:41	15:29	///dining.salad.rots

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	18	9.7	Harry Guttridge	Clapham Chasers	00:59:22	Overall (men)
2022	18	9.7	Lizzy Apsley	Thames Hare & Hounds	01:06:14	Overall (women)
2022	18	9.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:00:22	V35 Men
2019	18	9.7	Melissah Gibson	Ealing Eagles	01:15:39	V35 Women
2024	18	9.7	Hugh Torry	Serpentine	01:05:45	V45 Men
2023	18	9.7	Sarah Winter	Stragglers	01:20:20	V45 Women
2025	18	9.7	Murray Hogge	British Airways	01:20:38	V55 Men
2025	18	9.7	Merilyn Davis	Stragglers	01:32:11	V55 Women
2025	18	9.7	Nigel Cruttenden	Burgess Hill	01:49:00	V65 Men
2025	18	9.7	Merilyn Davis	Stragglers	01:32:11	V65 Women

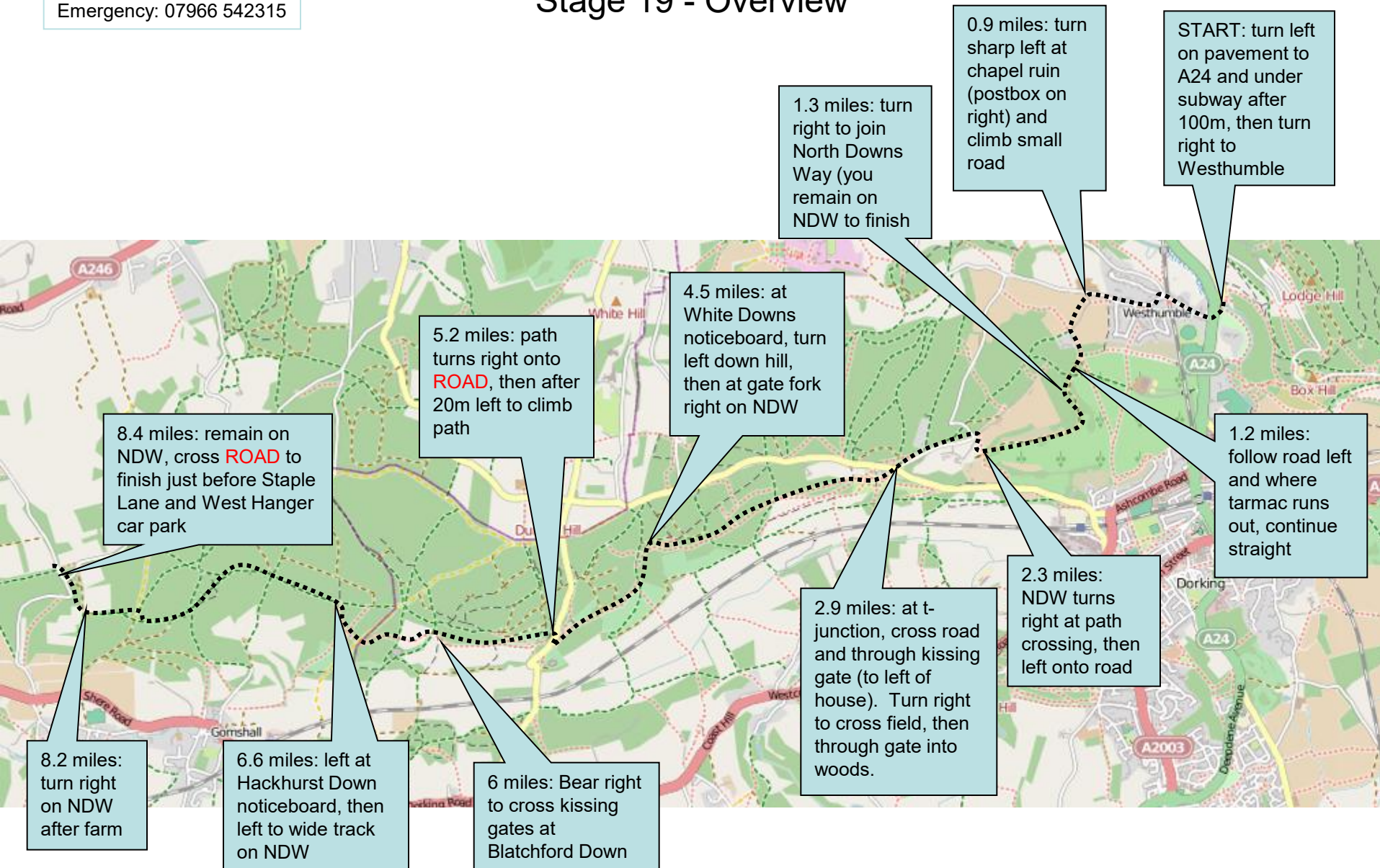
Nearest A&E (from finish):
Epsom Hospital
Epsom KT18 7EG

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: 14:51 Sunday
Distance: 8.55 miles
Emergency: 07966 542315

Stage 19 - Overview



Stage 19 – Things to know

Navigation: Follow the North Downs Way.

Road crossings at 2.9, 5.2 and 8.4 miles which are quiet roads but still need you to pay attention.

Note that the finish at West Hanger is in remote woodland and the postcode is not sufficient to find it.

Timing, marshals and support points

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
19	Start	Burford Bridge	n/a		RH5 6BY	14:51	14:52	///beside.sport.limp
19	2.9	Ranmore road crossing	M	Y	RH5 6SR	15:05	15:22	///corner.festivity.divide
19	5.2	NDW road crossing	M	Y	RH5 6QS	15:17	15:48	///strut.loops.fluid
19	8.4	Combe Lane crossing	M		GU5 9TE	15:33	16:23	///rainy.swear.emerge
19	8.55	Finish	L	Y	GU5 9TE	15:33	16:24	///pill.rested.boss

Stage Records

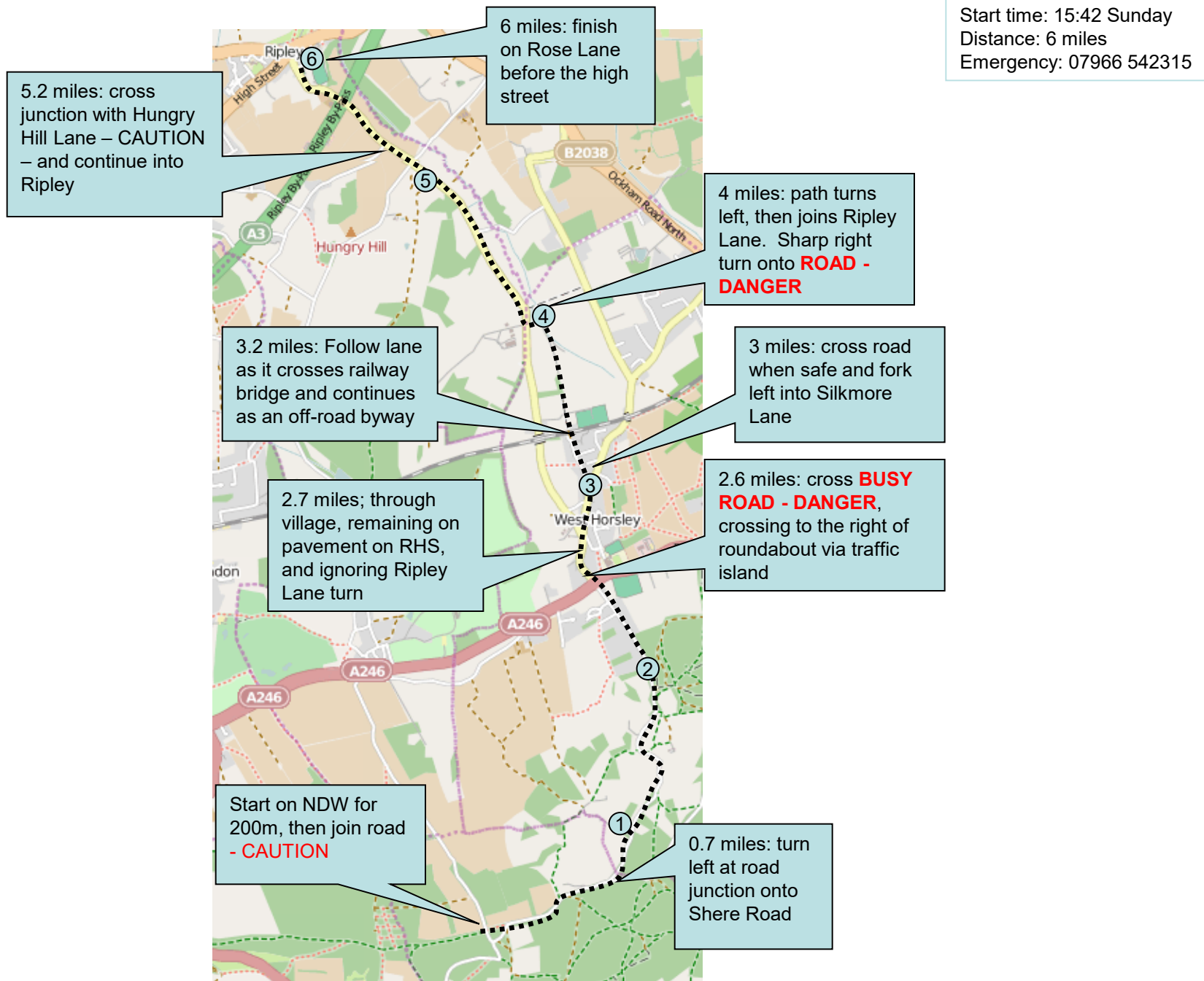
Year	Stage	Distance	Name	Team	Time	Category
2024	19	8.55	Peter Cook	Ranelagh	00:52:54	Overall (men)
2024	19	8.55	Harriet Preedy	Queen's Park Harriers	01:01:02	Overall (women)
2025	19	8.55	Marc Leyshon	Ranelagh	00:53:28	V35 Men
2025	19	8.55	Nicky Hornzee	Stragglers	01:02:31	V35 Women
2024	19	8.55	Simon Barrett	Thames Hare & Hounds	00:58:55	V45 Men
2025	19	8.55	Nicky Hornzee	Stragglers	01:02:31	V45 Women
2025	19	8.55	Gower Tan	Dulwich Runners	01:03:13	V55 Men
2025	19	8.55	Carol Aiken	Ranelagh	01:17:40	V55 Women
2024	19	8.55	Charlie Chandler	SHAEF Shifters	01:23:00	V65 Men
	19	8.55				V65 Women

Nearest A&E (from finish):
Royal Surrey County Hospital
Guildford GU2 7XX

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 20 – Overview



Stage 20 – Things to know

Navigation: The start is hard to find – we suggest you use the What Three Words reference or map references, as the postcode is not precise enough.

Busy road crossing 2.6 miles, and take care when turning onto Ripley Lane from the off-road byway at 4 miles.

Timings, marshals and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
20	Start	West Hanger	n/a		GU5 9TE	15:46	15:47	///proper.rounds.flap
20	2.6	West Horsley Road Crossing	H		KT24 6DG	15:55	16:14	///limes.repay.woof
20	3.0	Silkmore Lane turn	M	Y	KT24 6JP	15:57	16:19	///sums.washed.spare
20	4.0	Jury Farm/Ripley Lane	H		KT24 6JT	16:02	16:30	///tasty.stream.mini
20	6.0	Finish	L	Y	GU23 6BG	16:12	16:47	///waving.hang.table

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	20	6	Richard Ollington	Thames Hare & Hounds	00:30:28	Overall (men)
2022	20	6	Natalie Seymour	Thames Hare & Hounds	00:35:32	Overall (women)
2017	20	6	Simon Barrett	Serpentine	00:32:30	V35 Men
2022	20	6	Natalie Seymour	Thames Hare & Hounds	00:35:32	V35 Women
2025	20	6	Derek Green	Clapham Chasers	00:34:49	V45 Men
2024	20	6	Kate Carter	Windmilers	00:39:36	V45 Women
2024	20	6	Ben Reynolds	Thames Hare & Hounds	00:35:28	V55 Men
2025	20	6	Lucy Pickering	Dulwich Runners	00:46:14	V55 Women
2025	20	6	Fraser Wigley	Stragglers	00:43:15	V65 Men
	20	6				V65 Women

Nearest A&E (from finish):
St Peter's
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 21 – Overview

Start time: 16:17 Sunday
Distance: 8.4 miles
Emergency: 07966 542315

6.65 miles: over metal bridge, take Church Walk to left, then left to Thames St, then left to join Thames towpath to finish

5.5 miles: follow towpath over bridge onto towpath on other side (so now with navigation on your right)

4.5 miles: cross over **BUSY ROAD** at lock and back onto towpath

3.3 miles: towpath goes behind building. Follow onto road for 50m, then back to towpath

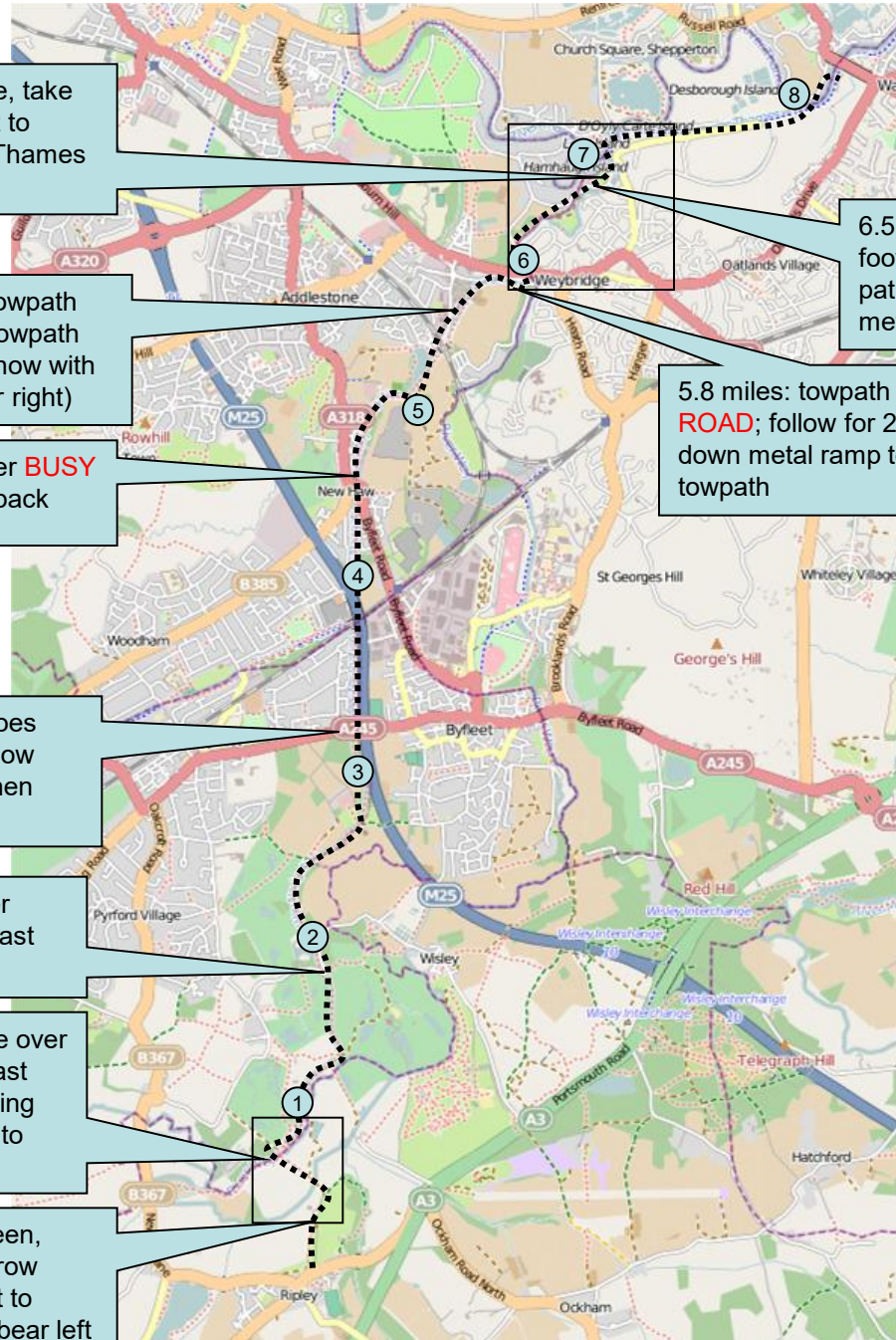
1.7 miles: straight over road and to towpath past Anchor pub

0.6 miles: cross bridge over weir, then turn right past lock on towpath, keeping main Wey Navigation to your left

0.2 miles: along green, then off path to narrow road; road turns left to cross brick bridge; bear left

6.5 miles: right over footbridge at lock, follow path around dog park to metal road bridge

5.8 miles: towpath joins **ROAD**; follow for 20m then down metal ramp to Wey towpath



Stage 21 – Things to know

Navigation: Runners have gone wrong turning on to the towpath at 0.6 miles. You need to cross a river and a weir before reaching the towpath. After that it is along the Wey Navigation until tricky turns at 6.7 miles to reach the Thames towpath.

You cross busy roads at 4.5 and 5.8 miles. Take care, no matter how much of a hurry you are in.

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
21	Start	Ripley Green	n/a		GU23 6BG	16:17	16:18	///beans.tips.energy
21	1.7	Anchor pub	M		GU23 6QW	16:25	16:35	///slide.chains.modest
21	4.5	Byfleet Rd crossing	H	Y	KT15 3JH	16:39	17:06	///funded.headed.jumpy
21	5.8	Weybridge Lock	H		KT13 8XX	16:46	17:20	///fell.stews.open
21	6.8	Hamhaugh Island	L		KT13 8LW	16:51	17:31	///skins.grants.bleat
21	8.4	Finish – Walton Bridge	L	Y	KT12 1QW	16:59	17:49	///swear.police.rents

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2024	21	8.4	Richard Ollington	Stock Exchange	00:45:35	Overall (men)
2025	21	8.4	Lizzy Apsley	Thames Hare & Hounds	00:49:43	Overall (women)
2025	21	8.4	Ross MacDonald	Ranelagh	00:47:45	V35 Men
2019	21	8.4	Rebekah Edgar	Thames Hare & Hounds	00:54:10	V35 Women
2024	21	8.4	Steve Francis	Maidenhead AC	00:50:37	V45 Men
2011	21	8.4	Cathy Ulliot	Brighton & Hove City	00:55:57	V45 Women
2024	21	8.4	Joseph Gonzalez-Armas	26.2 RRC	00:51:48	V55 Men
2025	21	8.4	Michelle Lennon	Dulwich Runners	01:00:25	V55 Women
2024	21	8.4	John Foss	British Airways	01:03:48	V65 Men
2007	21	8.4	Sue Lambert	Serpentine	01:10:49	V65 Women

Nearest A&E (from finish):

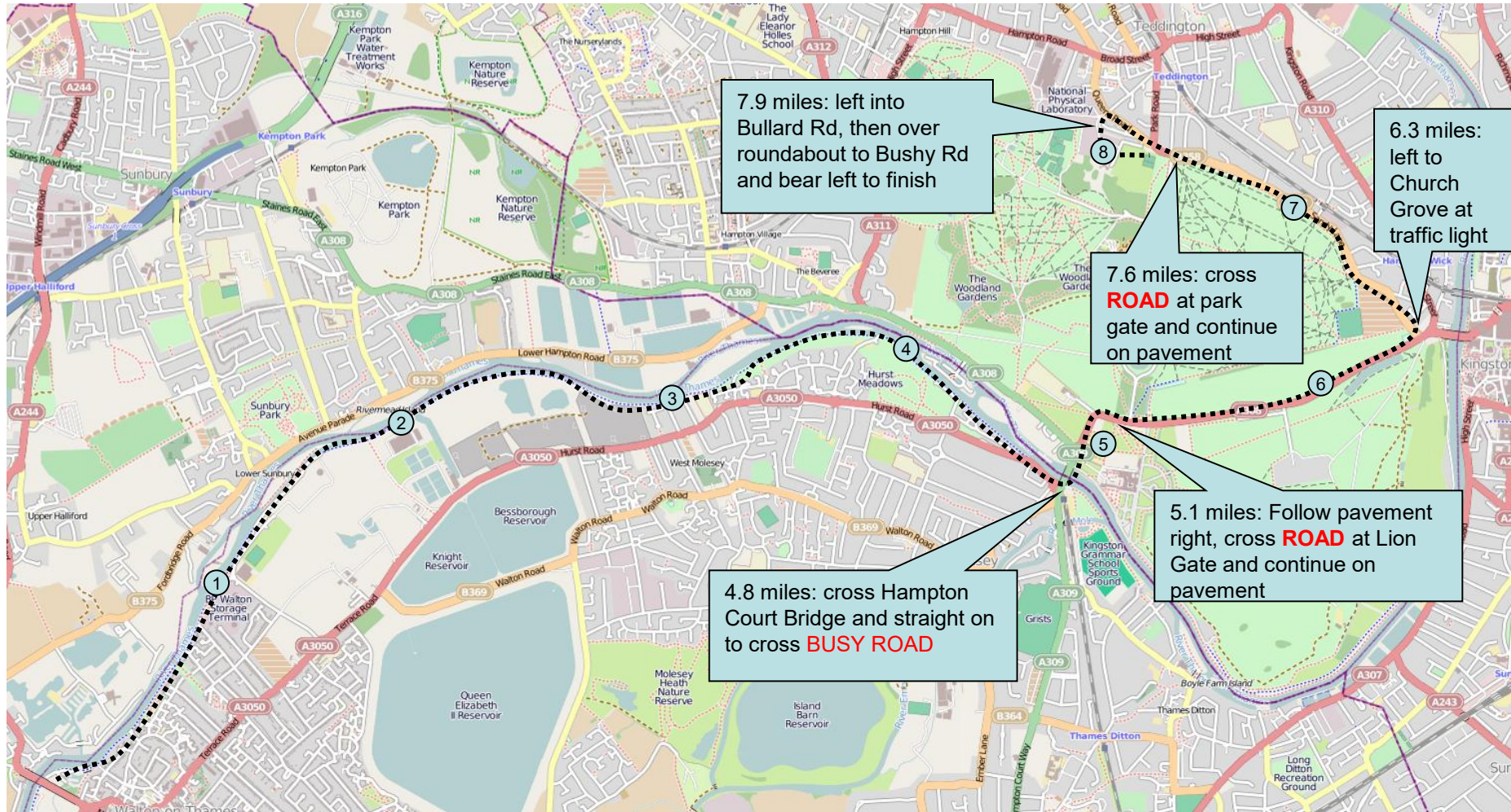
St Peter's Hospital
Guildford Road
Chertsey KT16 0PZ

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.

Start time: 17:10 Sunday
Distance: 8.2 miles
Emergency: 07966 542315

Stage 22 - Overview



Stage 22 – Things to know

Navigation: Take care crossing the road at Hampton Court Green, and crossing the park entrances as you run around the outside of Bushy Park

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
22	Start	Walton Bridge	n/a		TW17 8LY	17:10	17:11	///cherry.simple.leads
22	4.8	Cross to Hampton Court Green	M	Y	KT8 9EP	17:34	18:02	///timing.jokes.hype
22	5.1	Cross road at Lion Gate	M		KT8 9DD	17:35	18:06	///output.intelligible.taken
22	7.6	Cross road at park gate	M		TW11 0BS	17:48	18:33	///resist.ends.tuned
22	8.2	Finish	L	Y	TW11 0EL	17:51	18:42	///dined.tests.cowboy

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	22	8.4	Sam Walker	Wimbledon Windmilers	00:46:32	Overall (men)
2025	22	8.4	Natasha Sheel	Serpentine	00:50:41	Overall (women)
2025	22	8.4	James McMullan	Thames Hare & Hounds	00:47:44	V35 Men
2025	22	8.4	Natasha Sheel	Serpentine	00:50:41	V35 Women
2025	22	8.4	Mark Gratton	SHAEF Shifters	00:50:14	V45 Men
2025	22	8.4	Nathalie Gaudillat	Beckenham	00:55:03	V45 Women
2025	22	8.4	Jonathan Moore	Ranelagh	00:51:33	V55 Men
2025	22	8.4	Alison McCulloch	Ealing eagles	01:08:23	V55 Women
2025	22	8.4	David Sampson	Paddock Wood	00:57:20	V65 Men
2025	22	8.4				V65 Women

Nearest A&E (from finish):

Kingston Hospital
Galsworthy Road
Kingston KT2 7QB

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.