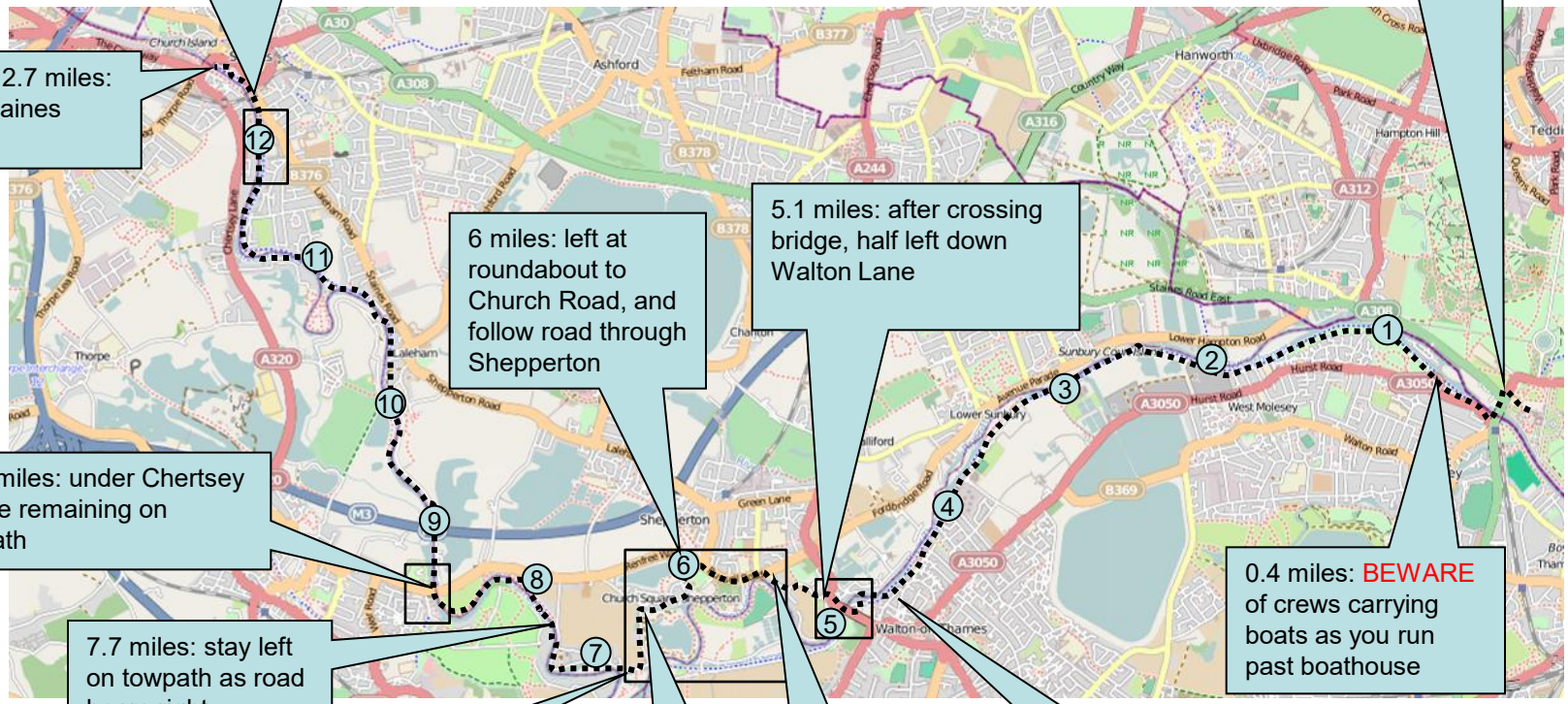
Stage 1 - Overview

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

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

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

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

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

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

FINISH 12.7 miles: before Staines Bridge

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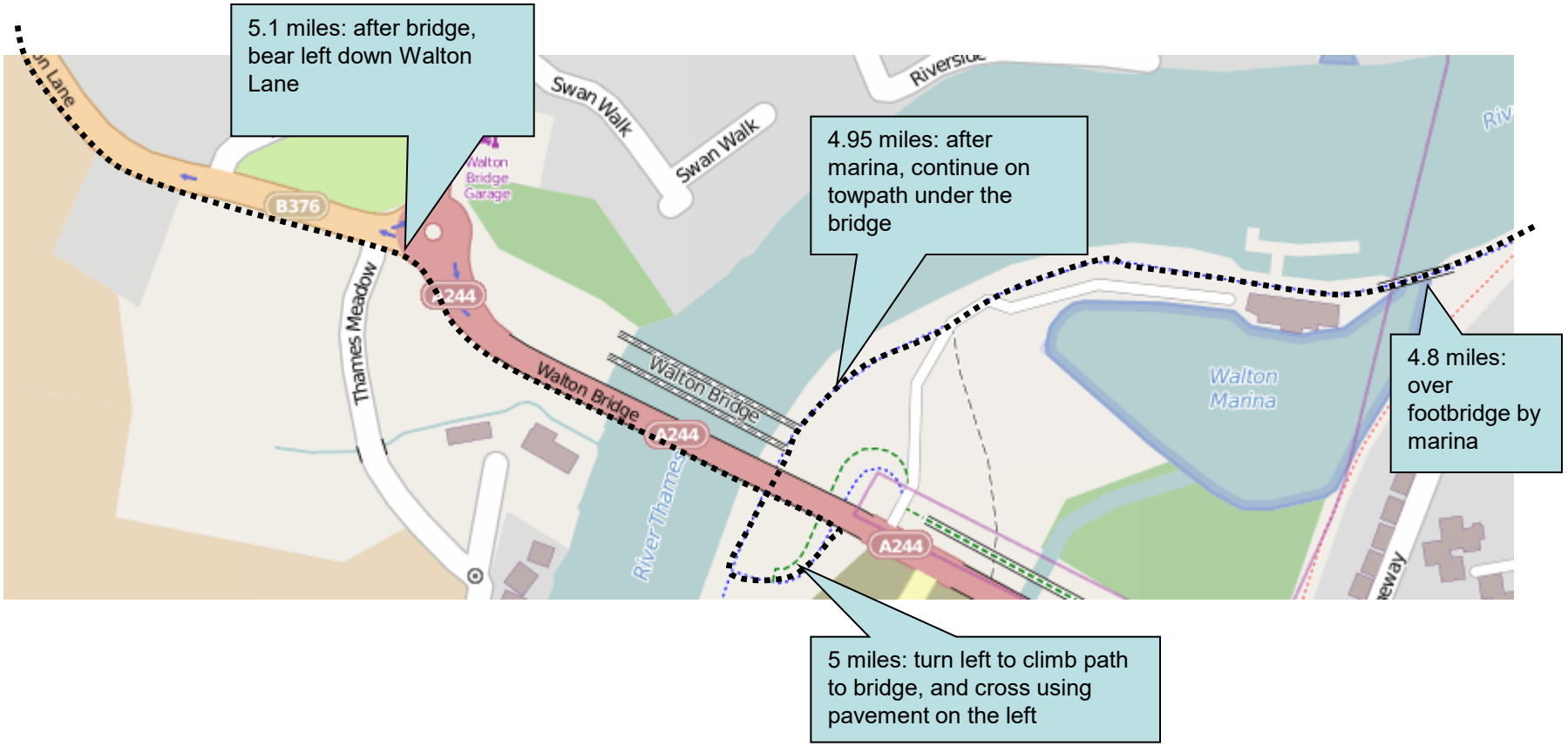
Stage 1 Detail – 5 Miles (Walton Bridge)



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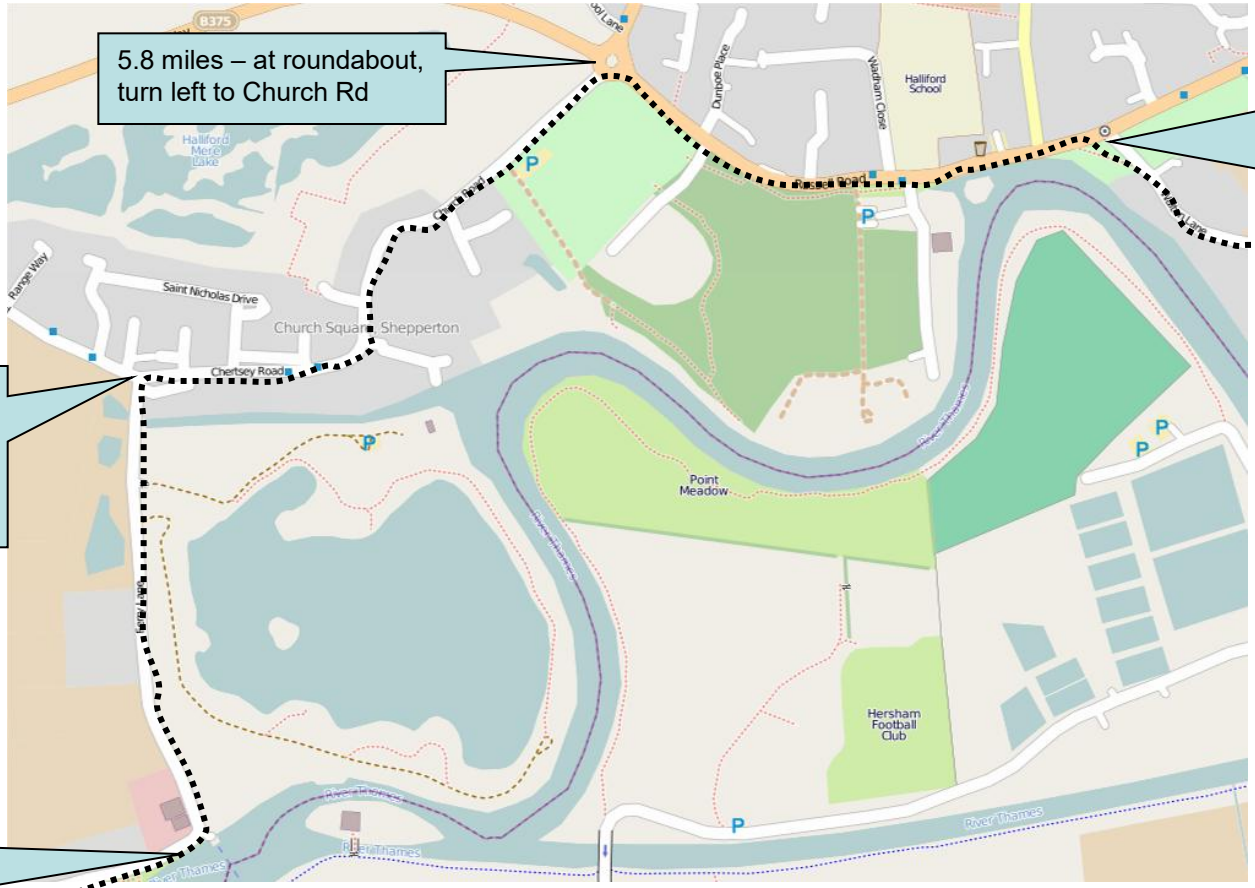
Stage 1 Detail – 6 Miles (Shepperton)



5.8 miles – at roundabout, turn left to Church Rd

5.6 miles: at end of Walton Lane, turn left to Russell Rd B375 (cut across path). BUSY ROAD WITH TINY PAVEMENT – TAKE CARE

6.5 miles, turn left to Ferry Road and follow to towpath

6.7 miles: Turn right onto towpath and follow to end

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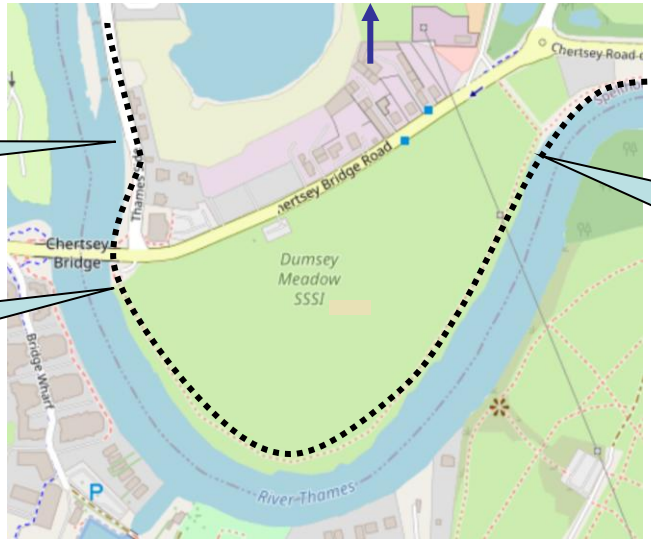
Stage 1 Detail – 8.65 Miles (Chertsey Bridge)

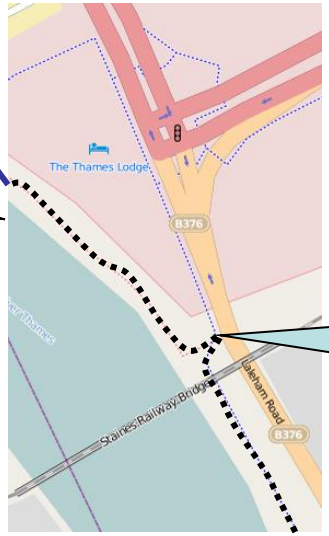


Remain on the towpath all the way to Staines

8.4. Please stay on the towpath – don't cut across the meadow – it is a Site of Special Scientific Interest

8.6. Follow towpath under bridge and continue along river on Thames Side

Stage 1 Detail – 12.4 miles (Staines)



2. Remain on footpath to finish

1. Arriving in Staines, under the railway bridge and then immediately left through gate onto footpath before hotel

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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.

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