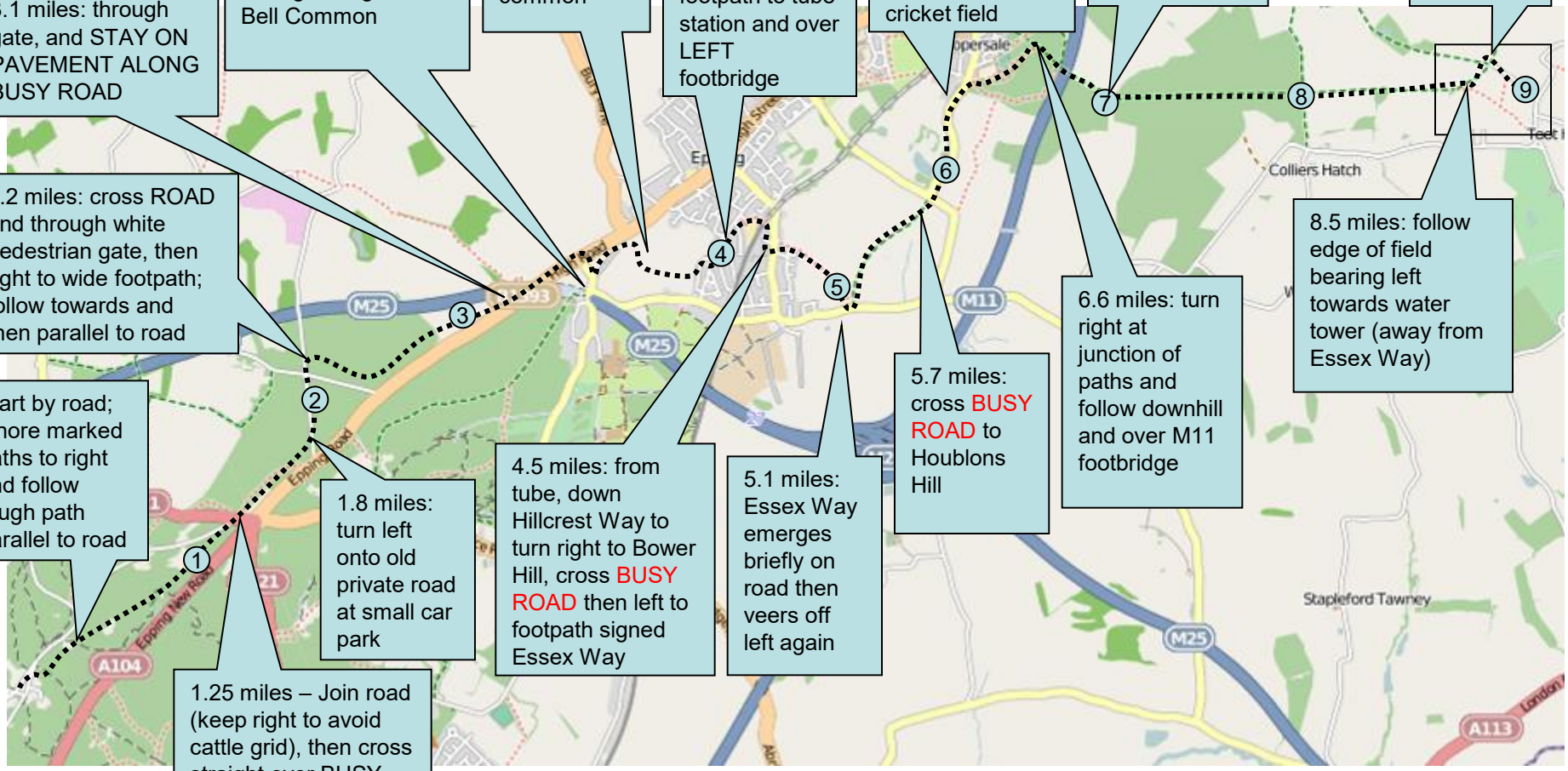
Stage 10 – Overview



Start by road; ignore marked paths to right and follow rough path parallel to road

1.25 miles – Join road (keep right to avoid cattle grid), then cross straight over BUSY ROAD and straight on to wide forest path

1.8 miles: turn left onto old private road at small car park

2.2 miles: cross ROAD and through white pedestrian gate, then right to wide footpath; follow towards and then parallel to road

3.1 miles: through gate, and STAY ON PAVEMENT ALONG BUSY ROAD

3.5 miles: CROSS BUSY ROAD AT TRAFFIC LIGHT – DANGER! and through hedge to Bell Common

3.7 miles: turn right past houses to cross common

4 miles: left to Western Ave, then to Centre Dr, then footpath to tube station and over LEFT footbridge

4.5 miles: from tube, down Hillcrest Way to turn right to Bower Hill, cross BUSY ROAD then left to footpath signed Essex Way

5.1 miles: Essex Way emerges briefly on road then veers off left again

5.7 miles: cross BUSY ROAD to Houblons Hill

6.3 miles: at infant school, turn right and through gate into woods, path on left. Keep to right edge of cricket field

6.6 miles: turn right at junction of paths and follow downhill and over M11 footbridge

7 miles: stay left on Essex Way as path forks; keep straight on

8.5 miles: follow edge of field bearing left towards water tower (away from Essex Way)

8.7 miles: turn right to Mill Lane to finish

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

PK 2026-03-16

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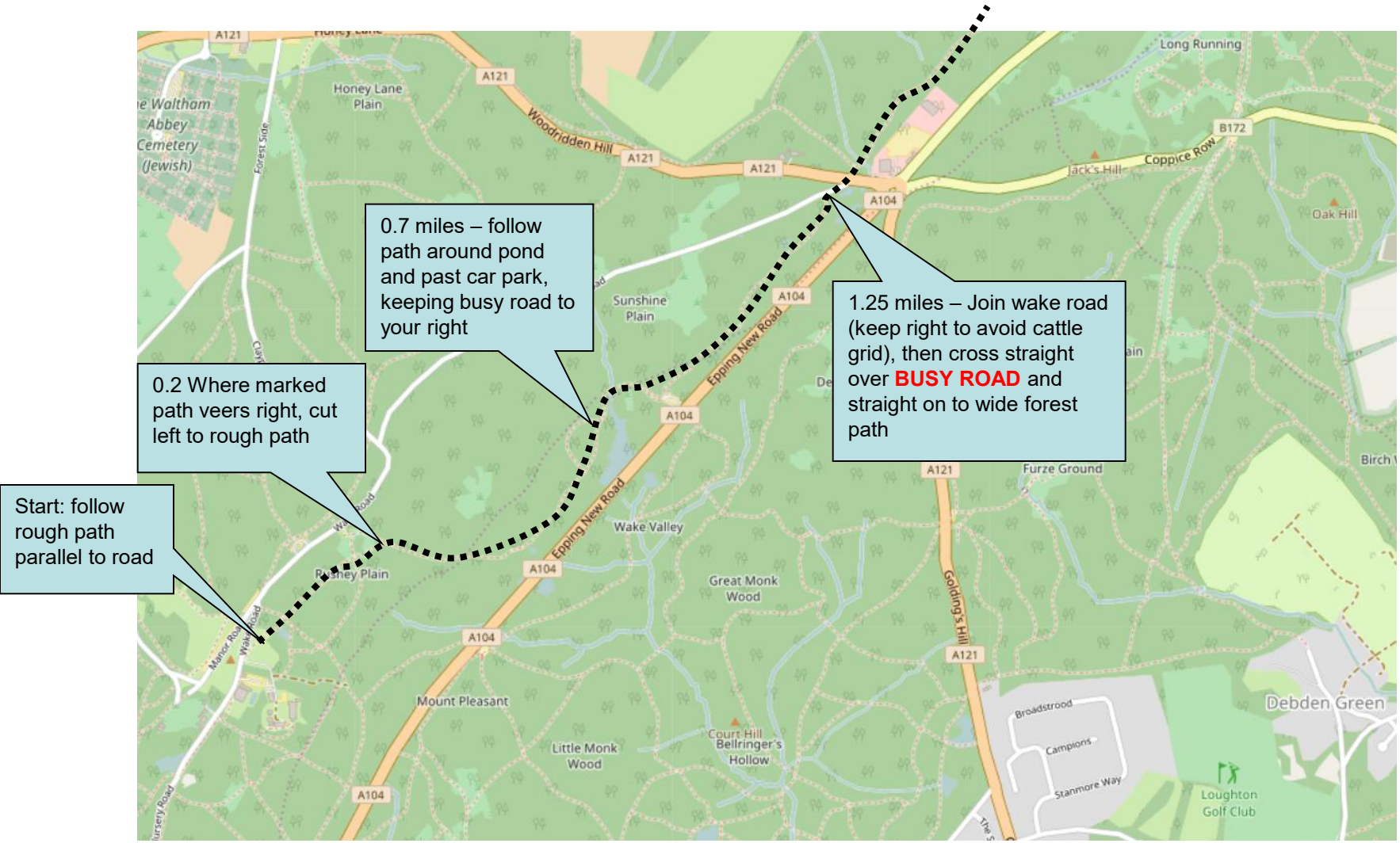
Stage 10 Detail – First Mile



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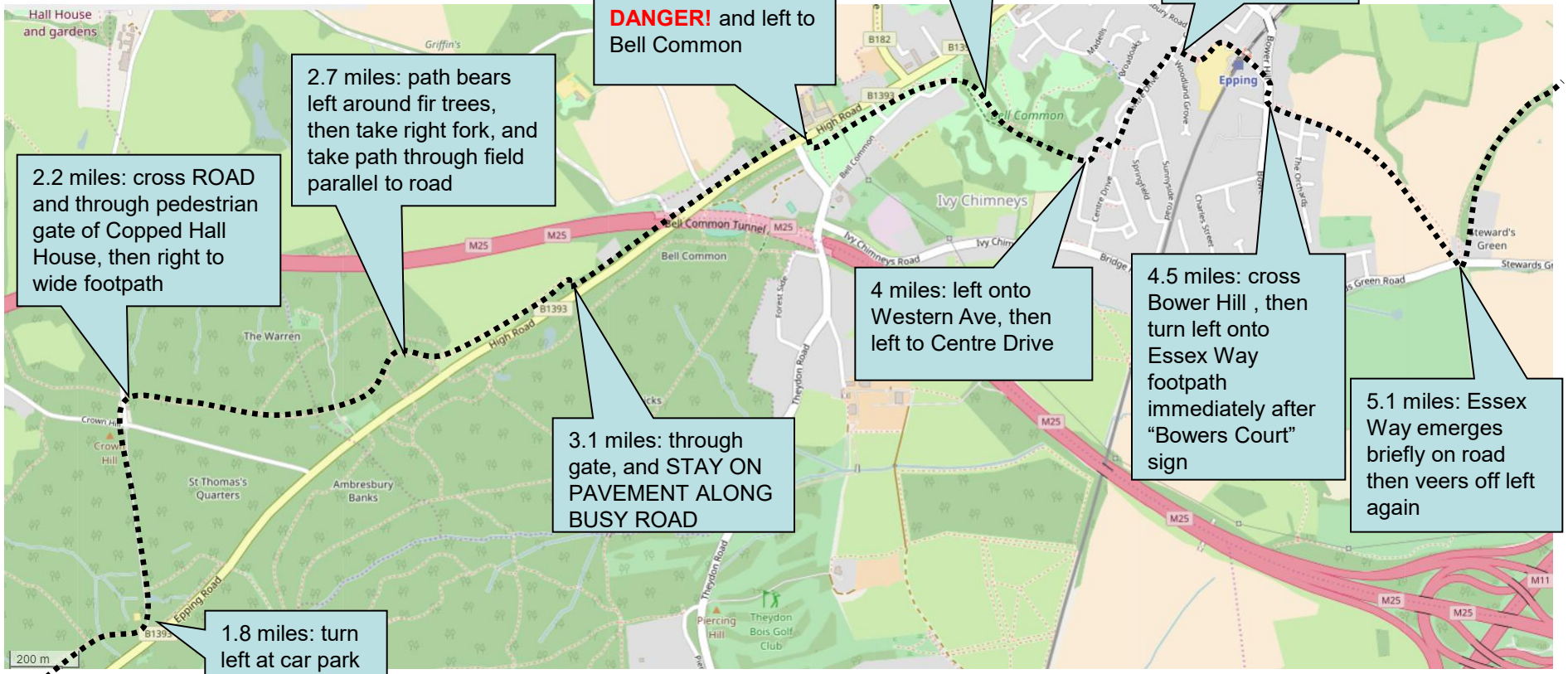
Stage 10 Detail – Epping



2.2 miles: cross ROAD and through pedestrian gate of Copped Hall House, then right to wide footpath

2.7 miles: path bears left around fir trees, then take right fork, and take path through field parallel to road

3.5 miles: **CROSS BUSY ROAD AT TRAFFIC LIGHT – DANGER!** and left to Bell Common

3.7 miles - Past houses, turn right through gap in trees and join footpath

4.4 miles: right onto footpath between house and tube sign, and cross footbridge over tube station

4 miles: left onto Western Ave, then left to Centre Drive

4.5 miles: cross Bower Hill , then turn left onto Essex Way footpath immediately after "Bowers Court" sign

5.1 miles: Essex Way emerges briefly on road then veers off left again

3.1 miles: through gate, and STAY ON PAVEMENT ALONG BUSY ROAD

1.8 miles: turn left at car park onto straight private road

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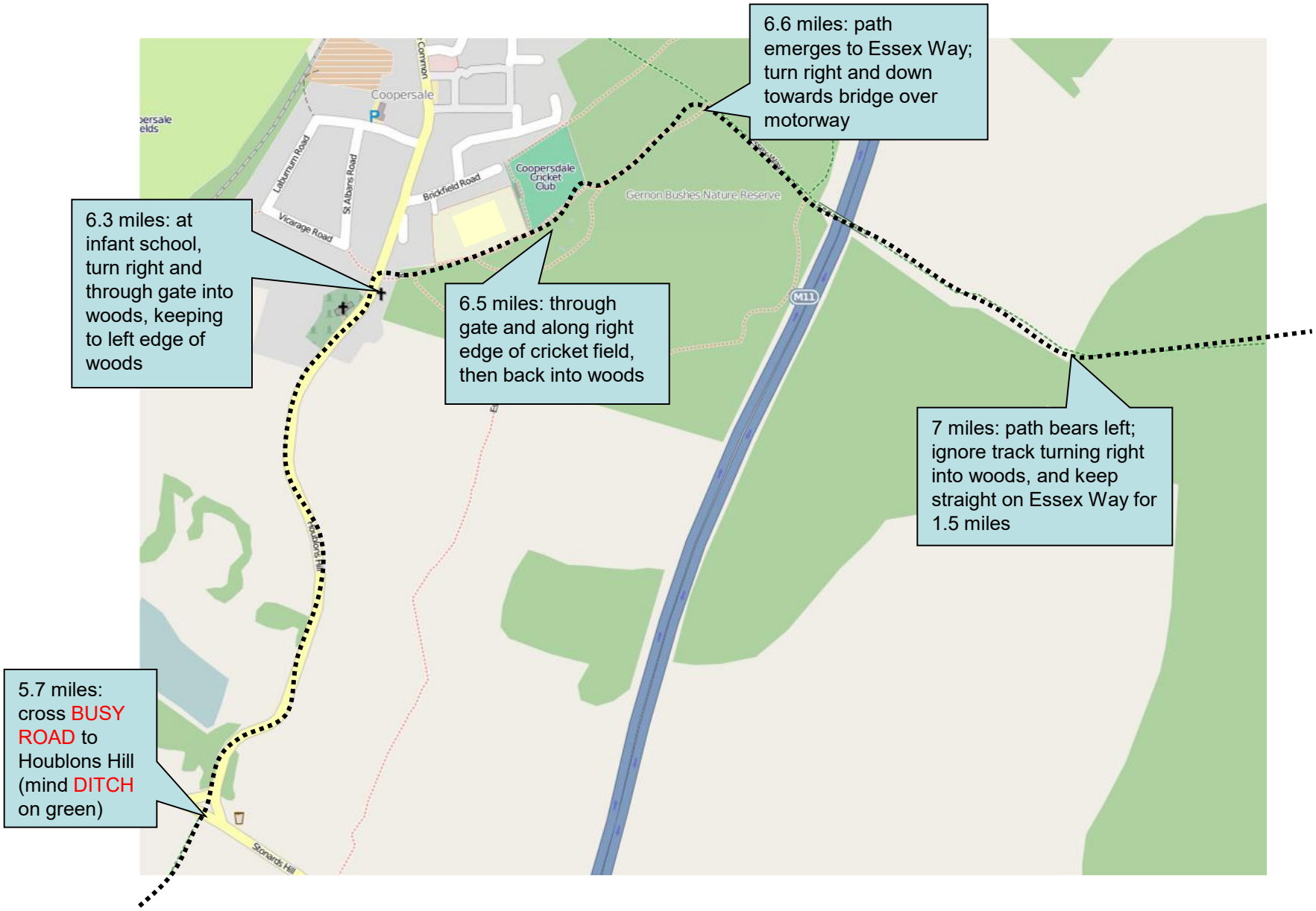
Stage 10 Detail – 7 Miles: Coopersale



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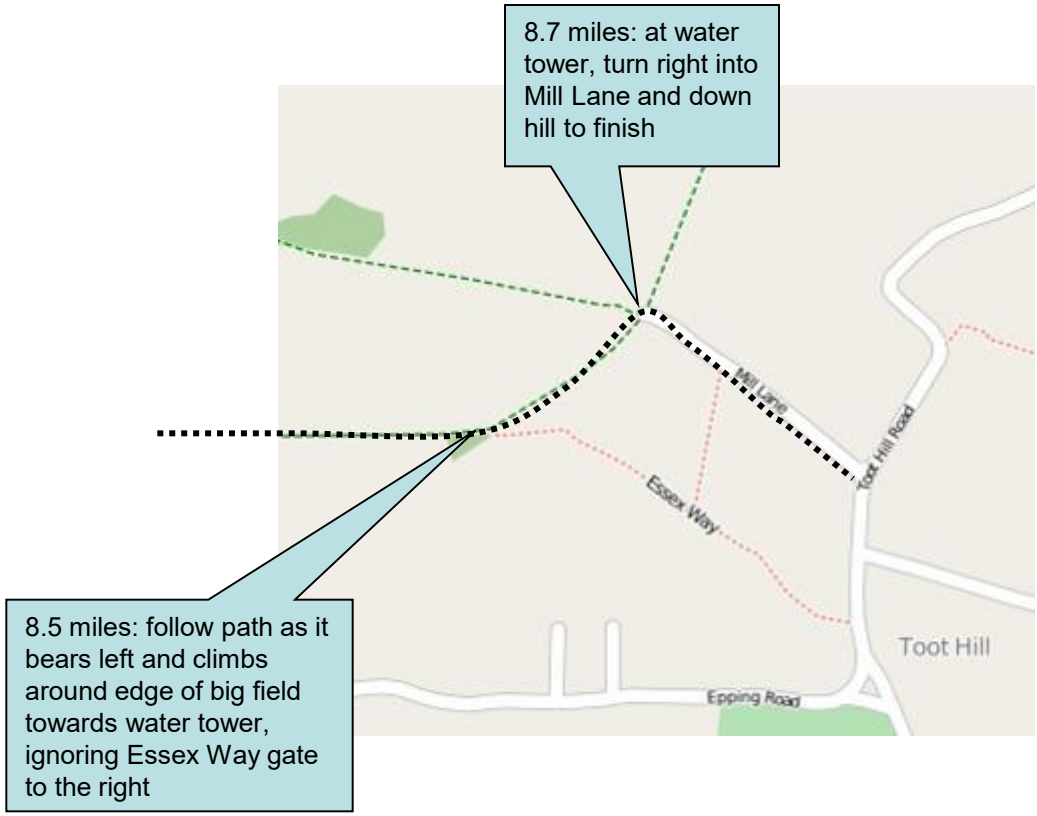
Stage 10 Detail – Finish



PK 2026-03-16

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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

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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