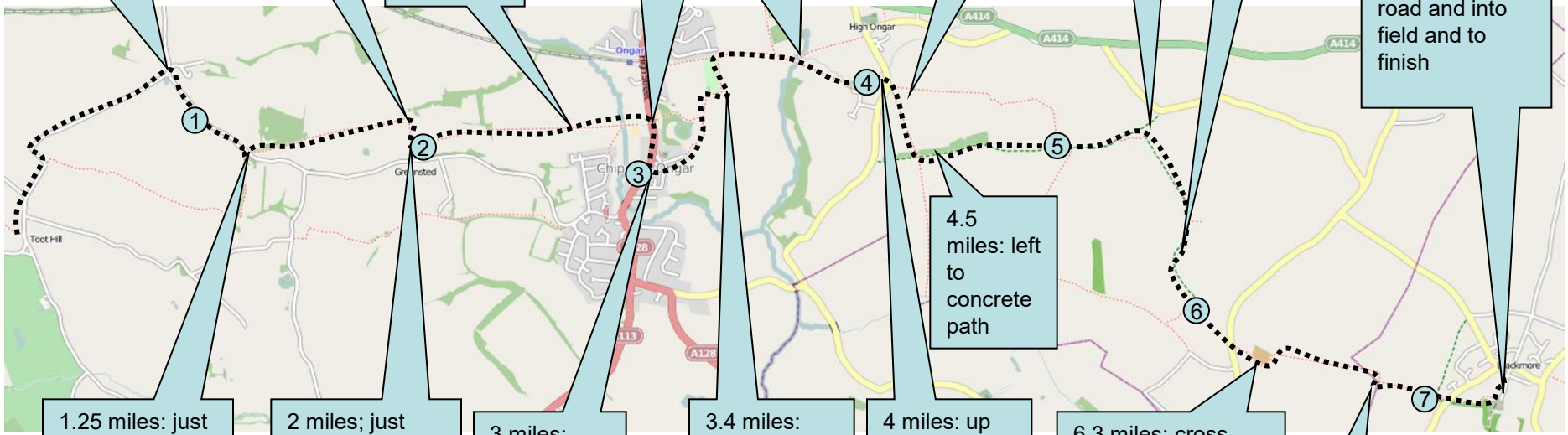
Start time: 18:48 Saturday
Distance: 7.5 miles
Emergency: 07966 542315

Stage 11 - Overview



0.85 miles: turn right to Greensted Rd - ROAD

1.8 miles: turn right lane, through farm

2.2 miles: straight over narrow lane and back to path

2.7 miles: over concrete bridge, up past Sainsbury's, turn right to High St. and over BUSY ROAD

3.7 miles: bear right away from Essex Way towards small metal bridge (St Peter's Way) and straight on

4.2 miles: take path half-right over field

5.3 miles: past farm on left, then take path around trees

5.7 miles: cross gap to have hedge on your right

7.1 miles: end of path cross road and into field and to finish

1.25 miles: just after farm, turn left onto Essex Way

2 miles; just past church, turn left, the through gate to path

3 miles: turn left to Castle St. Take footpath at "Spring Meadow" gate

3.4 miles: follow path around the right side of playground, then right as you reach edge of houses

4 miles: up steps, left, and path left behind houses. Turn right at road, then after 50m take footpath left through hedge

4.5 miles: left to concrete path

6.3 miles: cross ROAD and into farm; round back of farm/houses to track across field with church spire ahead

6.5 miles: path turns right & then left over small bridge

PK 2026-05-05

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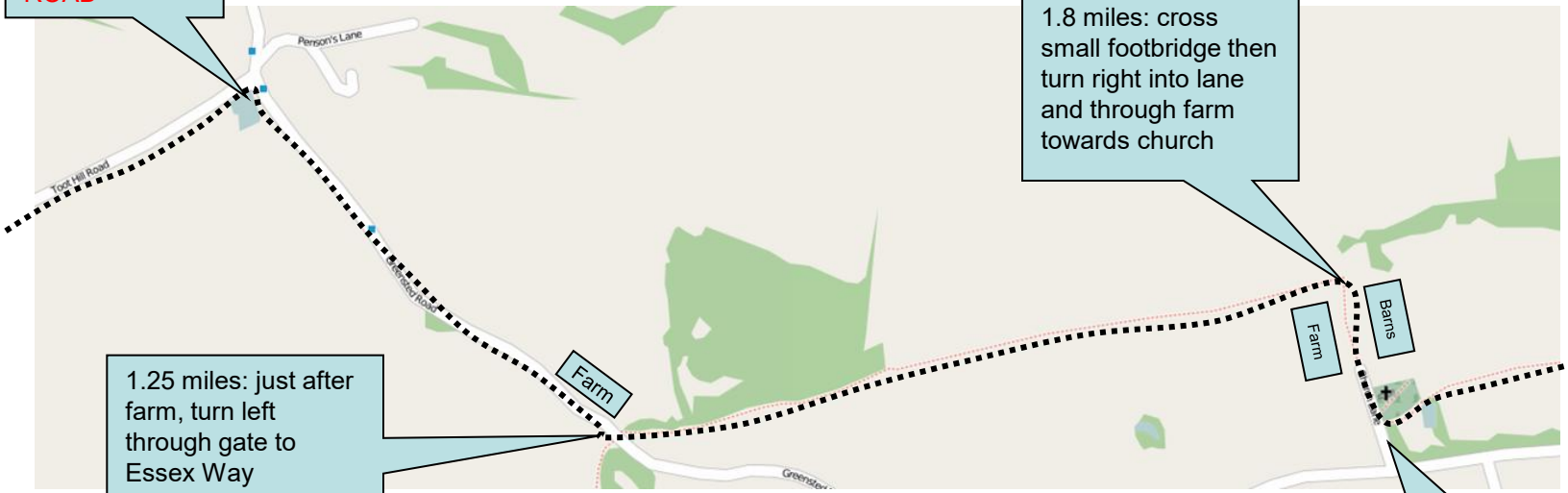
Stage 11 Detail – Greensted and Chipping Ongar

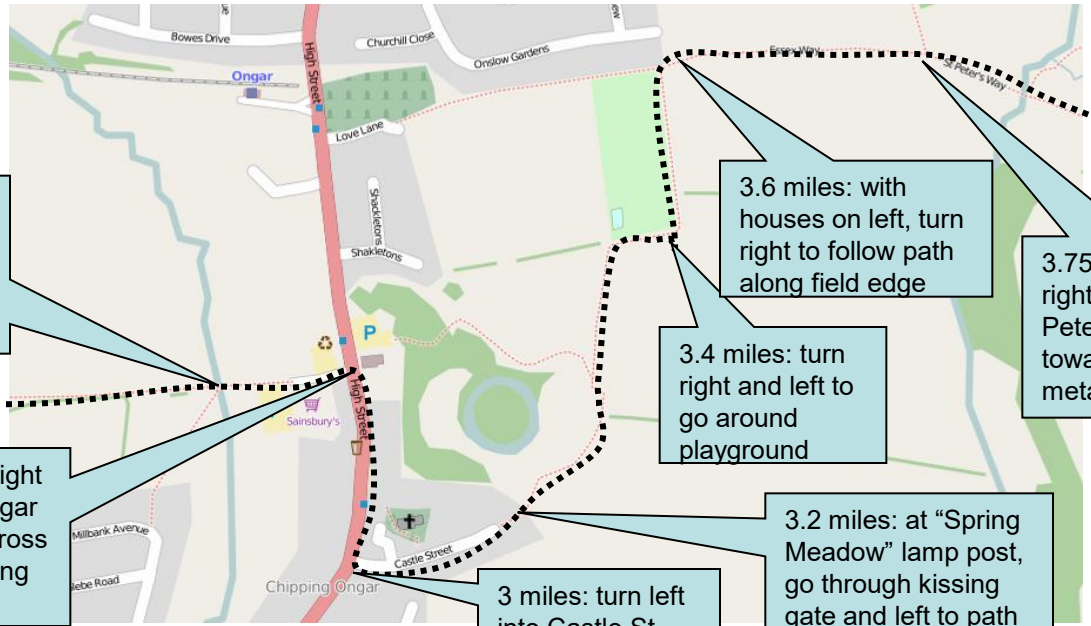


0.85 miles: turn right to Greensted Rd - ROAD

1.8 miles: cross small footbridge then turn right into lane and through farm towards church

1.25 miles: just after farm, turn left through gate to Essex Way

1.95 miles: just after church, turn left to path and through gate to continue on Essex Way



2.75 miles: over small concrete bridge and up track to pass to left of Sainsbury's

3.6 miles: with houses on left, turn right to follow path along field edge

3.75 miles: bear right (marked "St Peter's Way") towards small metal bridge

3.4 miles: turn right and left to go around playground

2.85 miles: turn right into Chipping Ongar high street and cross BUSY ROAD using crossing

3.2 miles: at "Spring Meadow" lamp post, go through kissing gate and left to path

3 miles: turn left into Castle St

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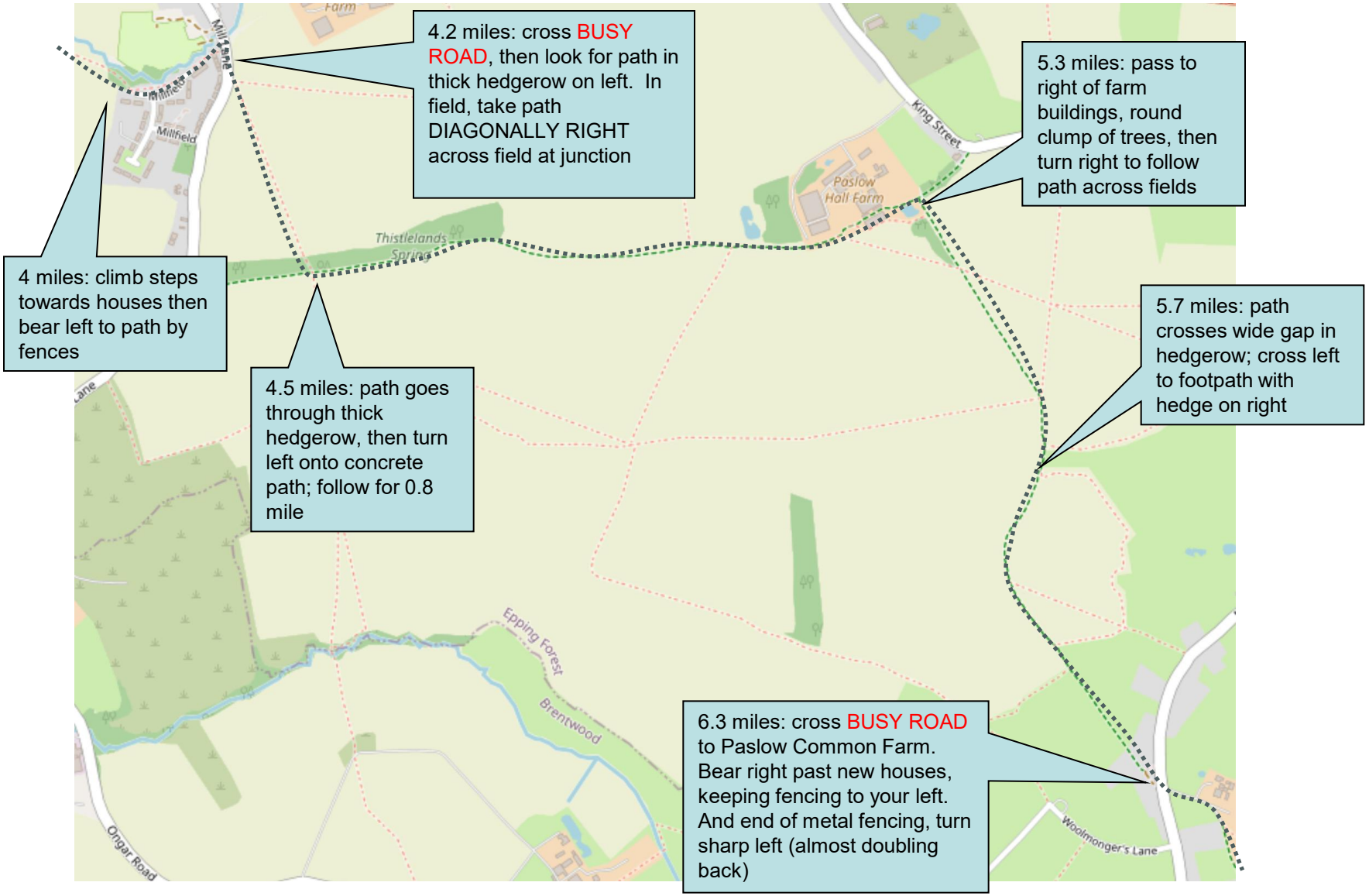
Stage 11 Detail – High Ongar



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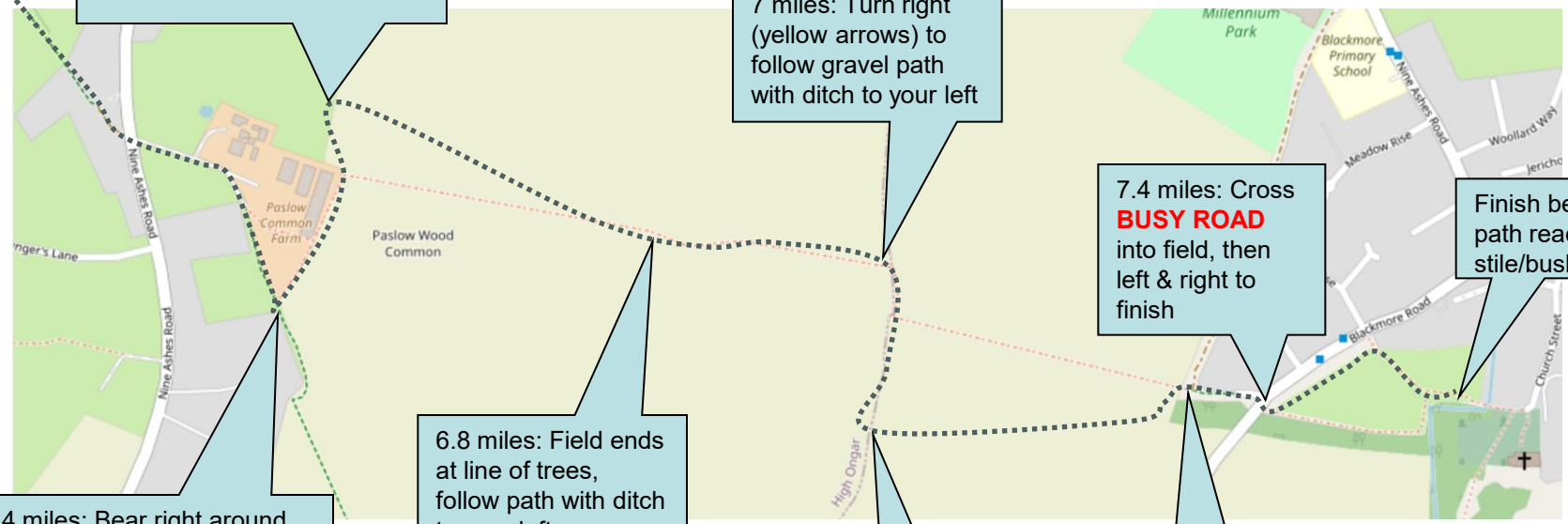
Stage 11 Detail - Finish



6.5 miles: Continue on path past houses, then after 50m turn sharp right to tractor tracks aiming for line of trees

7 miles: Turn right (yellow arrows) to follow gravel path with ditch to your left

7.4 miles: Cross **BUSY ROAD** into field, then left & right to finish

Finish before path reaches stile/bushes

6.4 miles: Bear right around housing estate, then at fields turn sharp left in front of houses

6.8 miles: Field ends at line of trees, follow path with ditch to your left

7.1 miles: Turn left at the end of the ditch (yellow arrow) to follow path around edge of field into village

7.3 miles: Turn left from field to narrow footpath into village

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Stage 11 Detail - Finish

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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 follow a new footpath into Blackmore and then 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	7.4	Blackmore Rd crossing	M		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

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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