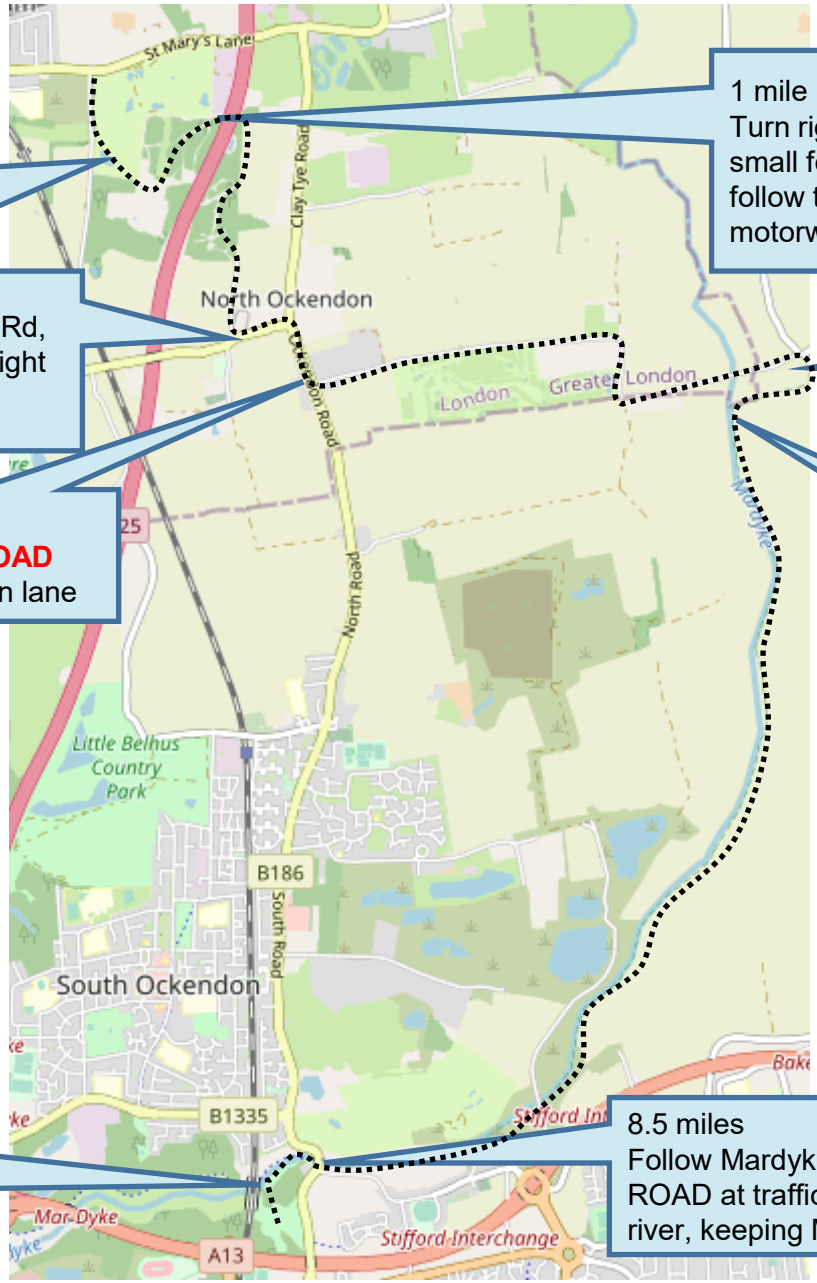
Stage 14

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



0.25 miles: bear left across golf course and through get to Thames Chase visitor centre

1 mile
Turn right before small footbridge and follow tunnel under motorway

1.9 miles
Sharp left onto Ockendon Rd, cross **BUSY ROAD** then right into North Ockendon on pavement

4.4 miles: Turn right into Harrow Road and then right to bridle path

2.4 miles
Cross **BUSY ROAD**
Turn left into Fen lane

4.85 miles: Join Mardyke way and follow to finish

8.9 miles
Before viaduct, turn left away from Mardyke to finish

8.5 miles
Follow Mardyke Way, cross BUSY ROAD at traffic island, then back to river, keeping Mardyke to your right

PK 2026-03-16

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Stage 14 (start)

Start on footpath inside gate

0.25 miles
Bear left on wide path across golf course

0.47 miles
Through gate and to left of visitor centre and follow main path

0.9 miles
Turn right before small footbridge and follow to tunnel under motorway

1 mile
Follow narrow footpath right

1.27 miles
Path bears right and then left up hill

1.62 miles
Through stile and right onto concrete farm track

PK 2026-03-16

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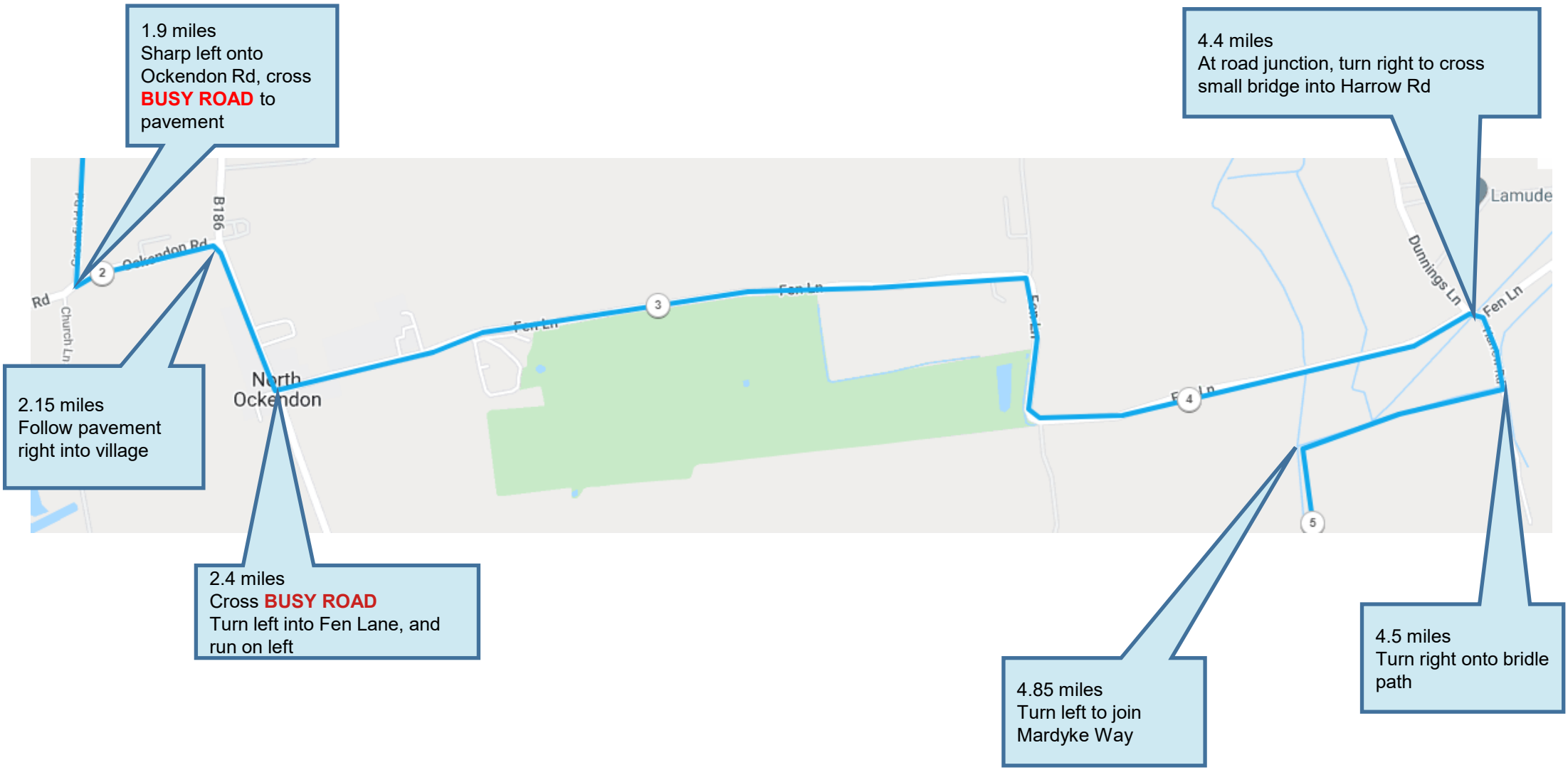
Stage 14 (middle)



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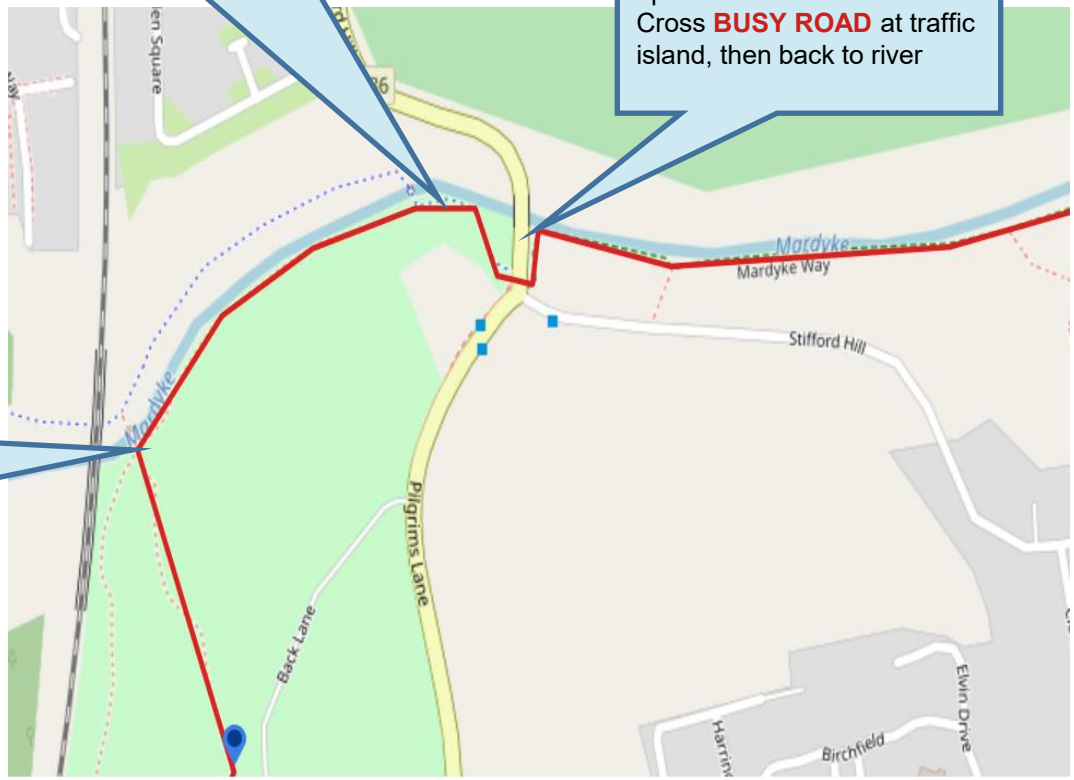
Stage 14 (end)

8.7 miles
Turn left before foobridge - stay with Mardyke to your right

8.5 miles
Follow path left at bridge and up to road.
Cross **BUSY ROAD** at traffic island, then back to river

8.9 miles
Before viaduct, turn left to finish



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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.

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