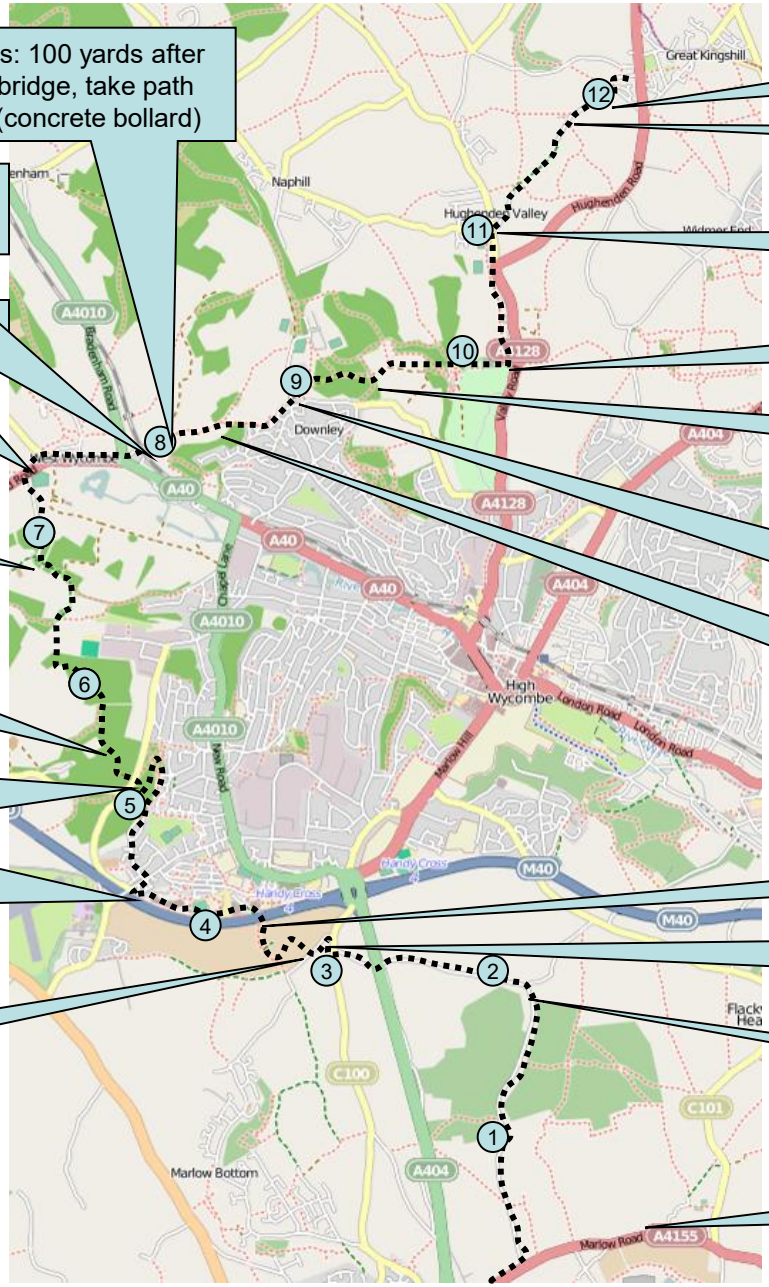
Stage 4 – Overview

Start time: 11:40 Saturday
Distance: 11.8 miles
Emergency: 07966 542315



12 miles: left to path behind houses, then right to finish

11.8 miles: straight on past school

11 miles: cross BUSY ROAD and turn right to Boss Lane

10.25 miles: left to A4128, staying on left; straight over roundabout

9.25 miles: follow path to Hughenden

8.9 miles: emerge from path, turn left in front of school, and onto path straight on; down hill and into Moor Lane and on to path

8.45 miles: climbing sunken path, take right fork

8.1 miles: 100 yards after railway bridge, take path to right (concrete bollard)

7.9 miles: cross BUSY ROAD and at roundabout, take Cookshall Lane

7.35 miles: turn right on A40

6.4 miles: cross field and follow enclosed bridleway which turns into Toweridge Road; follow down to A40 (see detail)

5.4 miles: climb hill and turn right at fork, then follow path to left edge of woods and follow to end (see detail)

4.8 miles: follow hairpins to Lane End Road, then cross BUSY ROAD with care

4.4 miles: right onto Cressex Way, stay on RHS, then cross over BUSY ROAD at mini roundabout, then left to Gibsons Rd, then across rec to woods

3.1 miles: Over stile, around field, then right to path

3.7 miles: under M40 and immediately left to path by mway

3 miles: turn right, cross BUSY ROAD and then left past Blacksmith's Arms

1.8 miles: left to Handy Cross

Start: along main road then left into Winchbottom Lane

PK 2026-03-16

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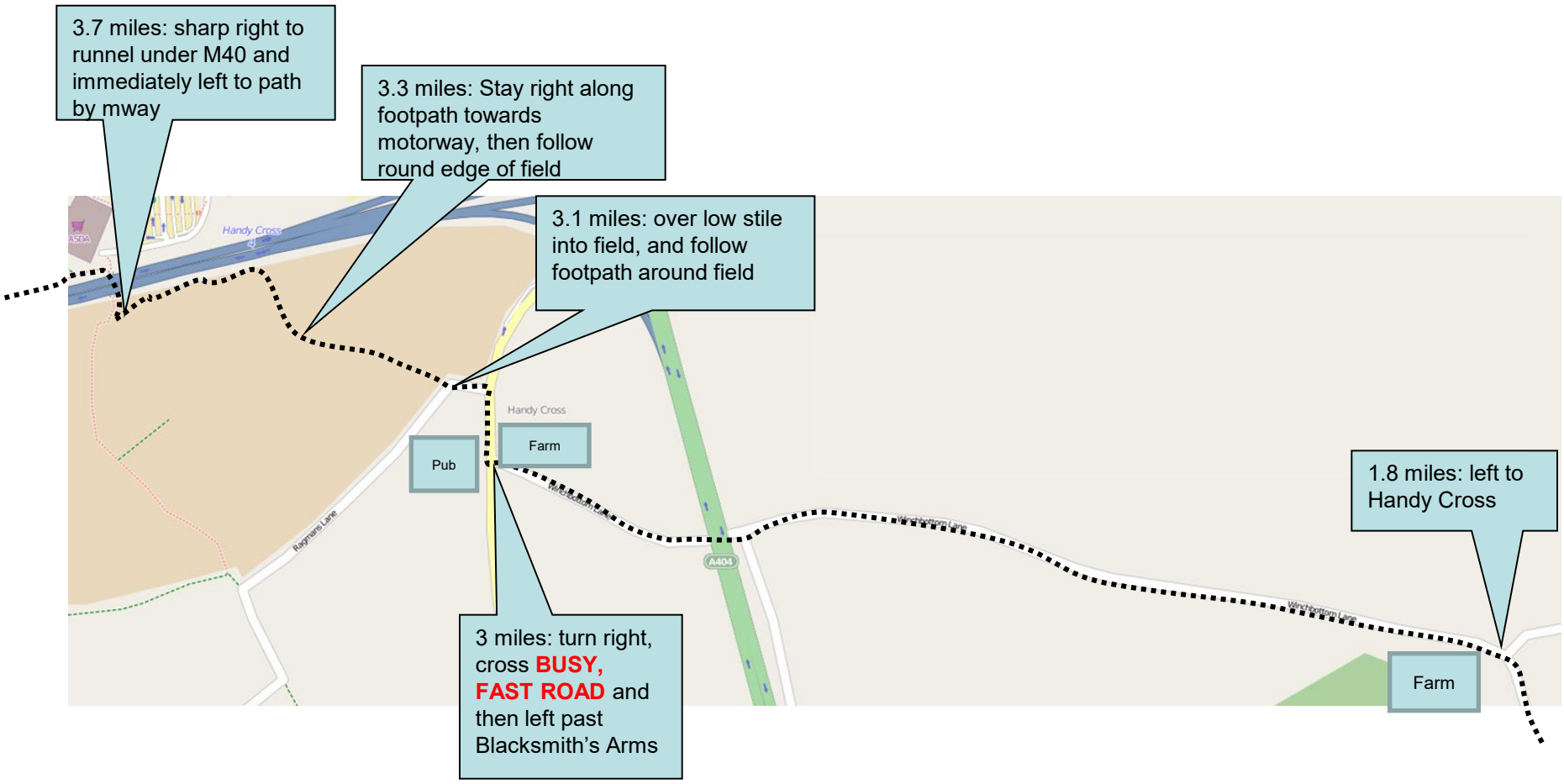
Stage 4 Detail – 3 miles: Handy Cross



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Stage 4 Detail – 4.4 miles: Booker

5.4 miles: as main path is still climbing, turn right at first turning

5.25 miles: Cross **DANGEROUS ROAD – STOP!** to wide, steep uphill path blocked by steel traffic gate

5.2 miles: path swings around sharp right to run parallel to Lane End Rd

5.1 miles: at y-junction, turn sharp left, downhill

4.8 miles: Follow path out of rec, cross rough track, and turn right into woods

4.65 miles: take footpath into recreation ground, then follow field around its edge

4.61 miles: turn left to Gibson Road

4.6 miles: cross **BUSY ROAD** at roundabout

4.4 miles: footpath emerges to road - right onto Cressex Rd, stay on right hand side

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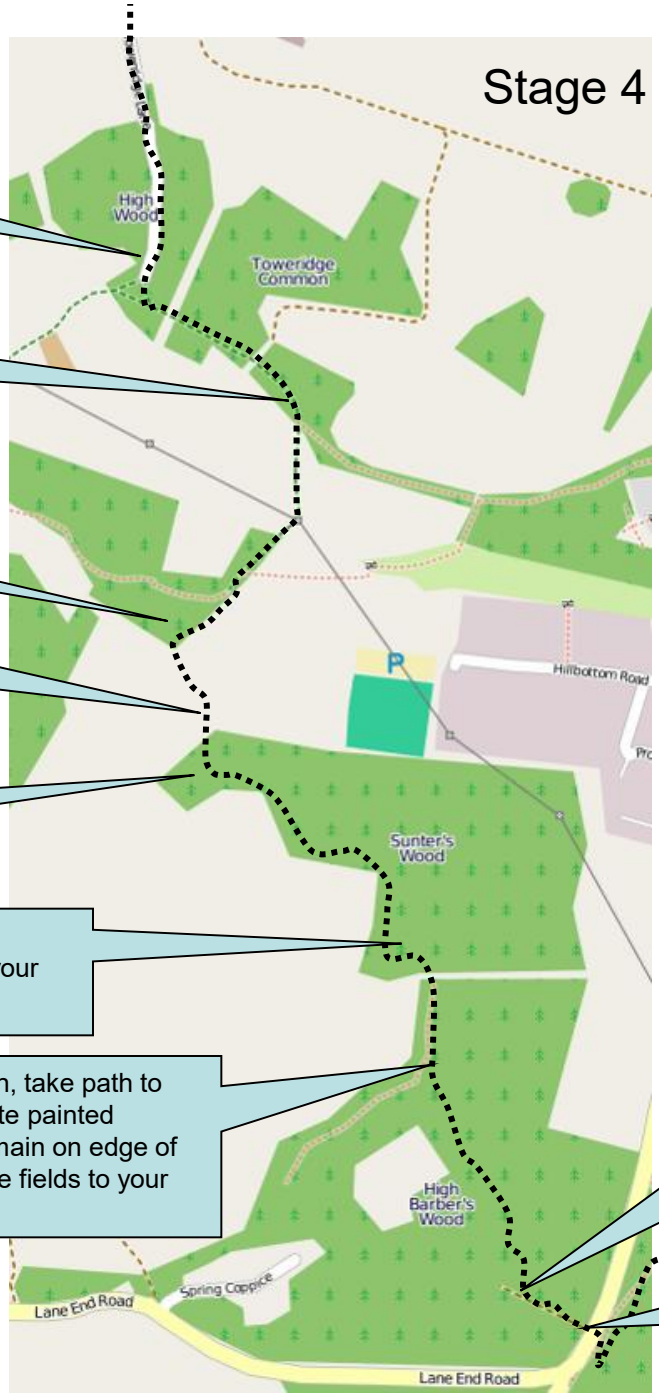
Stage 4 Detail – 5.4 miles: Woods



6.9 miles: Bear right staying on Toweridge Lane

6.6 miles: Footpath bears left to Toweridge Lane

6.3 miles: Follow path right and uphill, joining enclosed footpath, continuing uphill

6.2 miles: At bottom of steep hill, gate/stile leads out into field and to path diagonally across open field

6.1 miles: Follow arrows to right down steep path

5.8 miles: Follow white painted arrows, still with fields visible to your left

5.7 miles: At t-junction, take path to right, marked with white painted arrows. Note: you remain on edge of wood now and can see fields to your left

5.4 miles: As path is still climbing, turn right at junction (marked with wooden post and yellow arrow) and follow path through woods

5.25 miles: Cross DANGEROUS ROAD to wide, steep uphill path blocked by steel traffic gate

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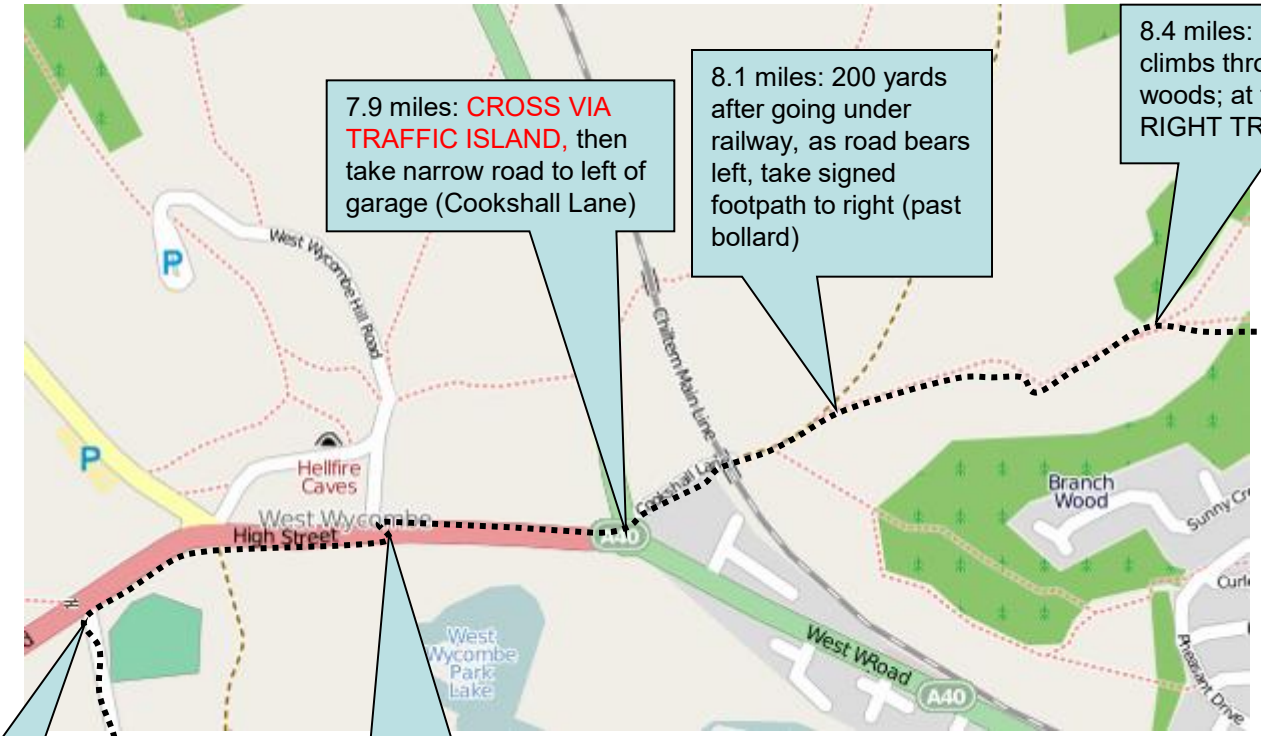
Stage 4 Detail – 7.3 miles: Toweridge Rd & Cookshall Lane



7.3 miles: Turn right onto A40 – BUSY ROAD REMAIN ON THE RIGHT

7.5 miles: CROSS AT ZEBRA CROSSING, then run on pavement on left hand side

7.9 miles: CROSS VIA TRAFFIC ISLAND, then take narrow road to left of garage (Cookshall Lane)

8.1 miles: 200 yards after going under railway, as road bears left, take signed footpath to right (past bollard)

8.4 miles: sunken lane climbs through thick woods; at fork, take RIGHT TRACK

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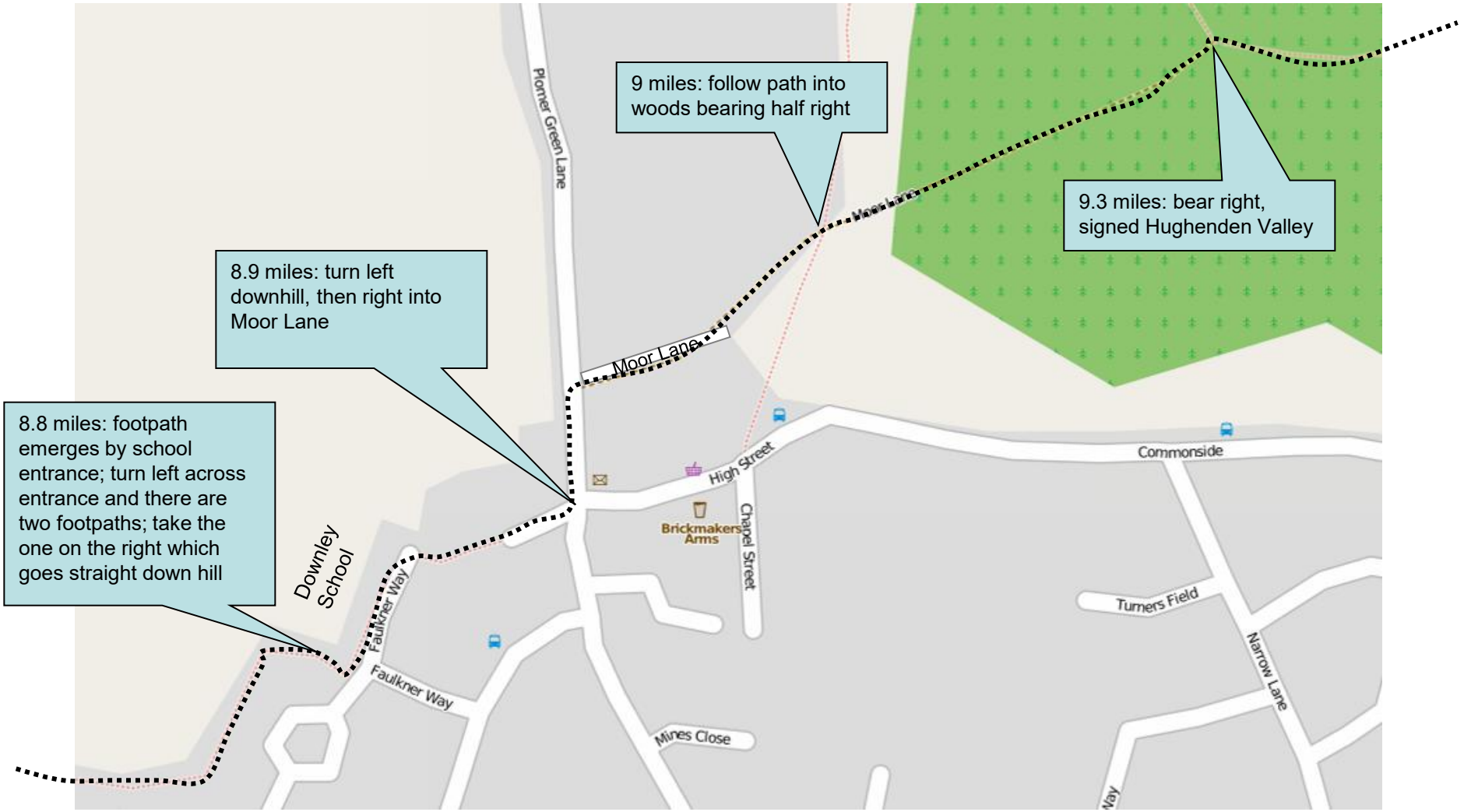
Stage 4 Detail – 9 miles: Moor Lane



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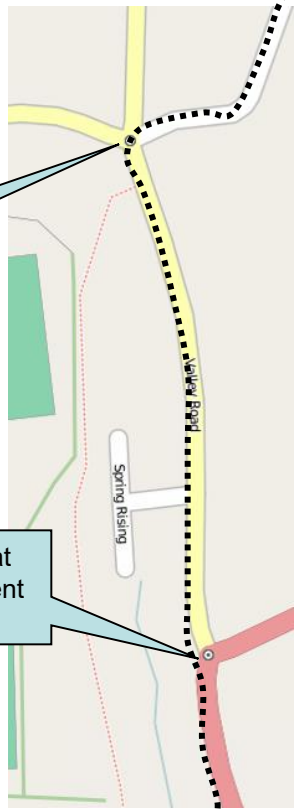
Stage 4 Detail – 10 miles: Hughenden

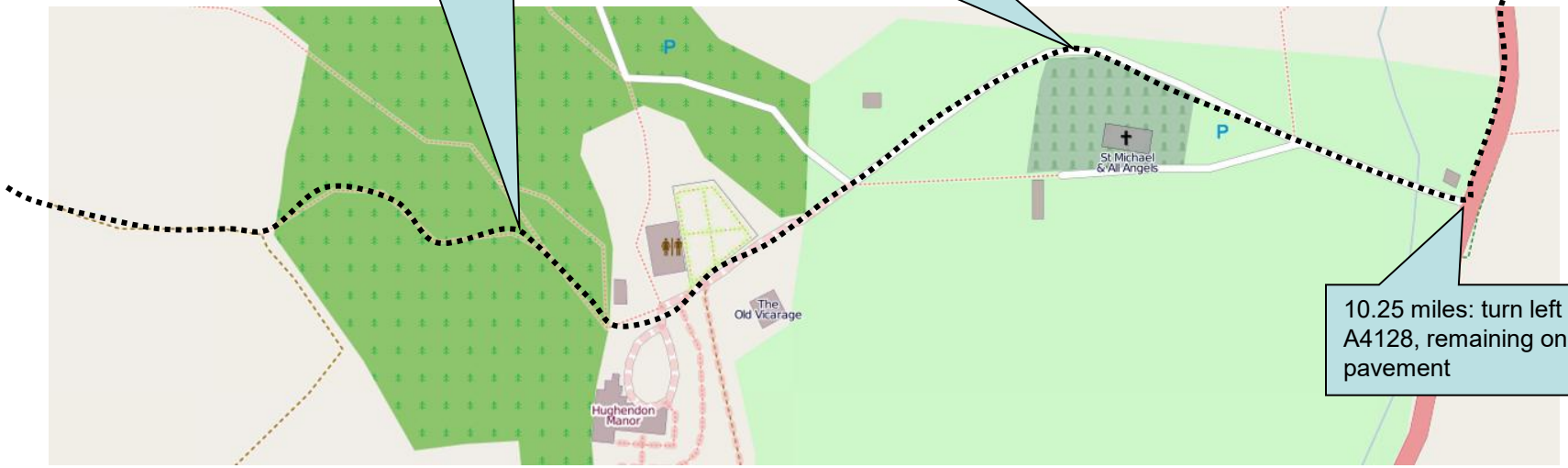


11 miles: cross BUSY ROAD and turn right to Boss Lane

10.8 miles: straight on at roundabout, on pavement

9.8 miles: Follow path around walls of Hughenden Manor

10 miles: follow road down hill, over two cattle grids



10.25 miles: turn left onto A4128, remaining on pavement

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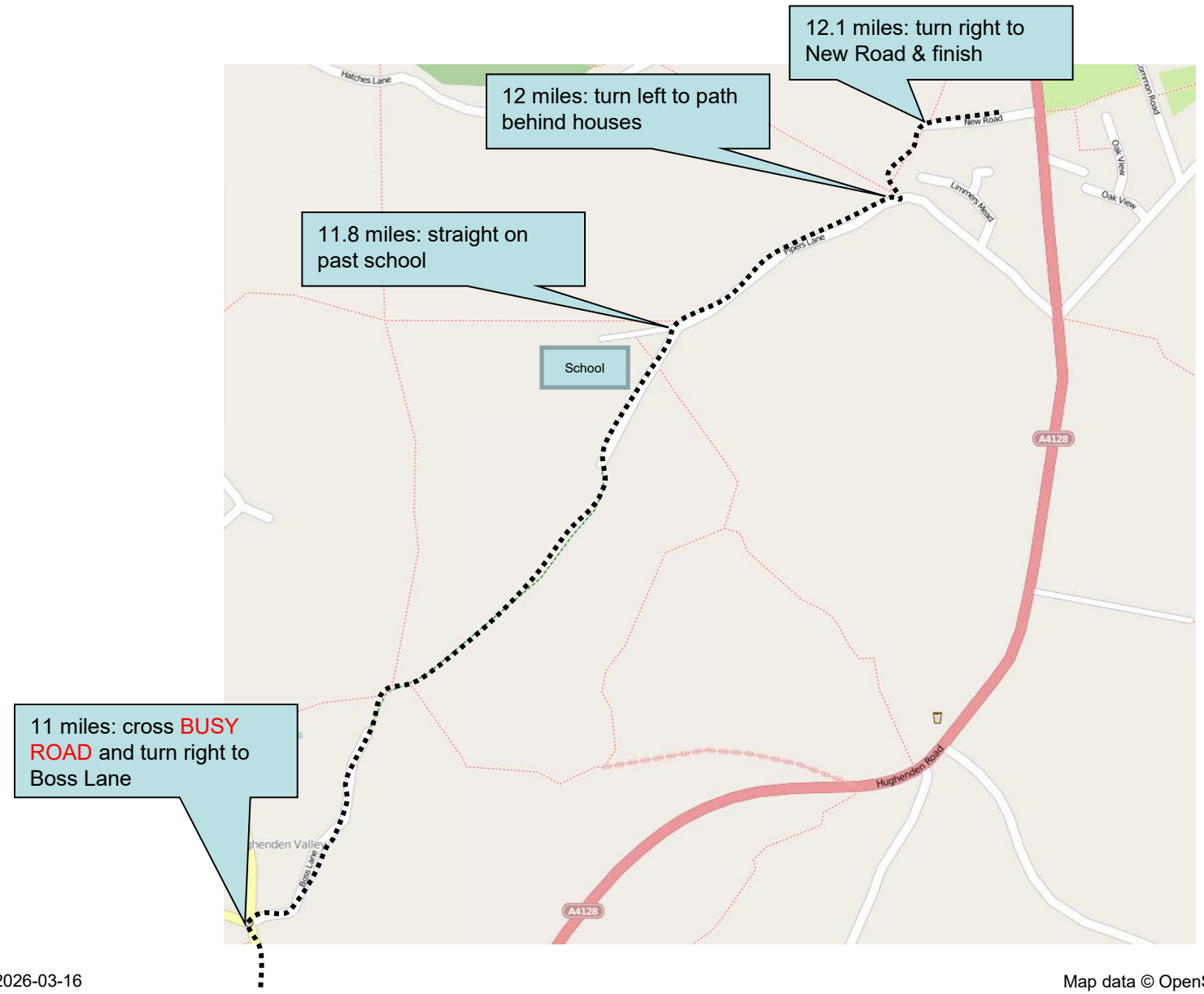
Stage 4 Detail – 11 miles to Finish



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Stage 4 – Things to know

Race Navigation:

- This is a complex and hard stage. It is easy to get disorientated in the woods and hard to follow a map. We will try to mark the woods as best we can but get prepared and equipped.
- Five busy roads to cross – take care

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
4	Start	Little Marlow - Wycombe Athletics	n/a		SL7 3RJ	11:40	11.41	///dull.custom.clef
4	2.8	Handy Cross	H	Y	HP10 9QD	11:54	12:10	///scarf.acid.daily
4	4.0	Cressex Rd / Gibson Rd	M	Y	HP12 4QX	12:00	12:24	///intensely.friday.crafted
4	4.7	Lane End Rd	H		HP12 4EW	12:03	12:31	///pylons.superhero.huddling
4	6.6	Toweridge Rd/A40	M		HP14 3AP	12:16	13:00	///trials.expert.scenes
4	7.2	Cross roundabout to Cookshall Lane	H	Y	HP14 3AA	12:19	13:06	///curving.slave.mugs
4	10.3	A4128 crossing to Boss Lane	H	Y	HP14 4PE	12:31	13:33	///castle.hungry.loss
4	11.5	Finish – Great Kingshill	L	Y	HP15 6DR	12:37	13:46	///redefined.eyeliner.mashing

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2017	4	12.2	James McMullan	Thames Hare & Hounds	01:11:10	Overall (men)
2025	4	12.2	Tracy Barlow	Clapham Chasers	01:22:59	V35 Women
2025	4	12.2	Ross MacDonald	Ranelagh	01:14:23	V35 Men
2025	4	12.2	Tracy Barlow	Clapham Chasers	01:22:59	V35 Women
2018	4	12.2	Ben Reynolds	Thames Hare & Hounds	01:18:02	V45 Men
2016	4	12.2	Ange Norris	Dulwich Runners	01:32:44	V45 Women
2025	4	12.2	Jonathan Moore	Ranelagh	01:22:28	V55 Men
2007	4	12.2	Liz Pritchard	Dulwich Runners	01:44:42	V55 Women
	4	12.2				V65 Men
	4	12.2				V65 Women

Nearest A&E (from finish):
Stoke Mandeville
Aylesbury HP21 8AL

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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