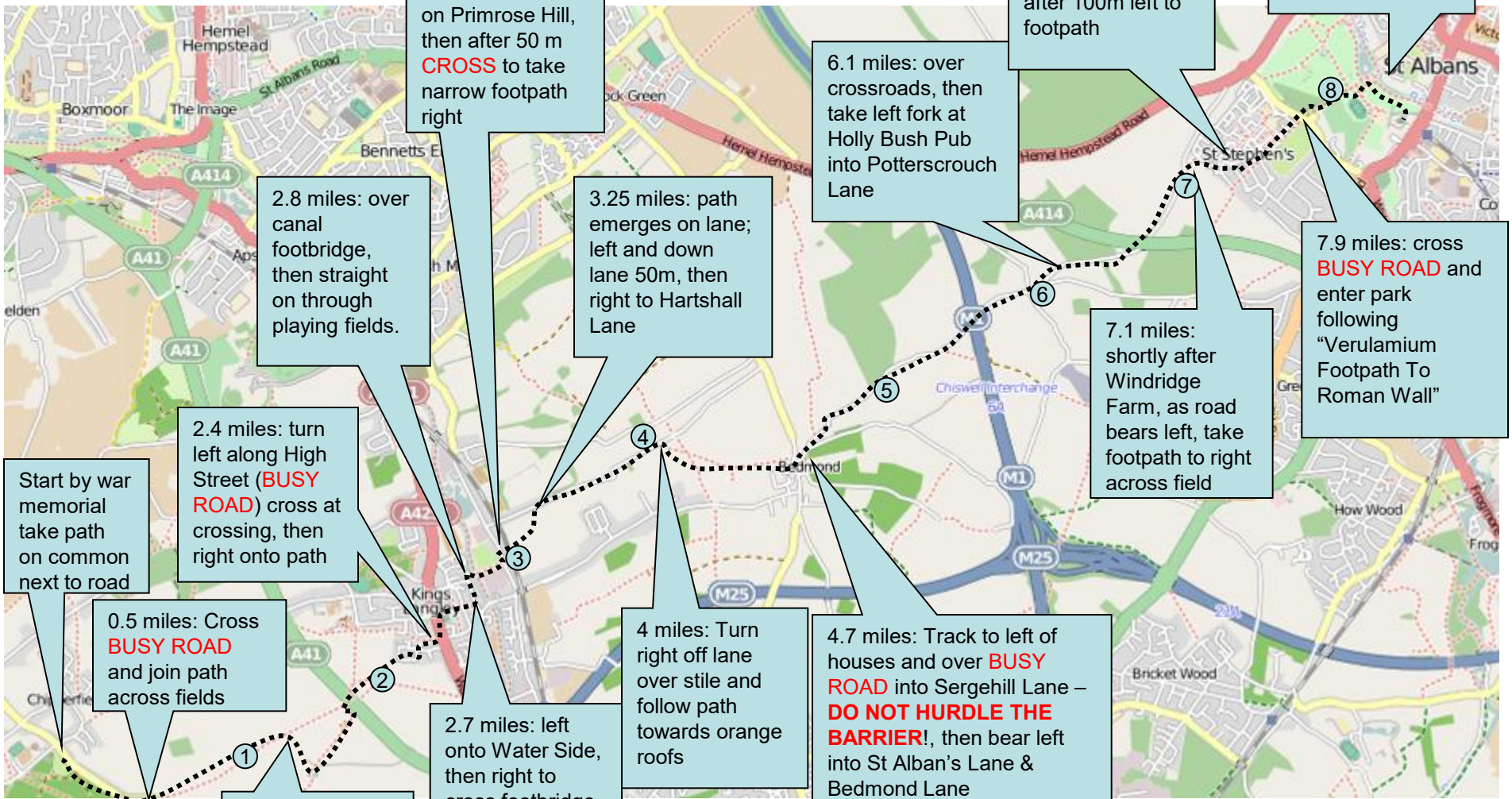
Stage 6 – Overview

Start time: 14:08 Saturday
Distance: 8.5 miles
Emergency: 07966 542315



PK 2019-03-04

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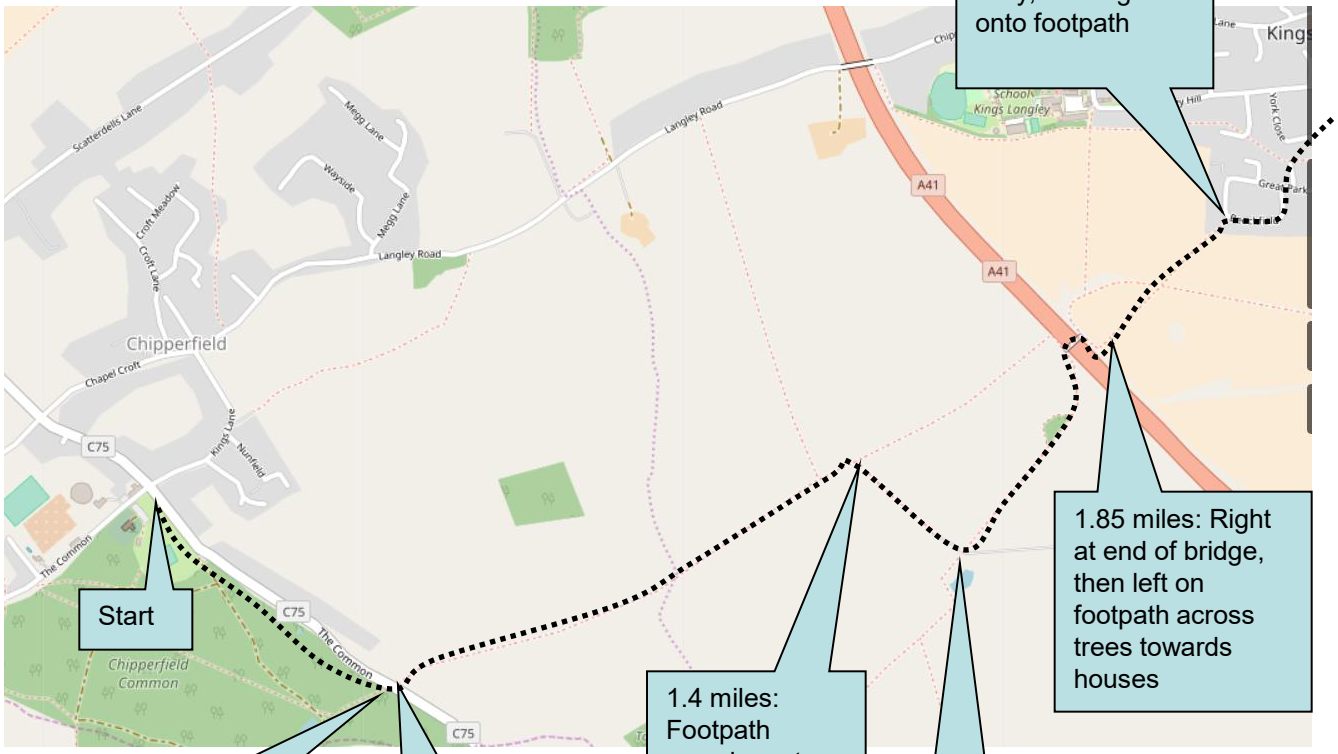
Stage 6 Detail – Start



PK 2026-03-16

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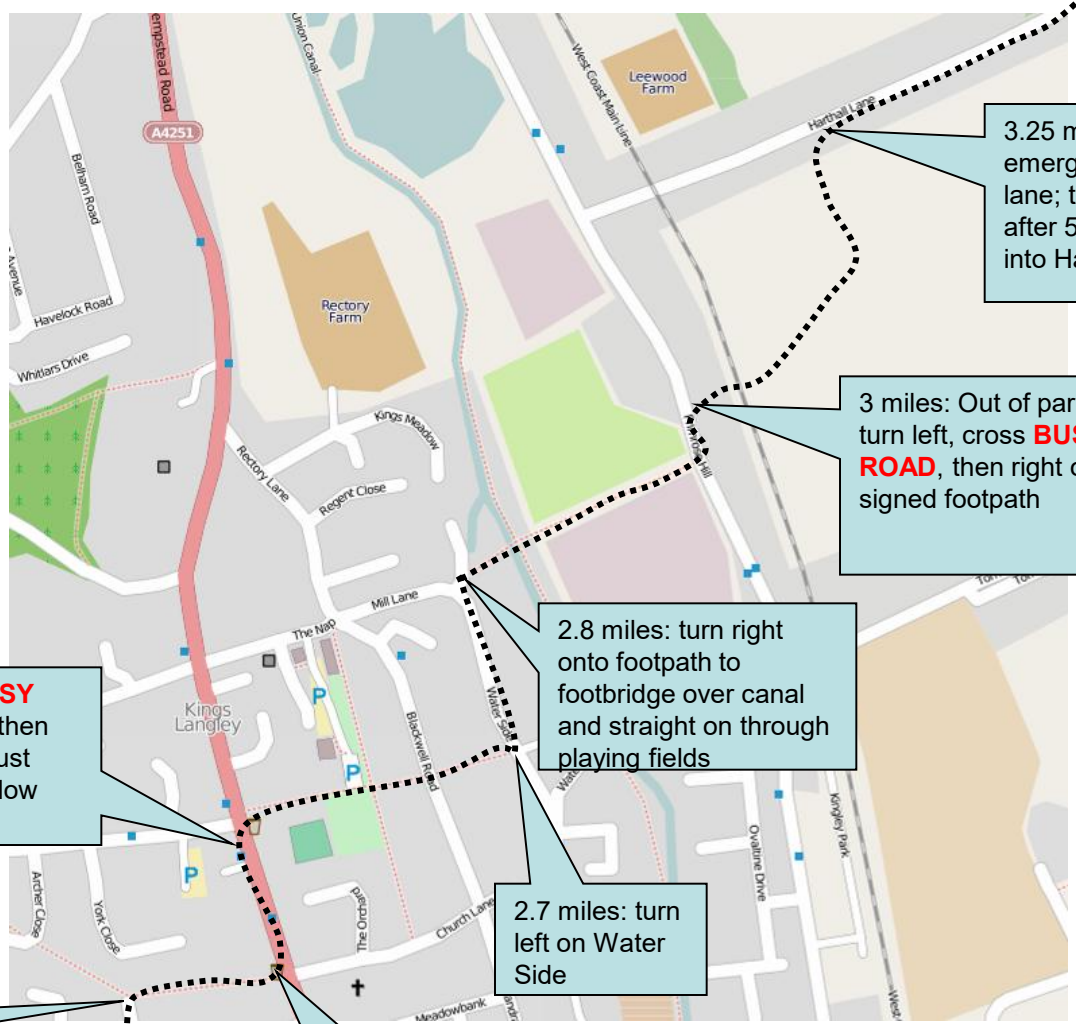
Stage 6 Detail – 2 miles: Kings Langley



3.25 miles: Path emerges onto lane; turn left then after 50m right into Harthall Lane

3 miles: Out of park, turn left, cross **BUSY ROAD**, then right onto signed footpath

2.8 miles: turn right onto footpath to footbridge over canal and straight on through playing fields

2.7 miles: turn left on Water Side

2.5 miles: cross **BUSY ROAD** at crossing, then right onto footpath just before Tandoori; follow over road crossing

2.4 miles: turn left on High Street

2.3 miles: turn right to footpath at end of Friars Way cul de sac

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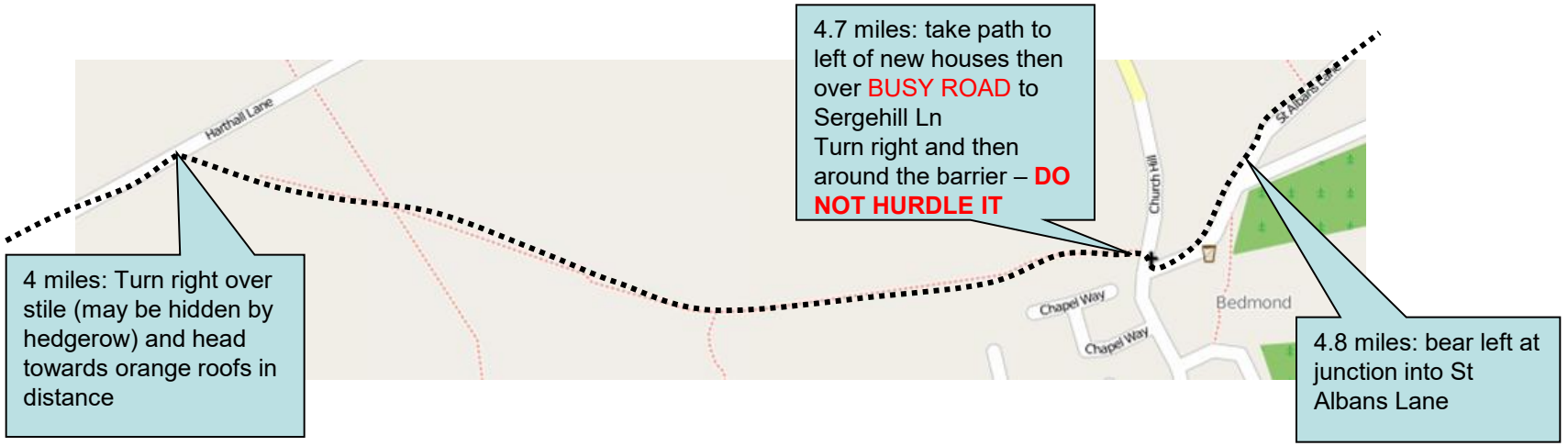
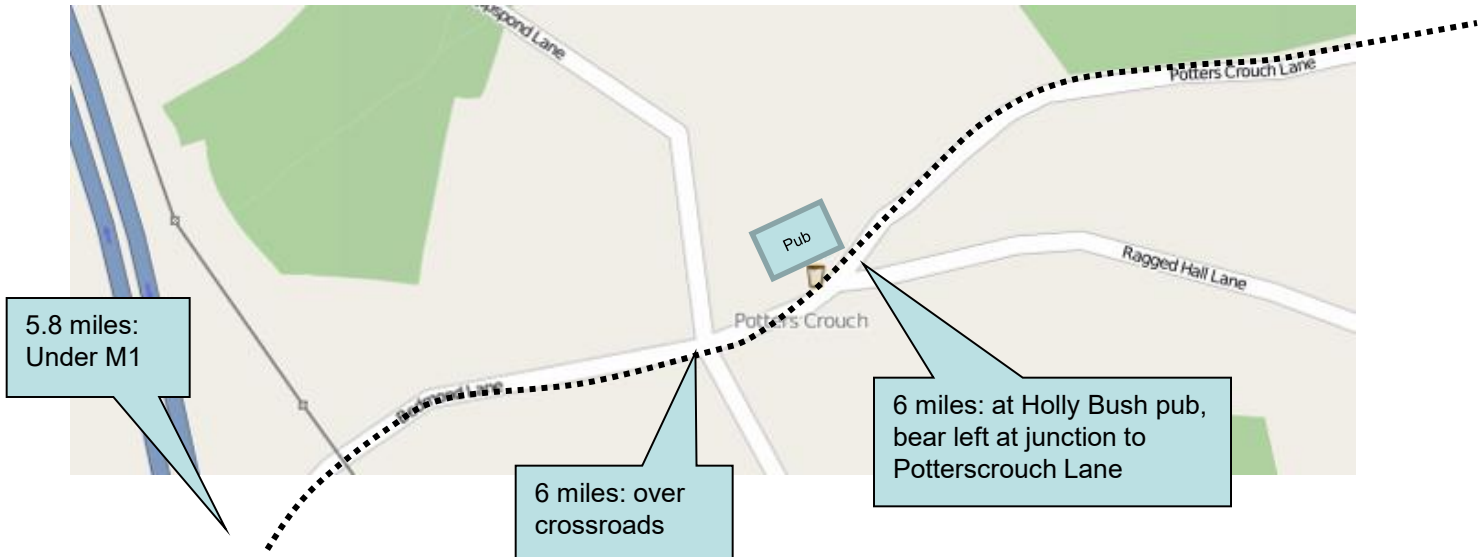
Stage 6 Detail – 4 miles: Bedmond



Stage 6 Detail – 6 miles: Holly Bush



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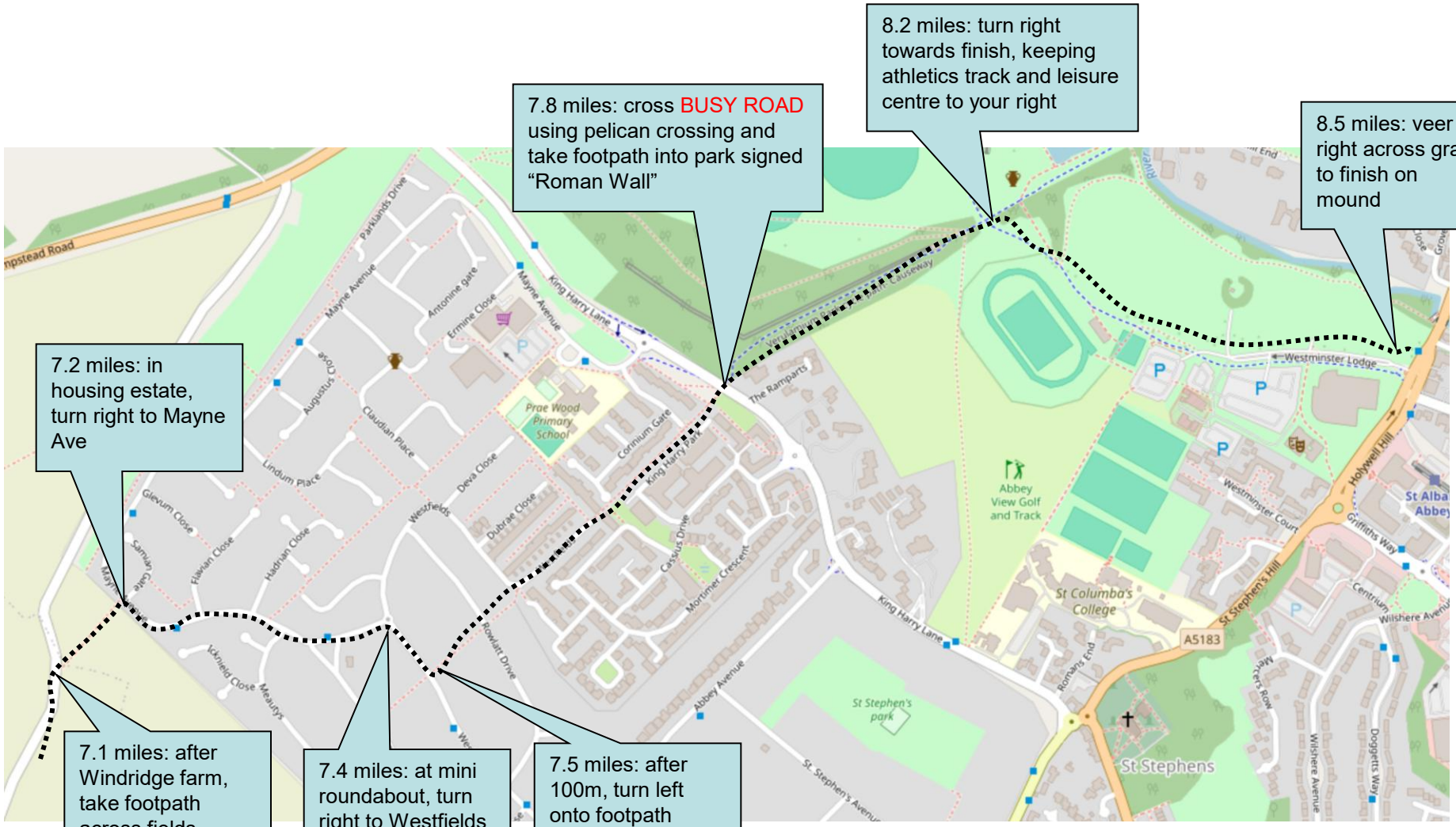
Stage 6 Detail – 7 miles: St Albans



PK 2026-03-16

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Stage 6 – Things to know

Race Navigation: A series of fiddly turns in Kings Langley and then in St Albans. The opening 2 miles also have 11 kissing gates – please be patient. The stile at 3.8 miles is hidden in a hedgerow and hard to spot, and to mark: look out for chalk on the road. The footpath at 7.5 miles is also well hidden.

Road crossing at 4.7 miles – we will penalise you if you hurdle this barrier. Run around it. Be patient crossing King Harry Lane near the end, no matter how near the end of the race it is.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
6	Start	Chipperfield	n/a		WD4 9BS	14:08	14:09	///chef.owls.expose
6	0.5	Crossing from the Common to footpath	H		WD4 9BN	14:10	14:13	///mental.sketch.ended
6	2.5	Church Rd crossing	M		WD4 8JR	14:20	14:35	///sobs.exchanges.party
6	3.0	Primrose Hill crossing	M	Y	WD4 8HS	14:23	14:41	///tiny.poem.clock
6	4.7	Sergehill Lane crossing	H		WD5 0RW	14:31	14:59	///smart.bring.chain
6	6.1	Potters Crouch	M	Y	AL2 3NN	14:38	15:15	///dice.cigar.double
6	7.8	King Harry Lane	M		AL3 4HX	14:47	15:33	///cigar.gallons.taped
6	8.5	Finish – Verulamium Park	L	Y	AL1 1HR	14:50	15:41	///hits.extra.memo

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	6	8.5	Eirin McDaid	Ranelagh	00:49:31	Overall (men)
2024	6	8.5	Anna Lawson	Clapham Chasers	00:53:50	Overall (women)
2025	6	8.5	Eirin McDaid	Ranelagh	00:49:31	V35 Men
2019	6	8.5	Rebekah Edgar	Thames Hare & Hounds	00:55:29	V35 Women
2025	6	8.5	Ben Reynolds	Thames Hare & Hounds	00:52:19	V45 Men
2019	6	8.5	Sophie Biggs	Stragglers	00:59:29	V45 Women
2025	6	8.5	Ben Reynolds	Thames Hare & Hounds	00:52:19	V55 Men
2025	6	8.5	Michelle Lennon	Dulwich Runners	01:02:36	V55 Women
2025	6	8.5	Paul Hirst	VPH & THAC	01:04:54	V65 Men
	6	8.5				V65 Women

Nearest A&E (from finish):
Watford General
Vicarage Road
Watford WD18 0HB

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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