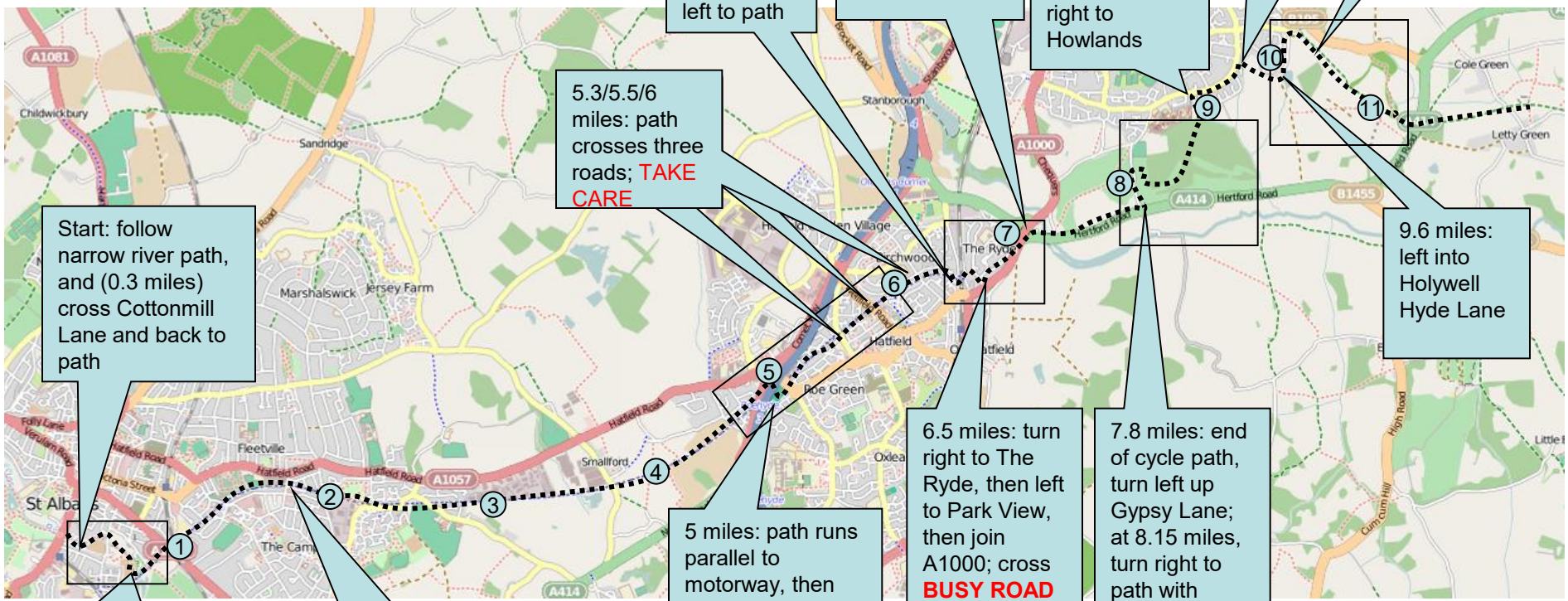
Start time: 14:56 Saturday
Distance: 11.6 miles
Emergency: 07966 542315

Stage 7 - Overview



Start: follow narrow river path, and (0.3 miles) cross Cottonmill Lane and back to path

0.7 miles: climb steps on right before viaduct, then left onto Alban Way; follow for 6 miles

1.9 miles: cross Sutton Rd – TAKE CARE

5 miles: path runs parallel to motorway, then turns right to cross bridge. After bridge, take underpass to continue on Alban Way

5.3/5.5/6 miles: path crosses three roads; TAKE CARE

6.3 miles: cross railway footbridge, then sharp left to path

7.1 miles: cross road bridge, then immediately right to footpath parallel to A414

6.5 miles: turn right to The Ryde, then left to Park View, then join A1000; cross **BUSY ROAD** at traffic islands

7.8 miles: end of cycle path, turn left up Gypsy Lane; at 8.15 miles, turn right to path with cricket pitch on left

8.25 miles: into woods, turn right, then keep left to join road past hospital, then right to Howlands

9.3 miles: right to Desborough Close, then follow path between houses

9.6 miles: left into Holywell Hyde Lane

10 miles: at junction, turn right and right again to Cole Green Way, and follow to finish

PK 2026-03-16

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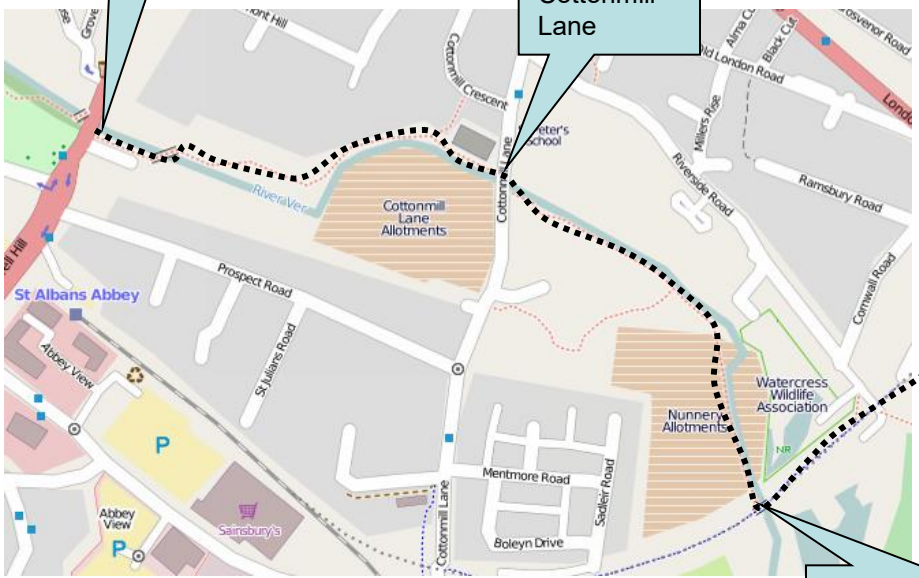
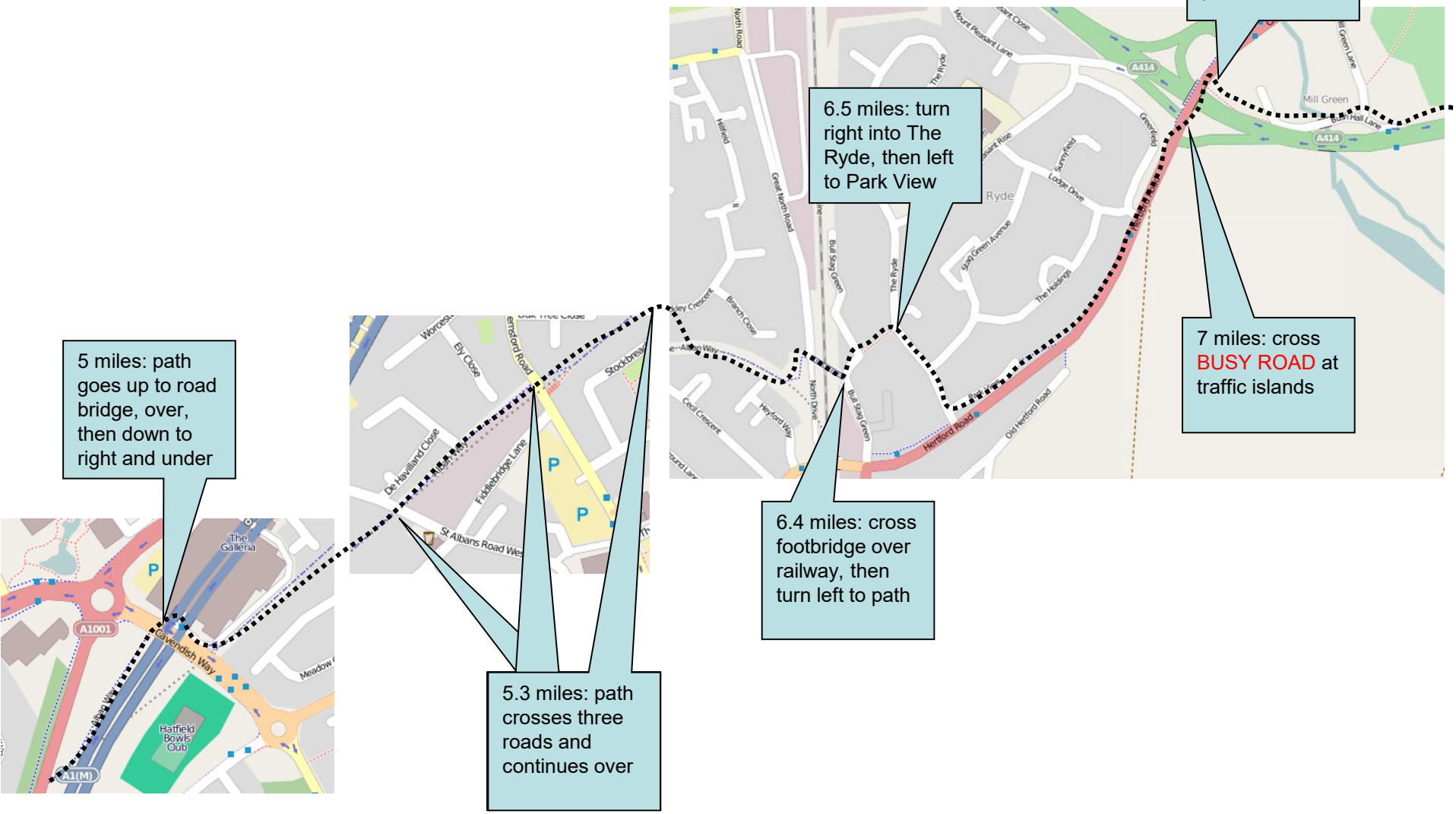
Stage 7 Detail – Alban Way



Map data © OpenStreetMap contributors, CC-BY-SA

Stage 7 Detail – 6.4 miles: Hatfield



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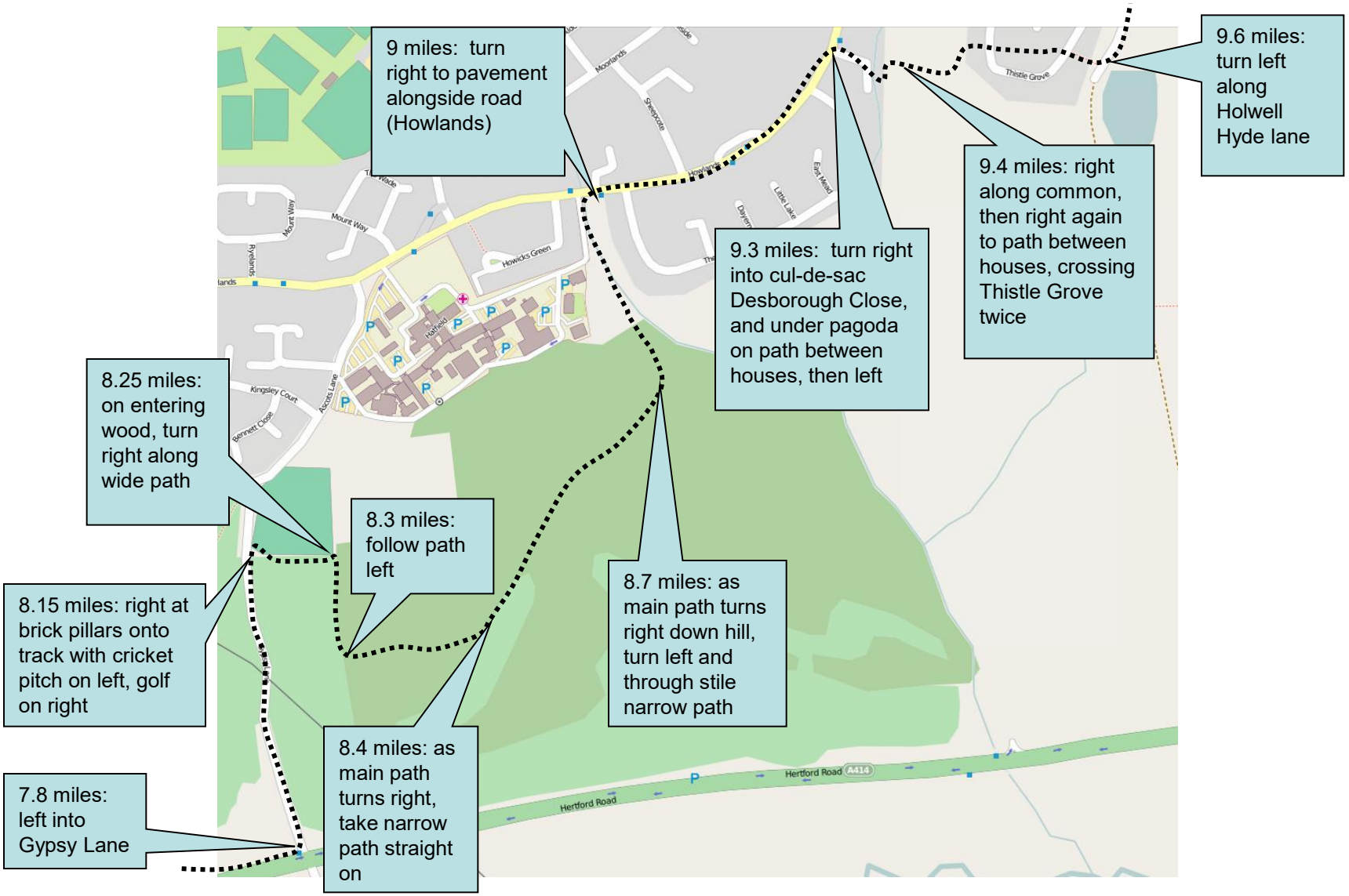
Stage 7 Detail – 8 miles: Commons Wood



PK 2026-03-16

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Stage 7 Detail – 10 miles to Finish

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Stage 7– Things to know

Navigation: There are some turns through Hatfield, but the major challenge is Commons Wood at 8.25 miles; this can be disorientating. Please follow the detailed map.

Take real care crossing the A1000 out of Hatfield at 7 miles.

Timings, marshal and support points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
7	Start	St Albans	n/a		AL1 1HR	14:56	14:57	///twins.courier.harsh
7	0.3	Cottonmill Lane crossing	M		AL1 1HJ	14:57	14:59	///valley.knots.charmingly
7	1.9	Sutton Rd crossing	M		AL1 5JE	15:05	15:16	///labs.loyal.milk
7	5.3	St Albans Rd West crossing	M	Y	AL10 0FH	15:22	15:53	///noble.agenda.ridge
7	5.4	Lemsford Rd crossing	M		AL10 0DL	15:23	15:55	///shirt.train.stump
7	6.0	Ground Lane road crossing	M		AL10 0QH	15:26	16:02	///shift.seated.urban
7	7.0	A1000 crossing	H		AL9 5HW	15:31	16:13	///twist.expose.voted
7	9.9	Cole Green Way start	L	Y	AL7 3DQ	15:45	16:44	///leaves.hills.look
7	11.6	Finish – Letty Green	L	Y	SG14 2NL	15:54	17:03	///form.like.unions

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2019	7	12	Richard Ollington	Thames Hare & Hounds	01:02:21	Overall (men)
2025	7	12	Lizzy Apsley	Thames Hare & Hounds	01:08:26	Overall (women)
2008	7	12	Shaun Whelan	London Front Runners	01:06:19	V35 Men
2017	7	12	Alexi Shaw	Dulwich Runners	01:15:39	V35 Women
2016	7	12	Shaun Whelan	London Front Runners	01:09:16	V45 Men
2024	7	12	Sarah Winter	Stragglers	01:20:47	V45 Women
2024	7	12	Malcolm Davies	Stragglers	01:19:39	V55 Men
2025	7	12	Lucy Pickering	Dulwich Runners	01:35:26	V55 Women
2024	7	12	John Foss	Sutton Striders	01:25:29	V65 Men
2025	7	12	Ramona Thevenet	Stragglers	01:38:03	V65 Women

Nearest A&E (from finish):
Barnet Hospital
Barnet EN5 3DJ

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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