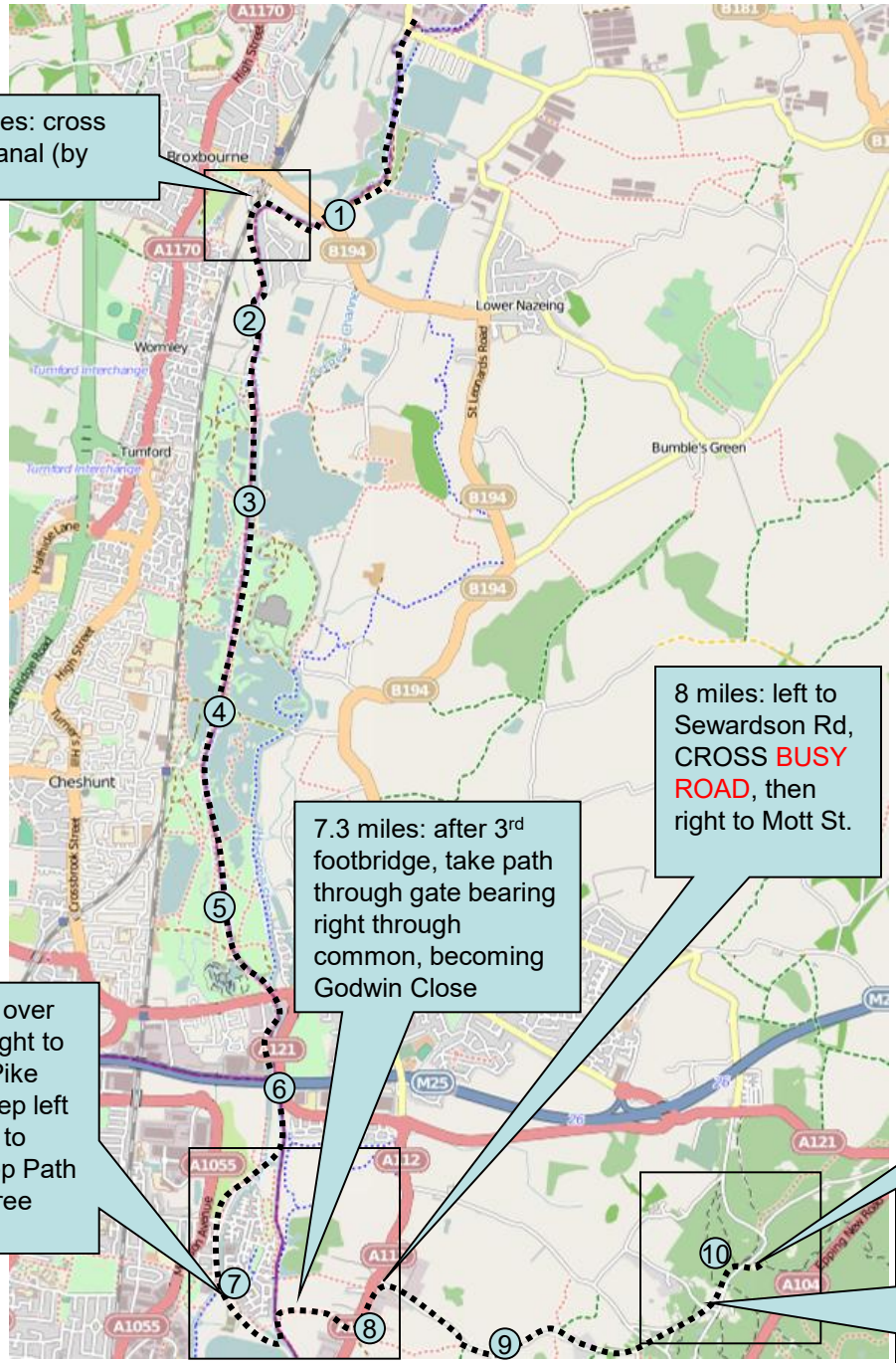
Stage 9 – Overview

Start time: 17:02 Saturday
Distance: 10.2 miles
Emergency: 07966 542315



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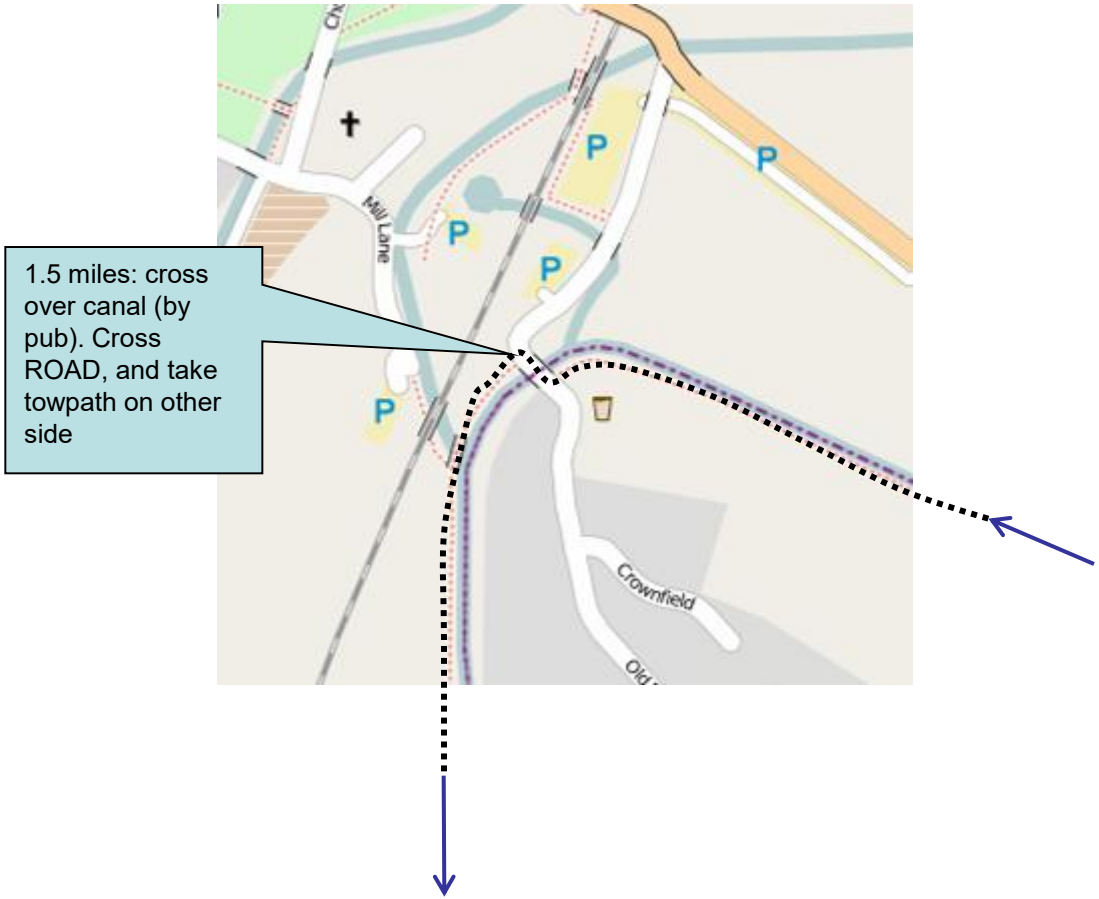
Stage 9 Detail – 1.5 miles: Broxbourne



PK 2026-03-16

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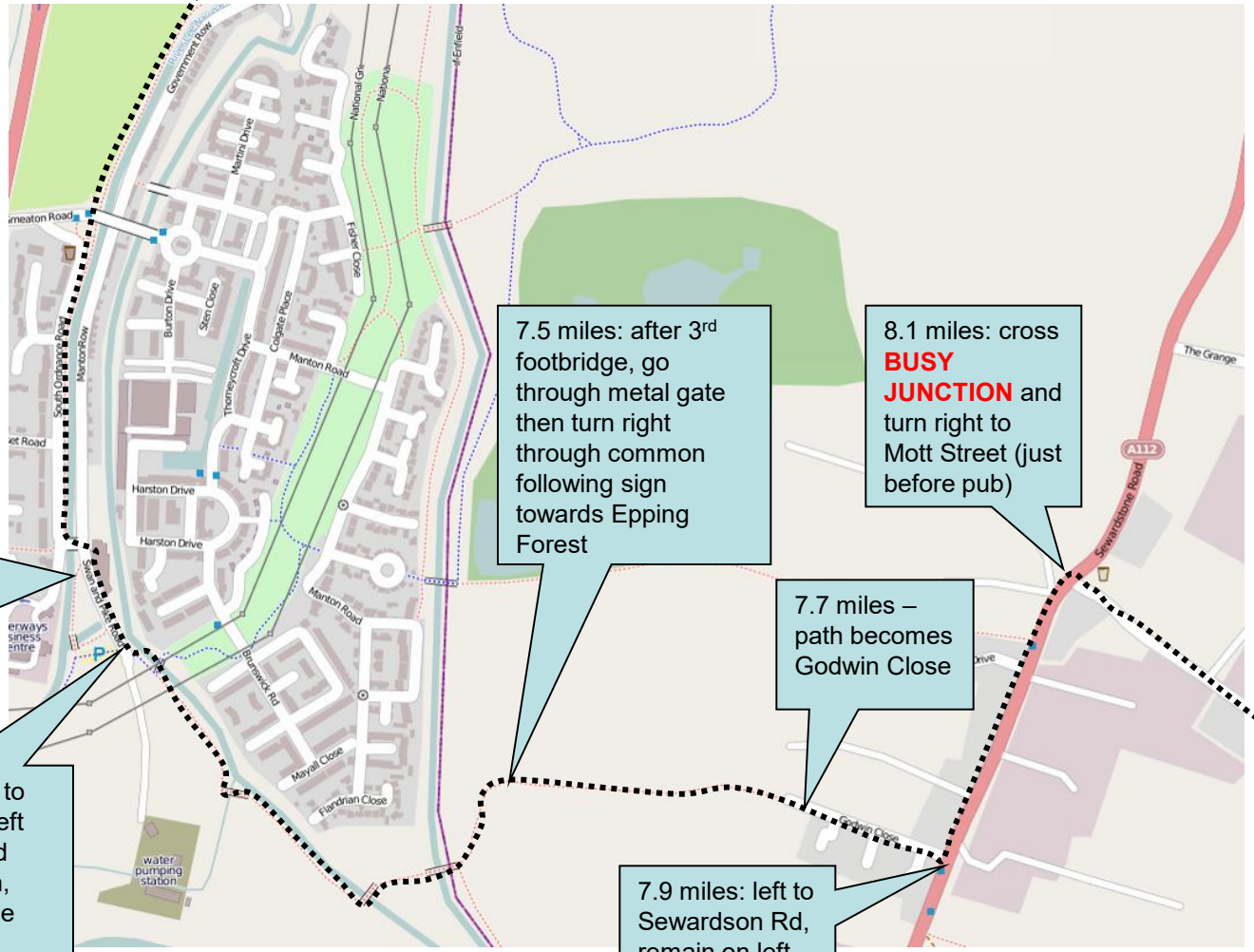
Stage 9 Detail – 7 miles: Enfield Lock



7 miles: at lock, left over canal and away from main canal to Swan and Pike Rd (NOT canal)

7.1 miles: at entry to waterworks, turn left along canal signed London Loop Path, ignore bridge to the left, and run over three footbridges

7.5 miles: after 3rd footbridge, go through metal gate then turn right through common following sign towards Epping Forest

7.7 miles – path becomes Godwin Close

7.9 miles: left to Sewardson Rd, remain on left of busy road

8.1 miles: cross **BUSY JUNCTION** and turn right to Mott Street (just before pub)

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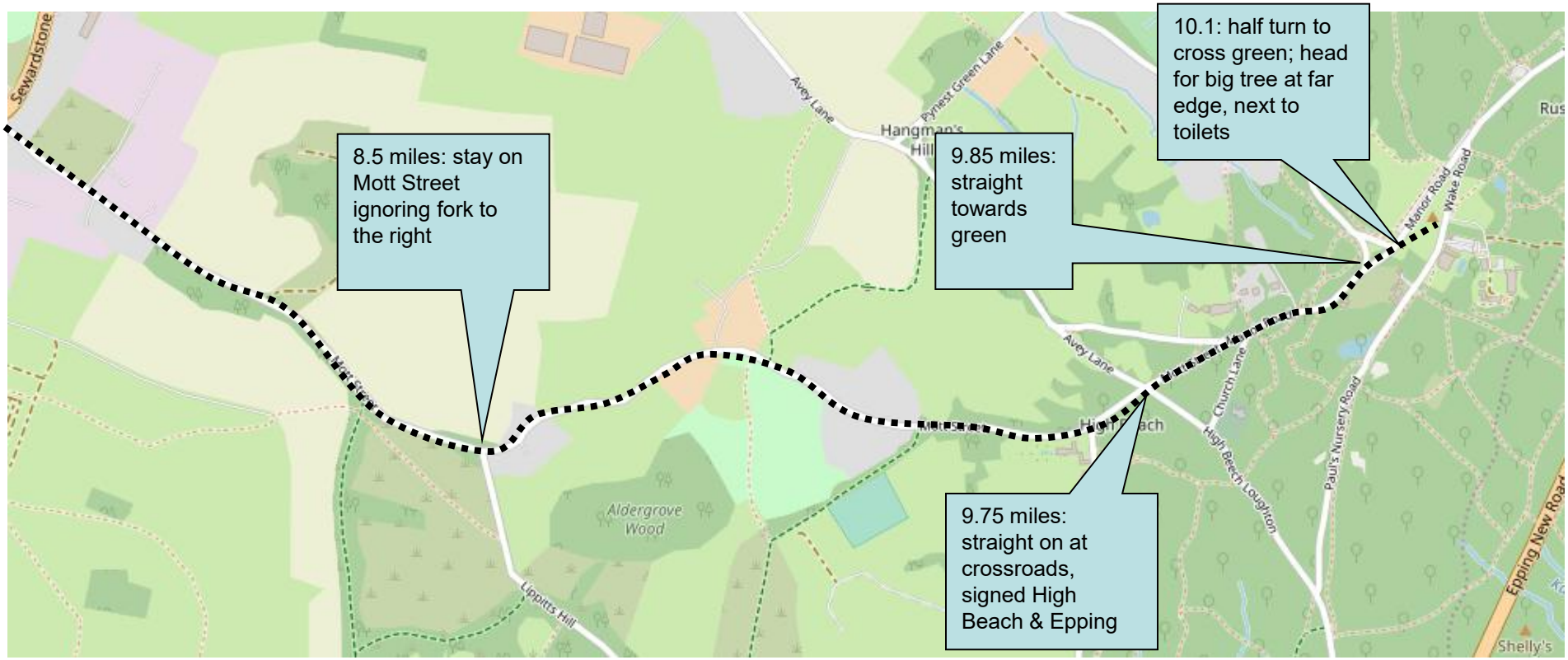
Stage 9 Detail – 9 miles to finish



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Stage 9 – Things to know

Navigation: You can go badly wrong at Enfield Lock (7 miles) so read the map.

The canal towpath crosses roads in Broxbourne and Enfield, so take care. At 8.1 miles you need to cross the busy A412, then another smaller crossroads near the end.

Marshal and Support Points:

Stage	Miles	Place	Risk	Water?	Postcode	Start	End	What Three Words
9	Start	Dobbs Weir	n/a		EN11 0AY	17:02	17:03	///reform.curiosity.fact
9	5.5	Station Rd, Waltham Abbey	M	Y	EN9 1AZ	17:29	18:02	///proof.pages.alarm
9	7.0	Enfield Lock	L	Y	E4 7DF	17:37	18:19	///soils.firms.anyway
9	8.1	A112 crossing to Mott St	H		EN9 3QQ	17:42	18:30	///nests.tummy.chimp
9	9.8	Crossroads towards High Beach	M		IG10 4AD	17:50	18:49	///limes.rubble.spots
9	10.2	Finish – High Beach	L	Y	IG10 4AE	17:53	18:54	///tennis.system.tested

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2025	9	10.2	Paddy Roddy	Thames Hare & Hounds	00:54:51	Overall (men)
2023	9	10.2	Anna Lawson	Clapham Chasers	01:01:59	Overall (women)
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	V35 Men
2025	9	10.2	Natasha Sheel	Serpentine	01:04:56	V35 Women
2006	9	10.2	Mick Lane	Ranelagh	01:01:14	V45 Men
2024	9	10.2	Sonia Bandeira	Stragglers	01:12:25	V45 Women
2024	9	10.2	David Symons	Thames Hare & Hounds	01:07:59	V55 Men
2009	9	10.2	Claire Steward	Dulwich Runners	01:19:50	V55 Women
2025	9	10.2	Mike Dennison	British Airways	01:20:01	V65 Men
	9	10.2				V65 Women

Nearest A&E (from finish):
North Middlesex Hospital
Sterling Way, London N18 1QX

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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