

# Stage 3 – Overview

Start time: 10:37 Saturday  
Distance: 11 miles  
Emergency: 07966 542315

9.6 miles. Turn right and cross over **BUSY LEVEL CROSSING – STOP!** into Coldmoorholme Lane. After 400 yards pass Spade Oak pub and turn left to footpath towards fishing lake

8.9 miles. Cross Thames on railway bridge and continue along towpath; over footbridge past marina

7.8 miles. cross **BUSY ROAD** through Cookham through churchyard to join Thames path

7.7 miles. Right onto A4094 (**DANGER - STOP!**) & through Cookham

10 miles. At lake, turn right and follow to north end of lake. Veer off through trees to field, over quarry entrance, path on left and on to lane. Turn right to Church Lane and to finish.

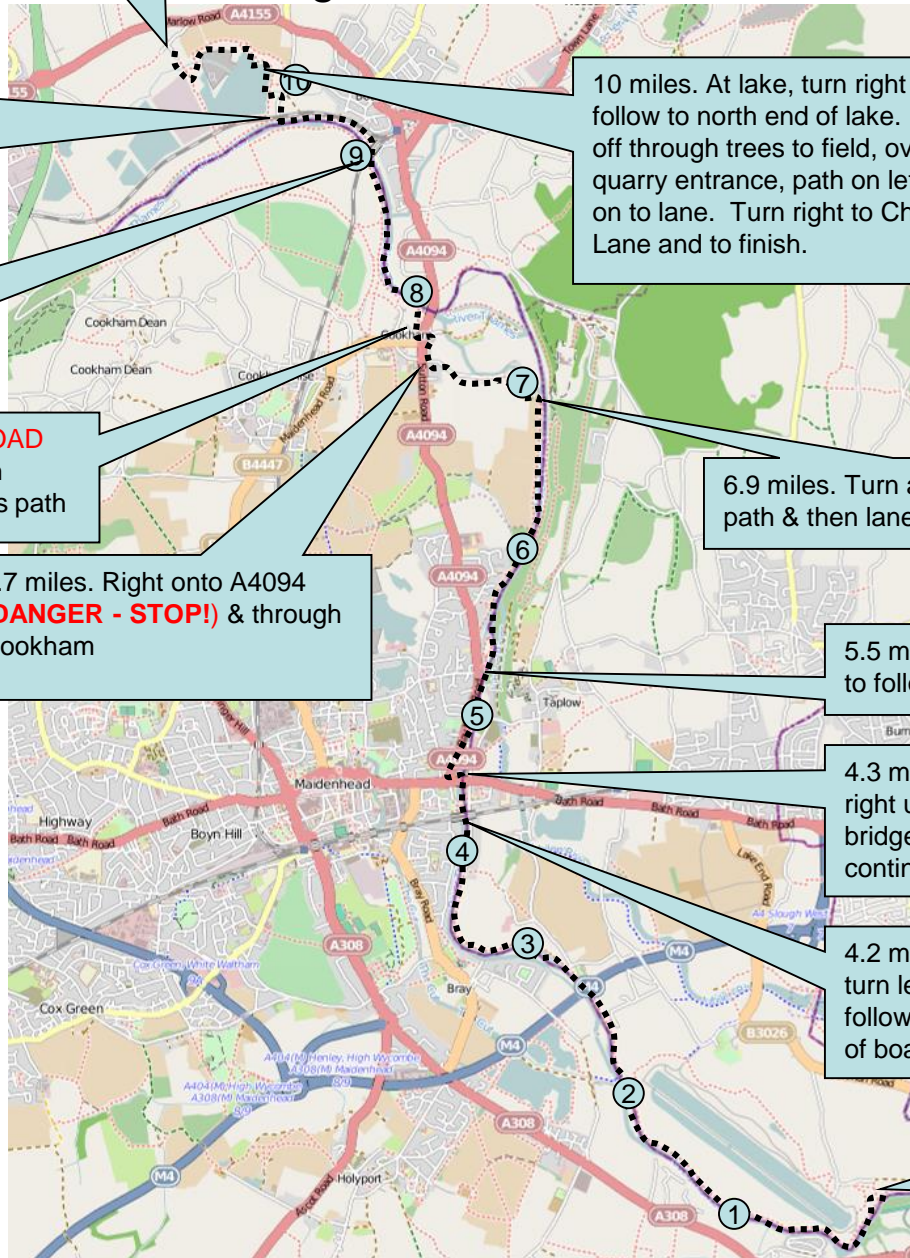
6.9 miles. Turn away from river on path & then lane to Cookham

5.5 miles. Turn away from A4094 to follow Thames towpath

4.3 miles. Under road bridge, then right up on to bridge, cross over bridge, then right to **BUSY ROAD**, continuing along Thames

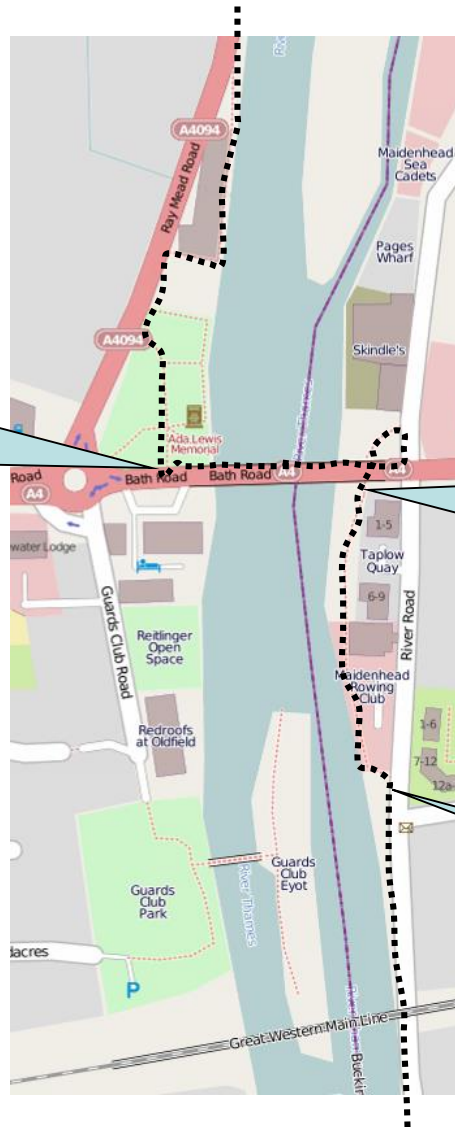
4.2 miles. After railway bridge, turn left through gate and follow towpath by river in front of boat club

Start. Follow Thames towpath to Maidenhead

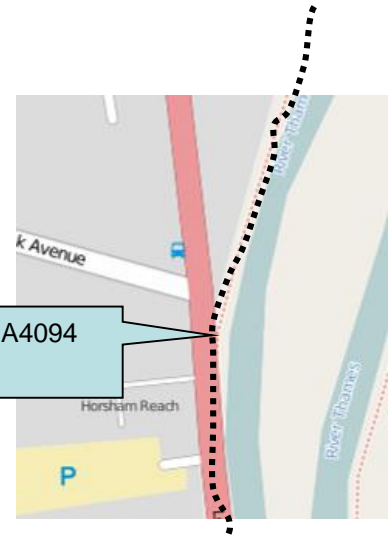


## Stage 3 Detail – 4.2 miles: Maidenhead Bridge

4.4 miles. After bridge, turn right through park to Ray Mead Road, then right again and left to Thames Path



5.5 miles. Turn away from A4094 to follow towpath



4.3 miles. Under road bridge, then right up on to bridge, cross over bridge

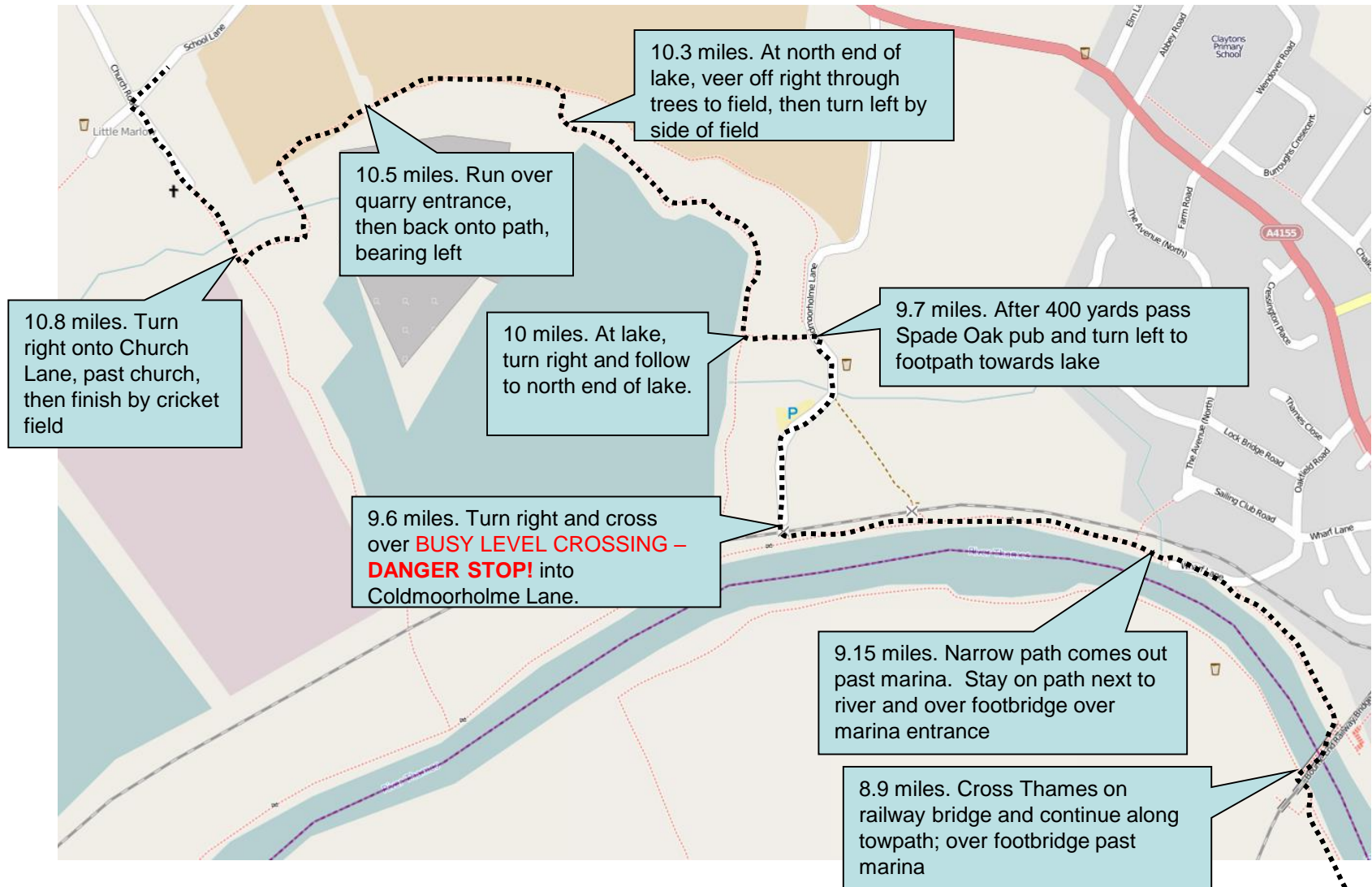
4.2 miles. After railway bridge, turn left through gate onto towpath

## Stage 3 Detail – 7.8 miles: Cookham





## Stage 3 Detail – 9 miles: Spade Oak & Finish



## Stage 3 – Top Tips

### Race Navigation:

- Errors in the past with runners forgetting to cross Maidenhead Bridge. The only real complexity is in the last mile, where the course goes away from the Thames and through woodlands to Little Marlow – follow the map!
- Care needed after Maidenhead Bridge and then into Cookham- you emerge blind both times onto the A4094.
- **DANGER** - trains at pedestrian level crossing at 9.6 miles. Have a good look in both directions

### Marshals and support points:

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
3	Maidenhead Bridge	L	4.2	Water	SL6 0BB	11:00	Up to bridge crossing
3	Turn after bridge to A4094	M	4.3		SL6 8DW	11:00	Right turn onto busy road
3	Road into Cookham	H	7.7		SL6 9RE	11:20	Right turn onto busy road - DANGER STOP!
3	Cookham church	H	7.8	Water	SL6 9QW	11:20	Road crossing to churchyard
3	Railway crossing	H	9.6		SL8 5RF	11:30	Pedestrian level crossing - DANGER STOP!
3	Spade Oak	M	10.0	Water	SL8 5PT	11:30	Left turn to footpath
3	Lane to finish	L	11.0		SL7 3RY	11:40	Right turn to lane

### Stage Records:

Year	Stage		Name	Team	Time	Category
2015	3	11	Reynolds, Bryn	Clapham Chasers 3	01:03:46	Overall (men)
2008	3	11	Sonia O'Sullivan	Millenium Group	01:11:13	Overall (women)
2008	3	11	Sonia O'Sullivan	Millennium	01:11:13	V35 Women
2002	3	11	Mark Critchlow	West 4	01:00:34	V40 Men
2015	3	11	Selvin-Brown, Fiona	Sandhurst 2	01:25:31	V45 Women
2007	3	11	Nick Brown	Dulwich Runners	01:04:35	V50 Men

Location (Start):

#### **Boveney**

Nearest Post Code SL4 6QQ

Lat (WGS84) N51:29:24 (51.489951)

Long (WGS84) W0:38:51 (-0.647627)

LR SU939776

**Hospital:**

Wexham Park Hospital

Wexham,

Slough SL2 4HL

Location (End):

#### **Little Marlow**

Nearest Post Code SL7 3RZ

Lat (WGS84) N51:35:03 (51.584297)

Long (WGS84) W0:44:27 (-0.740783)

LR SU873880