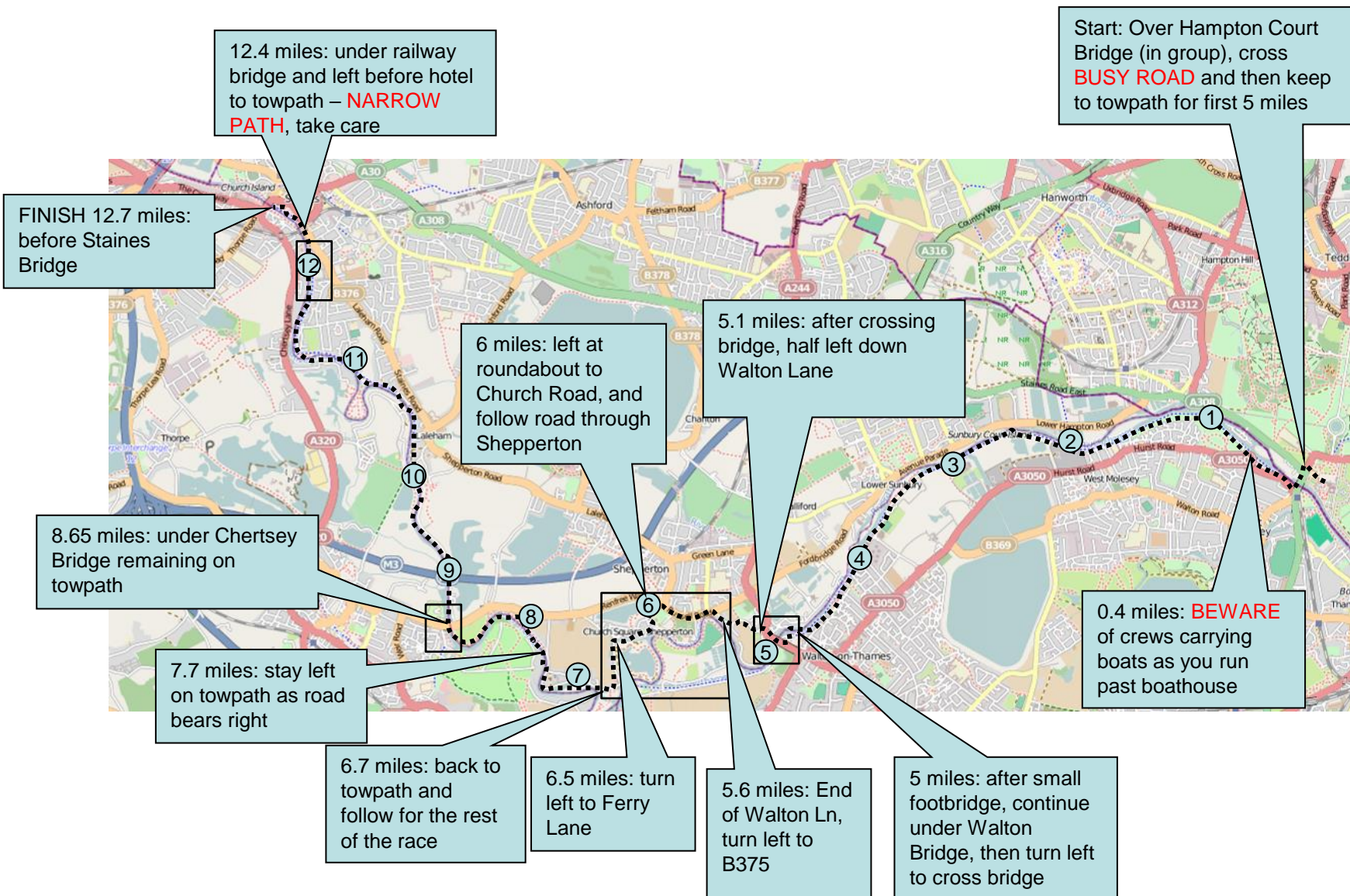
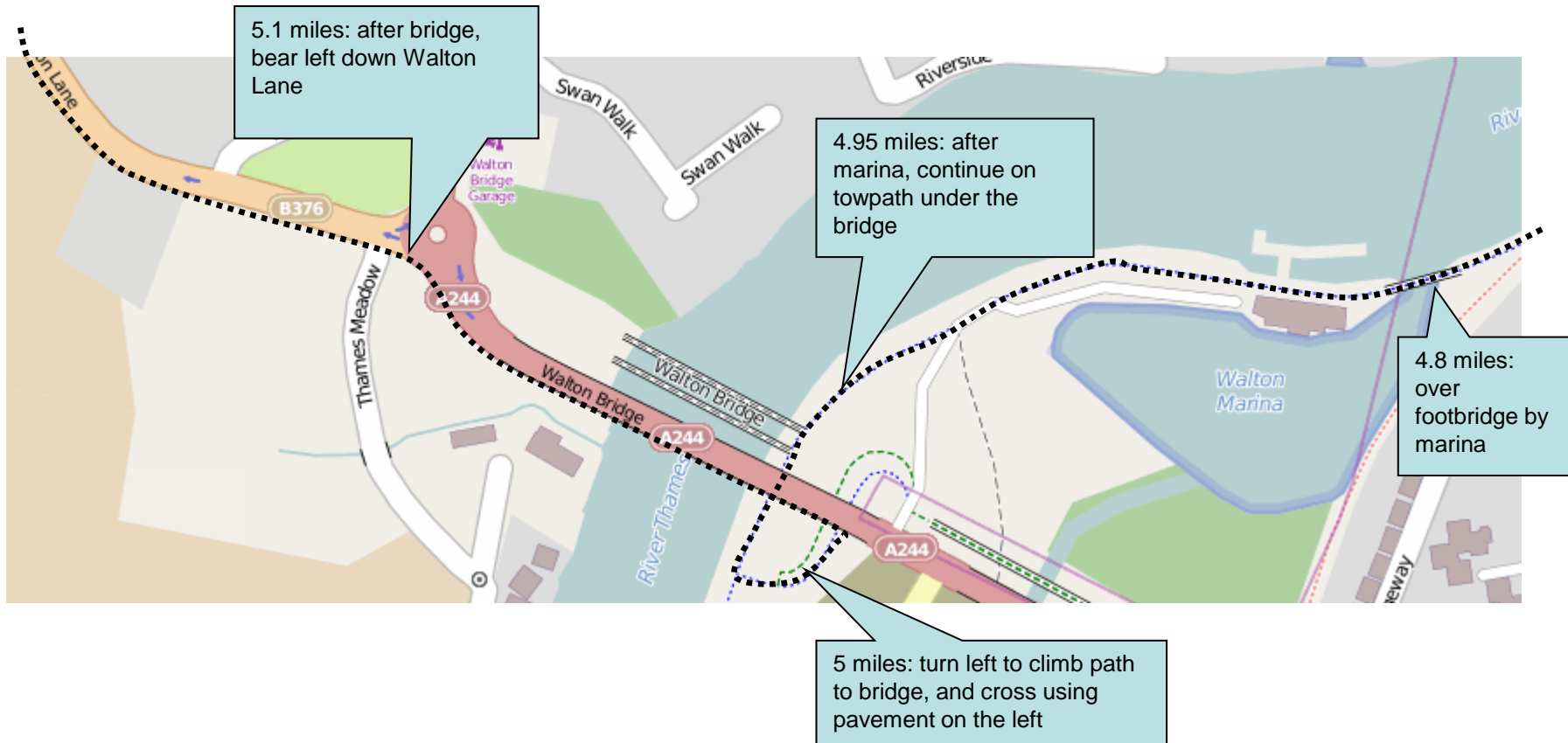


# Stage 1 - Overview

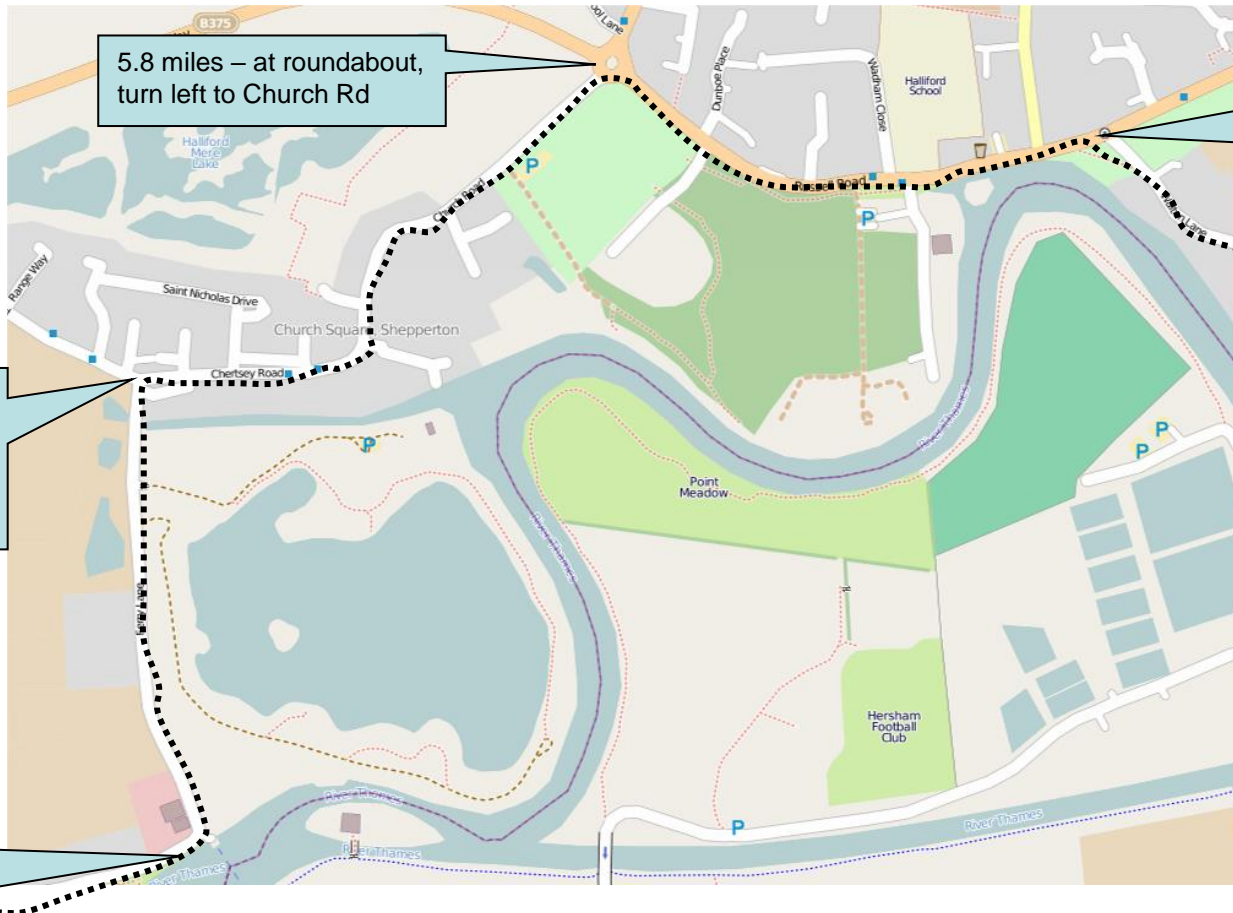
Start time: 08:30, Saturday  
Distance: 12.7 miles  
Emergency: 07966 542315



## Stage 1 Detail – 5 Miles (Walton Bridge)



# Stage 1 Detail – 6 Miles (Shepperton)



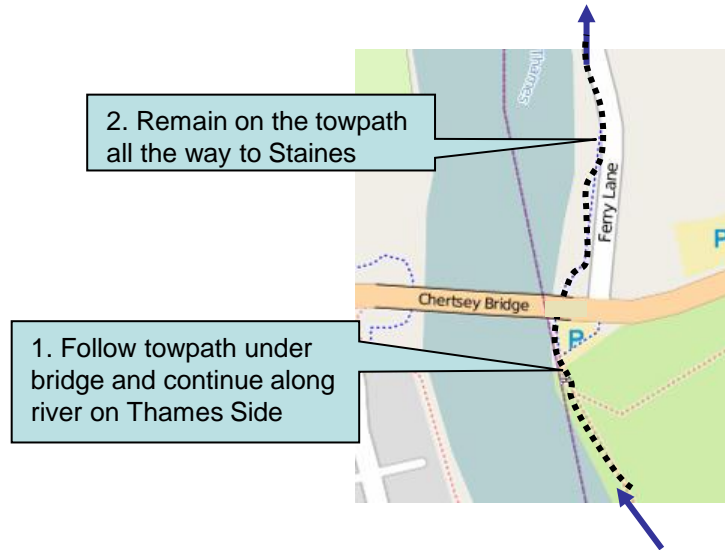
5.8 miles – at roundabout, turn left to Church Rd

5.6 miles: at end of Walton Lane, turn left to Russell Rd B375 (cut across path)

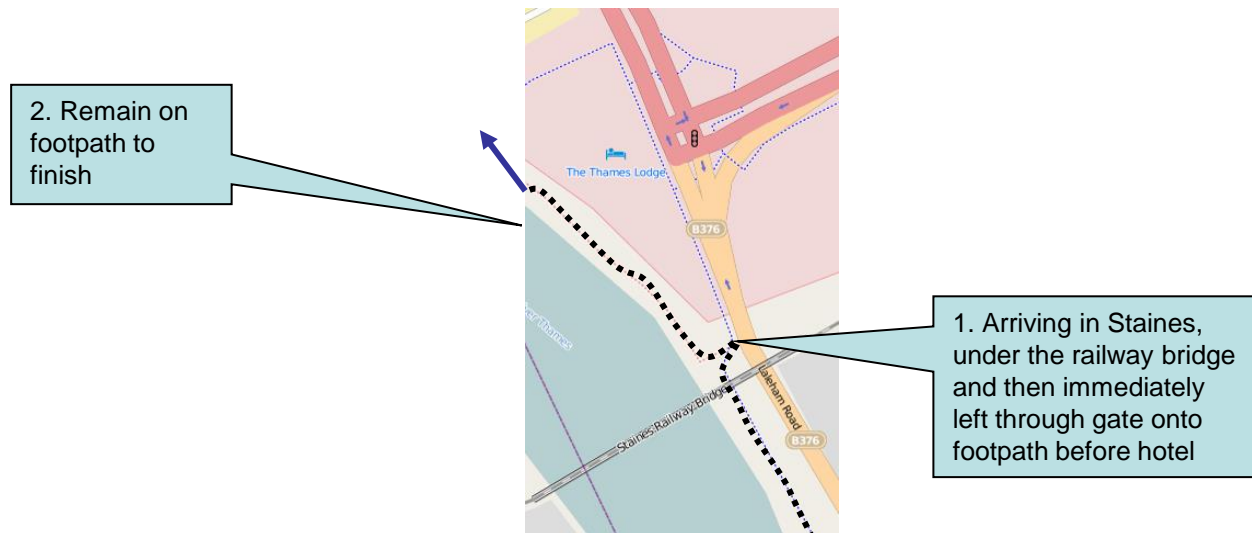
6.5 miles, turn left to Ferry Road and follow to towpath

6.7 miles: Turn right onto towpath and follow to end

## Stage 1 Detail – 8.65 Miles (Chertsey Bridge)



## Stage 1 Detail – 12.4 miles (Staines)



# Stage 1 – Top Tips

- **Race Navigation:** People sometimes forget to cross Walton Bridge, or miss the turns back to the river in Shepperton. Pay attention to your map!
- Take care crossing the bridge at the start, and watch out for rowing boats as you run past Molesey RC
- **Marshal and Support Points:**

Stage	Miles	Place	Risk	Postcode	Start	End	What Three Words
1	0.0	Hampton Court Bridge	M	KT8 9AS	08:30	08:35	///basket.blunt.brand
1	5.1	Walton Bridge	L	TW17 8LY	09:00	09:21	///runner.locate.vast
1	8.6	Chertsey Bridge	L	KT16 8JA	09:15	09:56	///social.exam.ships
1	12.7	Finish	L	TW18 4BU	09:35	10:37	///good.pills.plan

- **Stage Records:**

Year	Stage	Distance	Name	Team	Time	Category
2022	1	12.7	Richard Ollington	Thames Hare & Hounds	01:10:09	Overall (men)
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	Overall (women)
2023	1	12.7	Martin Alvarez-Espinar	Thames Hare & Hounds	01:13:16	V40 Men
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	V35 Women
2010	1	12.7	Howard Gleave	Ranelagh	01:17:21	V50 Men
2007	1	12.7	Dee Smale	Stragglers	01:26:41	V45 Women

Location (Start):  
**Hampton Court Palace**  
 Nearest Post Code KT8 9AS

(Barge walk along the river)

**Hospital:**  
 Kingston  
 Galsworthy Road,  
 Kingston KT2 7QB

Location (Finish):  
**Staines Bridge**  
 Nearest Post Code TW18 4BU  
 Lat (WGS84) N51:26:00 (51.433436)  
 Long (WGS84) W0:30:58 (-0.516080)  
 LR TQ032715