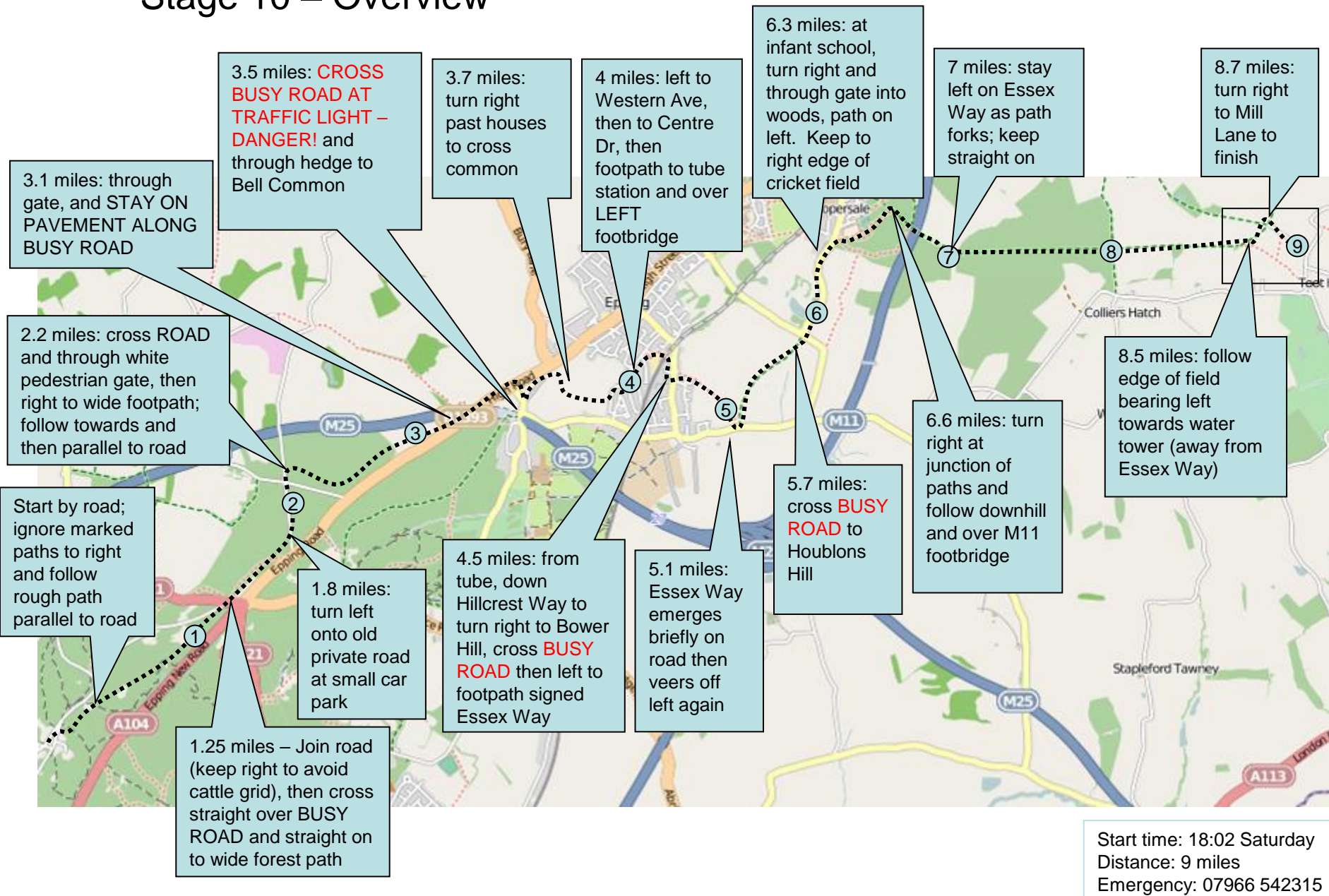
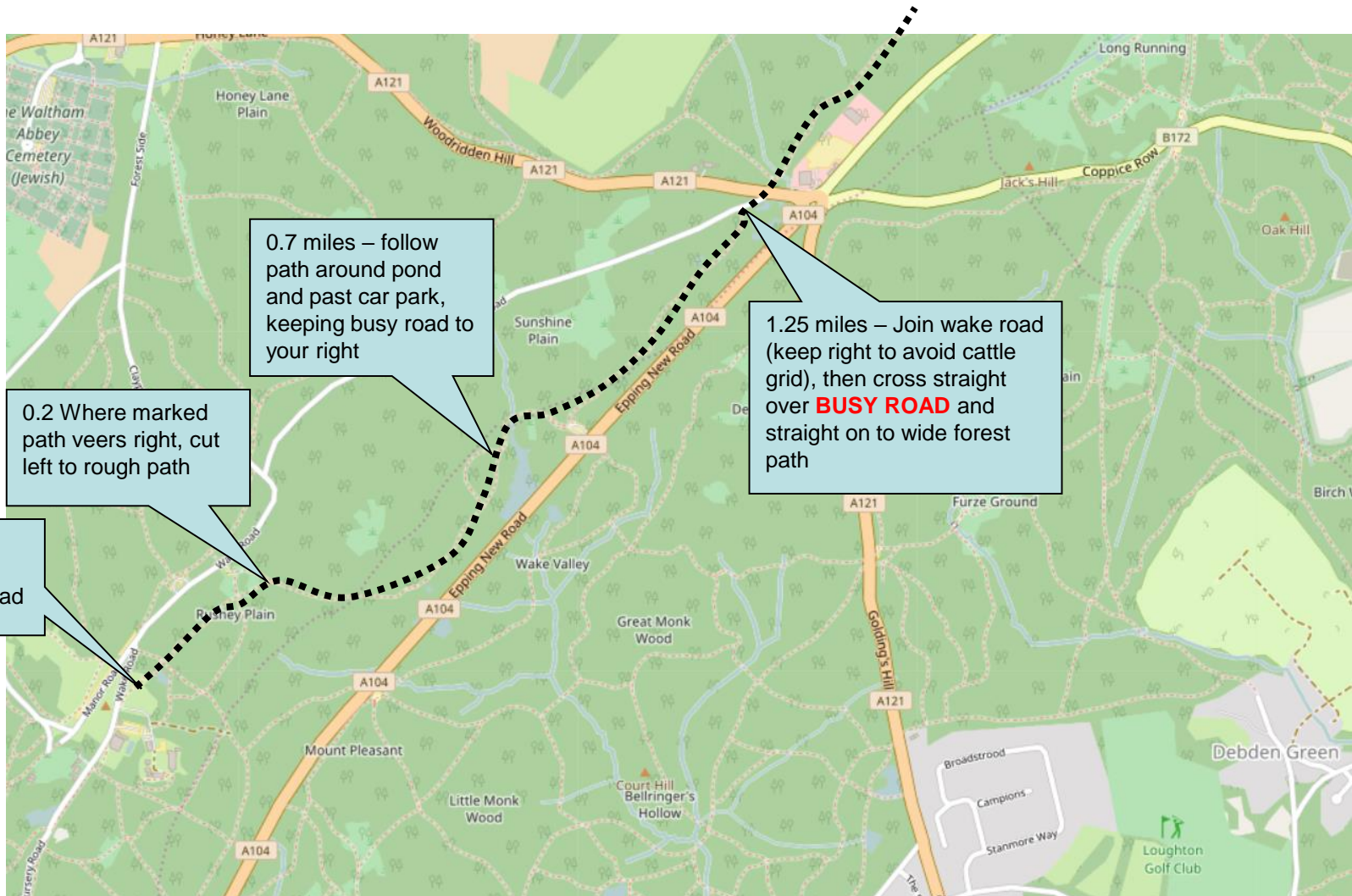


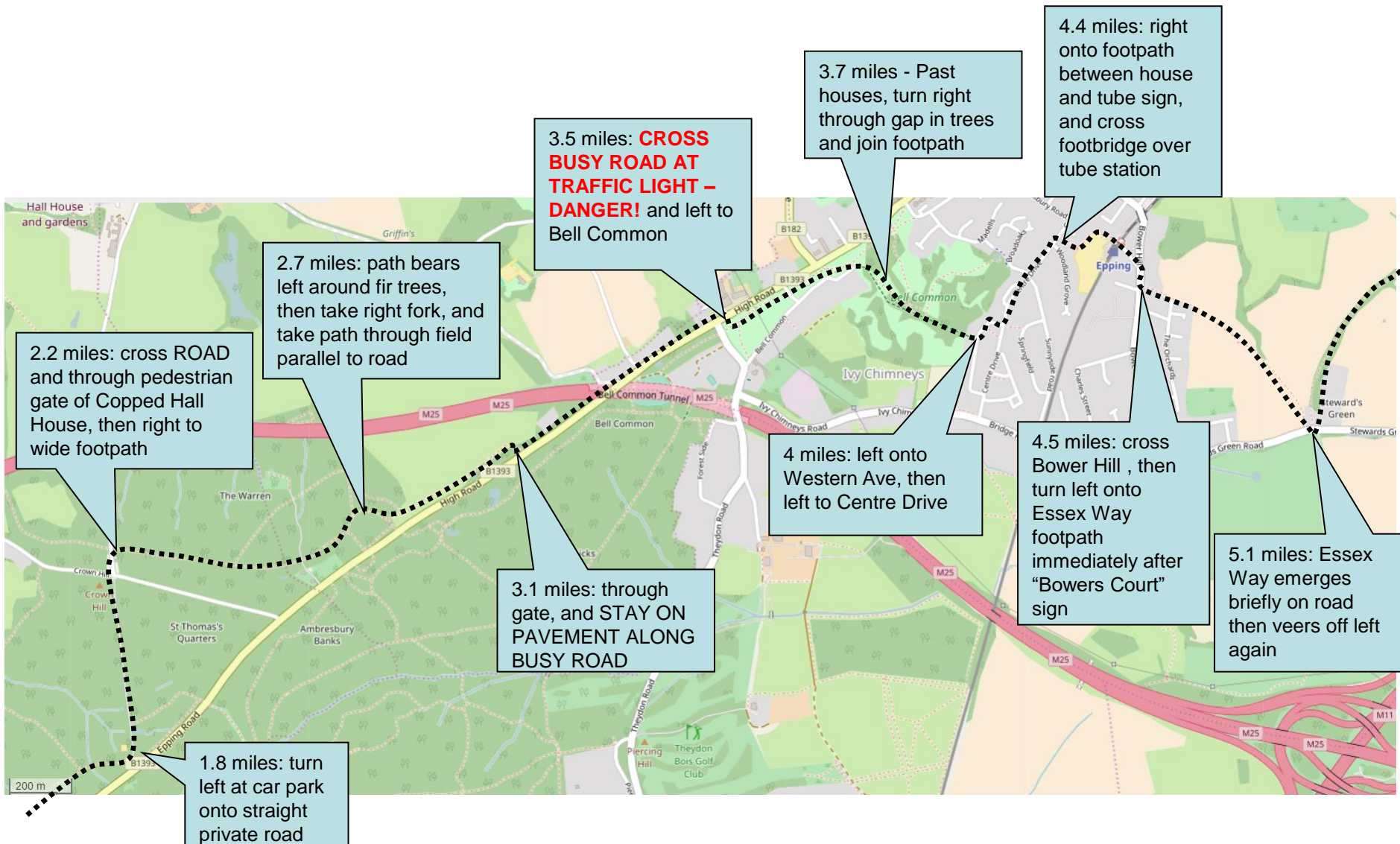
Stage 10 – Overview



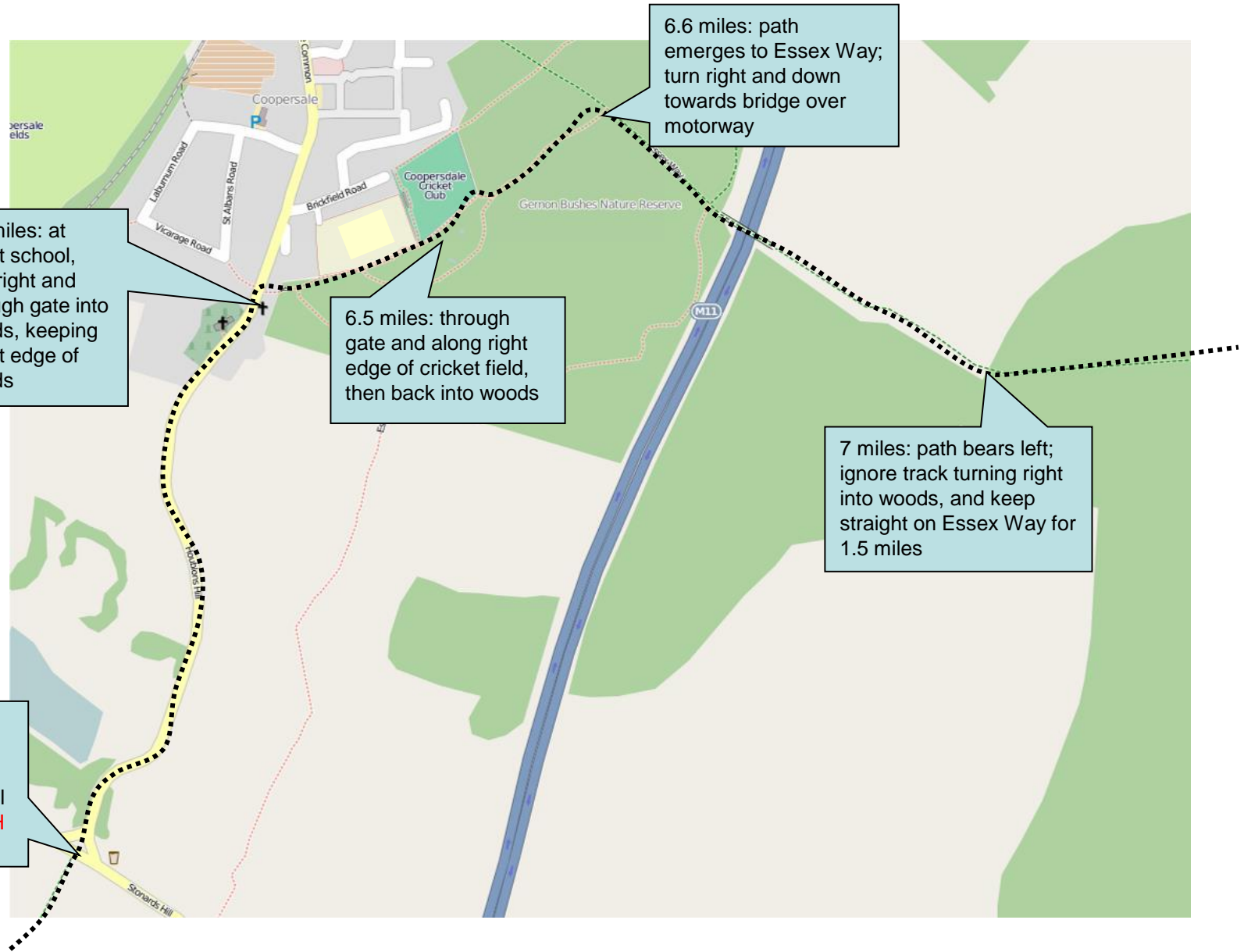
Stage 10 Detail – First Mile



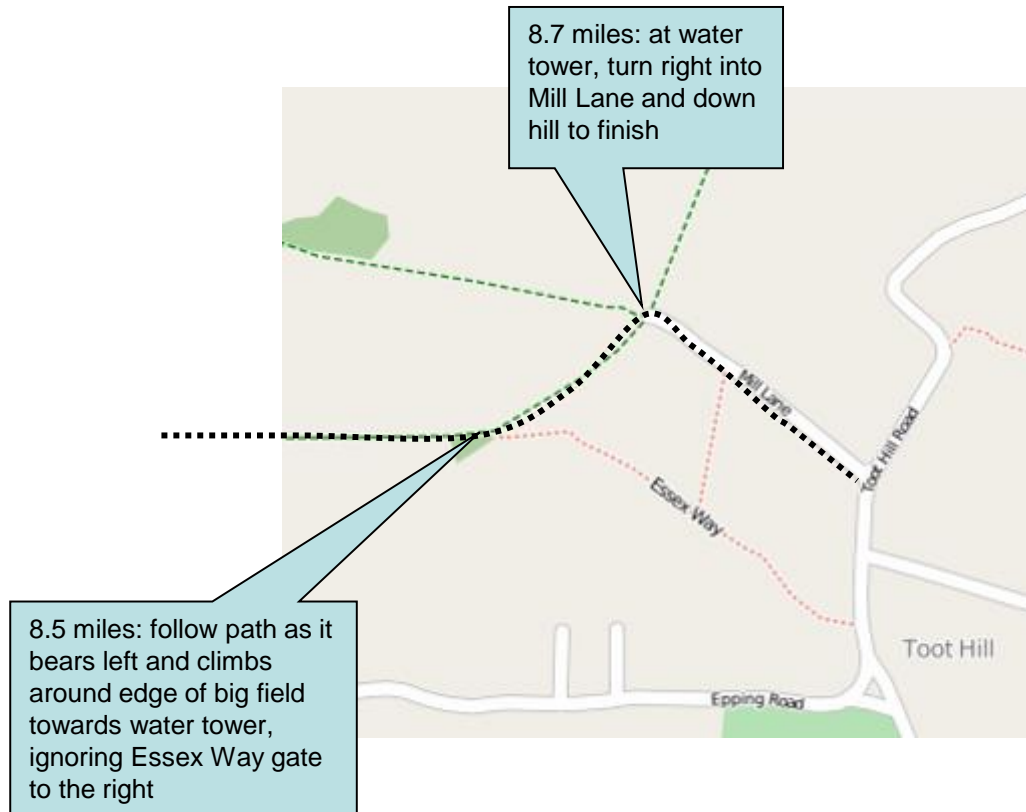
Stage 10 Detail – Epping



Stage 10 Detail – 7 Miles: Coopersale



Stage 10 Detail – Finish



Stage 10 – Top Tips

- **Navigation:** Complex route – forest trails, fiddly route through Epping, then the Essex Way
- In the first mile, if you keep Epping Road in sight to your right you won't go too far wrong
- Dangerous crossings at 1.3 and 3.5 miles – listen to the marshals
- **Marshals:**

Stage	Miles	Place	Risk	Postcode	Start	What Three Words
10	Start	High Beach	n/a	IG10 4AE	18:02	///demand.camera.museum
10	0.2	Path turn	L	IG10 4AE	18:02	(tbc)
10	1.3	A121 forest crossing - big roundabout	H	CM16 5HP	18:05	///dine.alive.complains
10	2.2	Crown Hill crossing - Copped Hall House	M	CM16 5HR	18:10	///covers.metals.wage
10	3.5	Theydon Rd crossing	H	CM16 4DQ	18:15	///grin.drips.limp
10	4.6	Cross Bower Hill	M	CM16 7AA	18:20	///loaf.smart.drill
10	5.7	Crossing to Houblons Hill	H	CM16 7QJ	18:25	///bless.shape.rungs
10	6.3	Coopersale - road crossing at church	M	CM16 7QT	18:30	///verse.pints.year
10	9.0	Finish	L	CM5 9SE	18:47	///spring.parent.awards

- **Stage Records:**

Year	Stage	Distance	Name	Team	Time	Category
2019	10	9	Gordon Pearce	Thames Hare & Hounds	00:54:25	Overall (men)
2023	10	9	Harriet Preedy	Queens Park Harriers	01:04:25	Overall (women)
2018	10	9	Dan Domeniconi	SHAEF Shifters	00:58:37	V40 Men
2018	10	9	Becky Hall	Ranelagh	01:06:05	V35 Women
2018	10	9	Duncan Wright	British Airways	01:01:49	V50 Men
2019	10	9	Andrea Pickup	Dulwich Runners	01:07:18	V45 Women

Start:

High Beach

Nearest Post Code IG10 4AE
 Lat (WGS84) N51:39:55 (51.665282)
 Long (WGS84) E0:02:27 (0.040965)
 LR TQ412982

Hospital:

North Middlesex
 University Hospital
 Sterling Way London
 N18 1QX

End:

Toot Hill

Nearest Post Code CM5 9SE
 Lat (WGS84) N51:42:04 (51.701235)
 Long (WGS84) E0:11:30 (0.191646)
 LR TL515025