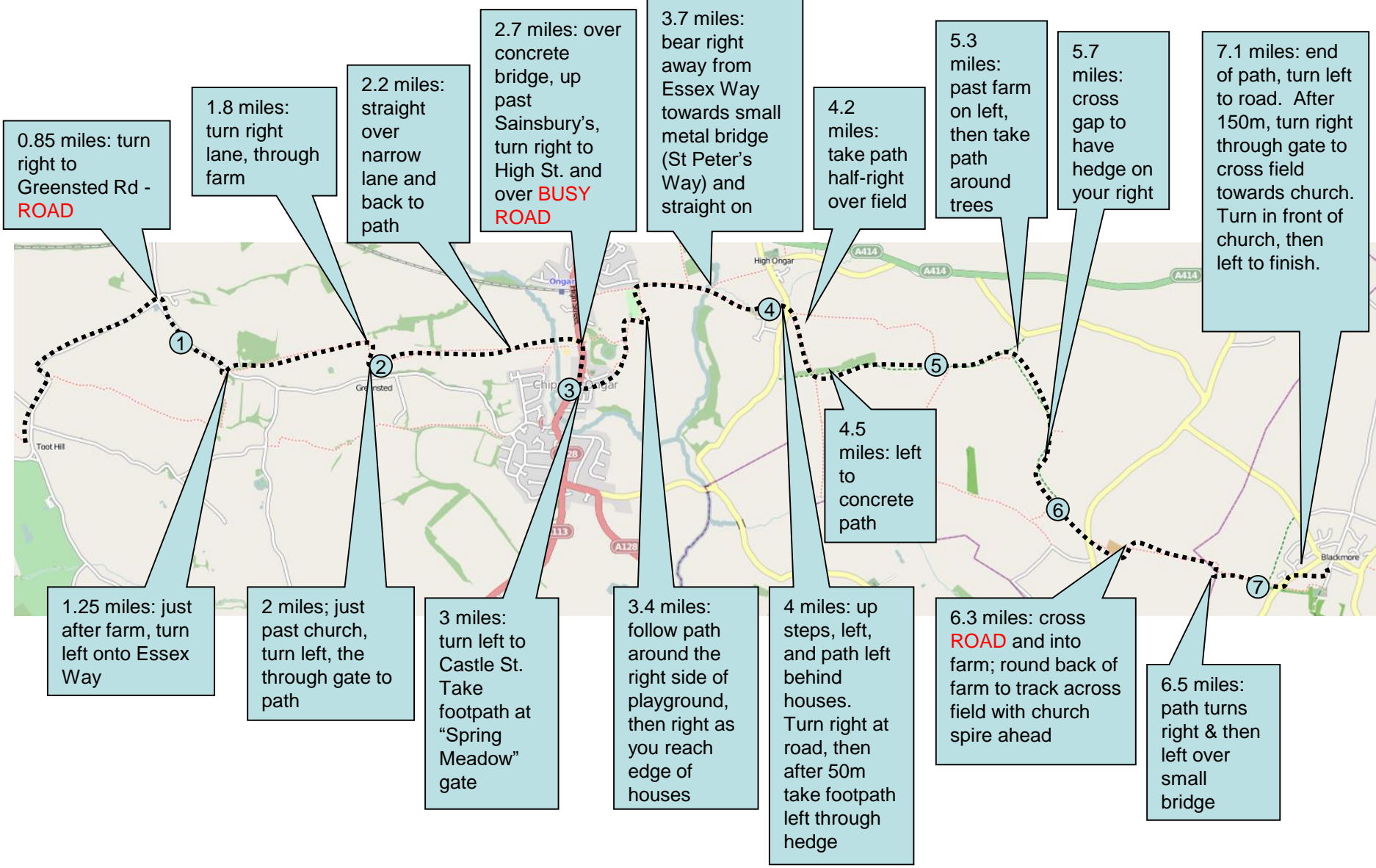
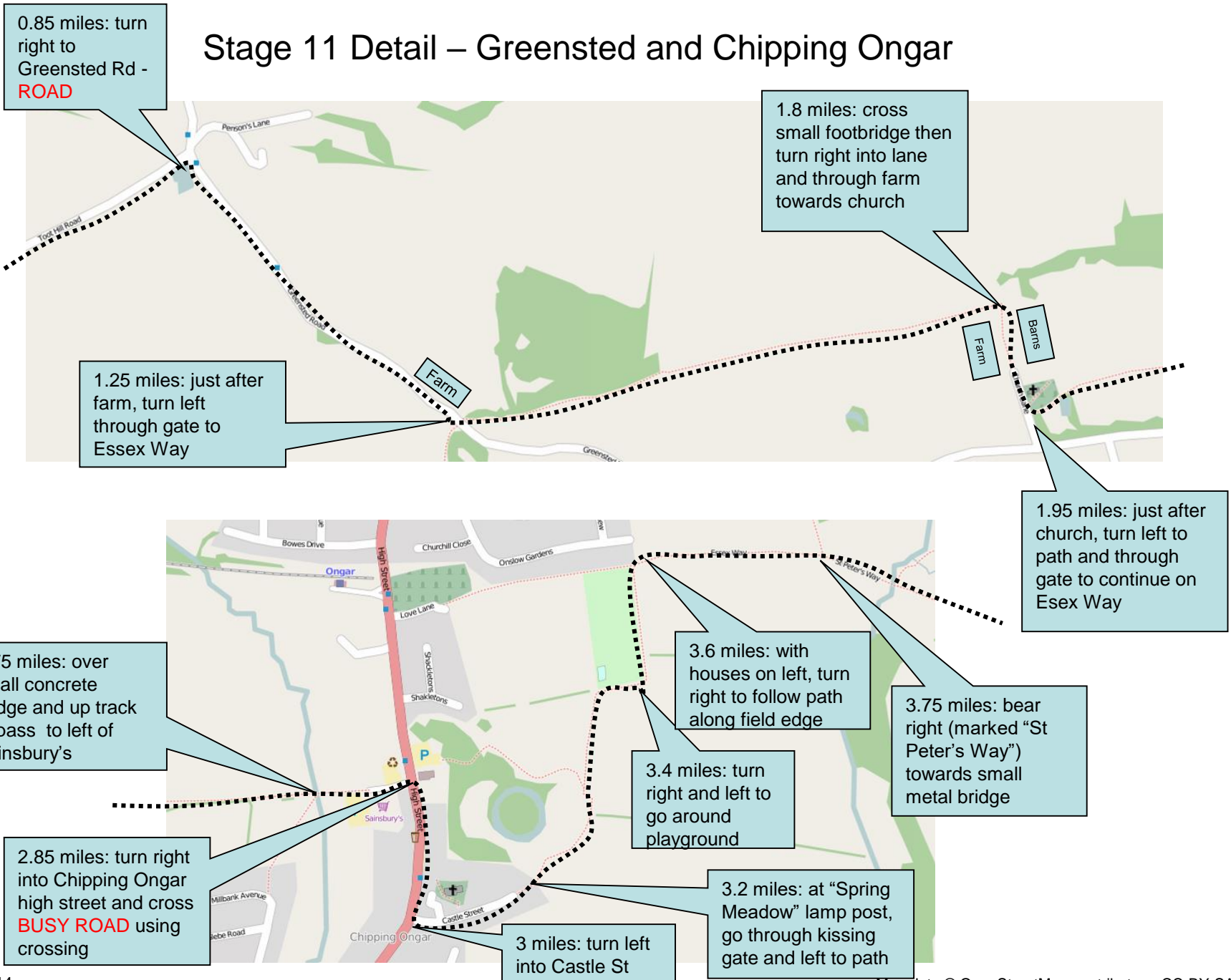


Start time: 18:48 Saturday  
 Distance: 7.5 miles  
 Emergency: 07966 542315

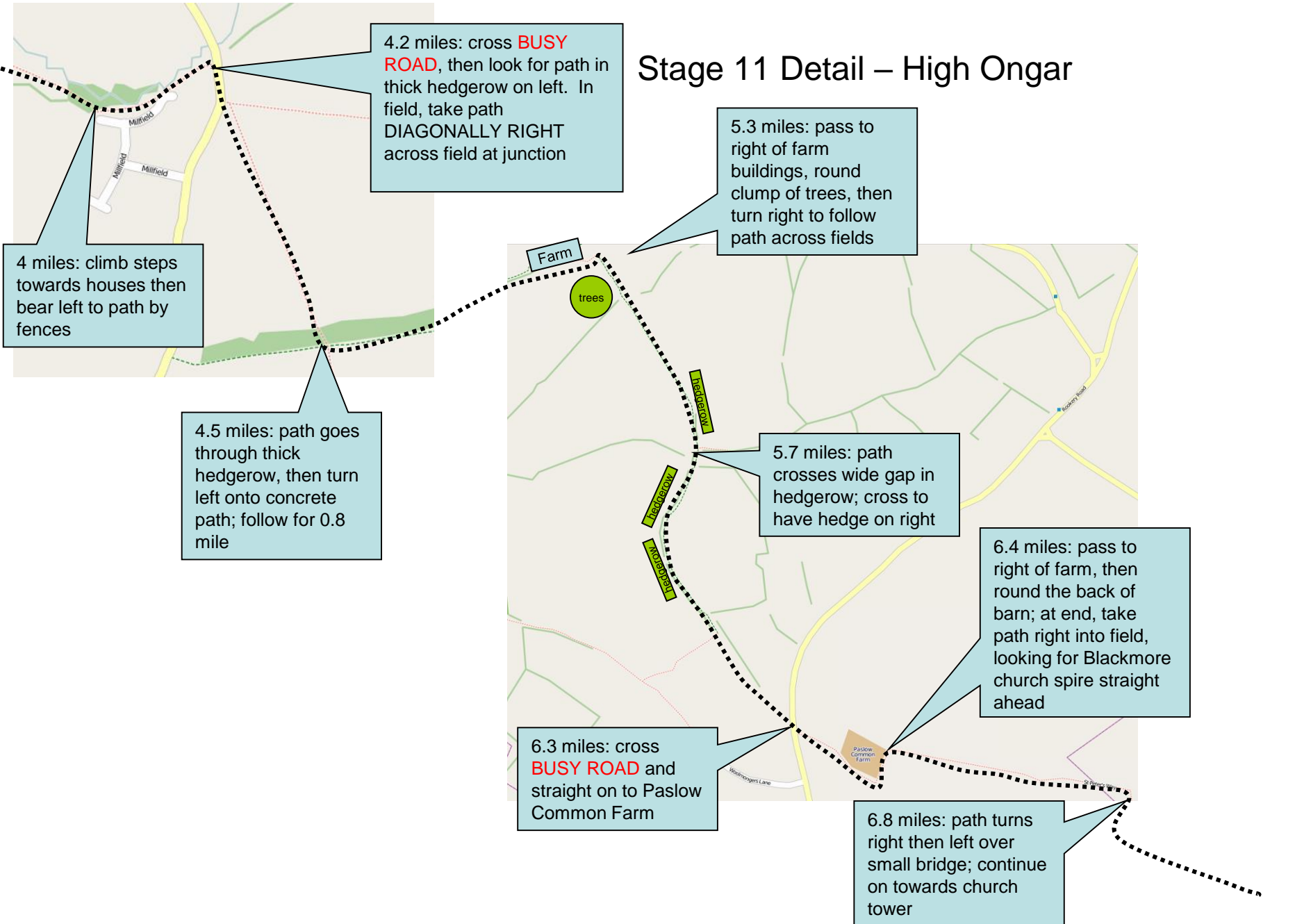
## Stage 11 - Overview



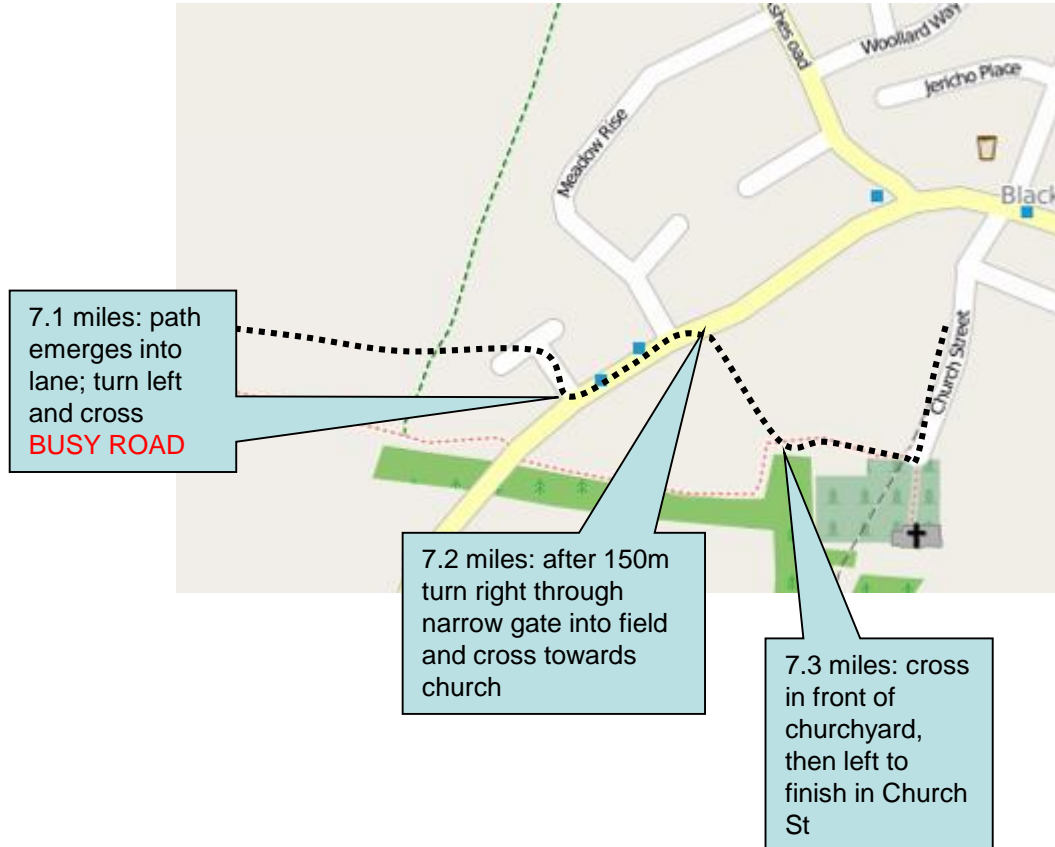
# Stage 11 Detail – Greensted and Chipping Ongar



## Stage 11 Detail – High Ongar



# Stage 11 Detail - Finish



# Stage 11 – Top Tips

- **Navigation:** Complex route. Don't miss the turn away from the Essex Way at 3.75 miles. The path off the road at High Ongar is well hidden by a hedgerow
- The fields at 5 and 6 miles can be obscured by deep crops (sometimes head height) – keep the church spire in view. It is possible we could need to re-direct the last section to avoid this at short notice – listen to the pre-race briefing and the marshals.
- **Marshal and Support Points**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
11	Toot Hill T-junction	M	0.8		CM5 9LF	18:50	Right turn into Greensted Rd
11	Essex Way turn off road	L	1.3		CM5 9LG	18:50	Left turn after farm onto Essex Way
11	Ongar High St	L	2.9	Water	CM5 9AB	19:00	Cross road using zebra crossing, and left into Castle St
11	High Ongar	M	4.2		CM5 9RL	19:10	Cross road and through hedges into fields
11	Paslow Farm	M	6.5	Water	CM4 0JY	19:20	Cross road and round barns to St Peters Way
11	Blackmore Rd crossing	L	7.1		CM4 0RB	19:20	Cross road and into field towards finish

- **Stage Records:**

Year	Stage	Name	Team	Time	Category
2007	11	Graham Brook	Stragglers	00:43:22	Overall (men)
2007	11	Zara Hyde- Peters	Stock Exchange AC	00:46:49	Overall (women)
2007	11	Zara Hyde-Peters	Stock Exchange	00:46:49	V35 Women
2016	11	Reeves, Andrew	Serpentine Running Club Men	00:44:15	V40 Men
2012	11	Ange Norris	Dulwich Runners	00:53:40	V45 Women
2010	11	Bob Harrison	Millennium	00:48:34	V50 Men

Start:

**Toot Hill**

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

**Hospital:**

Princess Alexandra  
 Hospital  
 Hamstel Road, Harlow  
 CM20 1QX

End:

**Blackmore**

Nearest Post Code CM4 0RN  
 Lat (WGS84) N51:41:30 (51.691605)  
 Long (WGS84) E0:19:07 (0.318512)  
 LR TL603017