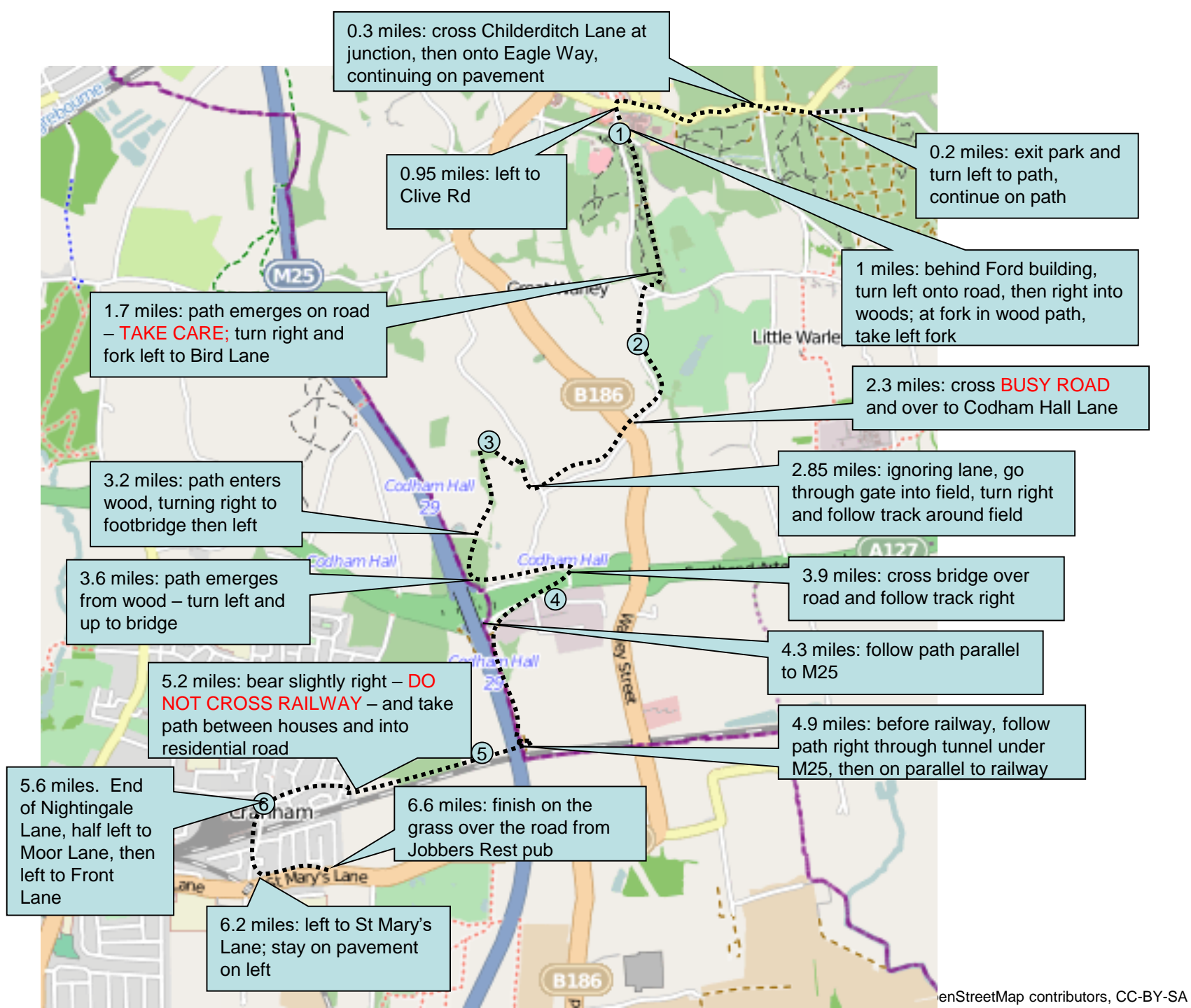
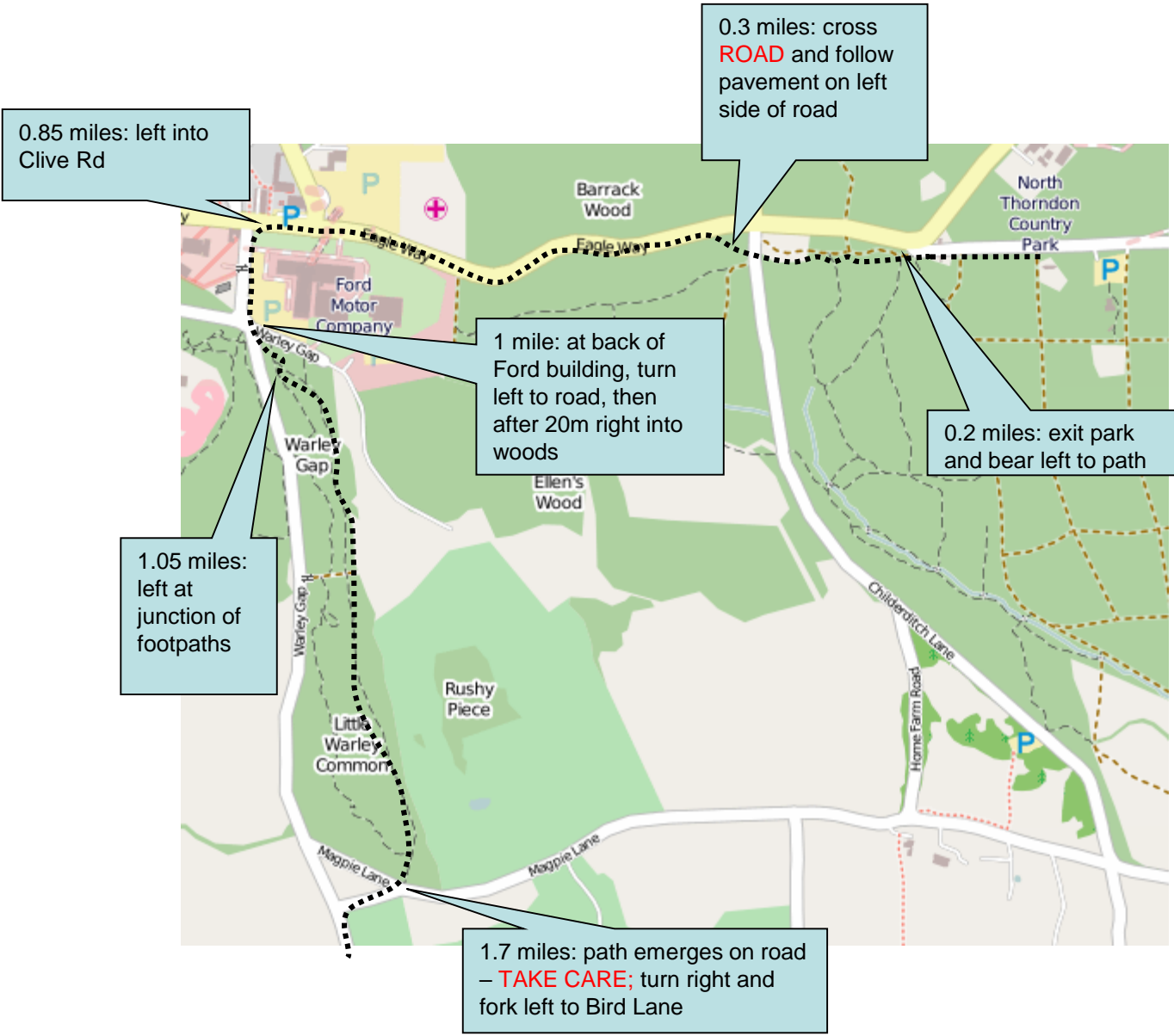


Start time: 09:04 Sunday
Distance: 6.6 miles
Emergency: 07966 542315

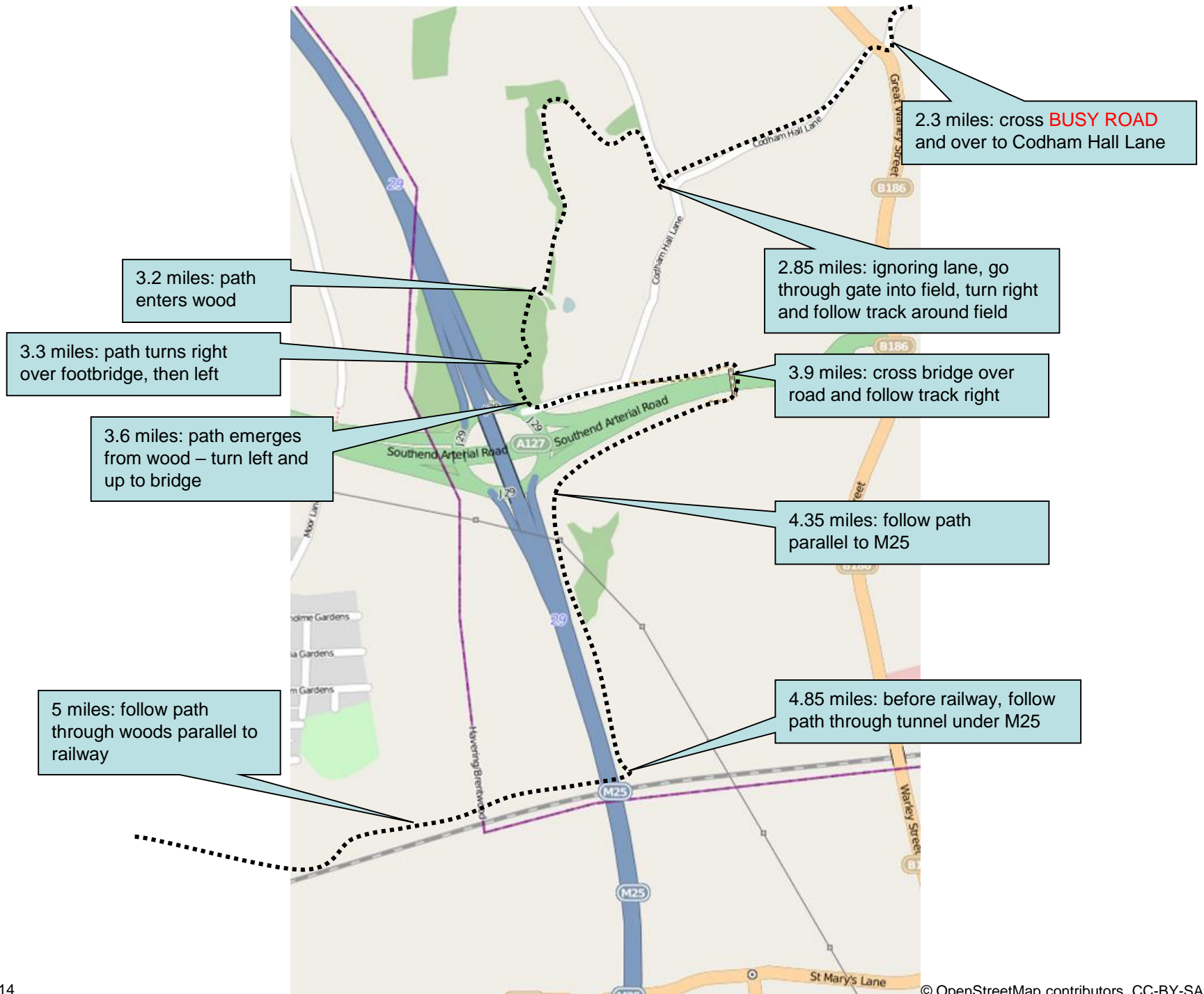
Stage 13 – Overview



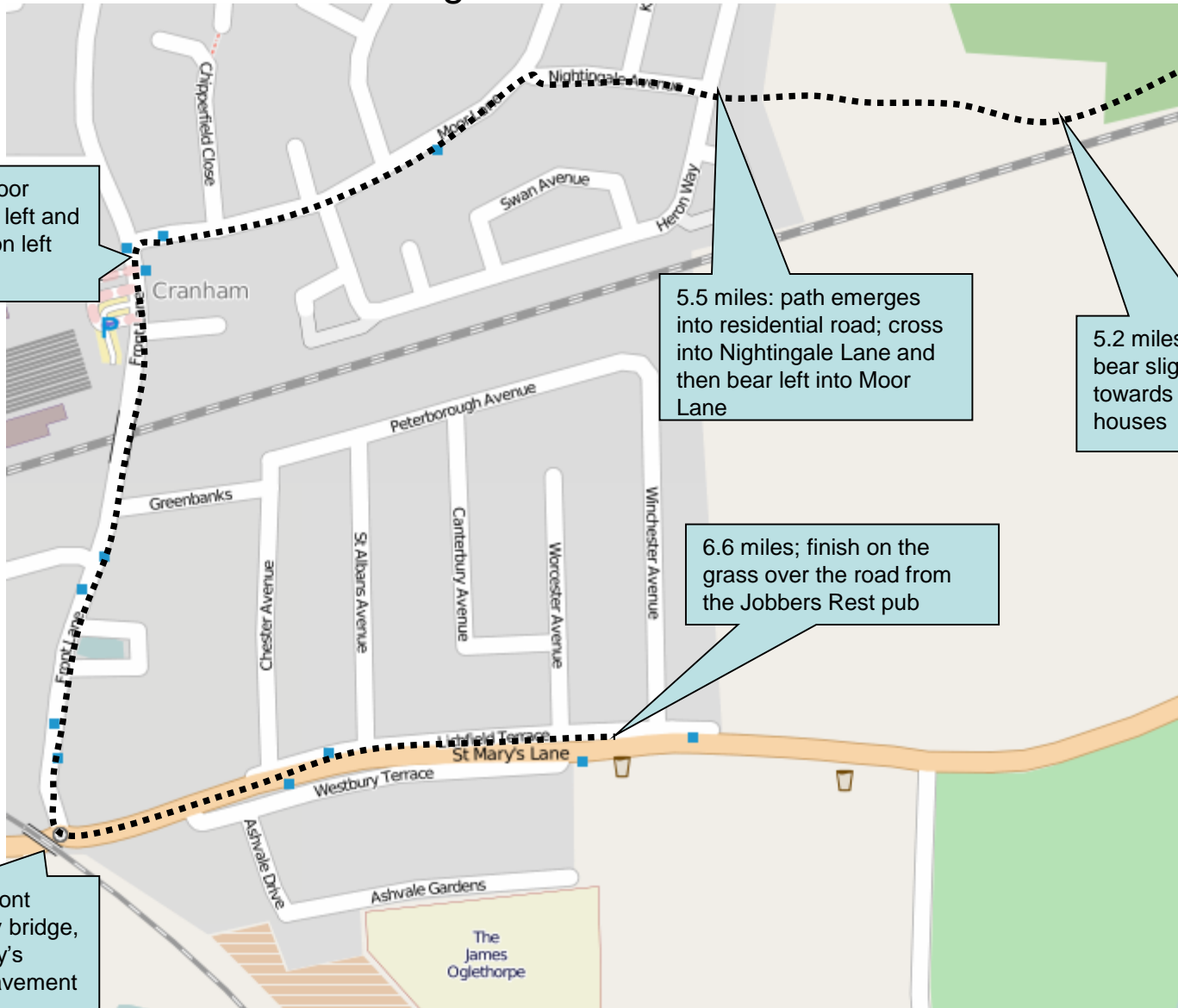
Stage 13 Detail - Start



Stage 13 Detail – 3 to 6 miles



Stage 13 Detail - Finish



5.8 miles: end of Moor Lane at shops, turn left and stay on pavement on left hand side

5.5 miles: path emerges into residential road; cross into Nightingale Lane and then bear left into Moor Lane

5.2 miles: exit wood, and bear slightly right on grass towards gate and then houses

6.6 miles; finish on the grass over the road from the Jobbers Rest pub

6.2 miles: end of Front Lane before railway bridge, turn left into St Mary's Lane, staying on pavement on left hand side

Stage 13 – Top Tips

- **Navigation:** a short-ish but complex, twisty course with a mixture of fiddly urban turns, woods and fields.
- The Jobber's Rest has been re-branded but is still in the same place.
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
13	Childerditch Lane	H	0.3		CM13 3RZ	09:05	Cross lane, half right turn to join pavement along Eagle Way
13	Magpie Lane crossing	H	1.7		CM13 3DT	09:12	Emerge from woods to turn right and cross road
13	Warley Rd crossing	H	2.3		CM13 3JH	09:14	Cross busy road into Codham Hall Lane
13	Codham Lane end	L	2.85	Water	CM13 3FB	09:17	Join path around field
13	Nightingale Lane	M	5.5	Water	RM14 1EW	09:28	Cross residential road

- **Stage Records:**

Year	Stage	Name	Team	Time	Category
2016	13	Jeff Cunningham	Stock Exchange AC	00:36:50	Overall (men)
2014	13	Sarah Pemberton	Serpentine 1	00:42:45	Overall (women)
2017	13	Tamsin Simmonds	Serpie Mixed	00:47:06	V35 Women
2017	13	Mark Forrest	London Frontrunners 1 (MV40)	00:40:34	V40 Men
2017	13	Sue Hall	Stragglers Ladies	00:47:08	V45 Women
2017	13	Steven Daley	Beckenham RC 2	00:41:53	V50 Men

Start:
Thorndon Park
 Nearest Post Code CM13 3RZ
 Lat (WGS84) N51:35:60 (51.599883)
 Long (WGS84) E0:19:05 (0.318169)
 LR TQ606915

Hospital:
 Queen's Hospital
 Rom Valley Way,
 Romford RM7 0AG

End:
Jobbers Rest, Cranham
 Nearest Post Code RM14 3JX
 Lat (WGS84) N51:33:28 (51.557729)
 Long (WGS84) E0:16:24 (0.273335)
 LR TQ576867