

Start time: 09:41 Sunday
Distance: 8.2 miles
Emergency: 07966 542315

1.1 miles: through churchyard and left onto lane, then over stile to path

Start: Across field to corner and after 400m out onto **ROAD - DANGER**

1.9 miles: over footbridge, then left over 2nd footbridge

0.4 miles: turn off road onto footpath

2.3 miles: path leads onto residential road, left to Huntsman's Close, then at end take path on right

0.7 miles: path turns right then left through tunnel under railway

2.4 miles: left then right to Sunnings Lane, crossing **ROAD**

1.5 miles: bear right into nature reserve

3.3 miles: straight to Bramble Ln

3.4 miles: left off road as it bends right – follow path around waste dump and straight on

3.6 miles: at fork, follow left track

3.8 miles: Under overhead wires, right & then immediately left.

4 miles: straight on on bridleway (main track goes right)

4.4 miles: through metal stile to left of gate, then straight on across Belhus Chase

4.2 miles: over footbridge and straight on (FP 263 to Avery PD)

5.4 miles: onto road and over footbridge and straight on

4.9 miles: through metal stile and straight on into woods

5.1 miles: turn left through gap in metal fence, turn left (behind teeing area) and almost immediately bear right to gap then straight ahead down golf course

7.4 miles: on path, bear right towards field, then left along wide fenced track by woods

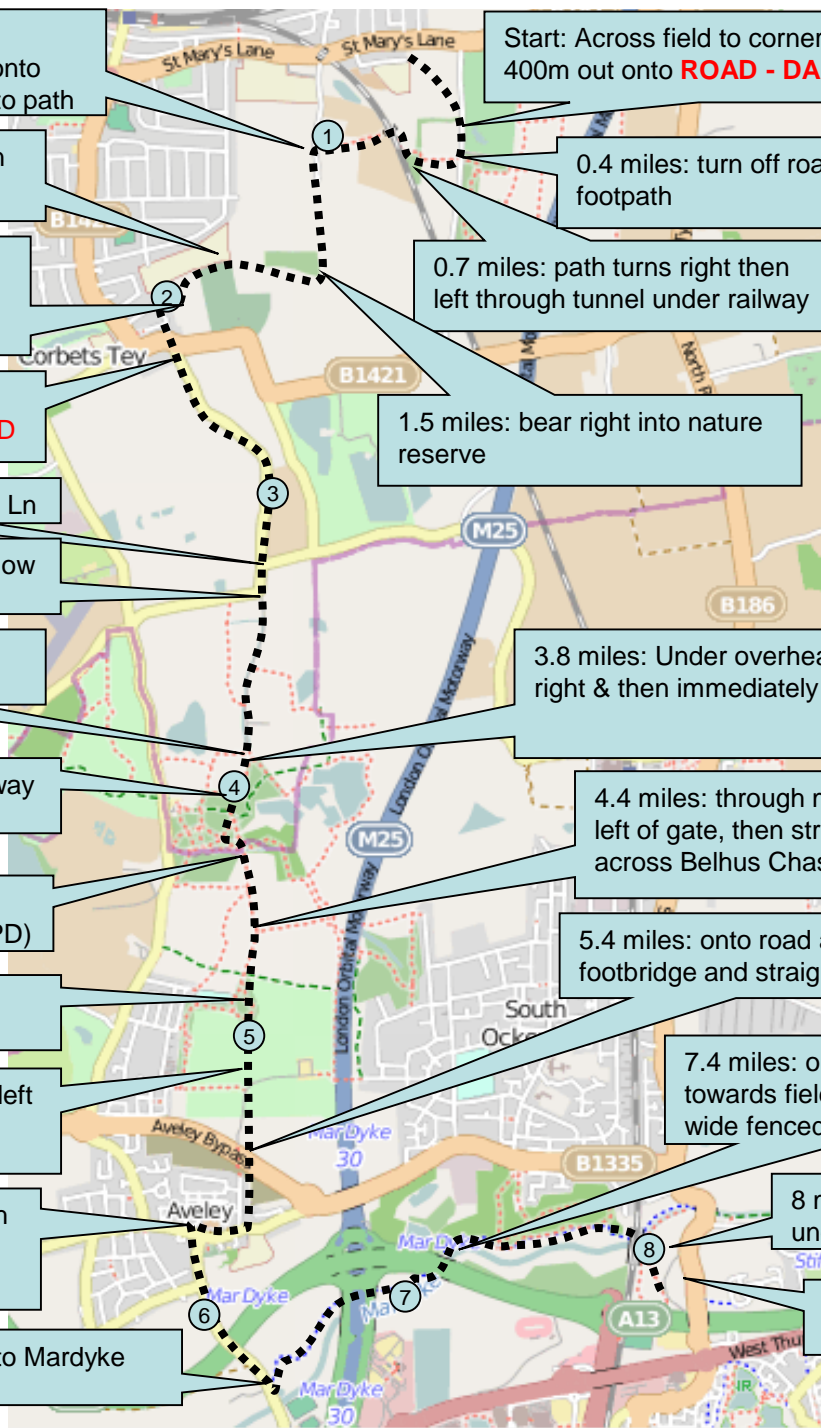
5.8 miles: right into Aveley High Street, cross road, and left at Old Ship pub into Ship Lane

8 miles: follow path right & left under viaduct

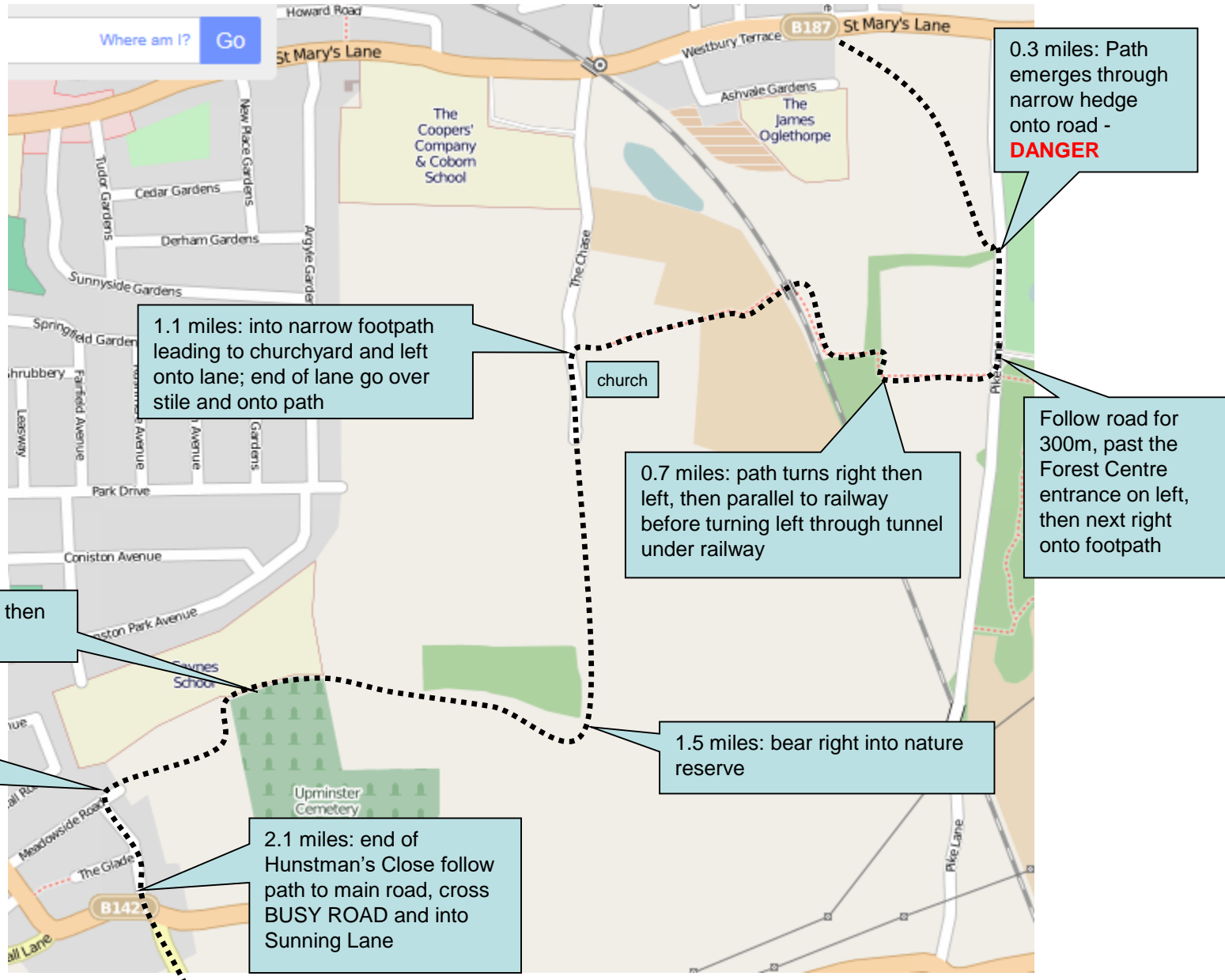
6.5 miles: turn left to Mardyke Path

8.1 miles: turn right over footbridge and straight to finish

Stage 14 – Overview



Stage 14 Detail - Start



Stage 14 Detail – 3 miles

3.3 miles: as road turns right, take path to left of concrete blocks. Path goes through dense trees, then around the back of waste dump and on to gravel path

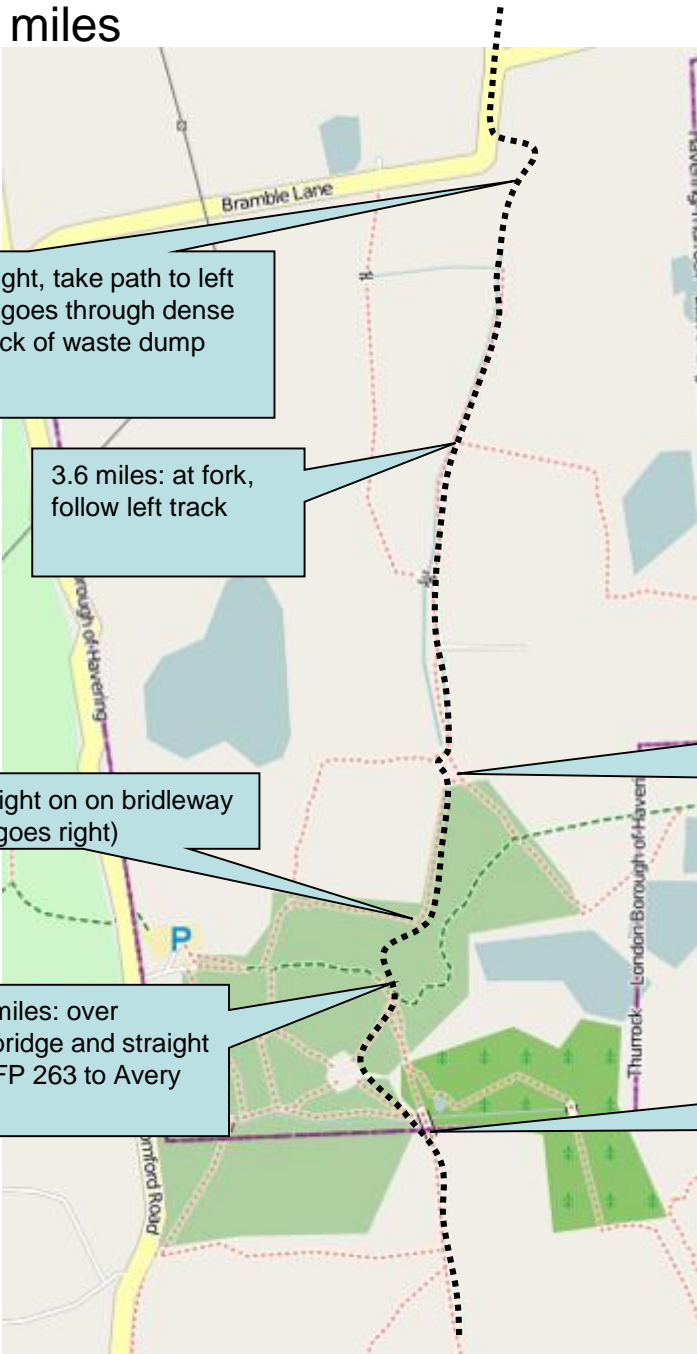
3.6 miles: at fork, follow left track

4 miles: straight on on bridleway (main track goes right)

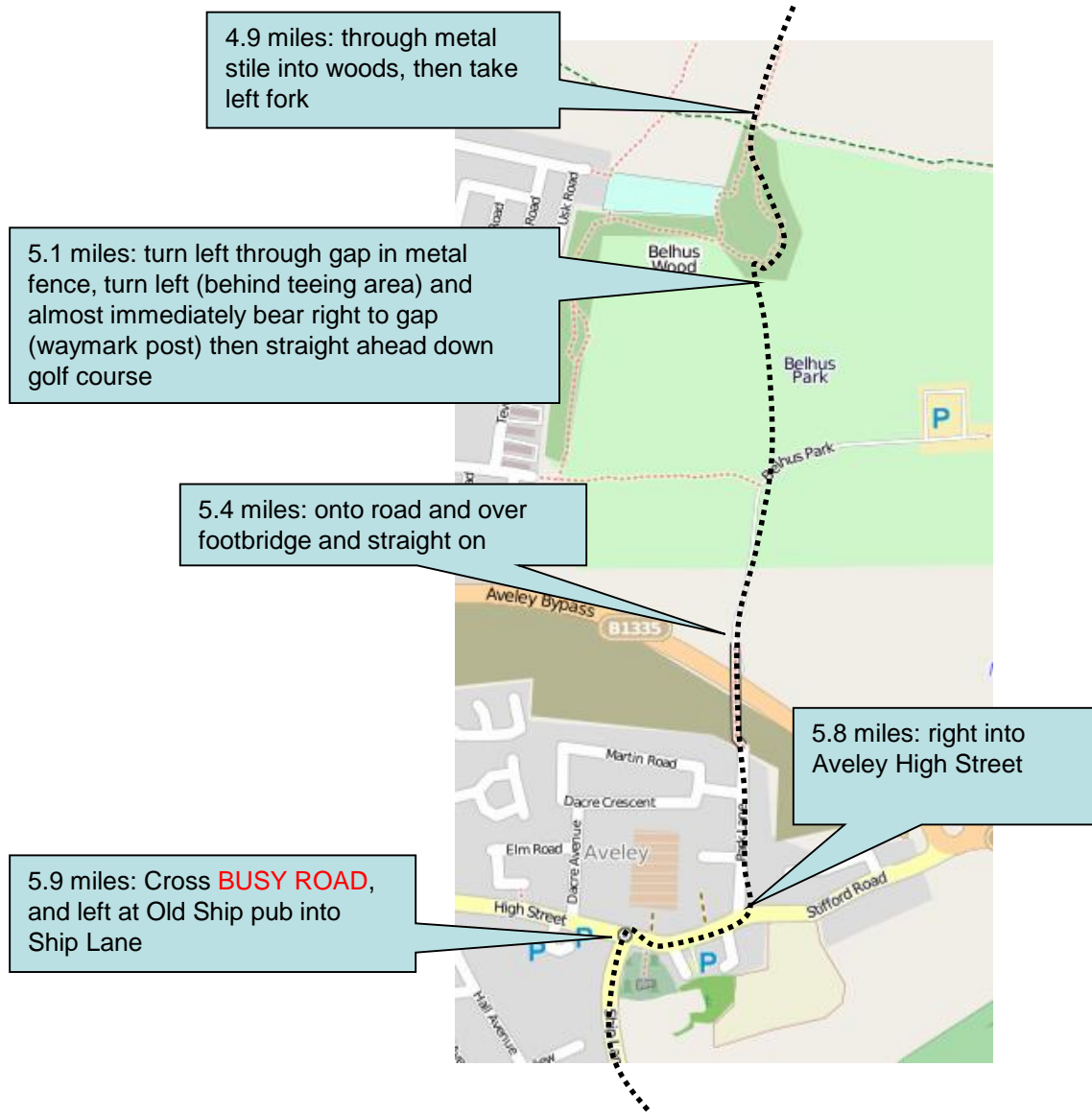
4.2 miles: over footbridge and straight on (FP 263 to Avery PD)

3.8 miles: Under overhead wires turn right then immediately left

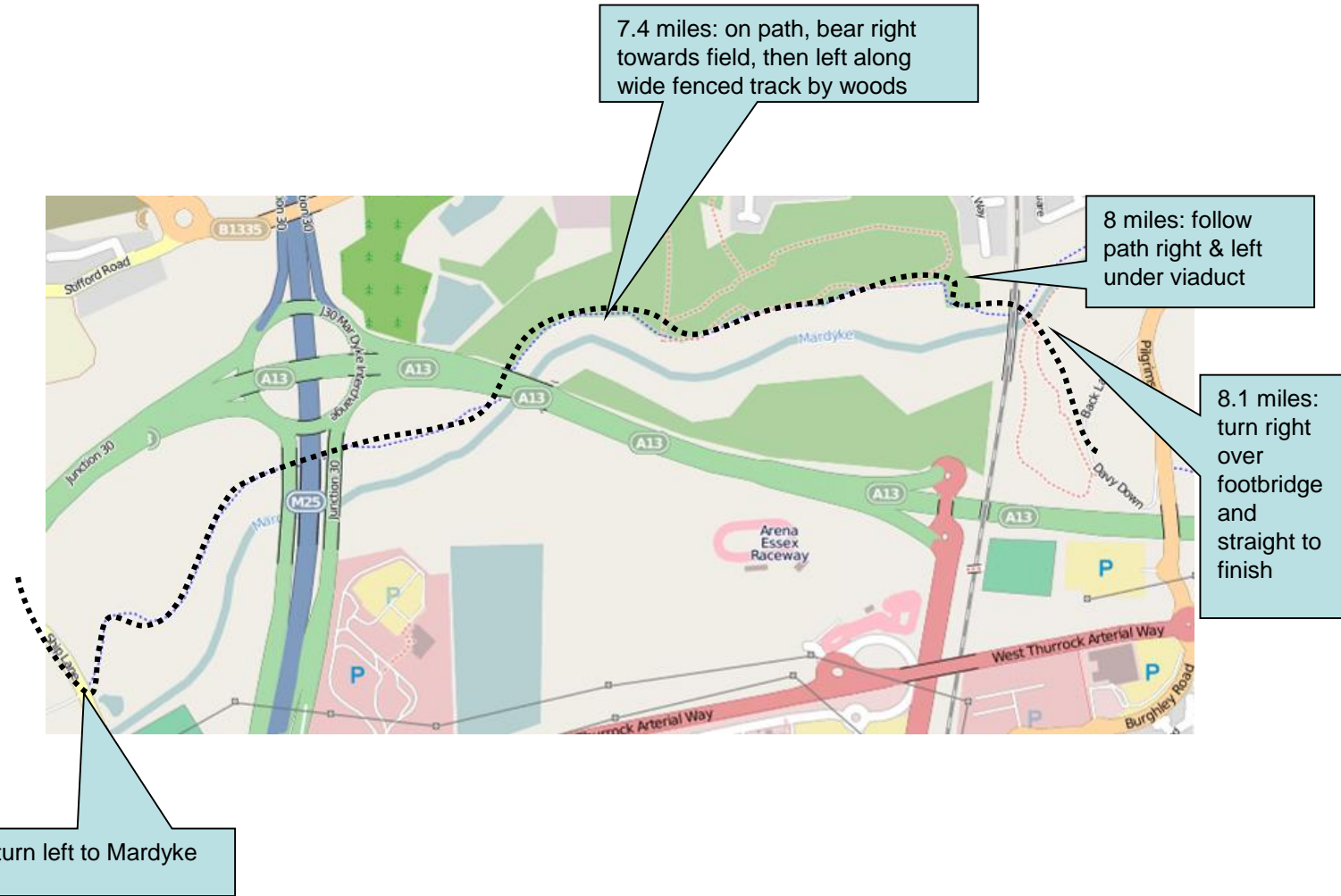
4.4 miles: through metal stile to left of gate, then straight on across Belhus Chase



Stage 14 Detail - Aveley



Stage 14 Detail - Finish



Stage 14 – Top Tips

- **Navigation:** There are a few places you can go wrong with turns in Belhus Park; once you are in Aveley and then the Mardyke Path you are sorted.
- Also, this is the one leg that finishes a distance away from the start of the next one (which is over the QE2 bridge); please bear this in mind when planning your team logistics.
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
14	Pike Lane	H	0.2		RM14 2XL	09:42	Emerge from fields to run briefly along Pike Lane, then right to path
14	Ockendon Rd	M	2.15	Water	RM14 2DJ	09:51	Cross road
14	Aveley High St	M	5.8	Water	RM15 4AD	10:06	Right to high street, then cross to left and turn left
14	Mardyke Path start	L	6.55		RM19 1YX	10:11	Left turn to path

- **Stage Records:**

Year	Stage		Name	Team	Time	Category
2014	14	8.2	Barrett, Simon	Serpentine 1	00:48:00	Senior Men
2015	14	8.2	Palmer, Helen	Serpentine 2	00:54:24	Senior Women
2015	14	8.2	Edwards, Vicky	British Airways	01:05:18	V35 Women
2016	14	8.2	Moscrop, Jonathan	Front Runners 1	00:52:39	V40 Men
2015	14	8.2	Wilkinson, Dorothy	Elmbridge Road Runners	01:03:24	V45 Women
2015	14	8.2	Breslin, Dave	Sandhurst 2	00:57:00	V50 Men

Start:

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

Hospital:

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

End:

Davy Down
 Nearest Post Code RM16 5UL
 Lat (WGS84) N51:29:52 (51.497861)
 Long (WGS84) E0:17:34 (0.292816)
 LR TQ592801