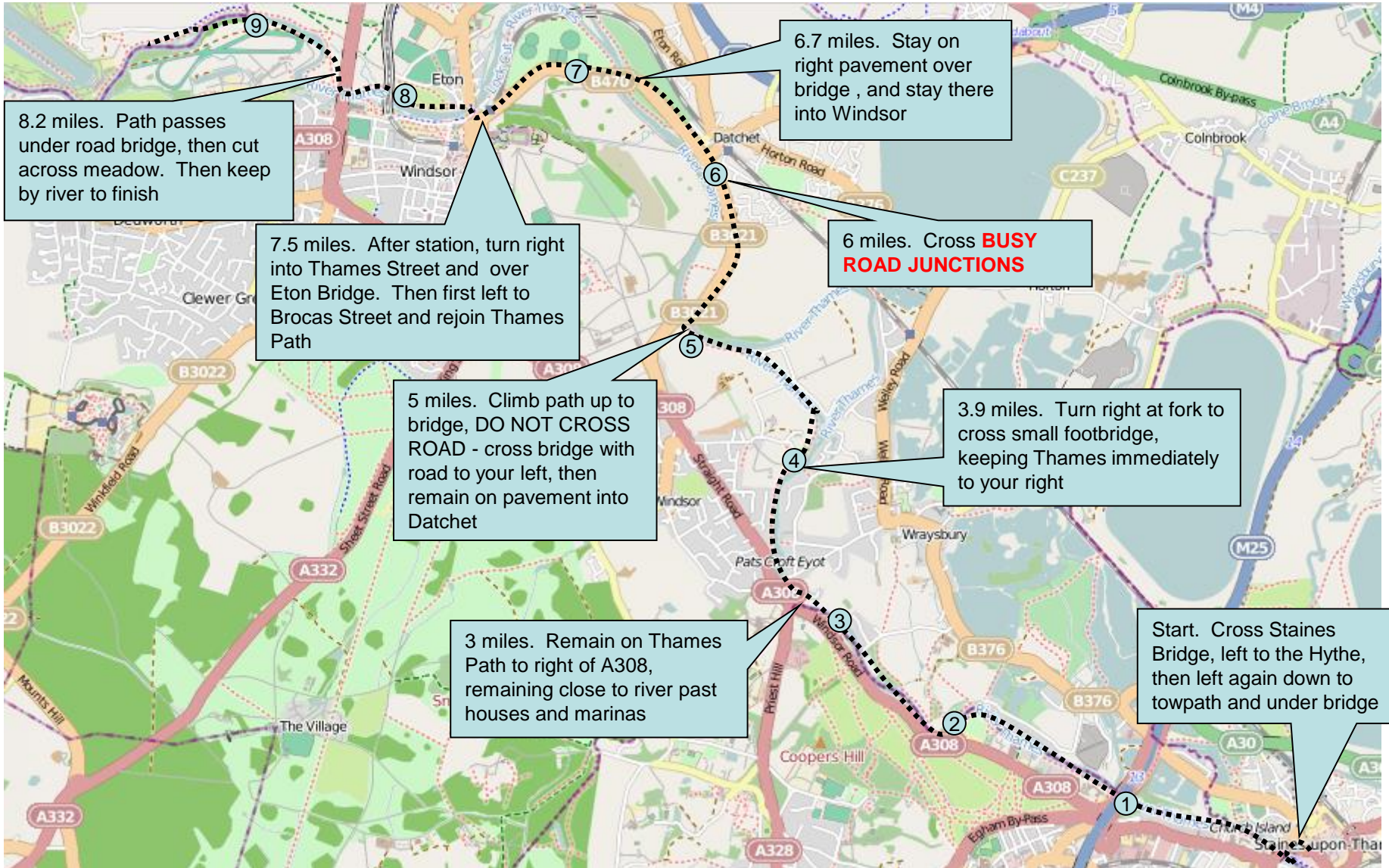
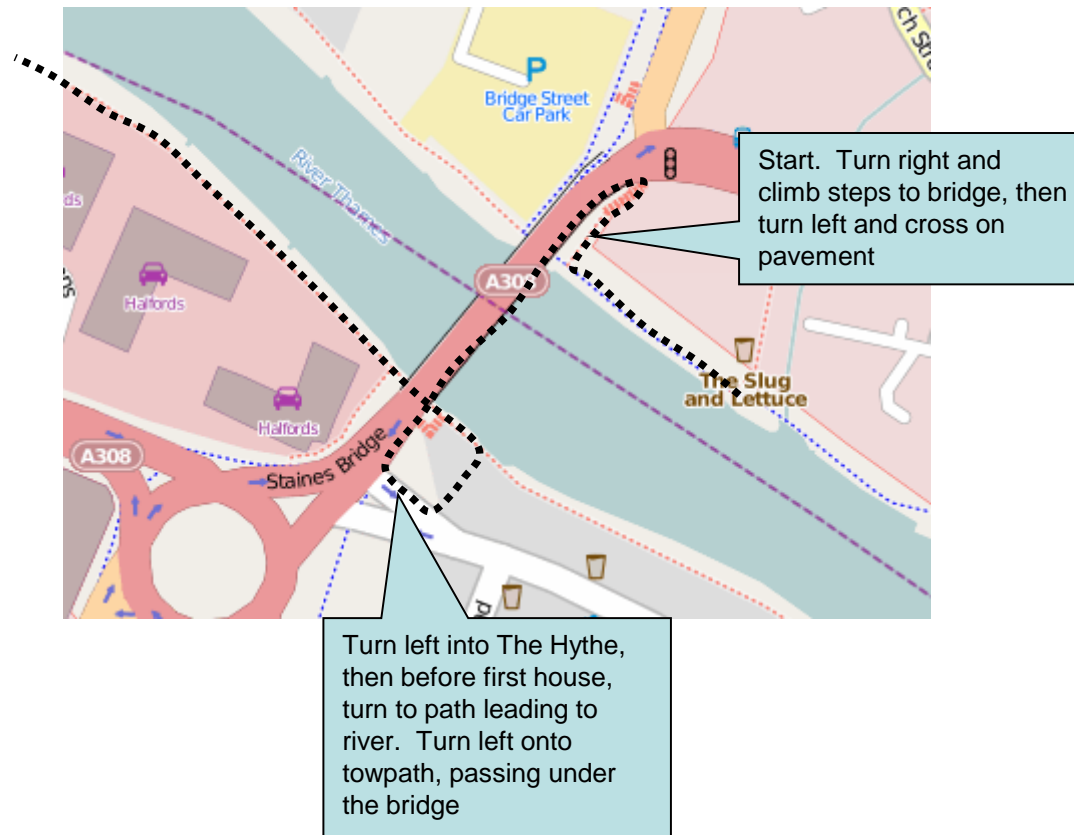


# Stage 2 – Overview

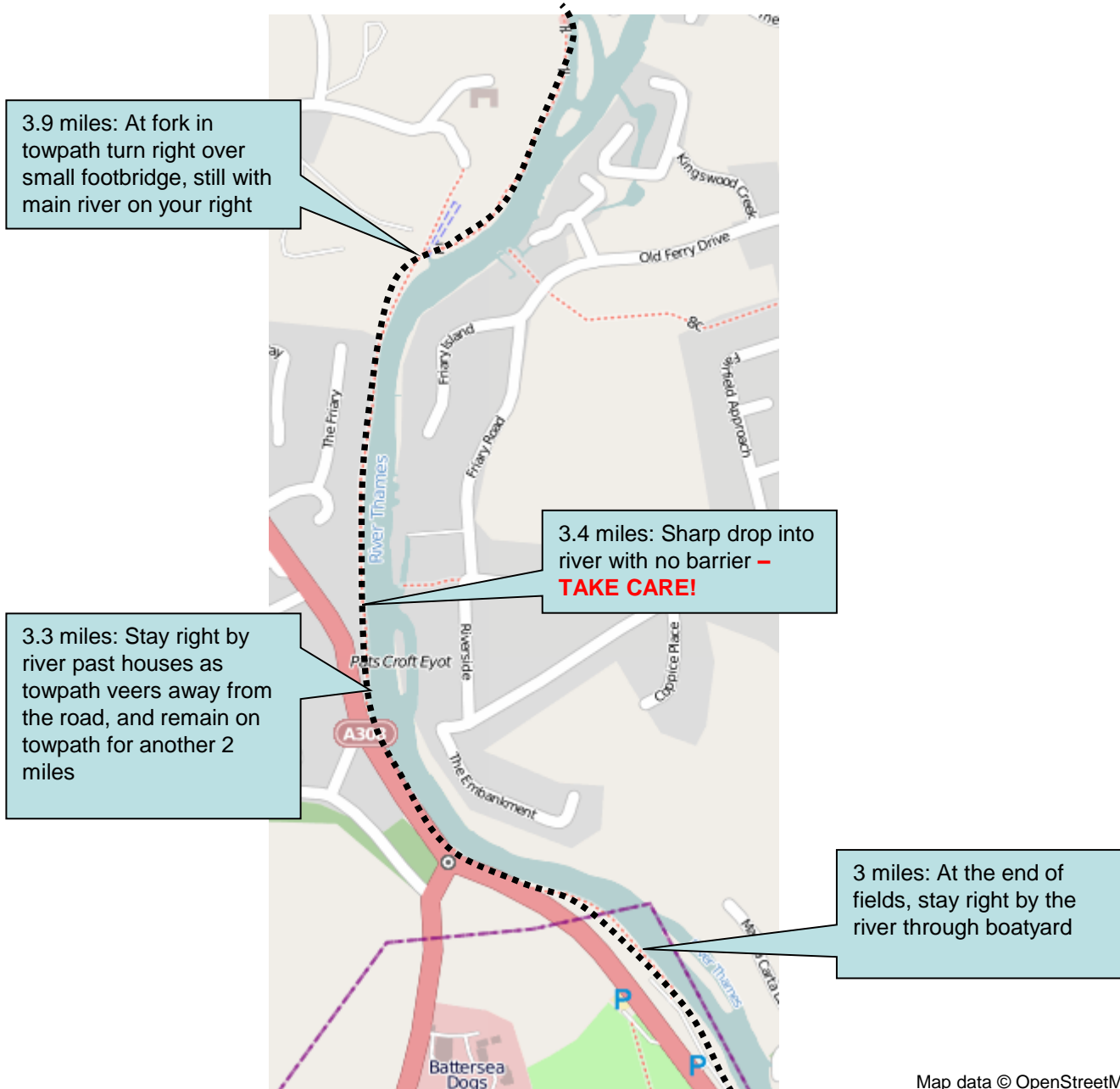
Start time: 09:41 Saturday  
Distance: 9.42 miles  
Emergency: 07966 542315



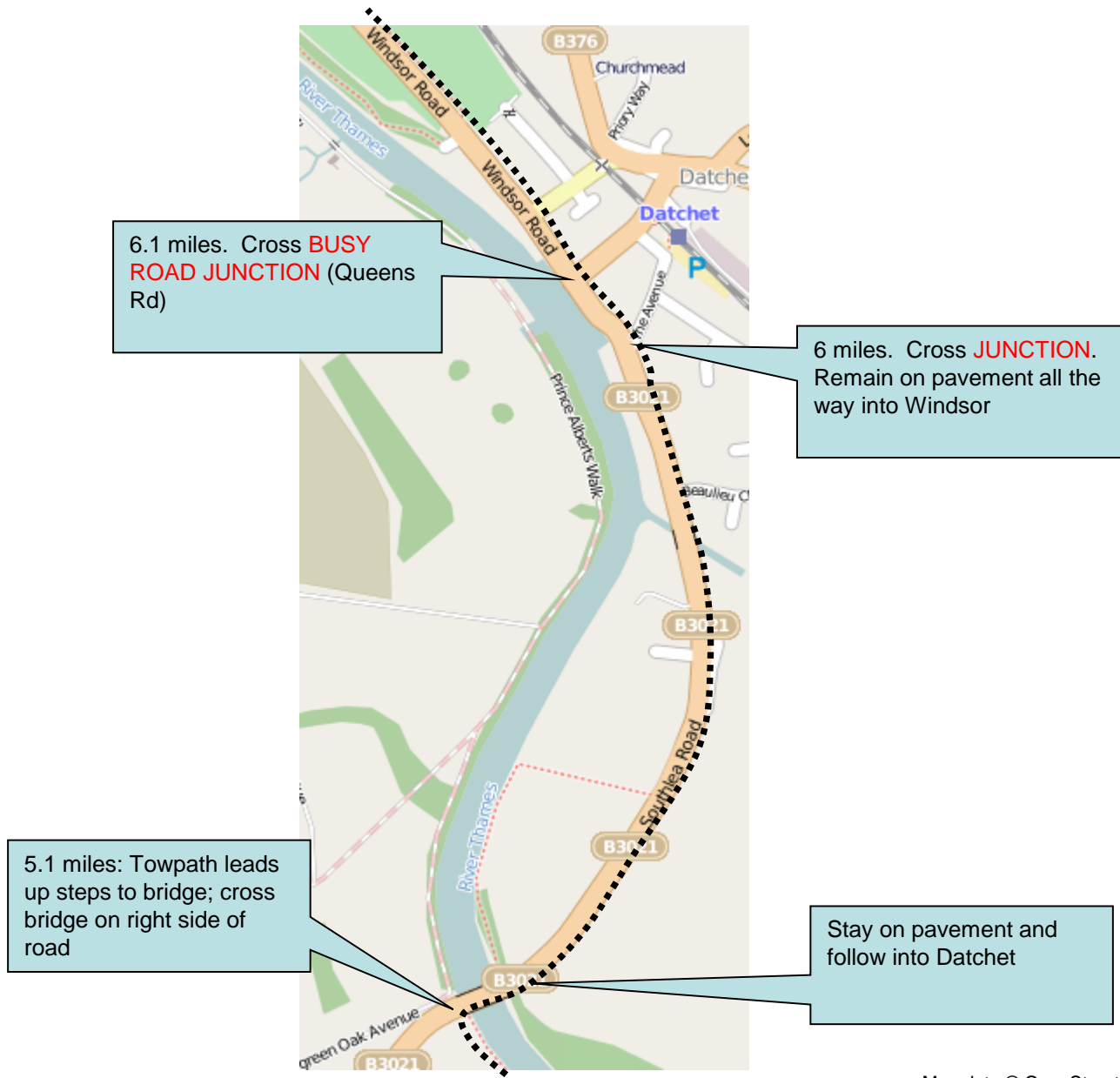
## Stage 2 Detail - Start



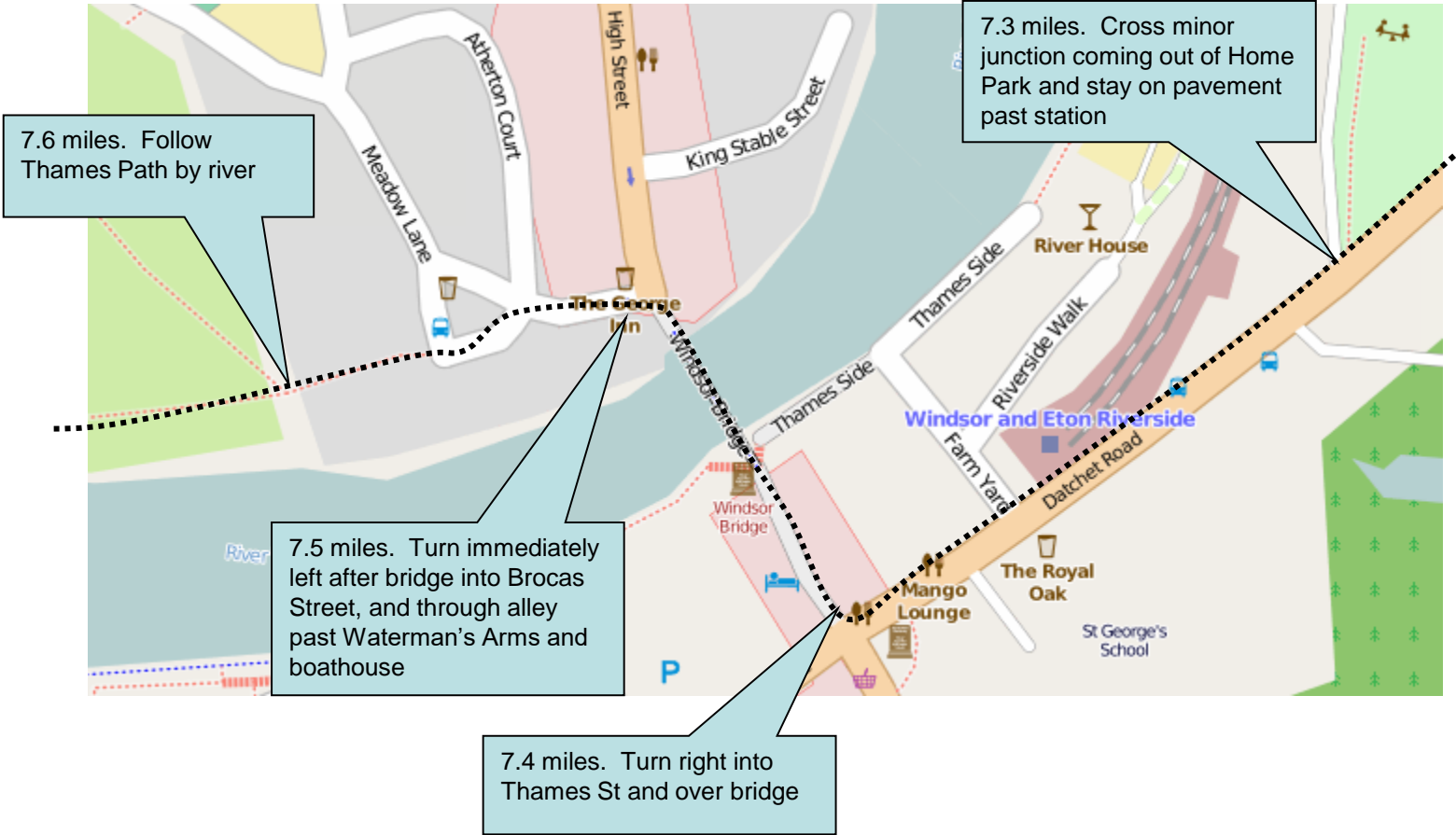
## Stage 2 Detail – 3 miles: Runnymede



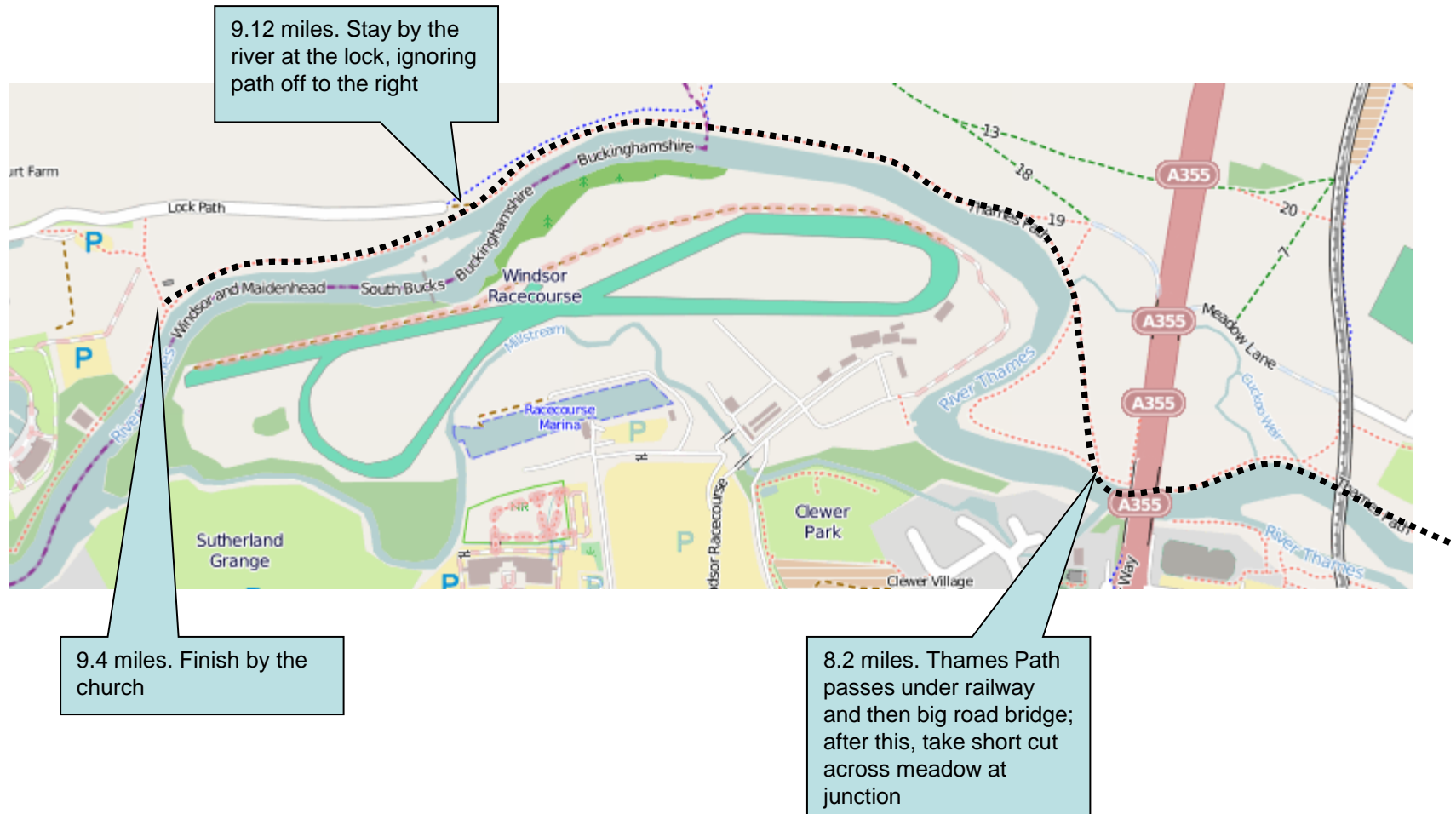
# Stage 2 Detail – 5 miles: Albert Bridge & Datchet



# Stage 2 Detail – 7.5 Miles: Windsor



## Stage 2 Details – 8.5 Miles: Towpath to Finish



# Stage 2 – Top Tips

## Race Navigation:

This follows the Thames Path almost the whole way, although with a small short-cut approaching Windsor

You may take the short cut over the meadow at 8.2 miles

Near the finish, stay by the river as you pass the lock at 9.1 miles. Runners in the past have missed this.

## Marshal and Support Points:

Stage	Miles	Place	Risk	Postcode	Time	What Three Words
Start	0	Staines Bridge	n/a	TW18 4BU	09:41	///good.pills.plan
2	0.05	Staines Bridge/towpath	L	TW18 3JF	09:41	///brand.artist.power
2	3.3	Towpath/mooring	M	SL4 2SH	09:57	///play.holly.brain
2	6.1	Road crossings through Datchet	M	SL3 9BR	10:14	///silk.brass.pink ///listed.being.result ///minds.deny.crowd
2	7.5	Windsor/Eton Bridge	M	SL4 1PU	10:20	///crown.scale.unless
2	9.6	Finish	L	SL4 6QQ	10:30	///moons.vest.nets

## Stage records:

Year	Stage	Distance	Name	Team	Time	Category
2023	2	9.42	Nick Twomey	Ranelagh	00:55:20	Overall (men)
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	Overall (women)
2016	2	9.42	Simon Barrett	Serpentine	00:56:14	V40 Men
2022	2	9.42	Natalie Seymour	Thames Hare & Hounds	01:00:34	V35 Women
2023	2	9.42	Joseph Gonzalez-Armas	26.2 RRC	00:58:05	V50 Men
2018	2	9.42	Fiona Slevin-Brown	Sandhurst	01:07:23	V45 Women

Location (Start):

**Staines Bridge**

Nearest Post Code TW18 4BU

Lat (WGS84) N51:26:00 (51.433436)

Long (WGS84) W0:30:58 (-0.516080)

LR TQ032715

Location (End):

**Boveney Church**

Nearest Post Code SL4 6QQ

Lat (WGS84) N51:29:24 (51.490118)

Long (WGS84) W0:38:50 (-0.647305)

LR SU940776