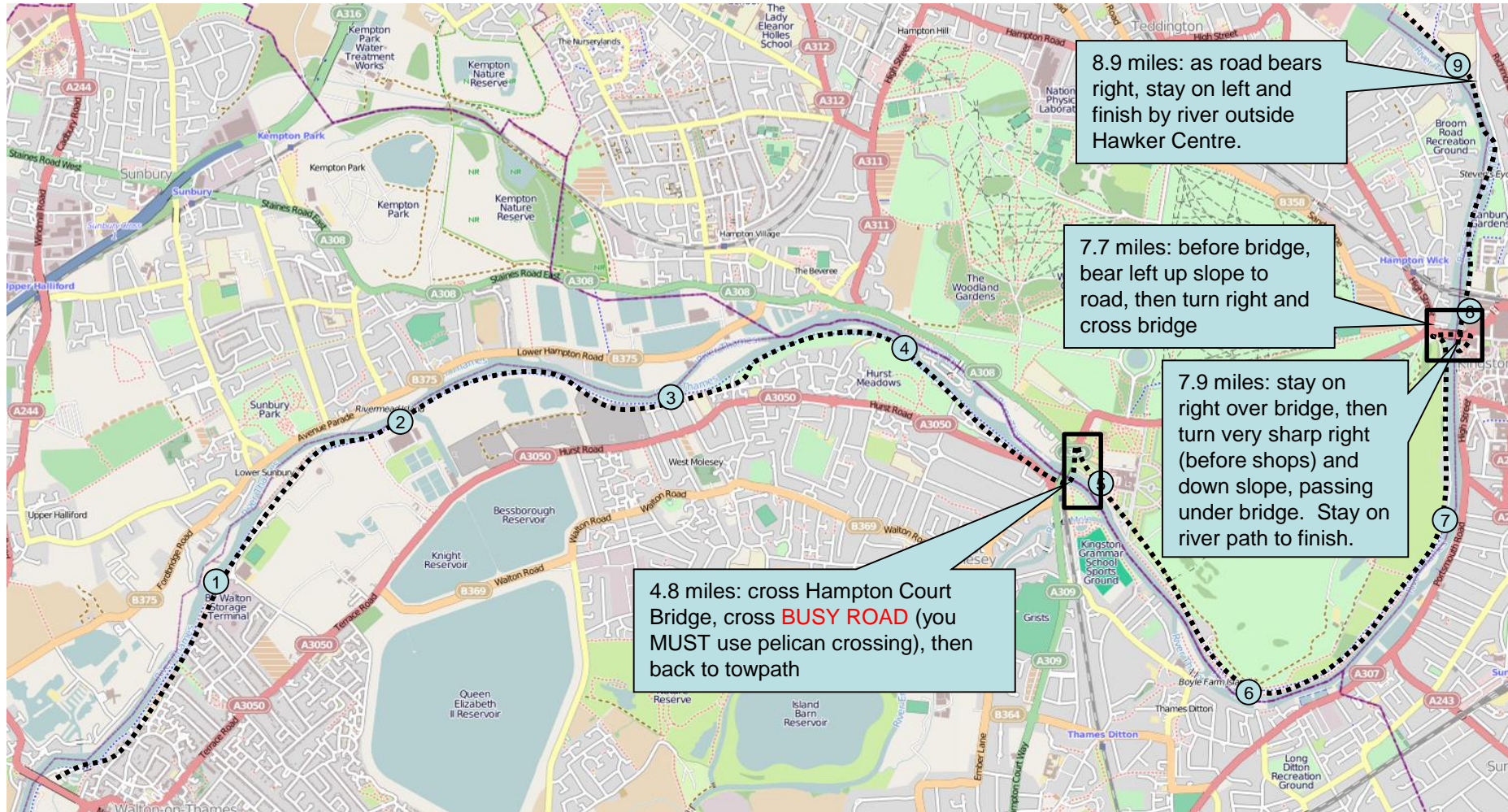


Start time: 17:04 Sunday
Distance: 9.15 miles
Emergency: 07966 542315

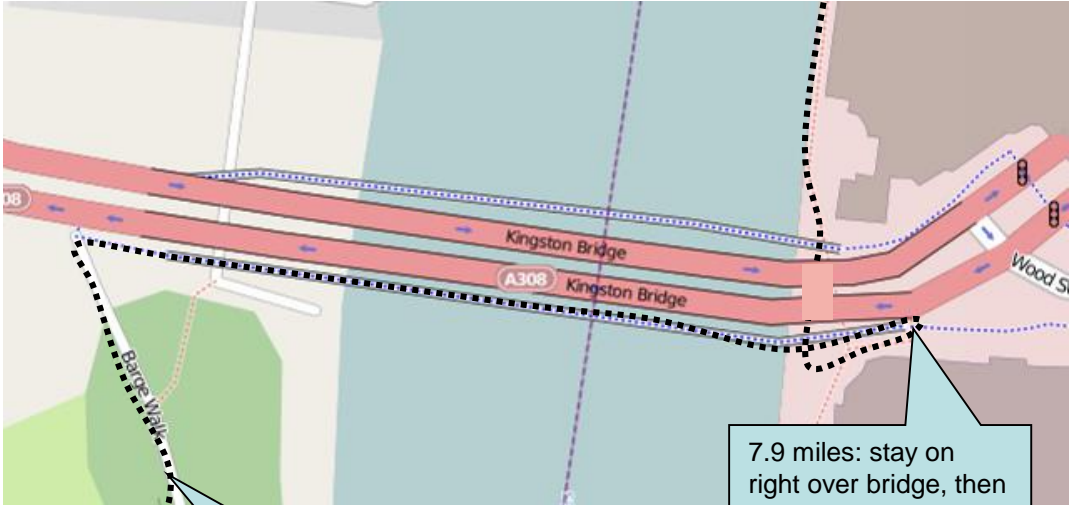
Stage 22 - Overview



Stage 22 Detail – Bridge Crossings

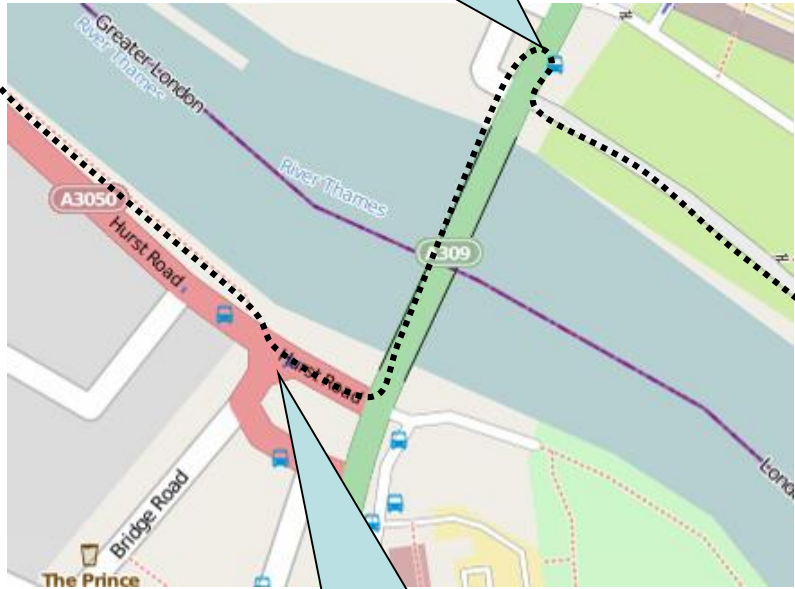
8 miles: remain by river to finish

4.9 miles: cross **BUSY ROAD** at pelican crossing, then back towards river and left to towpath



7.9 miles: stay on right over bridge, then turn very sharp right (before shops) and down slope, passing under bridge.

7.7 miles: before bridge, bear left up slope to road, then turn right and cross bridge



4.8 miles: towpath joins road; up to bridge and cross river on left of road

Stage 22 – Top Tips

- **Navigation:** This is the easiest leg in the race to navigate. You can still mess up though if you miss the sharp right turn coming off Kingston Bridge leading to the towpath.
- You **MUST** cross the road at Hampton Court Bridge using the pelican crossing.
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
22	Hampton Court bridge	H	4.8	Water	KT8 9EP	17:25	Cross using pelican crossing
22	Turn up to Kingston Bridge	L	7.7	Water	KT1 4BU	17:40	Left up to road (not under bridge)
22	Turn off Kingston Bridge	L	8.1		KT1 4BU	17:40	Sharp left down ramp to towpath
22	Towpath to finish	L	9.1		KT2 5BD	17:45	Left off Lower Ham Rd to join upper towpath to finish

- **Stage Records:**

Year	Stage		Name	Team	Time	Category
2011	22	9.15	Andy Greenleaf	Serpentine	00:49:27	Senior Men
2005	22	9.15	Sonia O'Sullivan	Millenium	00:49:55	Senior Women
2005	22	9.15	Sonia O'Sullivan	Millennium	00:49:55	V35 Women
2008	22	9.15	Callum Martin	London Front Runners	00:50:05	V40 Men
2008	22	9.15	Dee Smale	Stragglers	01:01:50	V45 Women
2010	22	9.15	Howard Gleave	Ranelagh	00:55:39	V50 Men

Start:
Walton Bridge
 Nearest Post Code TW17 8LY
 Lat (WGS84) N51:23:15 (51.387469)
 Long (WGS84) W0:25:48 (-0.429899)
 LR TQ093665

Hospital:
 Kingston Hospital
 Galsworthy Road,
 Kingston KT2 7QB

End
The Hawker Centre
 Nearest Post Code KT2 5BH
 Lat (WGS84) N51:25:35 (51.426255)
 Long (WGS84) W0:18:33 (-0.309181)
 LR TQ176710