

Stage 3 – Overview

Start time: 10:37 Saturday
Distance: 11.5 miles
Emergency: 07966 542315

11 miles. Left into Pound Lane, follow footpath, then right to Westthorpe Farm Lane and to finish

9.6 miles. Turn right and cross over **BUSY LEVEL CROSSING – STOP!** into Coldmoorholme Lane. After 400 yards pass Spade Oak pub and turn left to footpath

8.9 miles. Cross Thames on railway bridge and continue along towpath; over footbridge past marina

7.8 miles. cross **BUSY ROAD** through Cookham through churchyard to join Thames path

7.7 miles. Right onto A4094 (**DANGER - STOP!**) & through Cookham

10 miles. At lake, turn right and follow to north end of lake. Veer off through trees to field, over quarry entrance, path on left and on to lane. Turn right to Church Lane and to finish.

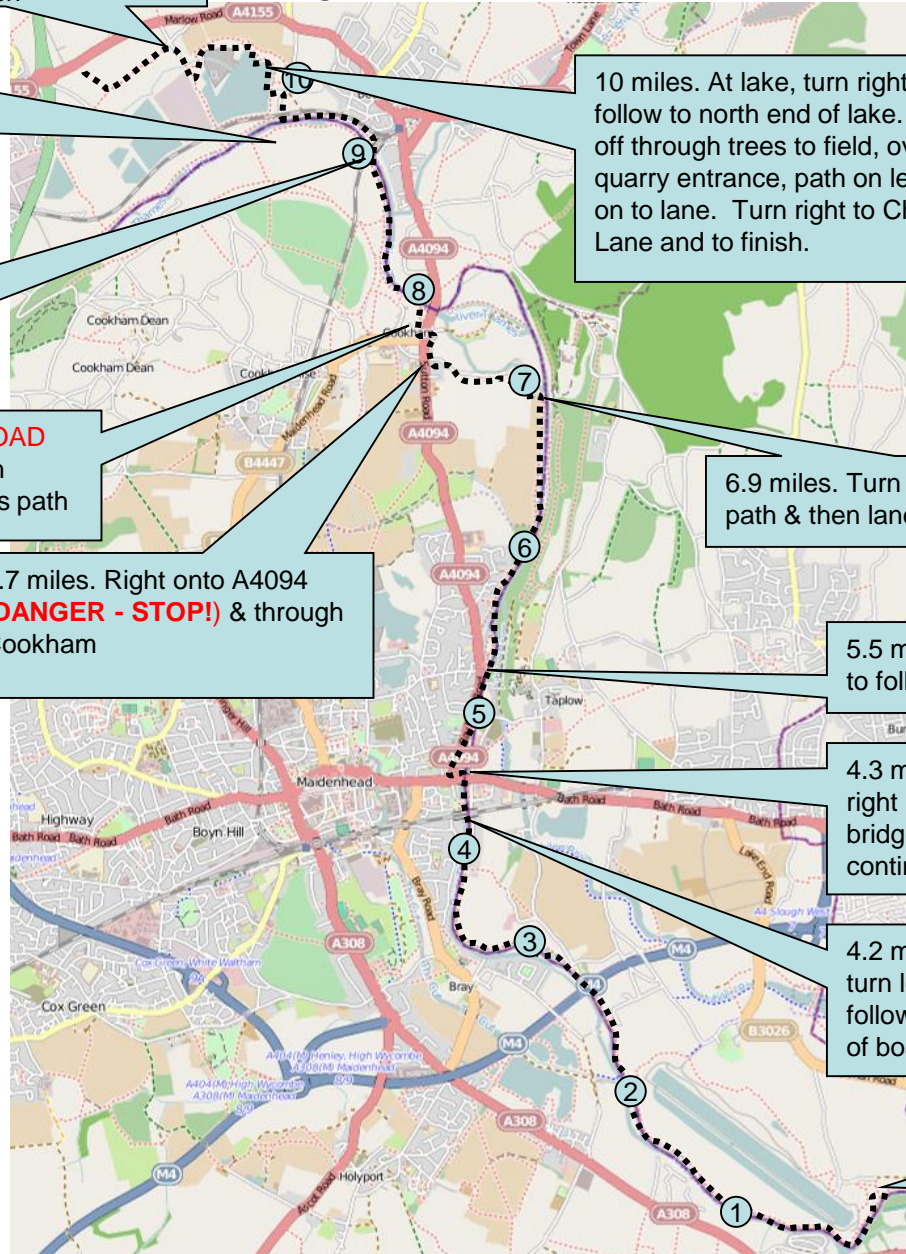
6.9 miles. Turn away from river on path & then lane to Cookham

5.5 miles. Turn away from A4094 to follow Thames towpath

4.3 miles. Under road bridge, then right up on to bridge, cross over bridge, then right to **BUSY ROAD**, continuing along Thames

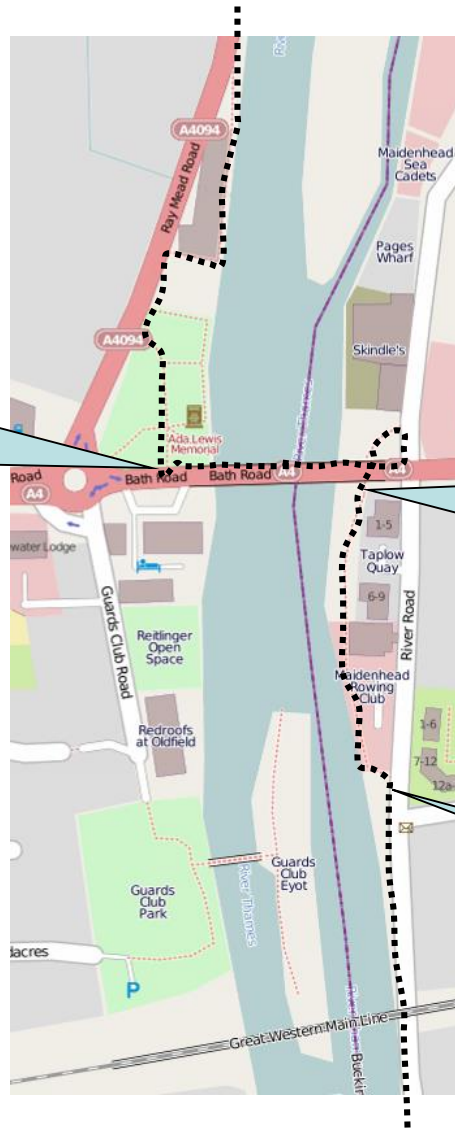
4.2 miles. After railway bridge, turn left through gate and follow towpath by river in front of boat club

Start. Follow Thames towpath to Maidenhead

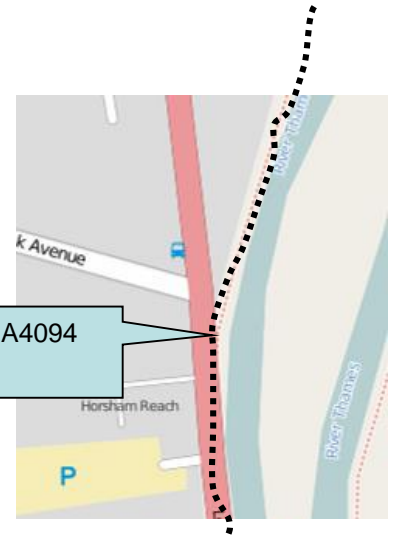


Stage 3 Detail – 4.2 miles: Maidenhead Bridge

4.4 miles. After bridge, turn right through park to Ray Mead Road, then right again and left to Thames Path



5.5 miles. Turn away from A4094 to follow towpath



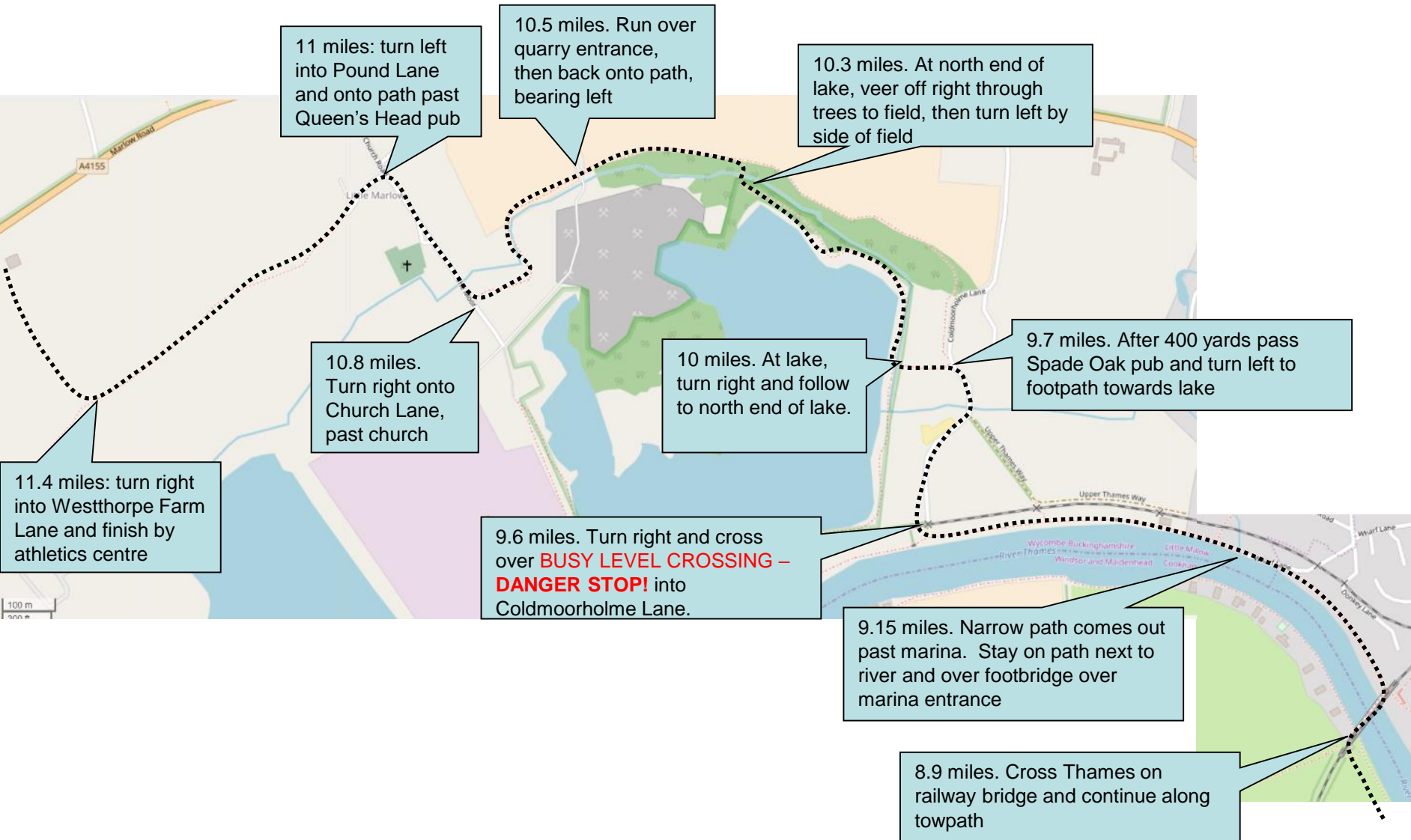
4.3 miles. Under road bridge, then right up on to bridge, cross over bridge

4.2 miles. After railway bridge, turn left through gate onto towpath

Stage 3 Detail – 7.8 miles: Cookham



Stage 3 Detail – 9 miles: Spade Oak & Finish



Stage 3 – Top Tips

Race Navigation:

- THE END POINT OF THIS STAGE HAS CHANGED! End is now at Wycombe Athletics Track.
- Errors in the past with runners forgetting to cross Maidenhead Bridge. The only real complexity is in the last mile, where the course goes away from the Thames and through woodlands to Little Marlow – follow the map!
- Care needed after Maidenhead Bridge and then into Cookham- you emerge blind both times onto the A4094.
- **DANGER** - trains at pedestrian level crossing at 9.6 miles. Have a good look in both directions

| Stage | Place | Risk | Miles | Water? | Postcode | Time | Description (please refer to map for details) |
|-------|----------------------------|------|-------|--------|----------|-------|--|
| 3 | Maidenhead Bridge | L | 4.2 | Water | SL6 0BB | 11:00 | Up to bridge crossing |
| 3 | Turn after bridge to A4094 | M | 4.3 | | SL6 8DW | 11:00 | Right turn onto busy road |
| 3 | Road into Cookham | H | 7.7 | | SL6 9RE | 11:20 | Right turn onto busy road - DANGER STOP! |
| 3 | Cookham church | H | 7.8 | Water | SL6 9QW | 11:20 | Road crossing to churchyard |
| 3 | Railway crossing | H | 9.6 | | SL8 5RF | 11:30 | Pedestrian level crossing - DANGER STOP! |
| 3 | Spade Oak | M | 10.0 | Water | SL8 5PT | 11:30 | Left turn to footpath |
| 3 | Lane to finish | L | 11.0 | | SL7 3RY | 11:40 | Right turn to lane, then guide past Queen's Head |

Stage Records:

| Year | Stage | Name | Team | Time | Category |
|------|-------|------------------|-------------------|----------|-----------------|
| 2015 | 3 | Bryn Reynolds | Clapham Chasers 3 | 01:03:46 | Overall (men) |
| 2008 | 3 | Sonia O'Sullivan | Millenium Group | 01:11:13 | Overall (women) |
| 2008 | 3 | Sonia O'Sullivan | Millennium | 01:11:13 | V35 Women |
| 2002 | 3 | Mark Critchlow | West 4 | 01:00:34 | V40 Men |
| 2017 | 3 | Carys Mills | Stragglers Ladies | 01:25:23 | V45 Women |
| 2007 | 3 | Nick Brown | Dulwich Runners | 01:04:35 | V50 Men |

Location (Start):

Boveney

Nearest Post Code SL4 6QQ
 Lat (WGS84) N51:29:24 (51.489951)
 Long (WGS84) W0:38:51 (-0.647627)
 LR SU939776

Hospital:

Wexham Park Hospital
 Wexham,
 Slough SL2 4HL

Location (End):

Little Marlow (Wycombe District Athletics)

Nearest Post Code SL7 3RJ
 Lat (WGS84) N51:34:57 (51.582410)
 Long (WGS84) W0:45:04 (-0.751039)