

# Stage 3 – Overview

Start time: 10:37 Saturday  
Distance: 11.2 miles  
Emergency: 07966 542315

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

9.9 miles. Turn right and cross over **BUSY LEVEL CROSSING – STOP!** and straight on into Little Marlow

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

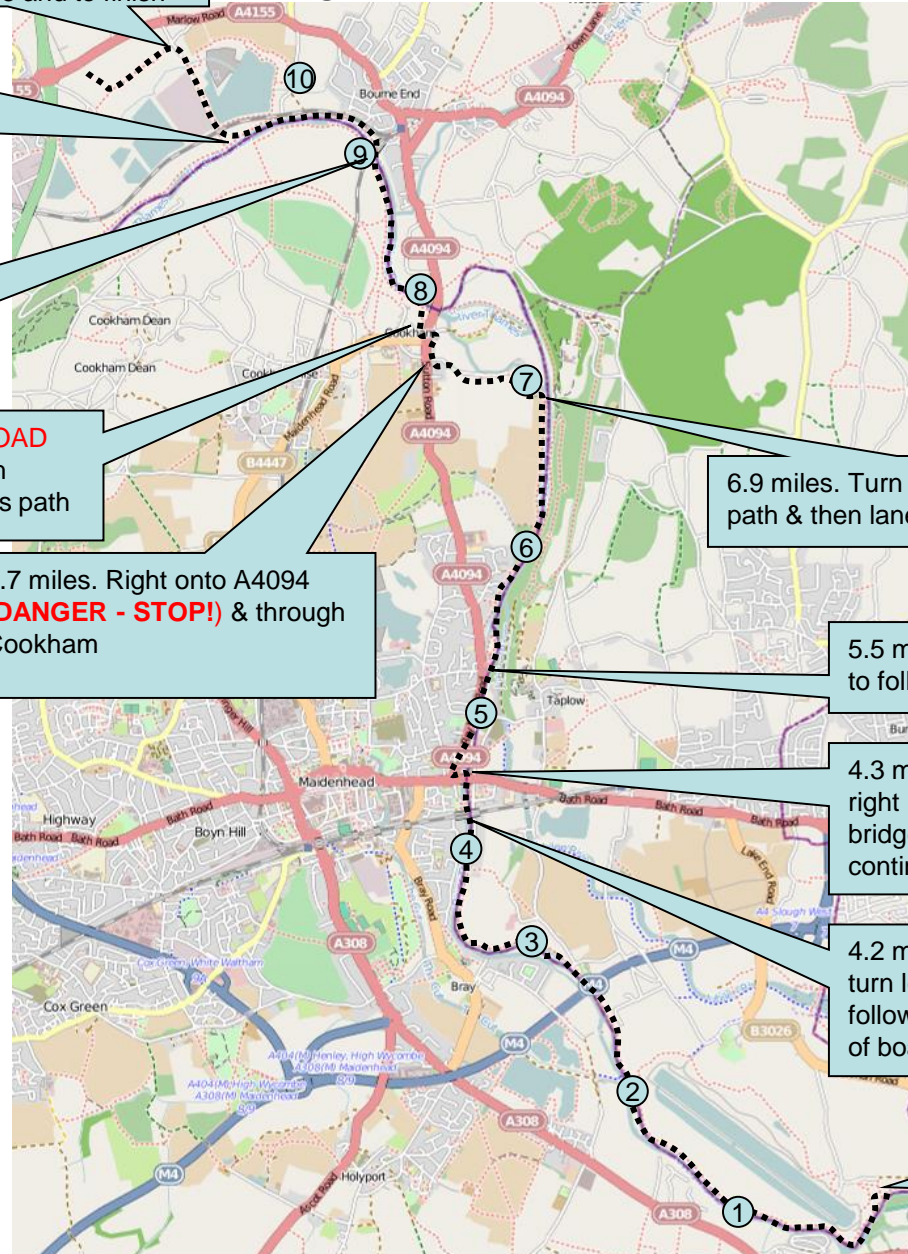
6.9 miles. Turn away from river on path & then lane to Cookham

5.5 miles. Turn away from A4094 to follow Thames towpath

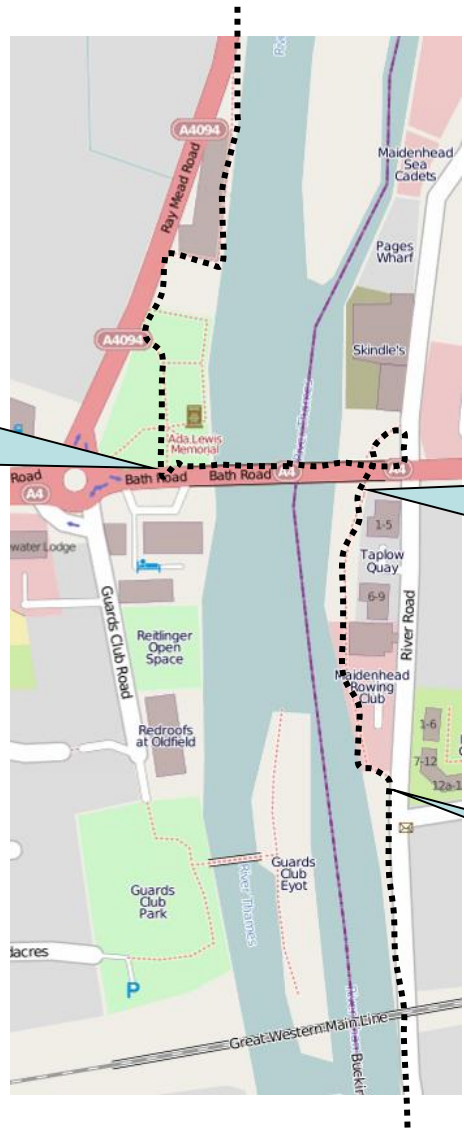
4.3 miles. Under road bridge, then right up on to bridge, cross over bridge, then right to **BUSY ROAD**, continuing along Thames

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

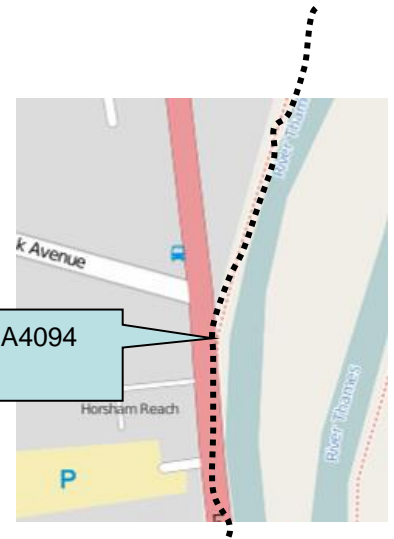


4.4 miles. After bridge, turn right through park to Ray Mead Road, then right again and left to Thames Path

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

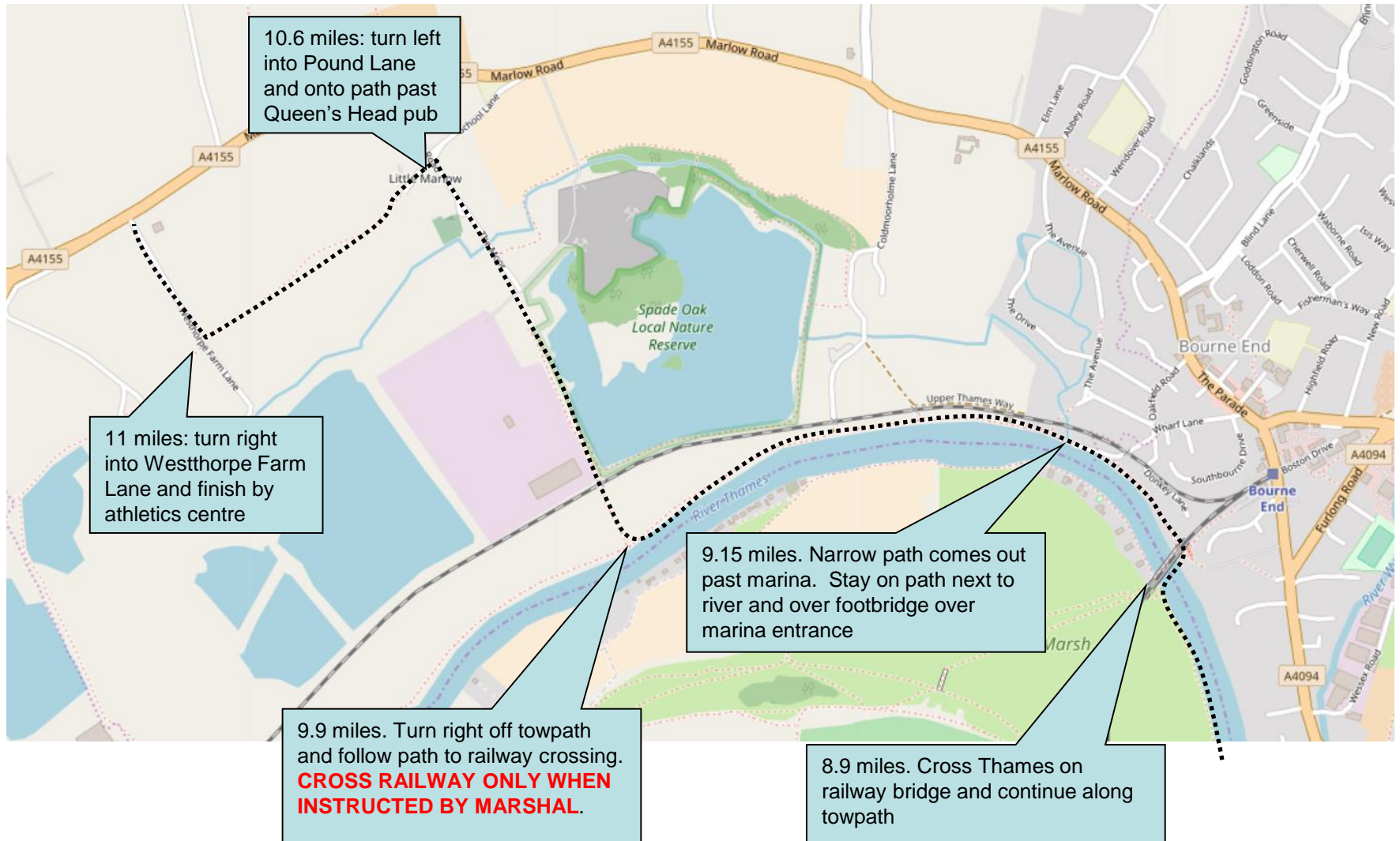


## Stage 3 Detail – 7.8 miles: Cookham





## Stage 3 Detail – 9 miles: Spade Oak & Finish



## Stage 3 – Top Tips

### Race Navigation:

- Errors in the past with runners forgetting to cross Maidenhead Bridge
- Care needed after Maidenhead Bridge and then into Cookham- you emerge blind both times onto the A4094.
- **DANGER** - trains at pedestrian level crossing at 9.9 miles. Do not cross until instructed – we will credit you with any time lost.

### Marshals and support points:

Stage	Miles	Place	Risk	Postcode	Start	What Three Words
Start		Boveney	n/a	SL4 6QQ	10.37	///owners.sends.vast
3	4.2	Maidenhead Bridge	L	SL6 0BB	11:00	///bats.dimes.ladder ///moved.elaborate.undulation
3	7.7	Road into Cookham	H	SL6 9RE	11:20	///cope.blend.moods
3	7.8	Cookham church	H	SL6 9QW	11:20	///guitar.pirate.pump
3	9.6	Spade Oak	L	SL8 5RF	11:25	///chuckling.steadier.tractor
3	9.9	Railway crossing	H	SL6 9RQ	11:30	///hovered.clipboard.lawfully
3	11.2	Finish	L	SL7 3RJ	11:33	///schematic.rounds.packages

### Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2022	3	11.2	James McMullan	Thames Hare & Hounds	01:04:12	Overall (men)
2023	3	11.2	Sarah Palmer	Ranelagh	01:16:33	Overall (women)
2018	3	11.2	Simon Barrett	Thames Hare & Hounds	01:06:23	V40 Men
2023	3	11.2	Claire Altmann	Thames Hare & Hounds	01:19:33	V35 Women
2019	3	11.2	Will Parry	London Front Runners	01:17:30	V50 Men
2018	3	11.2	Jacky Balfour	BMF Bushy Park	01:22:49	V45 Women

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)