

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

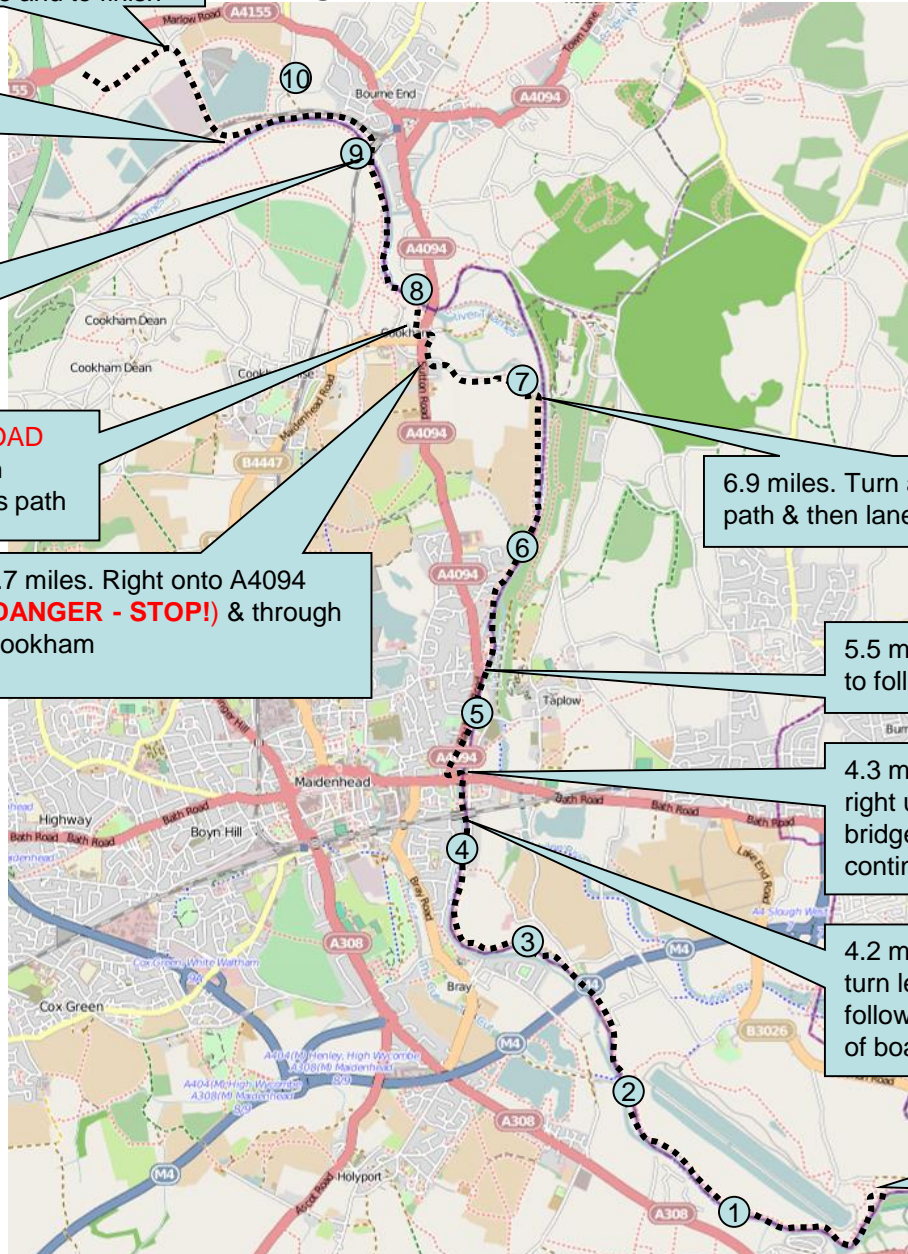
6.9 miles. Turn away from river on path & then lane to Cookham

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

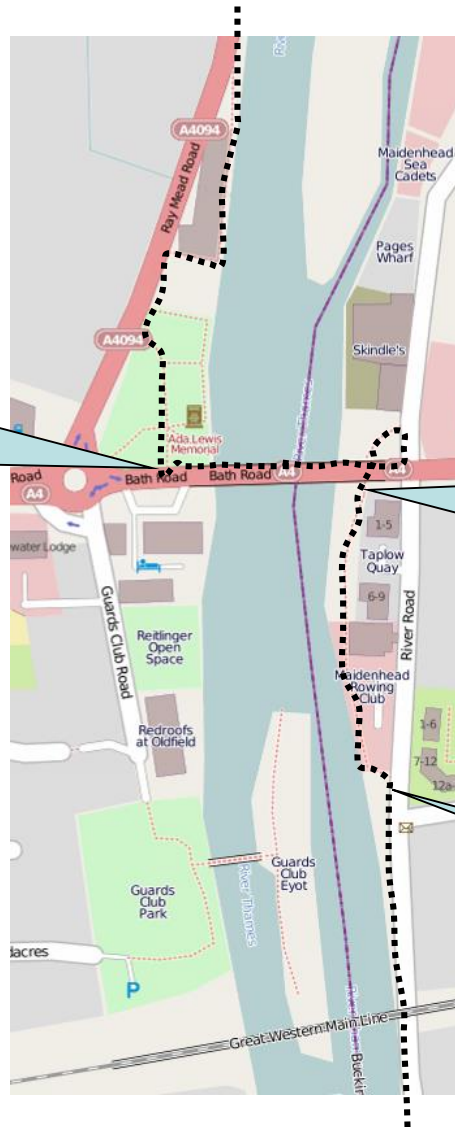
4.2 miles. After railway bridge, turn left through gate and follow towpath by river in front of boat club

Start. Follow Thames towpath to Maidenhead

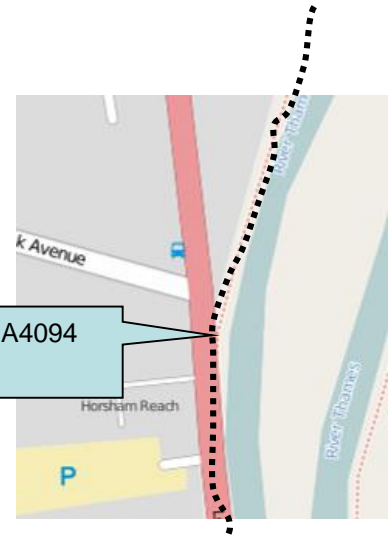


Stage 3 Detail – 4.2 miles: Maidenhead Bridge

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



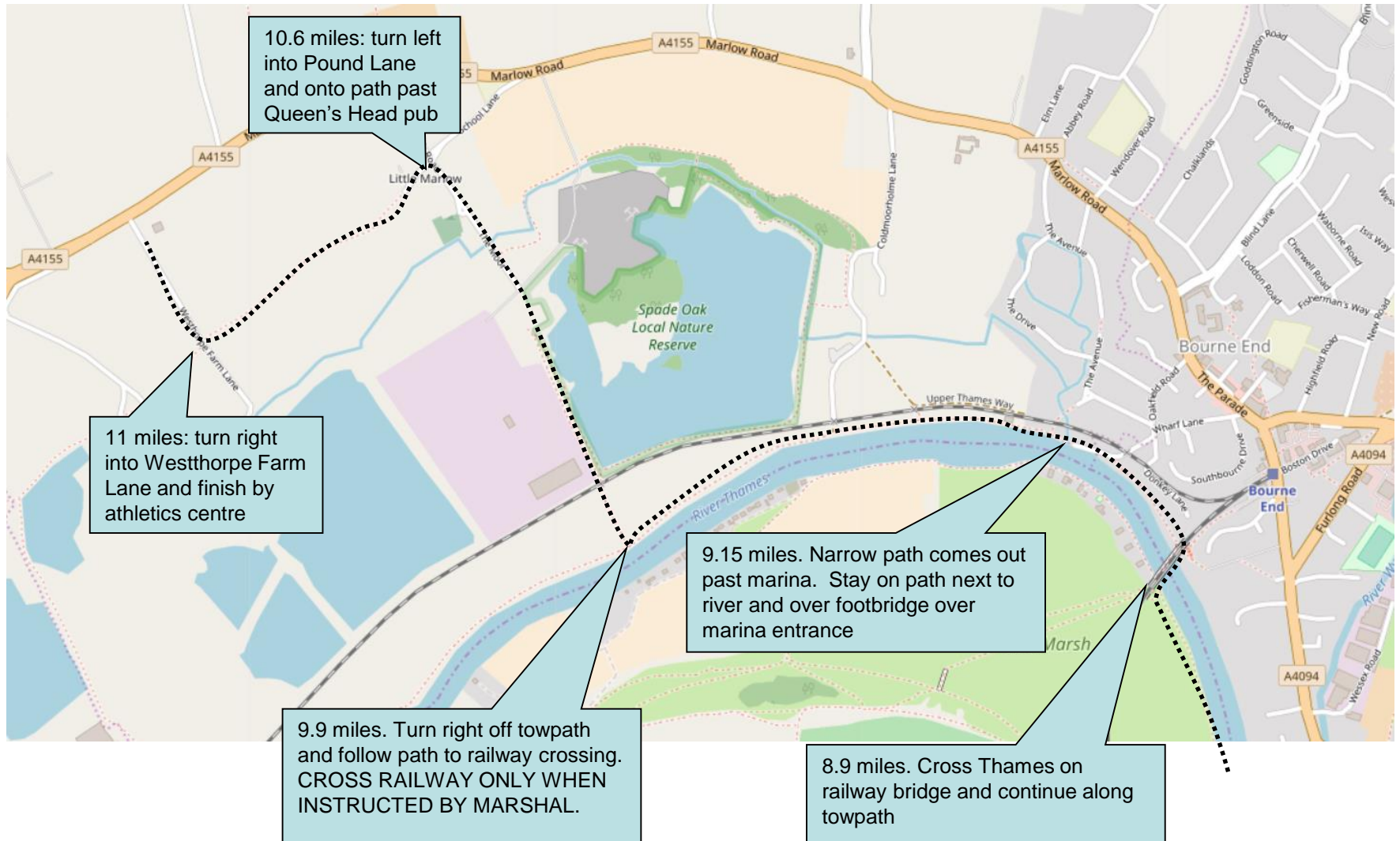
4.3 miles. Under road bridge, then right up on to bridge, cross over bridge

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:

- THE END POINT OF THIS STAGE HAS CHANGED! End is now at Wycombe Athletics Track. We also no longer run around the fishing lake – stay along the river, then turn right to cross railway and straight on
- 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 9.9 miles. Do not cross until instructed

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	Spade Oak	L	9.5	Water	SL8 5RF	11:30	Direct straight on, not over crossing
3	Railway crossing	H	9.9		SL6 9RQ	11.30	Direct over rail crossing, and record any timing delays
3	Lane to finish	L	11.0		SL7 3RY	11:40	Right turn to lane, then guide past Queen's Head

Year	Stage	Name	Team	Time	Category	
2003	3	11	Mark Critchlow	West 4	01:00:34	Overall (men)
2008	3	11	Sonia O'Sullivan	Millenium Group	01:11:13	Overall (women)
2008	3	11	Sonia O'Sullivan	Millennium	01:11:13	V35 Women
2002	3	11	Mark Critchlow	West 4	01:00:34	V40 Men
2017	3	11	Carys Mills	Stragglers Ladies	01:25:23	V45 Women
2007	3	11	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)