

Stage 4 – Overview

Start time: 11:40 Saturday
Distance: 11.8 miles
Emergency: 07966 542315

8.1 miles: 100 yards after railway bridge, take path to right (concrete bollard)

7.9 miles: cross **BUSY ROAD** and at roundabout, take Cookshall Lane

7.35 miles: turn right on A40

6.4 miles: cross field and follow enclosed brideway which turns into Toweridge Road; follow down to A40 (see detail)

5.4 miles: climb hill and turn right at fork, then follow path to left edge of woods and follow to end (see detail)

4.8 miles: follow hairpins to Lane End Road, then cross **BUSY ROAD** with care

4.4 miles: right onto Cressex Way, stay on RHS, then cross over **BUSY ROAD** at mini roundabout, then left to Gibsons Rd, then across rec to woods

3.1 miles: Over stile, around field, then right to path

12 miles: left to path behind houses, then right to finish

11.8 miles: straight on past school

11 miles: cross **BUSY ROAD** and turn right to Boss Lane

10.25 miles: left to A4128, staying on left; straight over roundabout

9.25 miles: follow path to Hughenden

8.9 miles: emerge from path, turn left in front of school, and onto path straight on; down hill and into Moor Lane and on to path

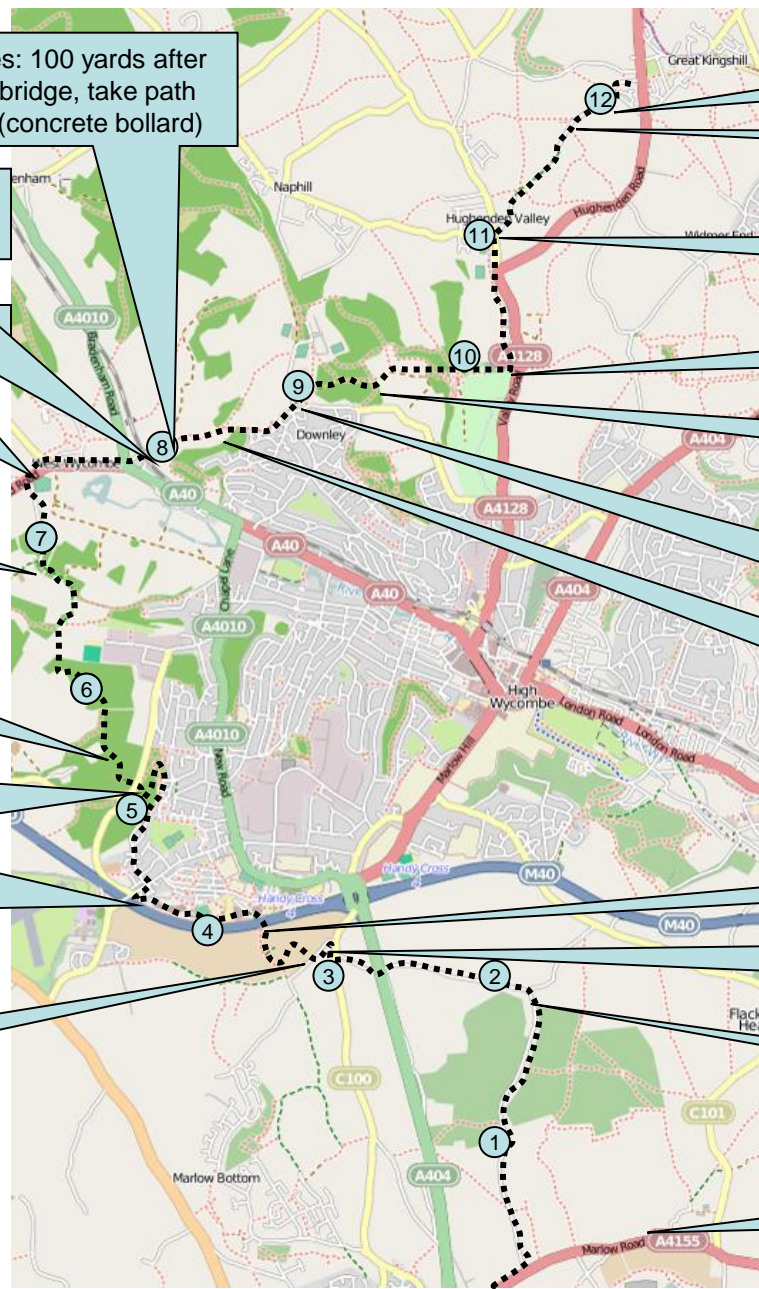
8.45 miles: climbing sunken path, take right fork

3.7 miles: under M40 and immediately left to path by mway

3 miles: turn right, cross **BUSY ROAD** and then left past Blacksmith's Arms

1.8 miles: left to Handy Cross

Start: along main road then left into Winchbottom Lane



Stage 4 Detail – 3 miles: Handy Cross

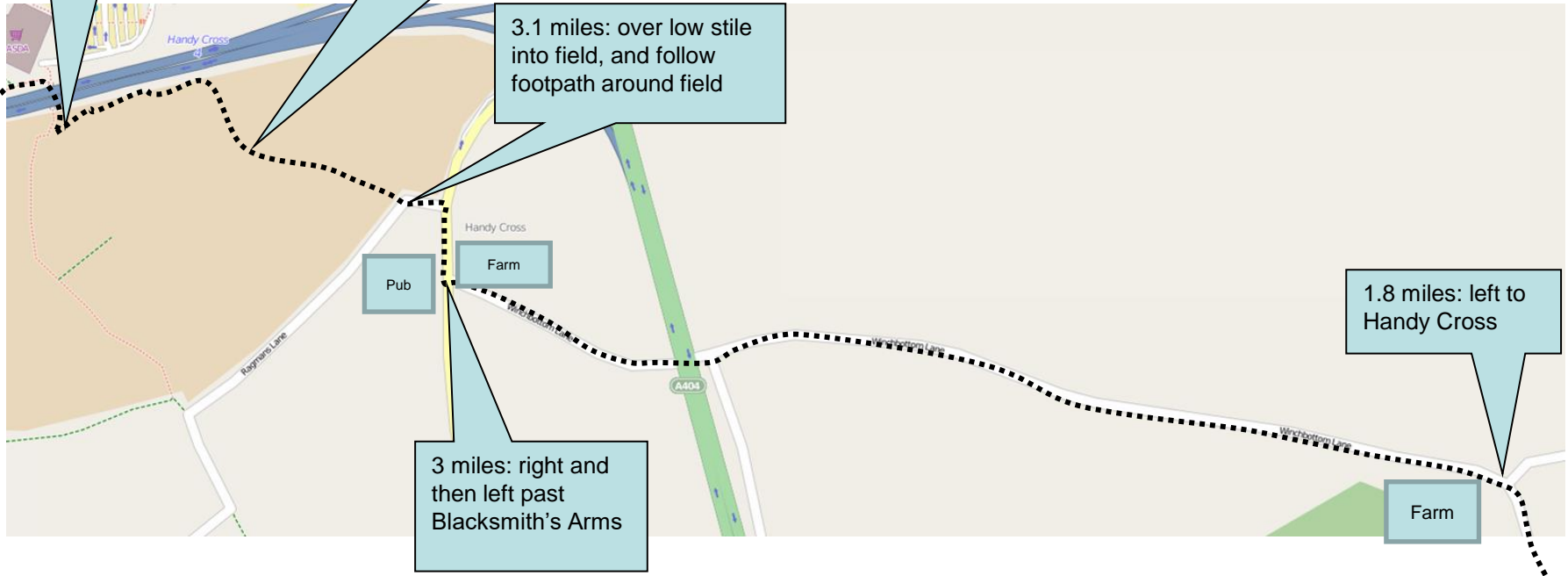
3.7 miles: sharp right to runnel under M40 and immediately left to path by mway

3.3 miles: Stay right along footpath towards motorway, then follow round edge of field

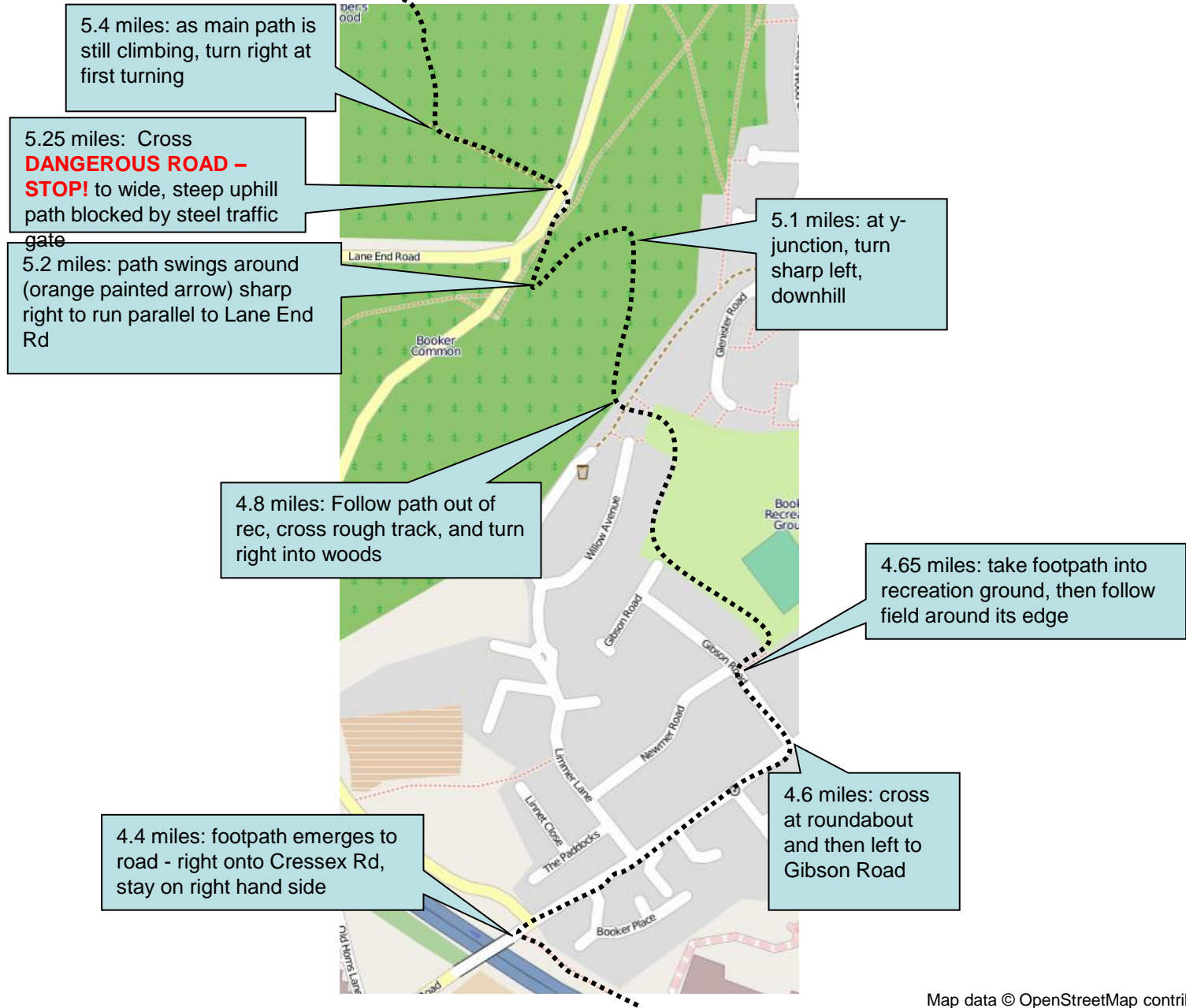
3.1 miles: over low stile into field, and follow footpath around field

3 miles: right and then left past Blacksmith's Arms

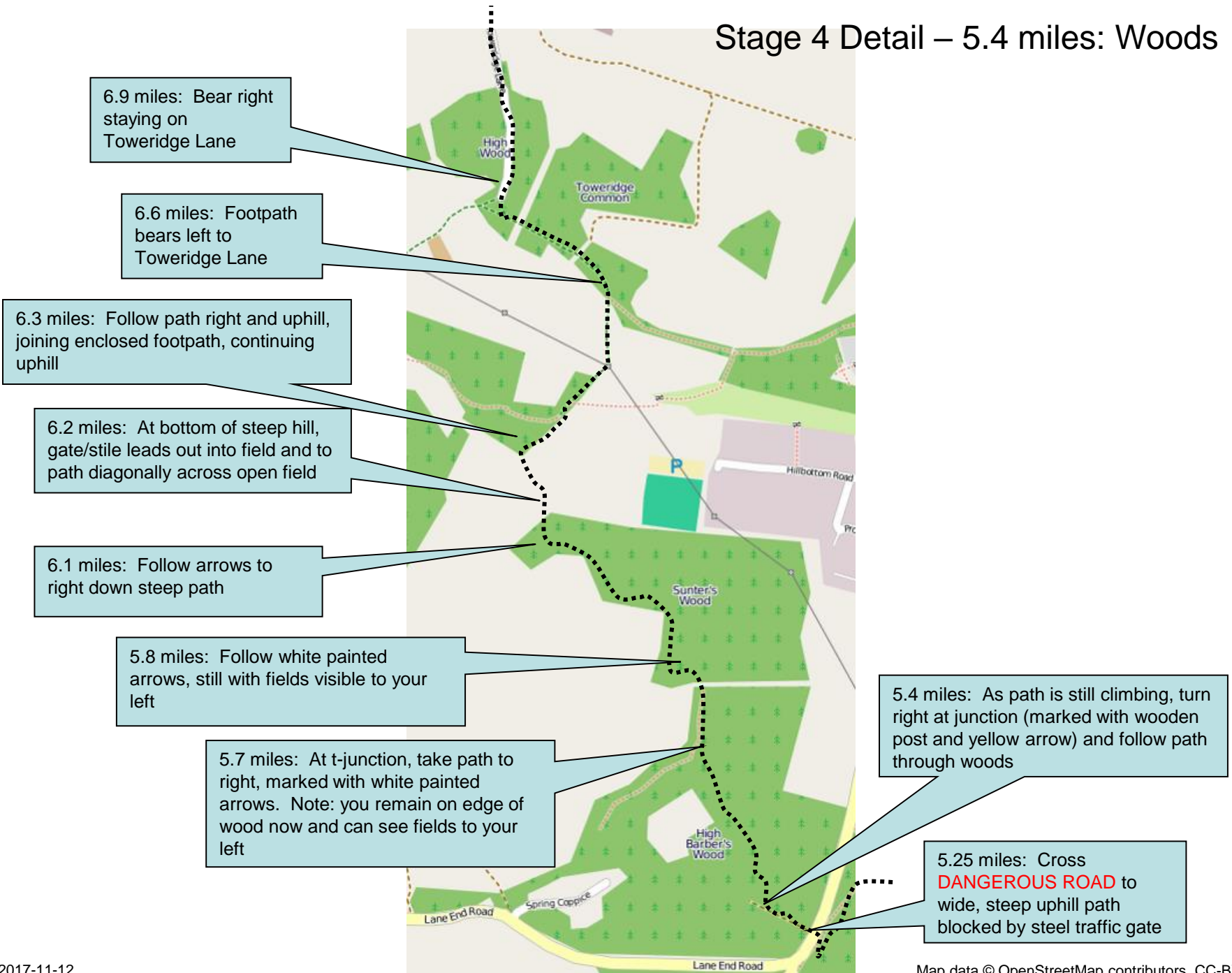
1.8 miles: left to Handy Cross



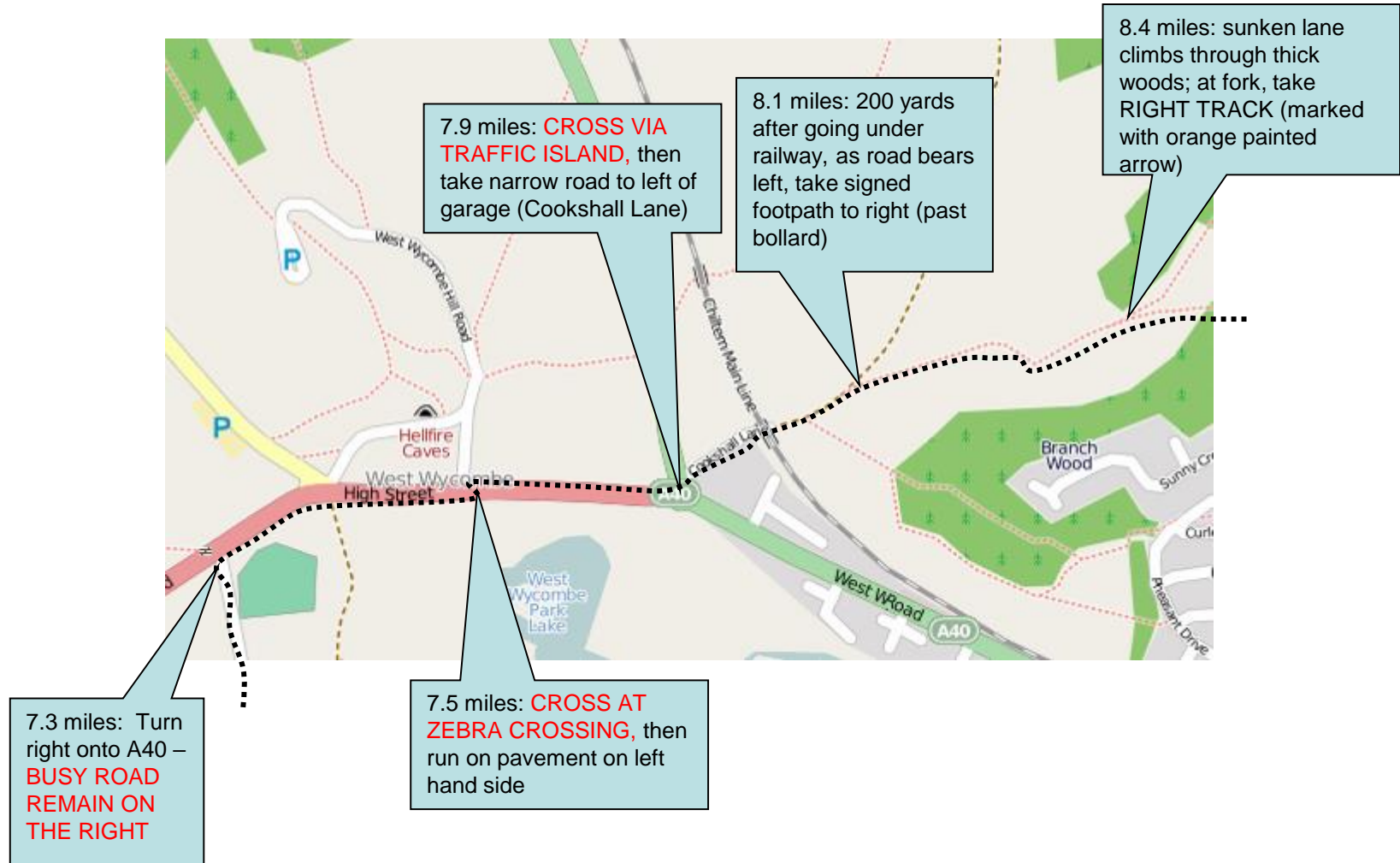
Stage 4 Detail – 4.4 miles: Booker



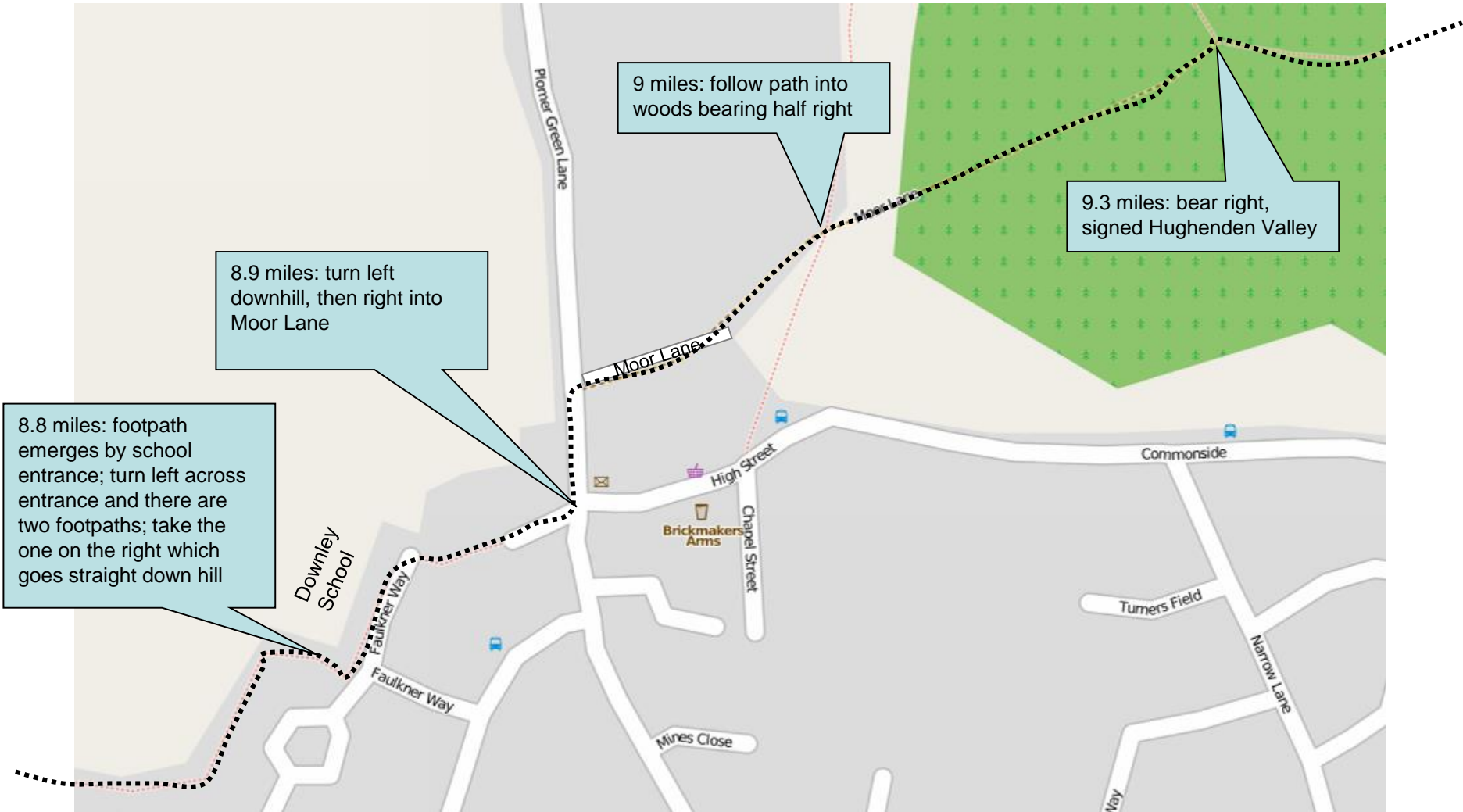
Stage 4 Detail – 5.4 miles: Woods



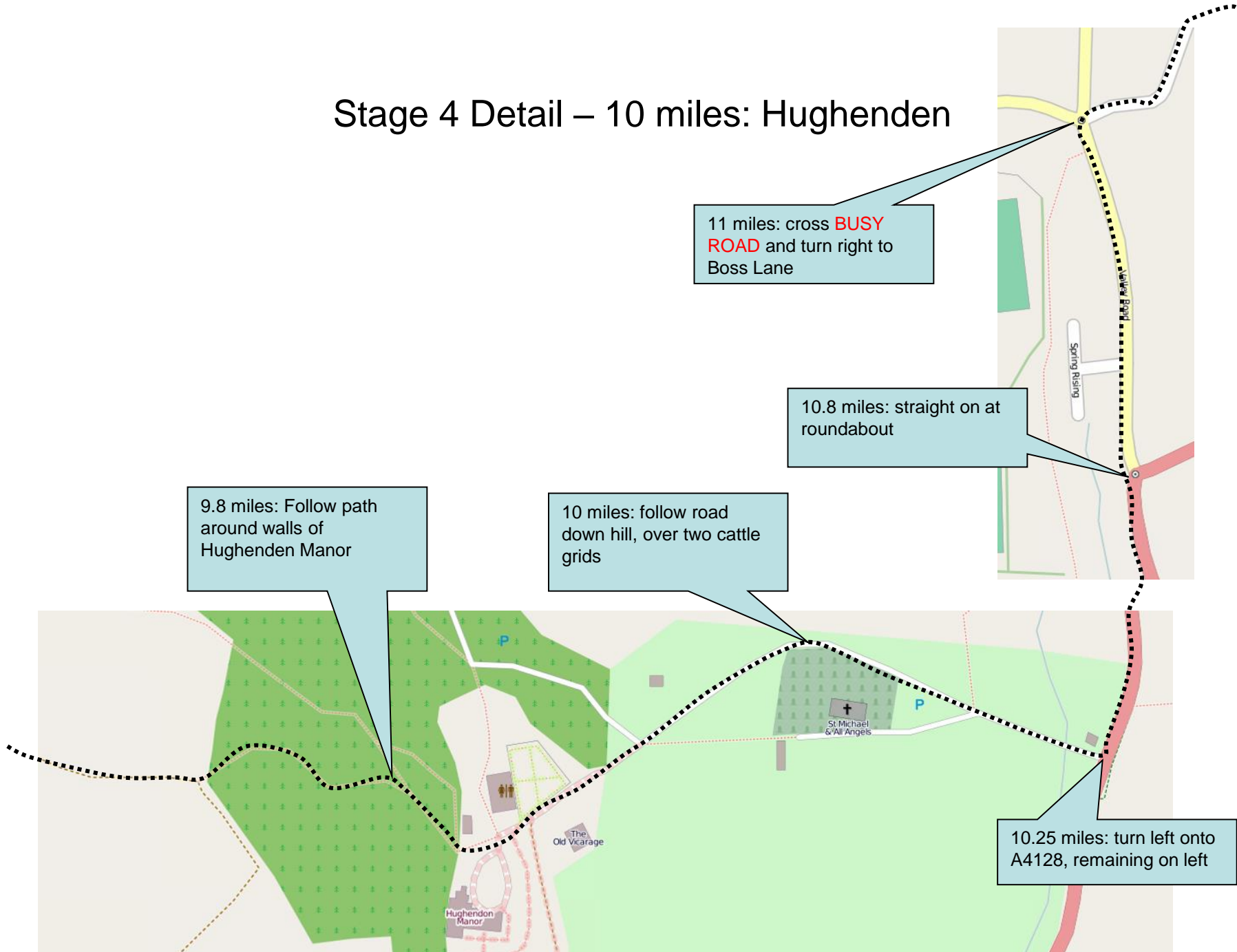
Stage 4 Detail – 7.3 miles: Toweridge Rd & Cookshall Lane



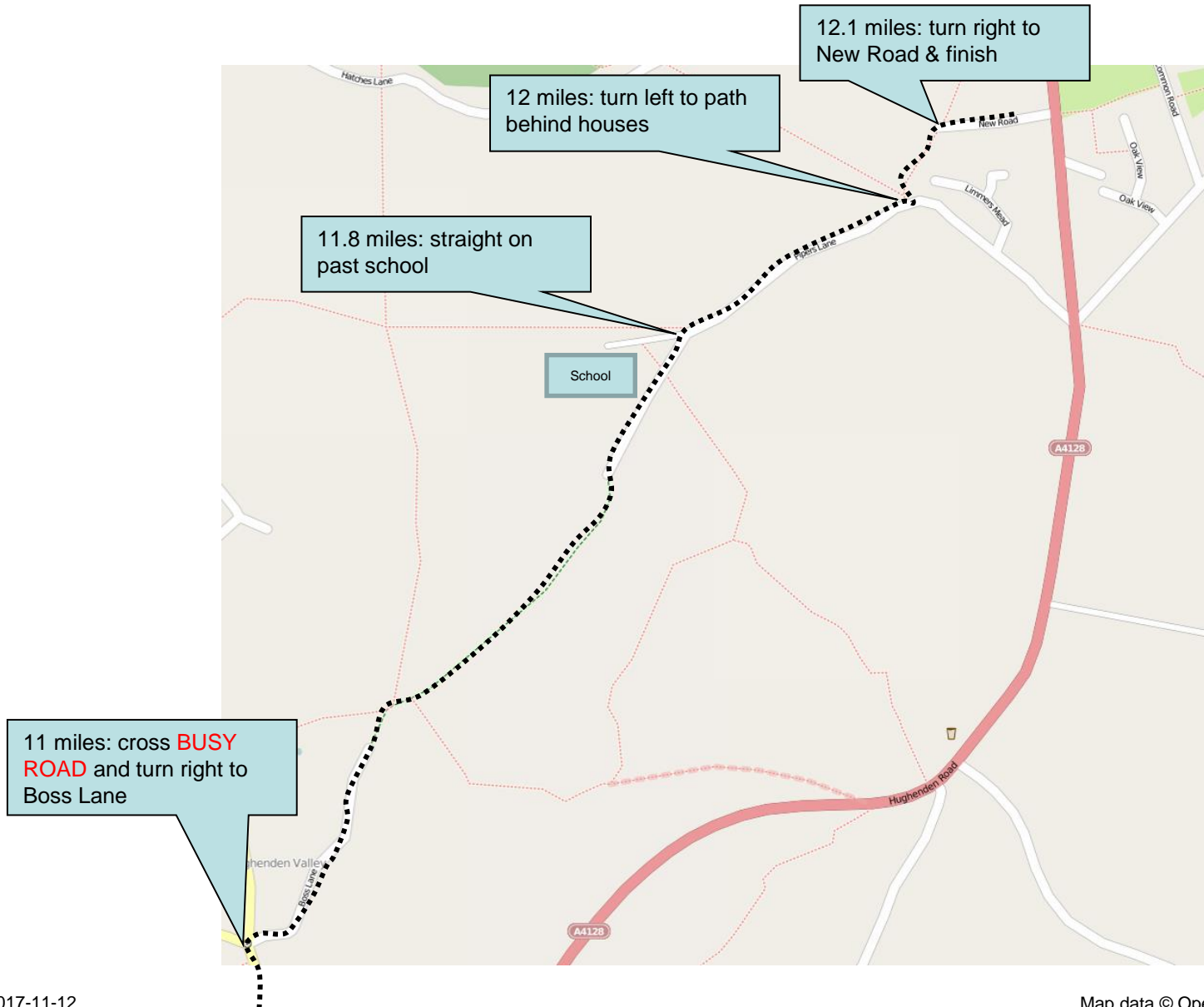
Stage 4 Detail – 9 miles: Moor Lane



Stage 4 Detail – 10 miles: Hughenden



Stage 4 Detail – 11 miles to Finish



Stage 4 – Top Tips

Race Navigation:

- This is a complex and brutal stage. It is easy to get disorientated in the woods and hard to follow a map. We will try to mark the woods as best we can.
- Plenty of busy roads to cross – take care. Please use the zebra crossing in West Wycombe at 7.8 miles

Marshals and support points:

Stage	Miles	Place	Risk	Postcode	Start	What Three Words
4	Start	Wycombe DA	n/a	SL7 3RJ	11:40	///dull.custom.clef
4	2.8	Handy Cross	H	HP10 9QD	11:54	///scarf.acid.daily
4	4.0	Cressex Rd / Gibson Rd	M	HP12 4QX	12:00	///intensely.friday.crafted ///described.hawks.pitching
4	4.7	Lane End Rd	H	HP12 4EW	12:03	///pylons.superhero.huddling
4	6.6	Toweridge Rd/A40	M	HP14 3AP	12:13	///trials.expert.scenes
4	7.2	Cookshall Lane	H	HP14 3AA	12:16	///curving.slave.mugs
4	10.3	A4128 crossing to Boss Lane	H	HP14 4PE	12:31	///castle.hungry.loss
4	11.5	Finish	L	HP15 6DR	12:37	///redefined.eyeliner.mashing

Stage Records:

Year	Stage	Distance	Name	Team	Time	Category
2017	4	12.2	James McMullan	Thames Hare & Hounds	01:11:10	Overall (men)
2004	4	12.2	Barbara Yff	Serpentine	01:23:21	Overall (women)
2022	4	12.2	Martin Alvarez-Espinar	Thames Hare & Hounds	01:14:29	V40 Men
2007	4	12.2	Louise Watson	Millennium	01:26:52	V35 Women
2018	4	12.2	Ben Reynolds	Thames Hare & Hounds	01:18:02	V50 Men
2016	4	12.2	Ange Norris	Dulwich Runners	01:32:44	V45 Women

Location (Start):

Little Marlow (Wycombe District Athletics)

Nearest Post Code SL7 3RJ

Lat (WGS84) N51:34:57 (51.582410)

Long (WGS84) W0:45:04 (-0.751039)

Hospital:

Wexham Park Hospital
Wexham, Slough SL2
4HL

Location (End):

Great Kingshill

Nearest Post Code HP15 6DS

Lat (WGS84) N51:40:27 (51.674150)

Long (WGS84) W0:44:05 (-0.734779)

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