

Start time: 12:53 Saturday  
Distance: 13.5 miles  
Emergency: 07966 542315

## Stage 5 – Overview

Start: From Common Road, left to path then join Cockpit Road, then over **BUSY ROAD** to Heath End Road.

2 miles: off road onto South Bucks Way

3 miles: left onto road (**STOP!**), then (3.3m) left into village, then right and (3.7m) back onto SBW (see detail)

5 miles: Out of cricket club, follow path under A413 (by stream – **MIND YOUR HEAD!**), and onto Old Amersham Rd

8.5 miles: left to road then right, past Latimer Park Farm, then onto path through kissing gate

9 miles: through field, lane over bridge, up hill and right towards Latimer Village

11.4 miles: over crossroads, then at next, onto path through woods

12.2 miles: right onto lane, then straight to path, follow yellow arrows

6 miles: in Amersham, left through churchyard, right along stream, then up hill to narrow footpath before Martyrs memorial

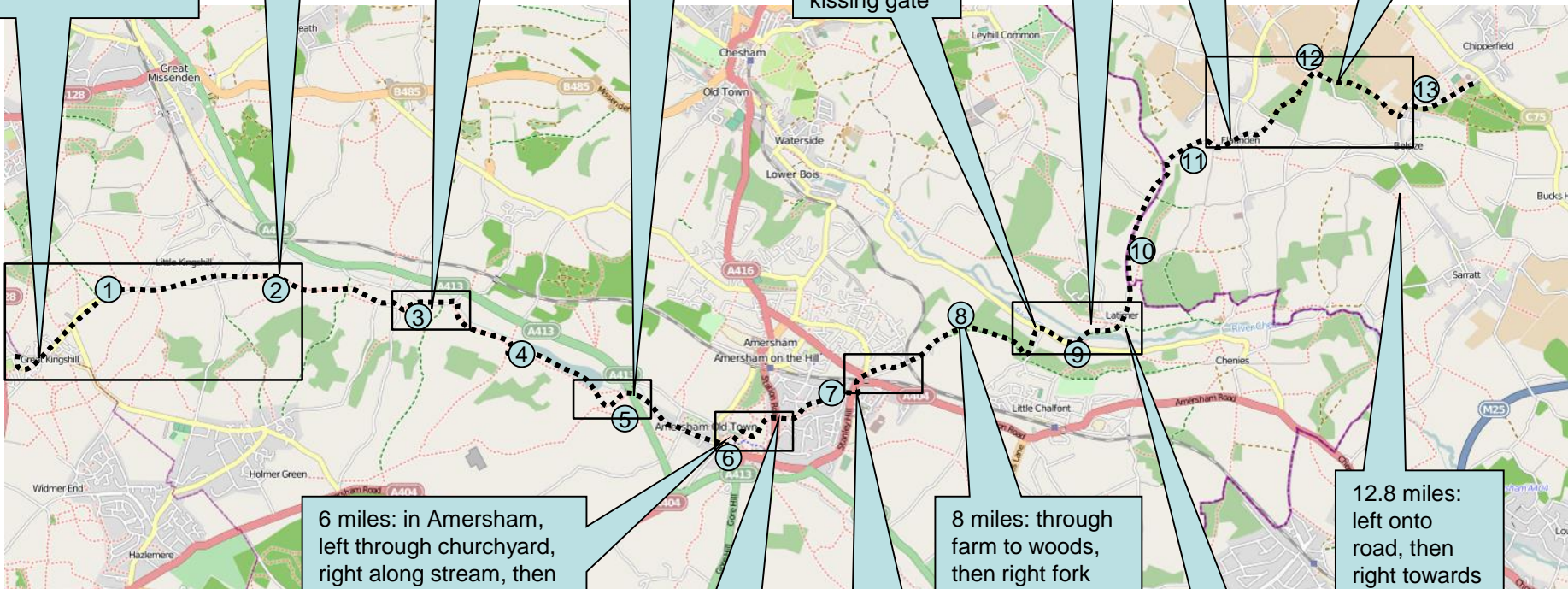
6.5 miles: **DANGER – STOP! ROAD CROSSING** as path emerges

7 miles: along Stanley Hill Ave., then under railway bridge to cross **BUSY ROAD** into Raans Road

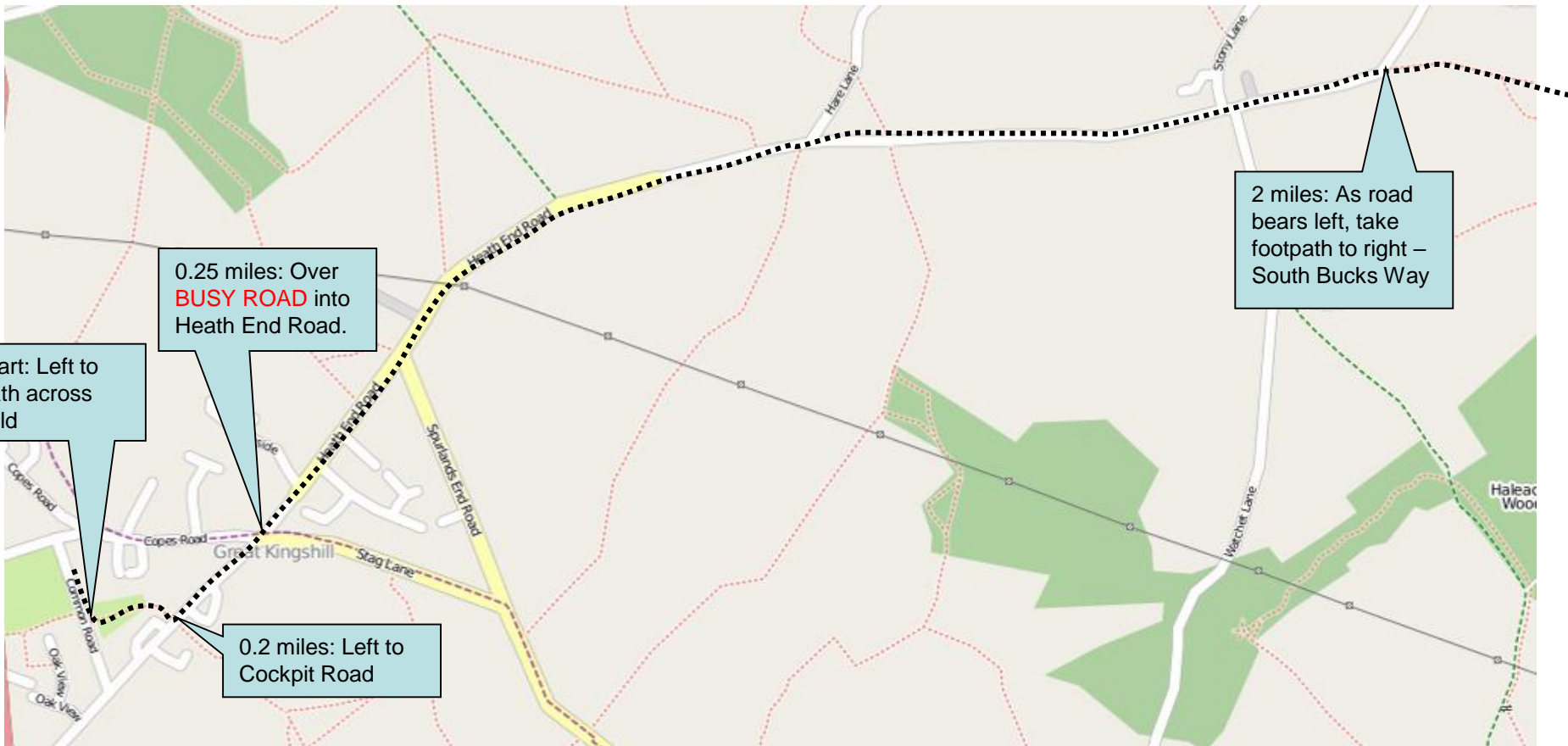
8 miles: through farm to woods, then right fork (marked by orange arrow)

9.6 miles: Left out of Latimer towards Flaunden

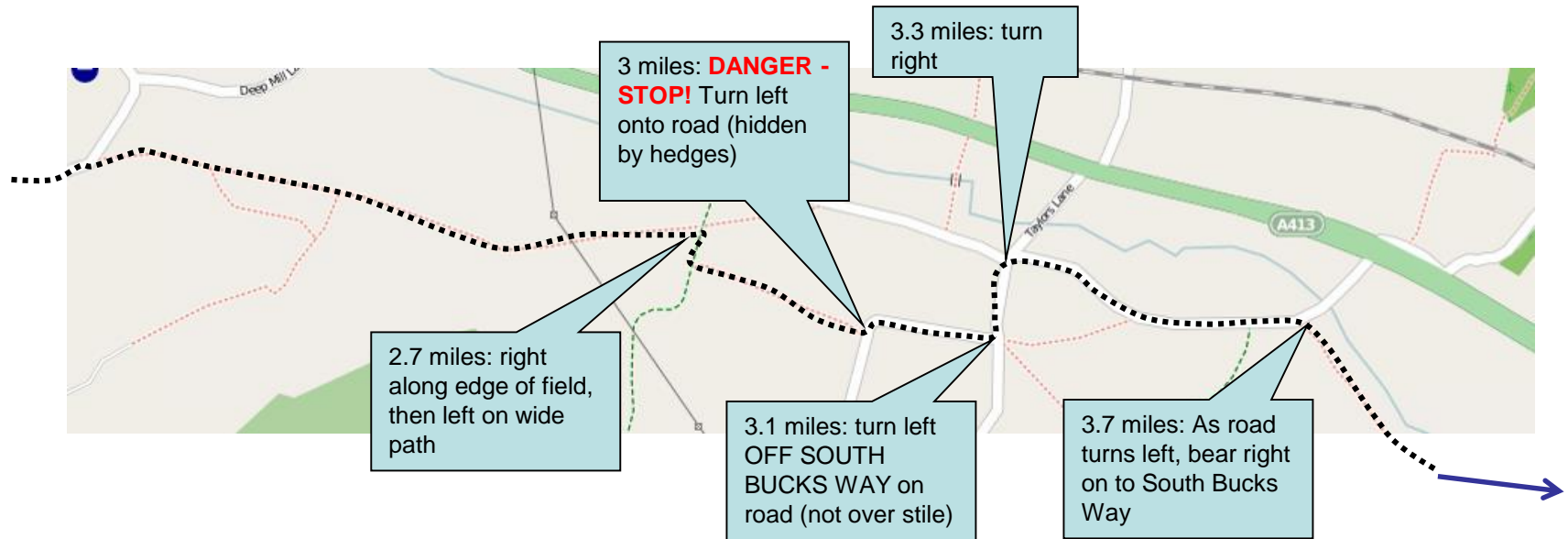
12.8 miles: left onto road, then right towards Bucks Hill, to finish



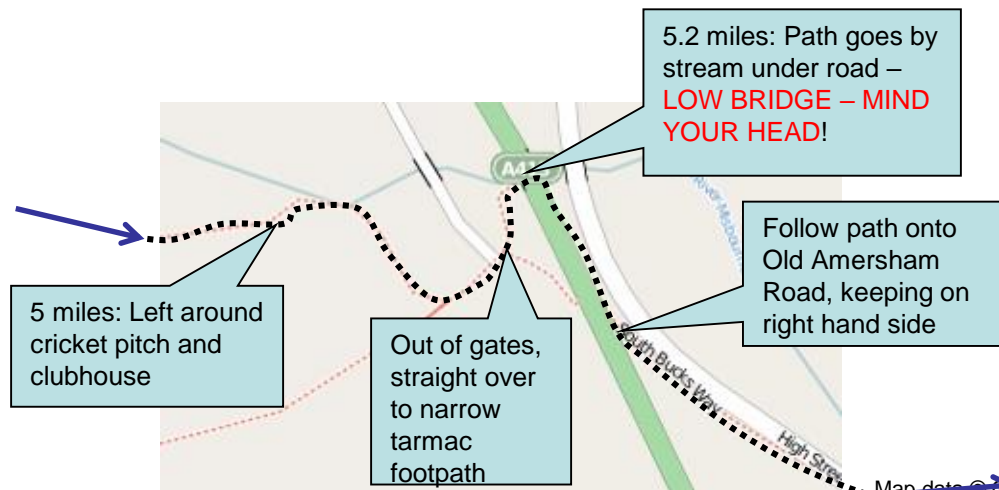
# Stage 5 – Start



## Stage 5 – 3 Miles: Little Missenden

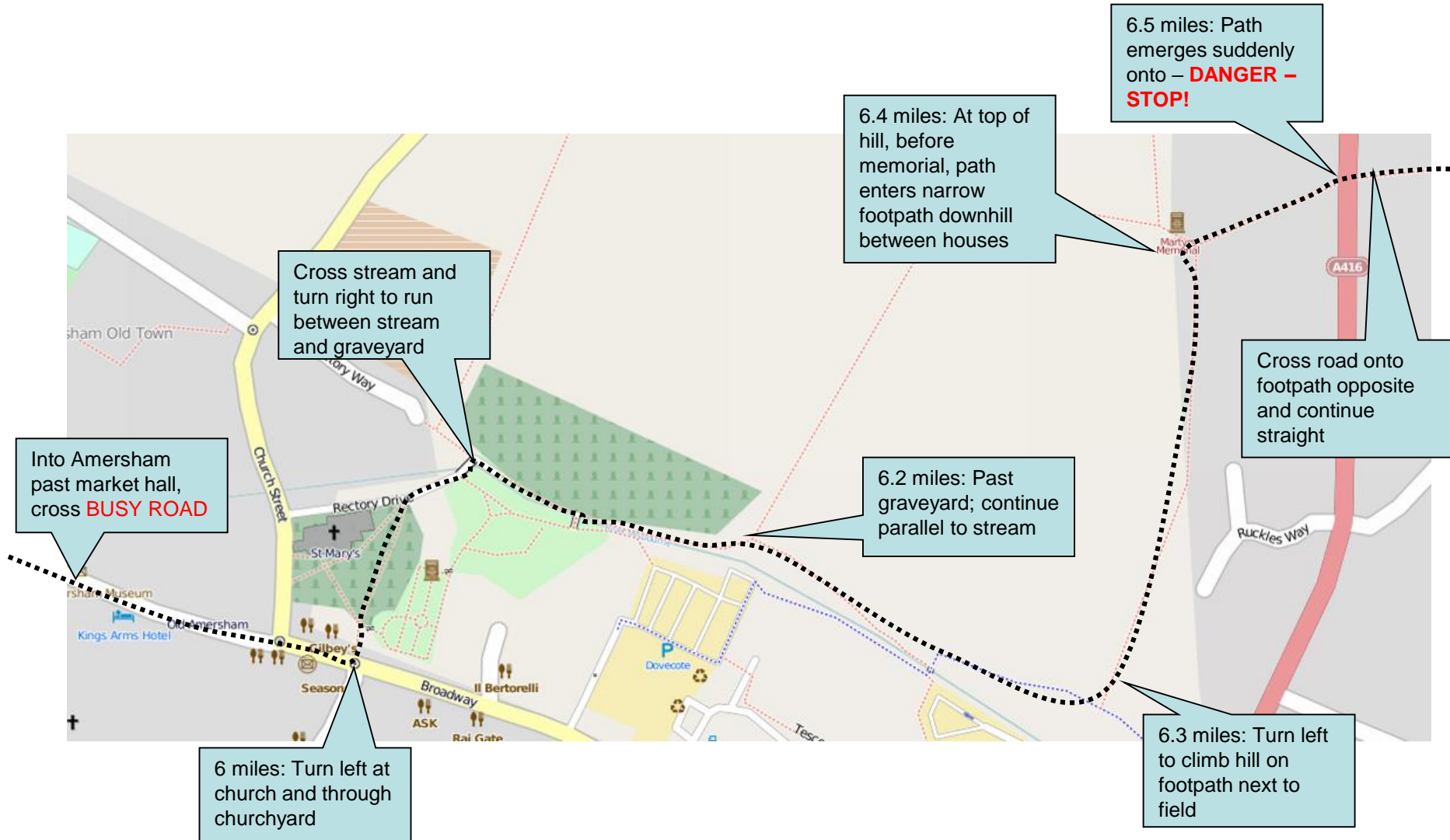


## Stage 5 – 5 Miles: Amersham Cricket Club

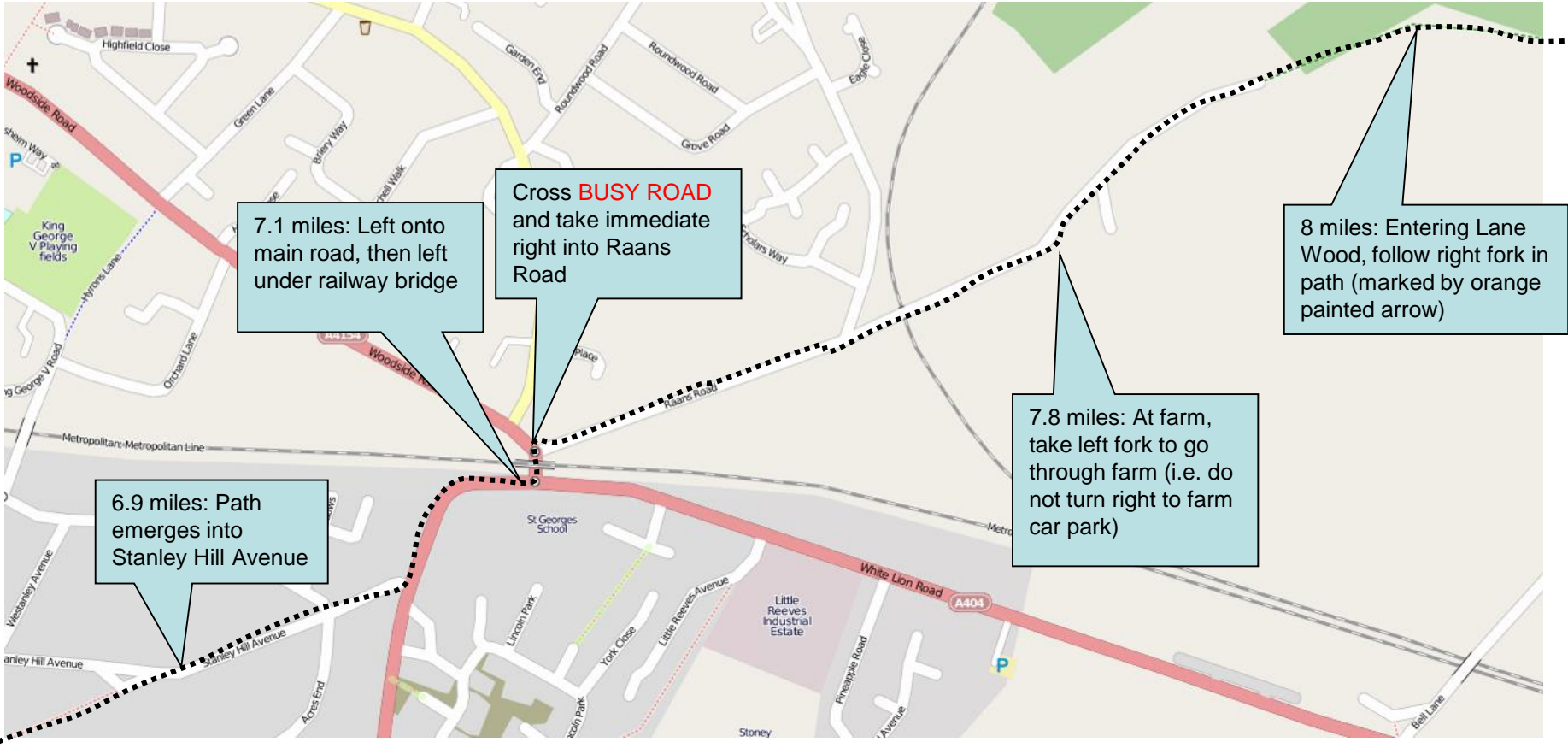




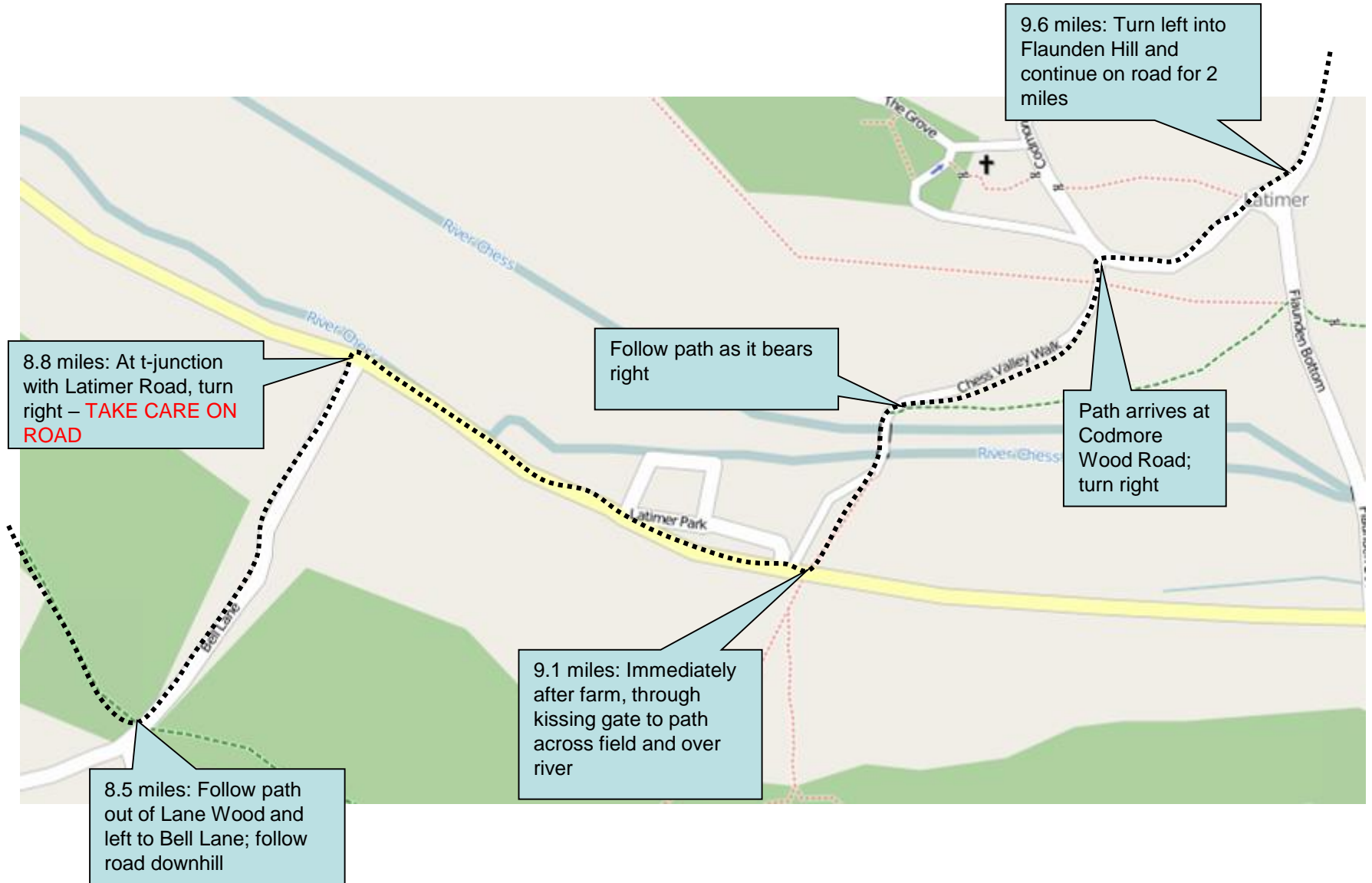
# Stage 5 Detail – 6 miles: Amersham



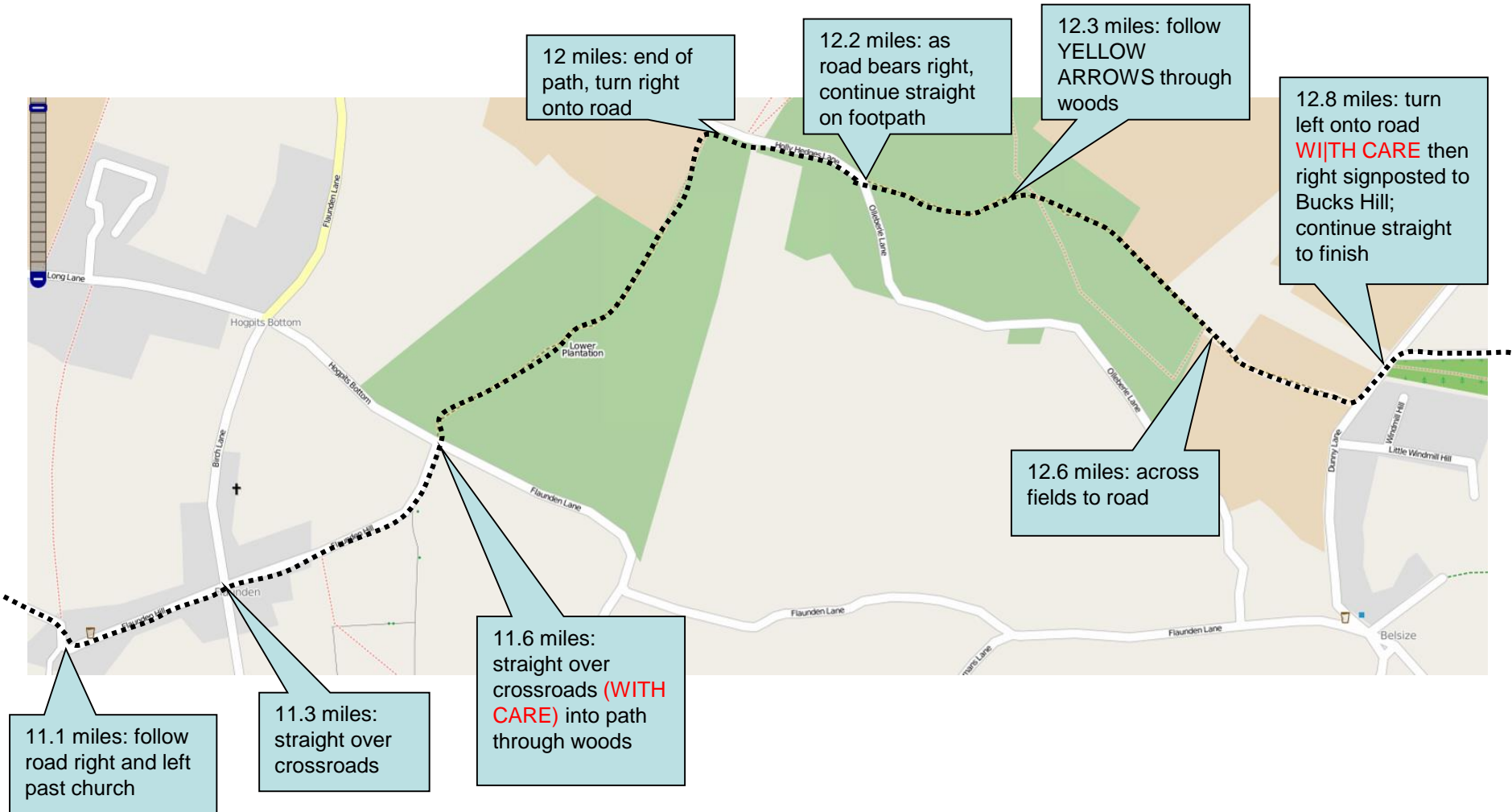
# Stage 5 Detail – 7 miles: Raan’s Farm



## Stage 5 Detail – 8.5 miles: Latimer Park Farm



# Stage 5 Detail – 11 miles: Woods



## Stage 5 – Top Tips

- **Race Navigation:** This is a tough stage with a few twists and turns, and plenty of roads to cross.
- Errors in the past have been missing the footpath towards Old Amersham from the cricket club at 5 miles, and in the two woods sections towards the end – follow the yellow arrows.
- **Marshals & support points:**

| Stage | Place                     | Risk | Miles | Water? | Postcode | Time  | Description (please refer to map for details)         |
|-------|---------------------------|------|-------|--------|----------|-------|---|
| 5     | Heath End Road crossroads | M    | 0.3   |        | HP15 6HP | 12:50 | Over junction   |
| 5     | Turn to South Bucks Way   | M    | 2.0   |        | HP16 0DL | 12:58 | Cross road on bend and join footpath                  |
| 5     | Little Missenden          | H    | 3.0   |        | HP7 0QU  | 13:10 | DANGER STOP! Guide away from SBW and around village   |
| 5     | Path under A413           | M    | 5.0   | Water  | HP7 0RN  | 13:20 | Guide out of cricket field, and warn about low bridge |
| 5     | Amersham High St/church   | H    | 6.0   |        | HP7 0DT  | 13:20 | Cross road, left into churchyard                      |
| 5     | Amersham A416 crossing    | H    | 6.5   |        | HP7 0DBD | 13:22 | DANGER - STOP! Block runners to prevent from crossing |
| 5     | Raan's road roundabout    | H    | 7.1   |        | HP6 6NX  | 13:25 | Under bridge and across roundabout                    |
| 5     | Bell Lane                 | L    | 8.5   | Water  | HP6 6PQ  | 13:35 | Left onto road  |
| 5     | Latimer Farm              | M    | 9.1   |        | HP5 1TU  | 13:35 | Left from road over stile, and warn about livestock   |
| 5     | Flaunden crossroads       | M    | 11.3  |        | HP3 0PW  | 13:45 | Over crossroads                                       |
| 5     | Hog Pits Rd t-junction    | M    | 11.6  | Water  | HP3 0PW  | 13:50 | Over road and onto forest track                       |
| 5     | Chipperfield road turn    | M    | 12.8  |        | WD4 9DE  | 14:00 | Left and then right to Buck Hill                      |

- **Stage Records:**

| Year | Stage |      | Name               | Team                        | Time     | Category        |
|------|-------|------|--------------------|-----------------------------|----------|-----------------|
| 2000 | 5     | 13.5 | David Benton       | Ranelagh                    | 01:13:54 | Overall (men)   |
| 2007 | 5     | 13.5 | Vicki Stringer     | Serpentine                  | 01:29:44 | Overall (women) |
| 2014 | 5     | 13.5 | Andrea Pickup      | Dulwich Runners 2 (ladies)  | 01:39:23 | V35 Women       |
| 2017 | 5     | 13.5 | Kirit Patel        | London Fronrunners 1 (MV40) | 01:20:54 | V40 Men         |
| 2017 | 5     | 13.5 | Marie Synott-Wells | Ranelagh Harriers 1         | 01:42:48 | V45 Women       |
| 2016 | 5     | 13.5 | Ebe Prill          | Dulwich Runners 1           | 01:36:17 | V50 Men         |

Location (Start):

**Great Kingshill**

Nearest Post Code HP15 6DR

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

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

LR SU875980

**Hospital:**

Stoke Mandeville

Mandeville Road

Aylesbury HP21 8AL

Location (End):

**Chipperfield**

Nearest Post Code WD4 9BS

Lat (WGS84) N51:42:14 (51.703786)

Long (WGS84) W0:29:30 (-0.491695)

LR TL043016