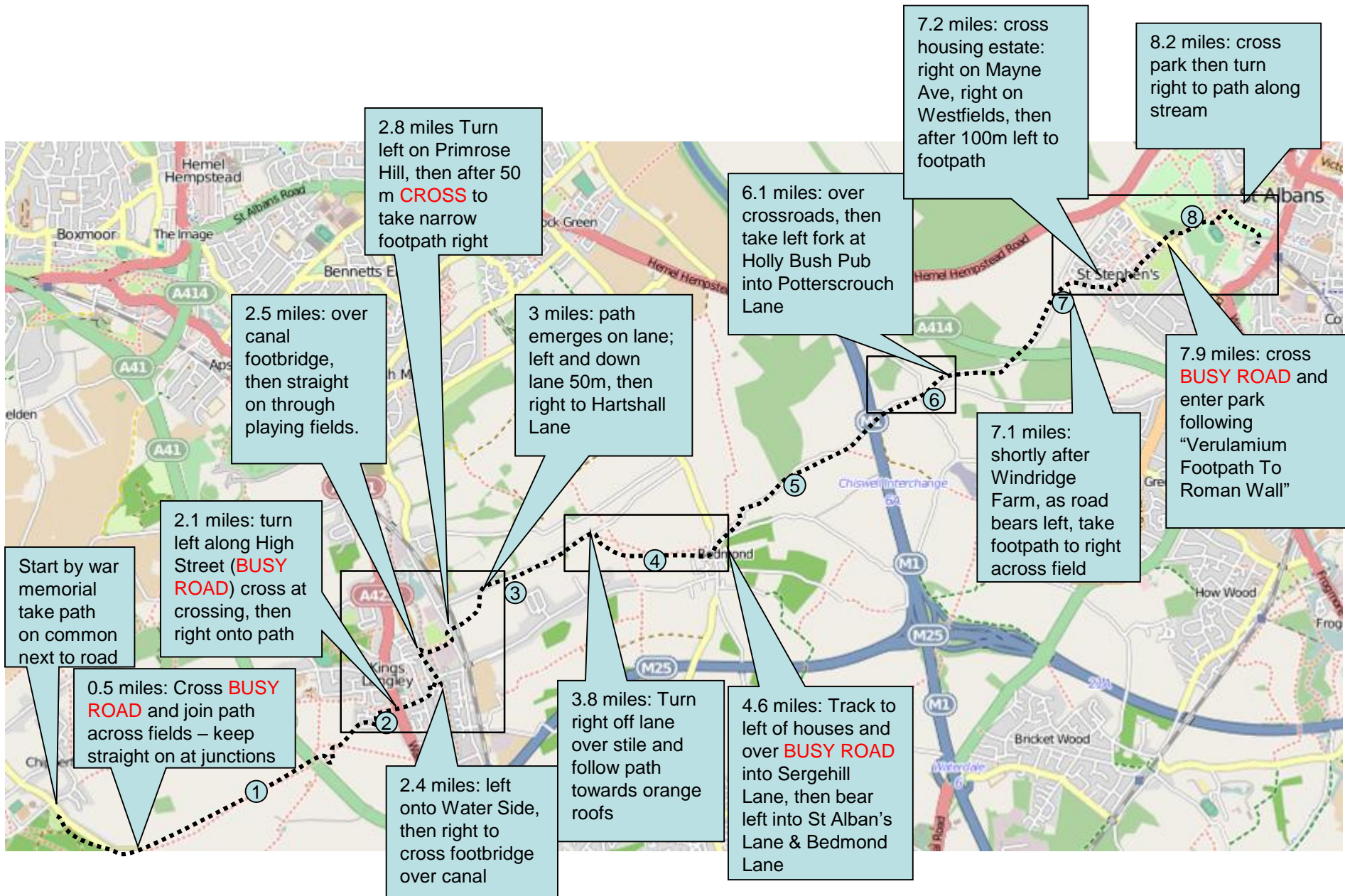
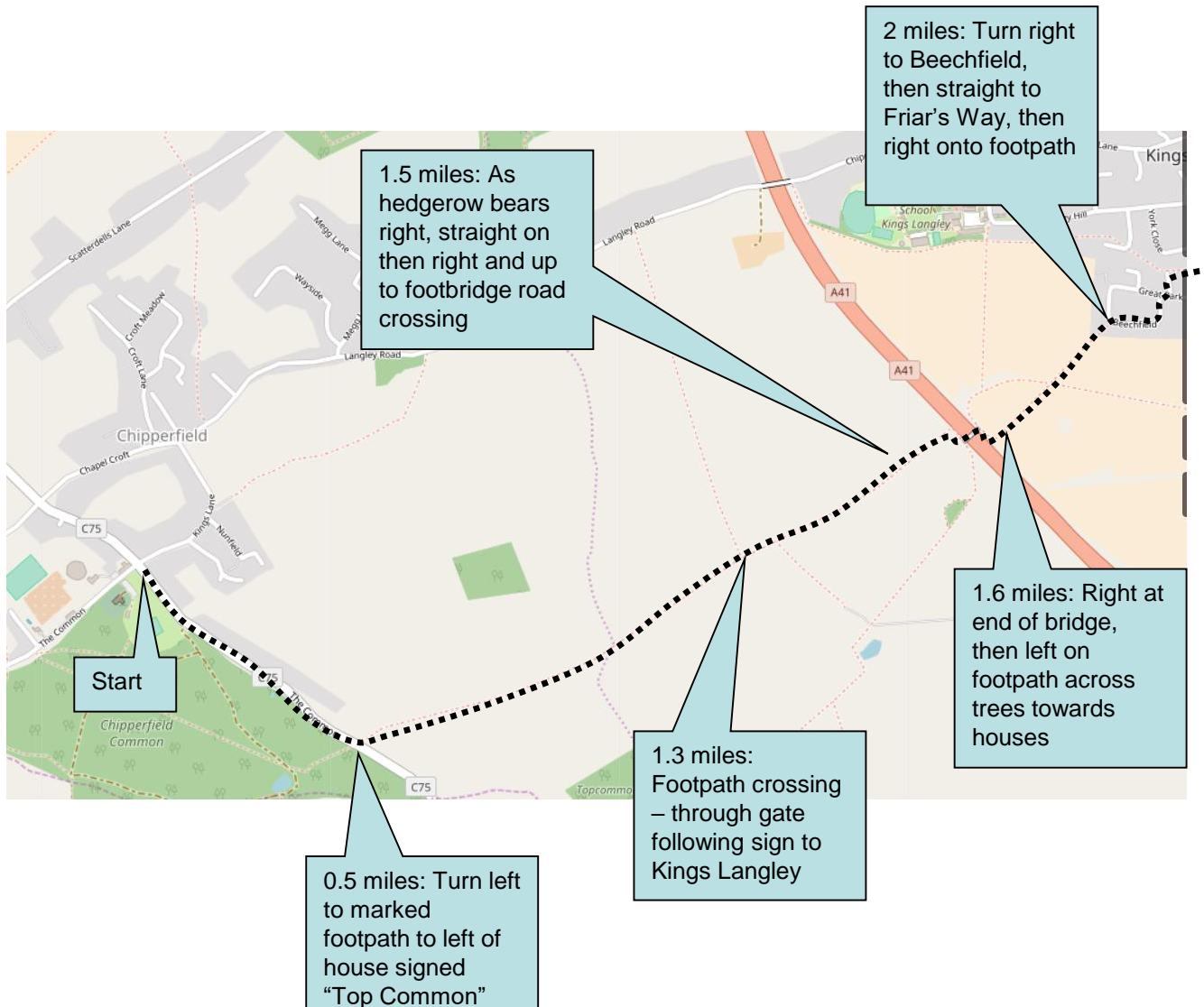


Stage 6 – Overview

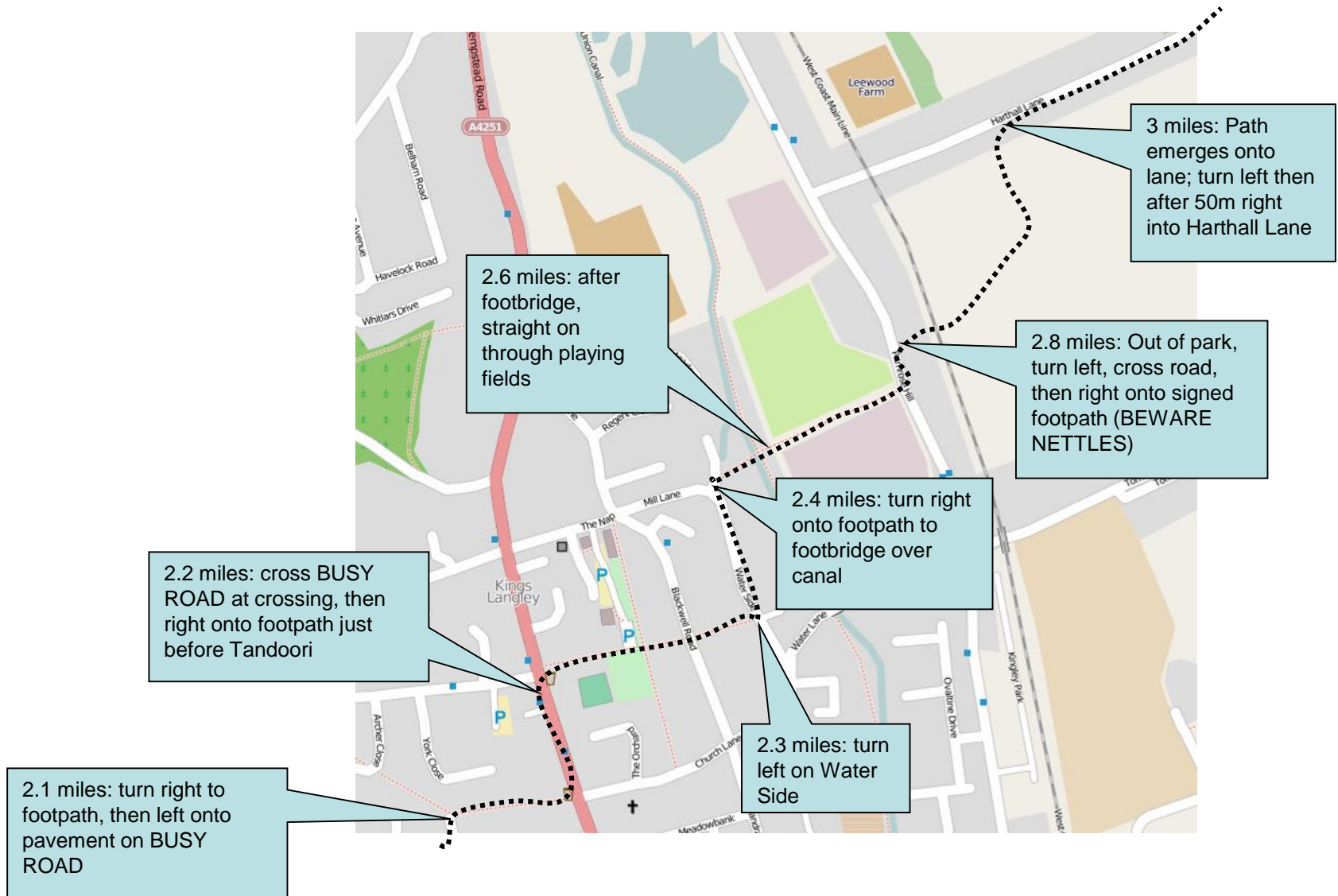
Start time: 14:08 Saturday
Distance: 8.4 miles
Emergency: 07966 542315



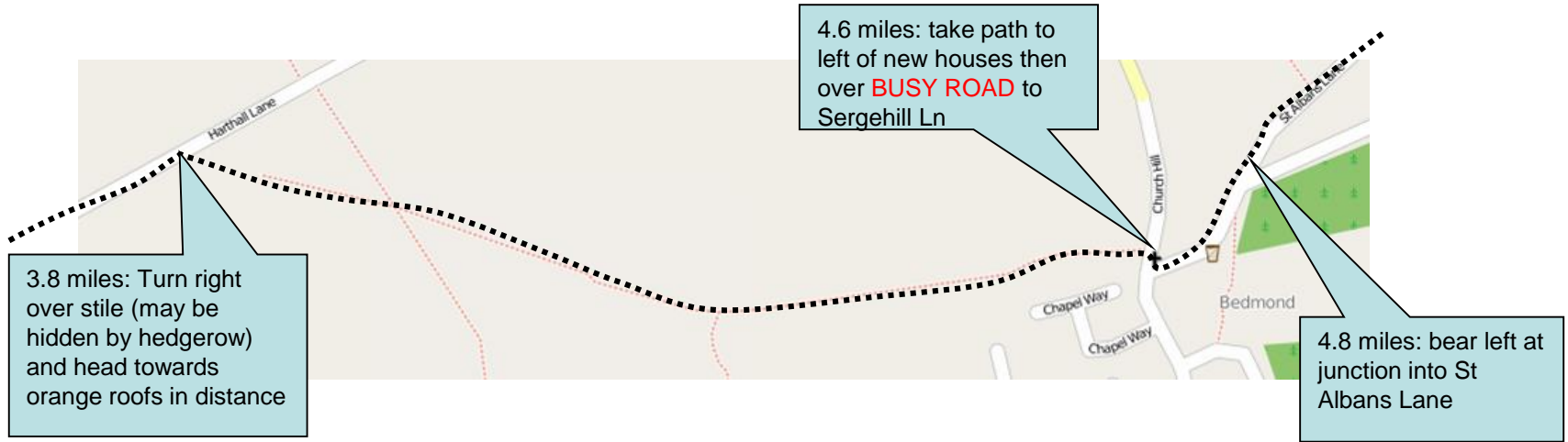
Stage 6 Detail – Start



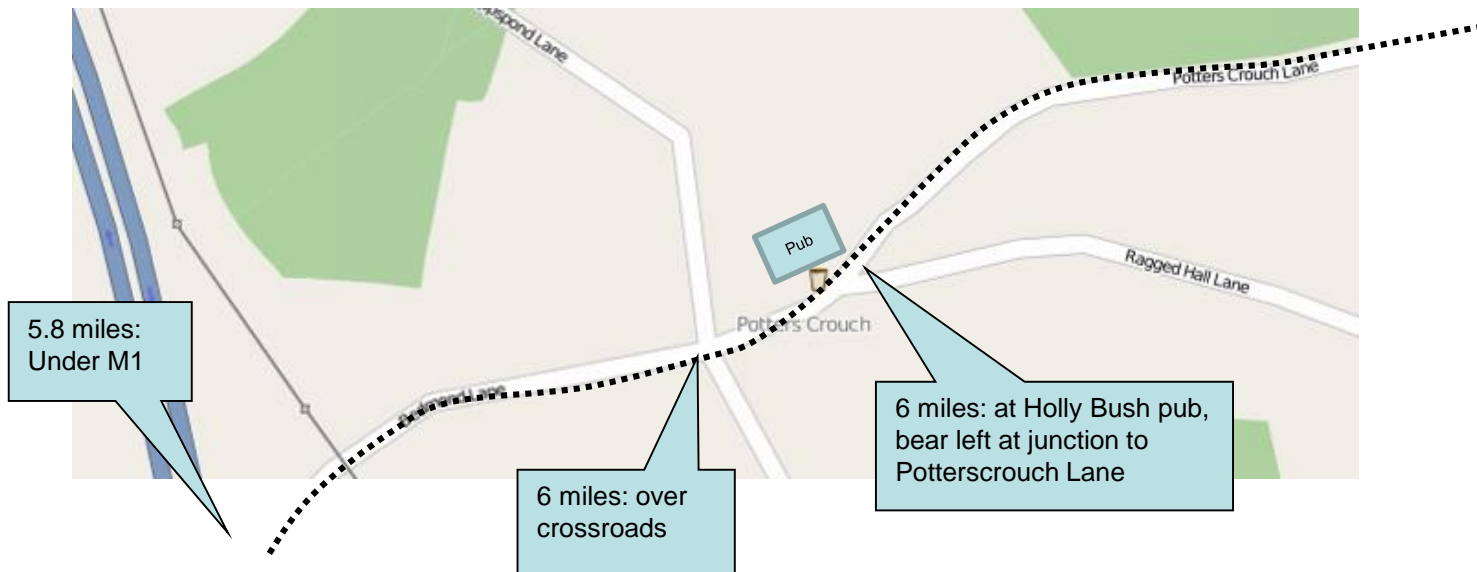
Stage 6 Detail – 2 miles: Kings Langley



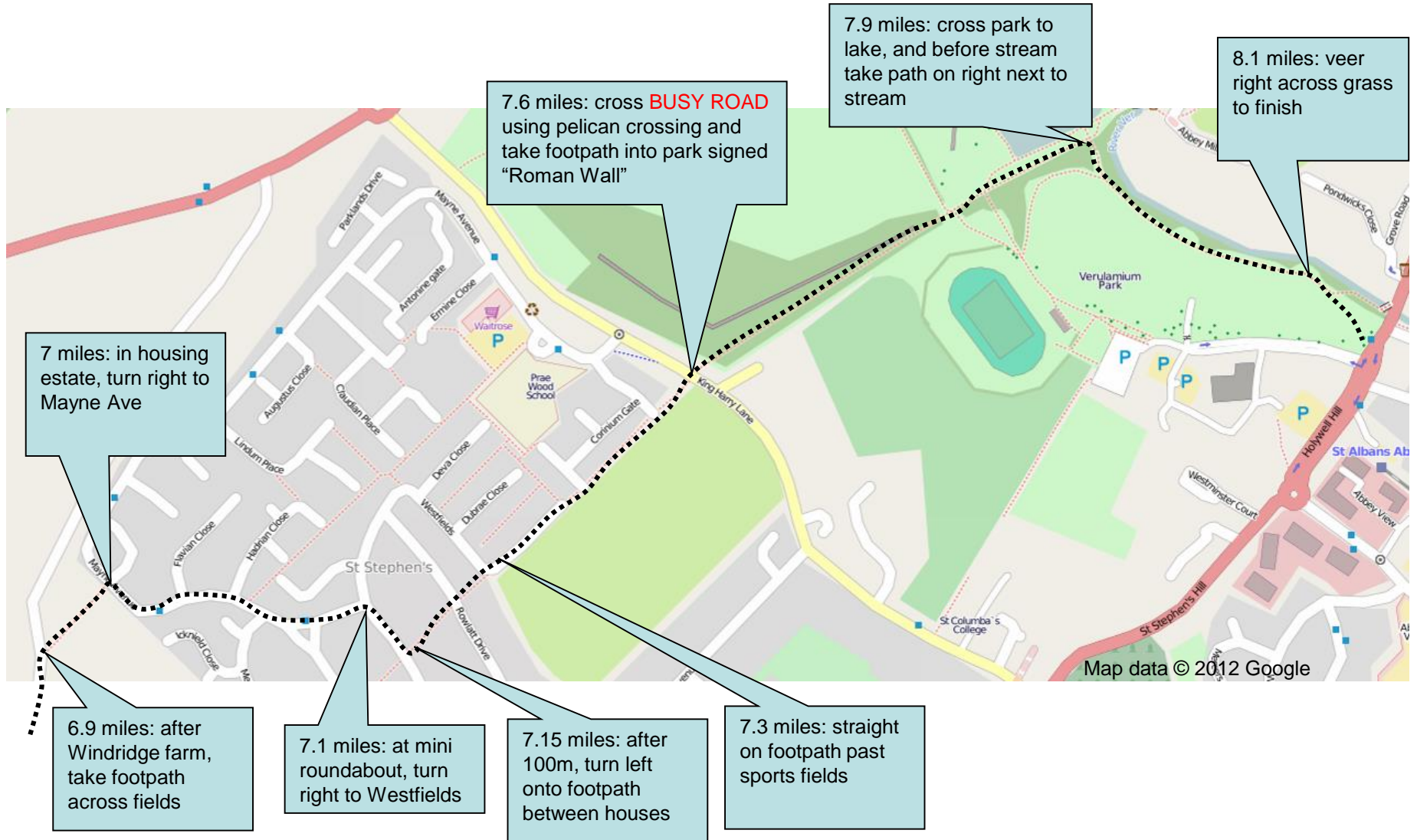
Stage 6 Detail – 4 miles: Bedmond



Stage 6 Detail – 6 miles: Holly Bush



Stage 6 Detail – 7 miles: St Albans



Stage 6 – Top Tips

- **THIS ROUTE HAS CHANGED!** The first 2 miles are new.
- **Race Navigation:** This is one of the trickiest stages navigationally, with a series of fiddly turns in Kings Langley and then in St Albans. The opening 2 miles also have 11 kissing gates – please be patient.
- The stile at 3.8 miles is hidden in a hedgerow and hard to spot, and to mark. Look out for chalk on the road.
- Road crossings at 4.6 miles and 6 miles need care, and you need to be patient crossing King Harry Lane near the end, no matter how near the end of the race it is.
- **Marshal and support points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
6	Turn off road to footpath	L	0.5		WD4 9JQ	14:02	Guide left to path
6	Church Rd crossing	H	2.1		WD4 8JR	14:10	Across busy urban road
6	Primrose Hill crossing	M	2.8	Water	WD4 8HS	14:15	Across road and onto narrow path
6	Sergehill Lane crossing	H	4.6		WD5 0RW	14:25	Across busy road
6	Potters Crouch	M	6.1	Water	AL2 3NN	14:30	Across quiet crossroads
6	Field towards houses	L	7.2		AL3 4JW	14:35	Right to field
6	King Harry Lane	H	7.6		AL3 4HX	14:40	Cross via pelican crossing into park

- **Stage Records:**

Year	Stage	Name	Team	Time	Category
2010	6	Hugh Torry	Serpentine	00:46:06	Overall (men)
2017	6	Carla Molinaro	Clapham Chasers White	00:50:22	Overall (women)
2010	6	Liz Straveski	Millennium	00:54:19	V35 Women
2005	6	Shaun Whelan	London Front Runners	00:46:35	V40 Men
2017	6	Sarah Knox	Serpie Women	00:58:13	V45 Women
2016	6	Shaun Whelan	Front Runners 1	00:47:30	V50 Men

Location (Start):

Chipperfield

Nearest Post Code WD4 9BS

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

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

LR TL043016

Hospital:

Watford General

Vicarage Road,

Watford WD18 0HB

Location (End):

St Albans

Nearest Post Code AL1 1HR

Lat (WGS84) N51:44:46 (51.746247)

Long (WGS84) W0:20:35 (-0.342919)

LR TL144065