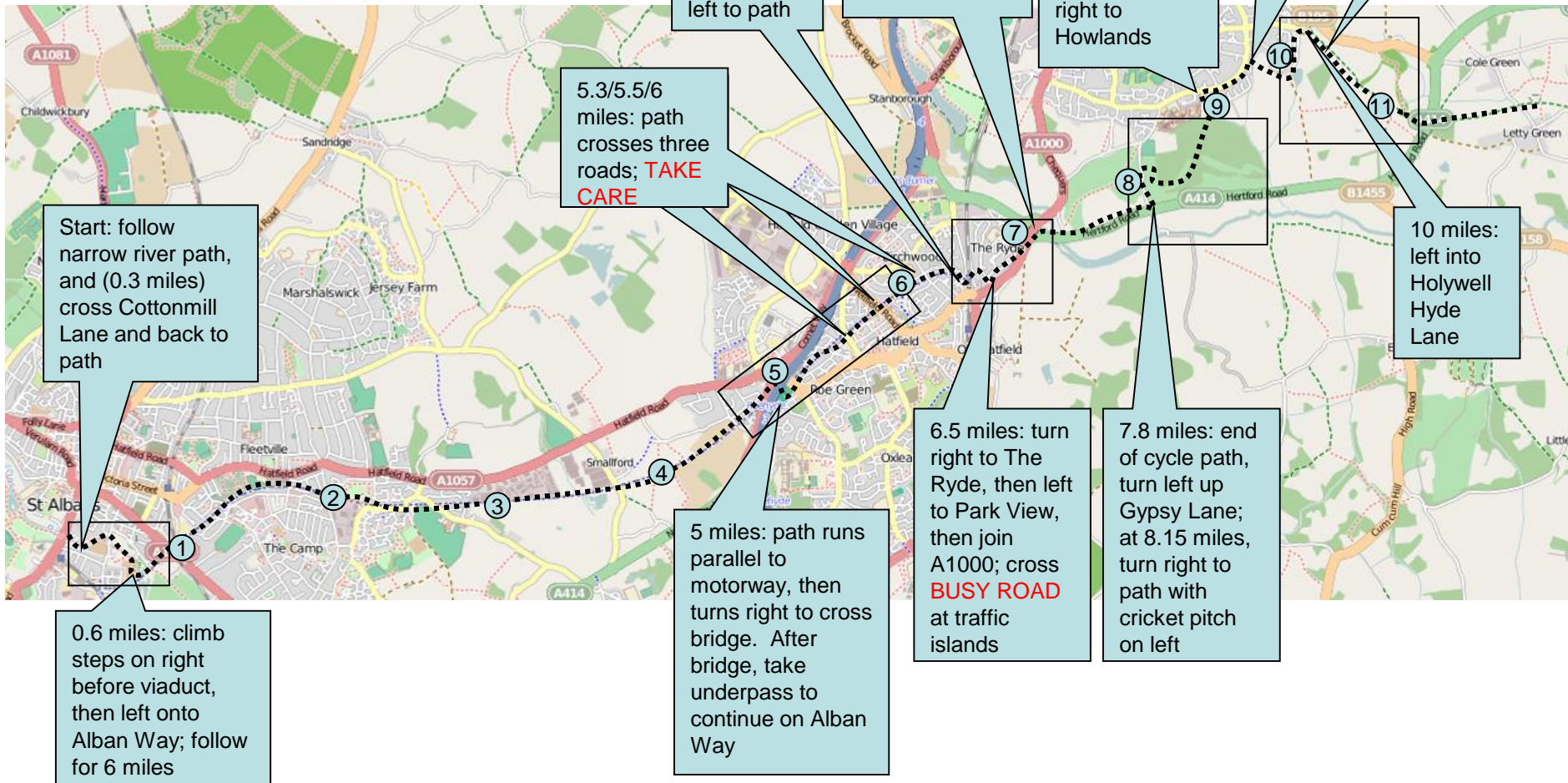


Start time: 14:56 Saturday  
Distance: 12 miles  
Emergency: 07966 542315

## Stage 7 - Overview



# Stage 7 Detail – Alban Way

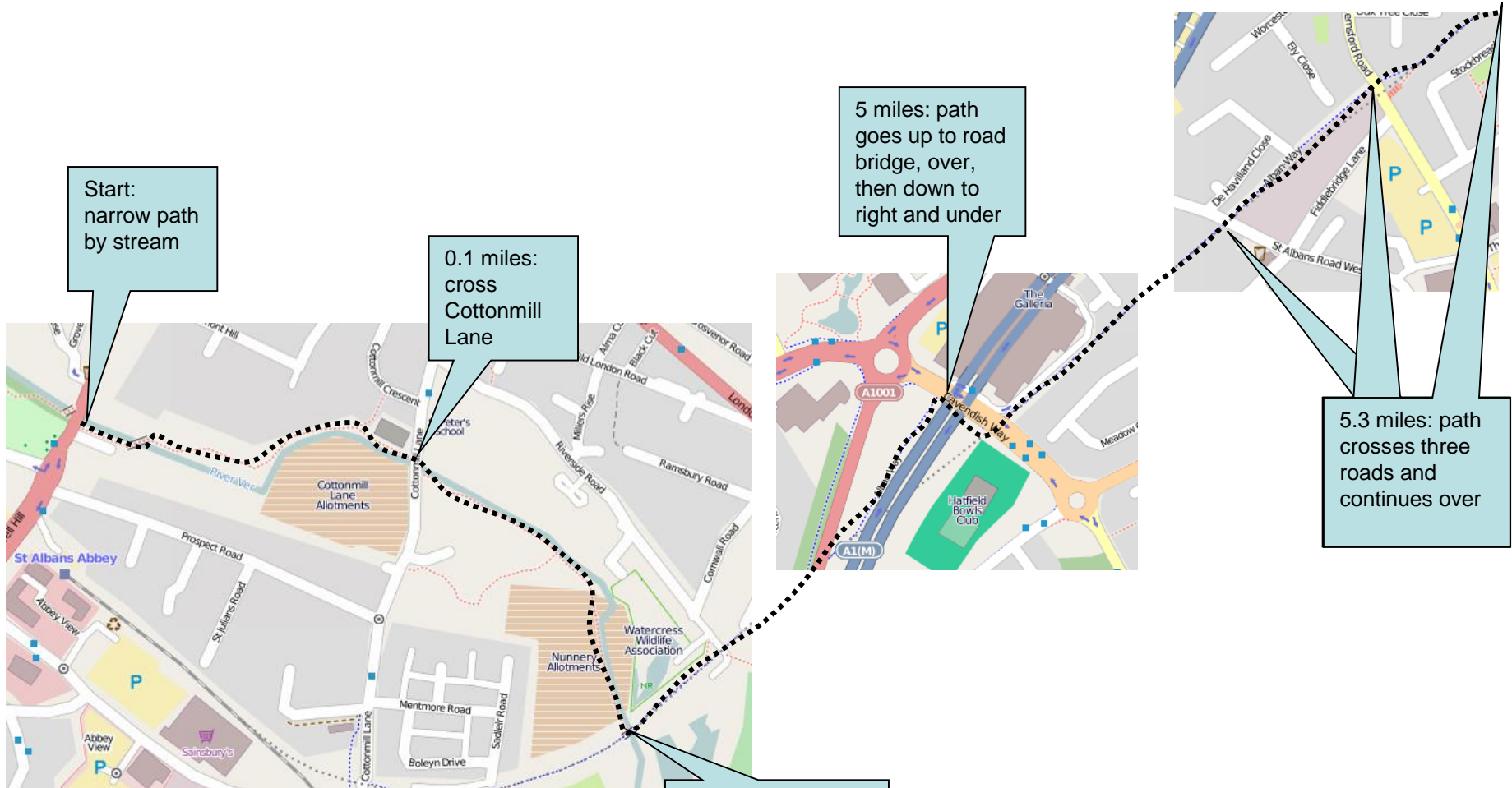
Start:  
narrow path  
by stream

0.1 miles:  
cross  
Cottonmill  
Lane

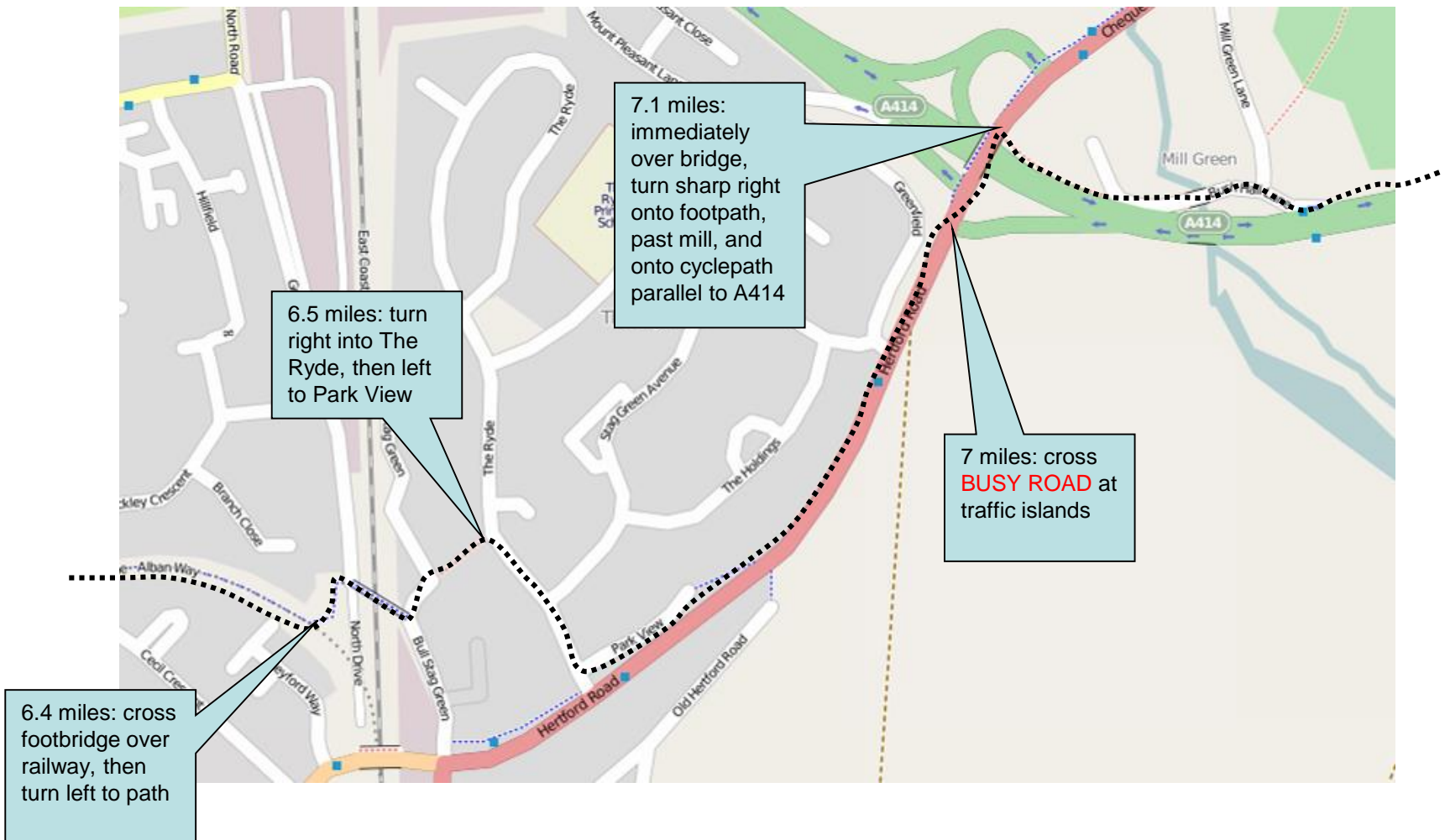
5 miles: path  
goes up to road  
bridge, over,  
then down to  
right and under

5.3 miles: path  
crosses three  
roads and  
continues over

0.3 miles: climb  
steps to viaduct  
and turn left to  
Alban Way

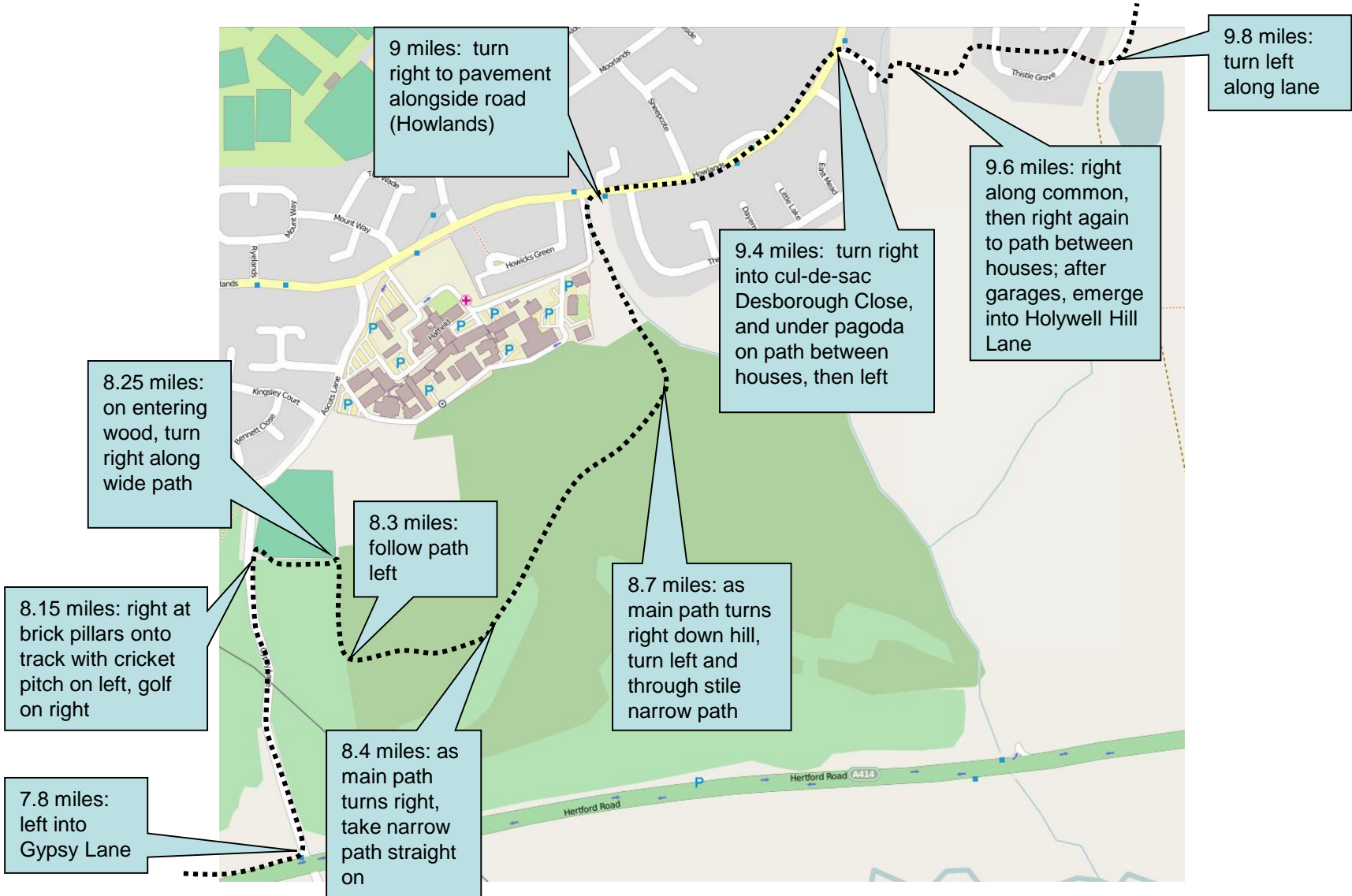


## Stage 7 Detail – 6.4 miles: Hatfield

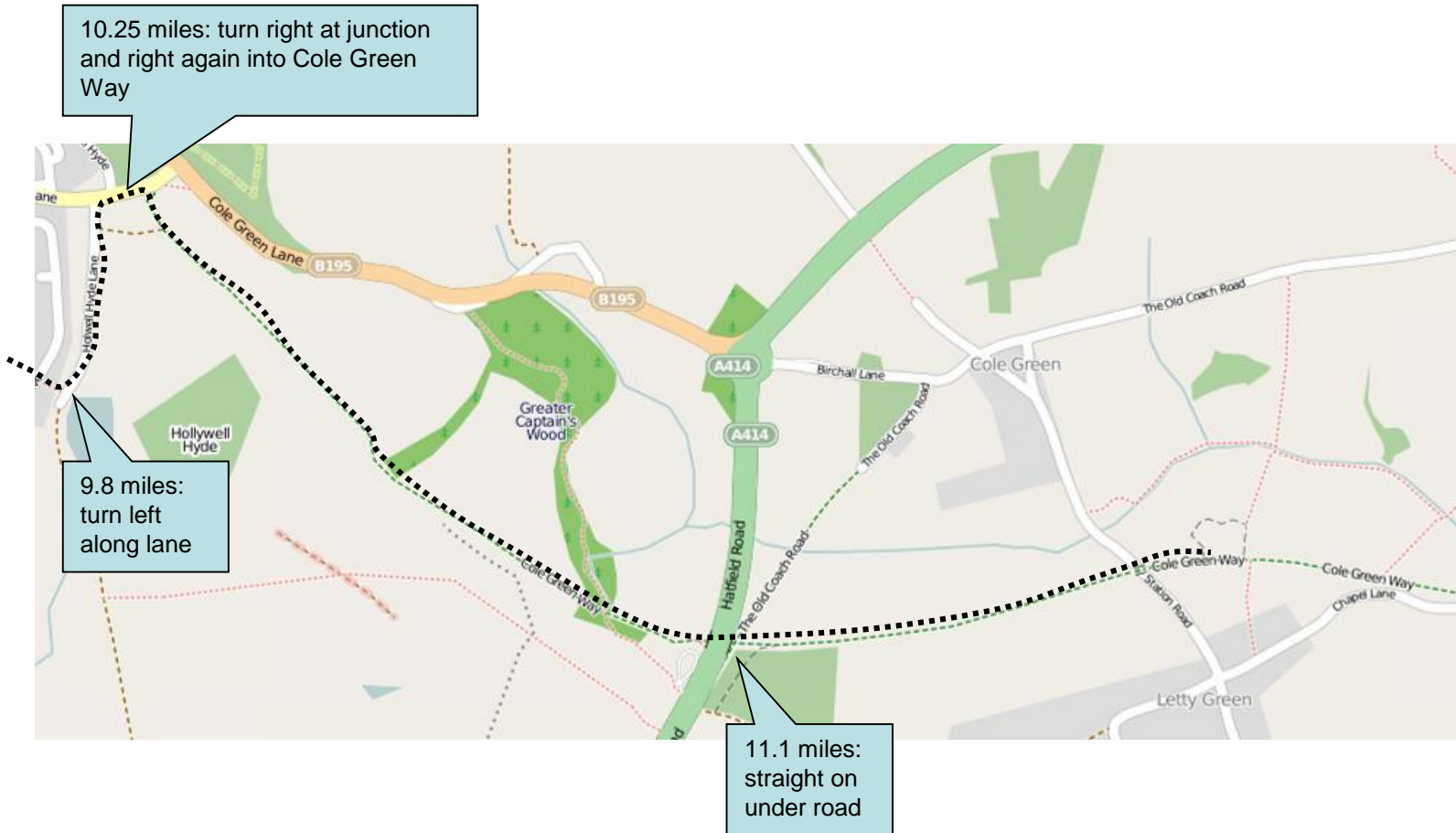




# Stage 7 Detail – 8 miles: Commons Wood



## Stage 7 Detail – 10 miles to Finish



# Stage 7– Top Tips

- **Navigation:** There are some turns through Hatfield, but the major challenge is Commons Wood at 8.25 miles; this can be disorientating. Please follow the detailed map.
- Take real care crossing the A1000 out of Hatfield at 7 miles.
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
7	Cottonmill Lane crossing	M	0.3		AL1 1HJ	14:55	Across lane and back onto Ver Path
7	Hatfield underpass	L	5.0	Water	AL10 0SQ	15:20	Bridge over motorway, then right to subway for Alban Way
7	St Albans Rd West crossing	M	5.3		AL10 0FH	15:25	Alban way crosses minor road
7	Lemsford Rd crossing	M	5.4		AL10 0DL	15:25	Alban way crosses minor road
7	Ground Lane road crossing	M	6.0		AL10 0QH	15:25	Alban way crosses minor road
7	A1000 crossing	H	7.0	Water	AL9 5HW	15:30	Cross A1000 using traffic island, before A414 bridge
7	Cole Green Way start	L	10.3	Water	AL7 3DQ	15:45	Turn on verge from Holywell Hyde Lane into Cole Green Lane and way

- **Stage Records:**

Year	Stage		Name	Team	Time	Category
2008	7	12	Shaun Whelan	FrontRunners	01:06:19	Overall (men)
2015	7	12	Helen Palmer	Serpentine 2	01:15:15	Overall (women)
2017	7	12	Alexi Shaw	Dulwich Runners	01:15:39	V35 Women
2008	7	12	Shaun Whelan	London Front Runners	01:06:19	V40 Men
2015	7	12	Ellen Claque	Ranelagh 1	01:32:54	V45 Women
2016	7	12	Jonathan Ratcliffe	Stock Exchange AC	01:09:44	V50 Men

Location (Start):

**St Albans**

Nearest Post Code AL1 1HR

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

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

LR TL144065

**Hospital:**

Queen Elizabeth 1 Hospital

Howlands, Welwyn Garden  
City AL7 4HQ

Location (End):

**Letty Green**

Nearest Post Code SG14 2NL

Lat (WGS84) N51:47:02 (51.783945)

Long (WGS84) W0:08:09 (-0.135971)

LR TL286111