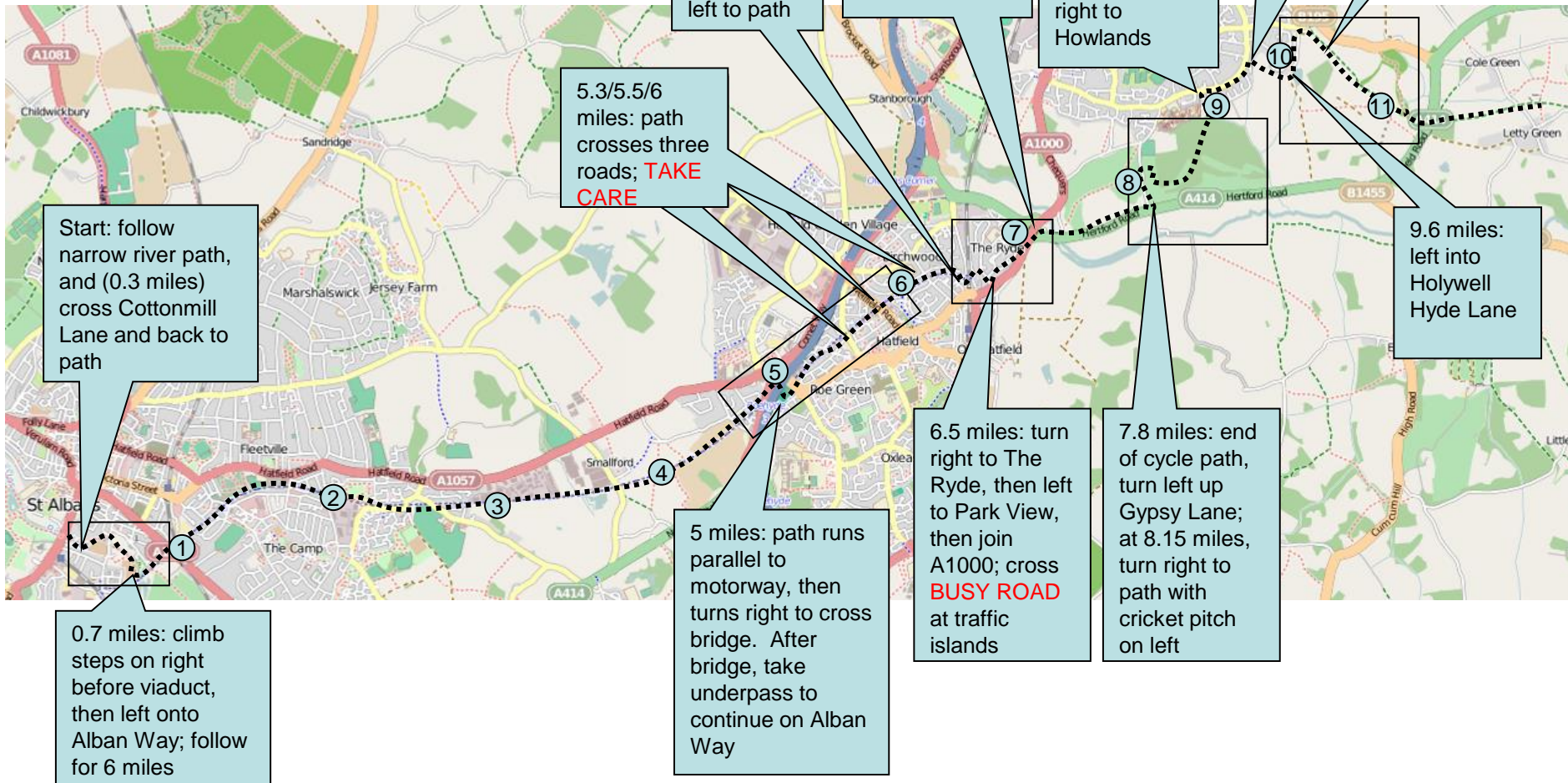


Start time: 14:56 Saturday  
Distance: 11.6 miles  
Emergency: 07966 542315

## Stage 7 - Overview



# Stage 7 Detail – Alban Way

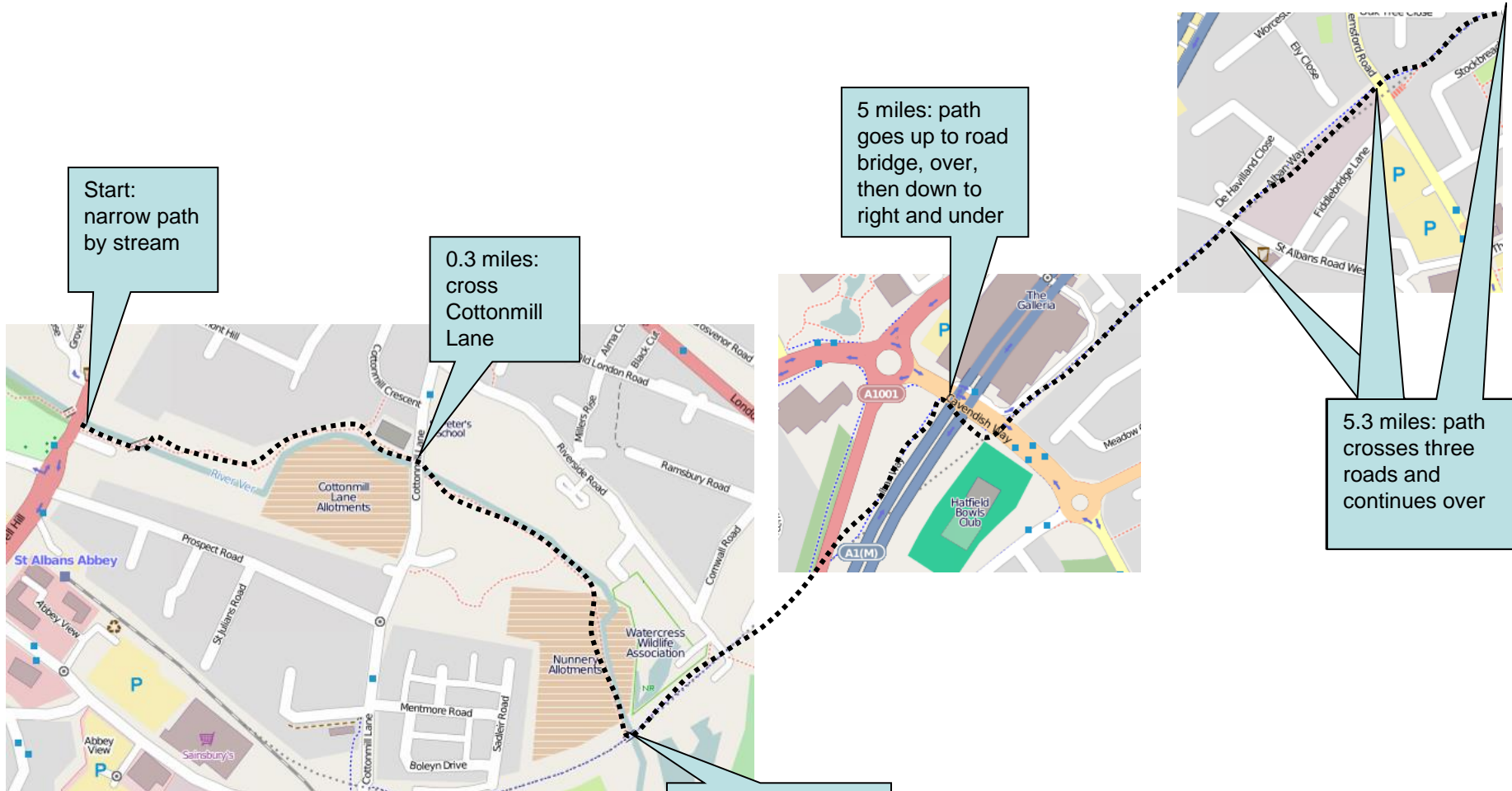
Start:  
narrow path  
by stream

0.3 miles:  
cross  
Cottonmill  
Lane

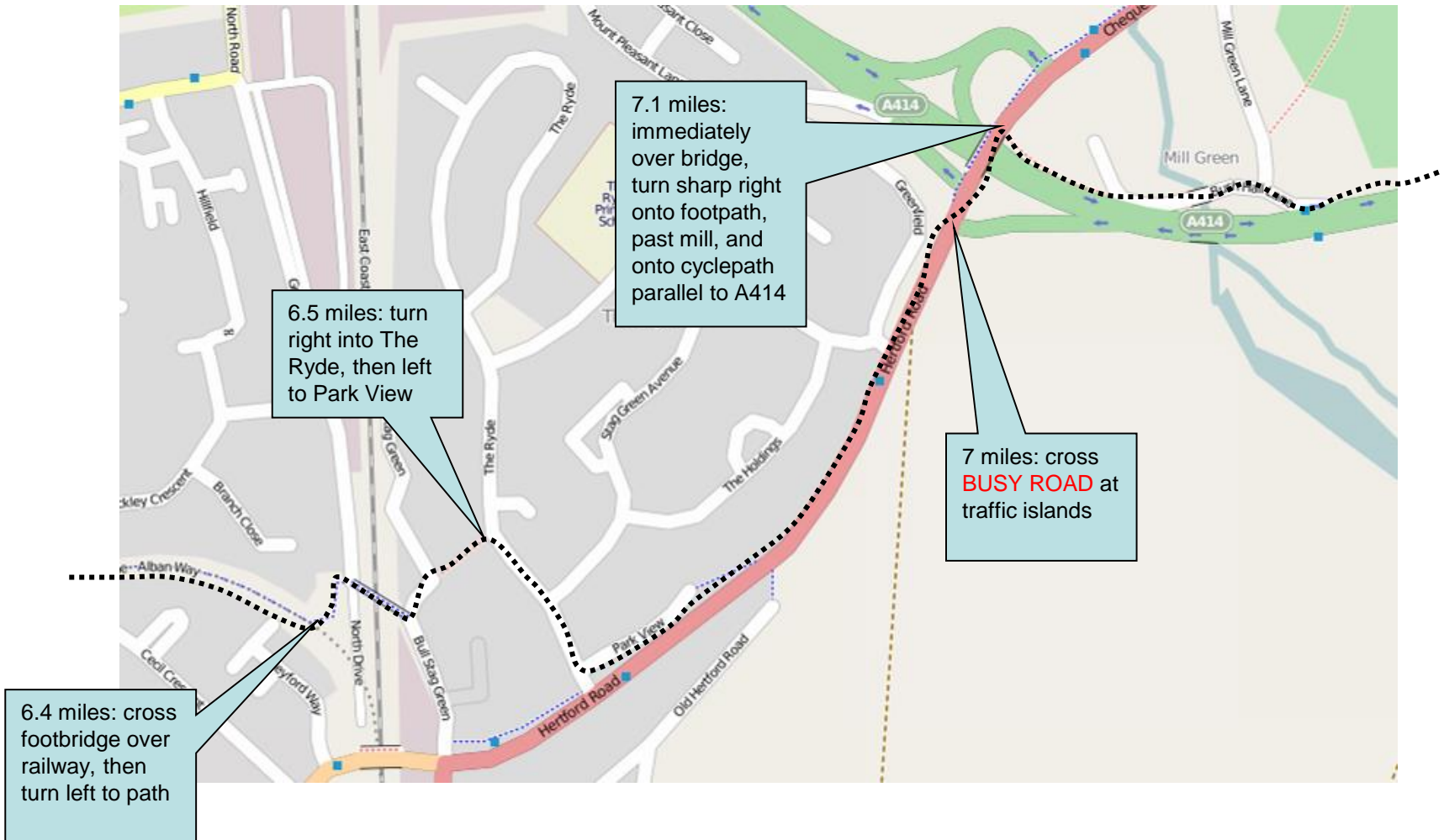
5 miles: path  
goes up to road  
bridge, over,  
then down to  
right and under

5.3 miles: path  
crosses three  
roads and  
continues over

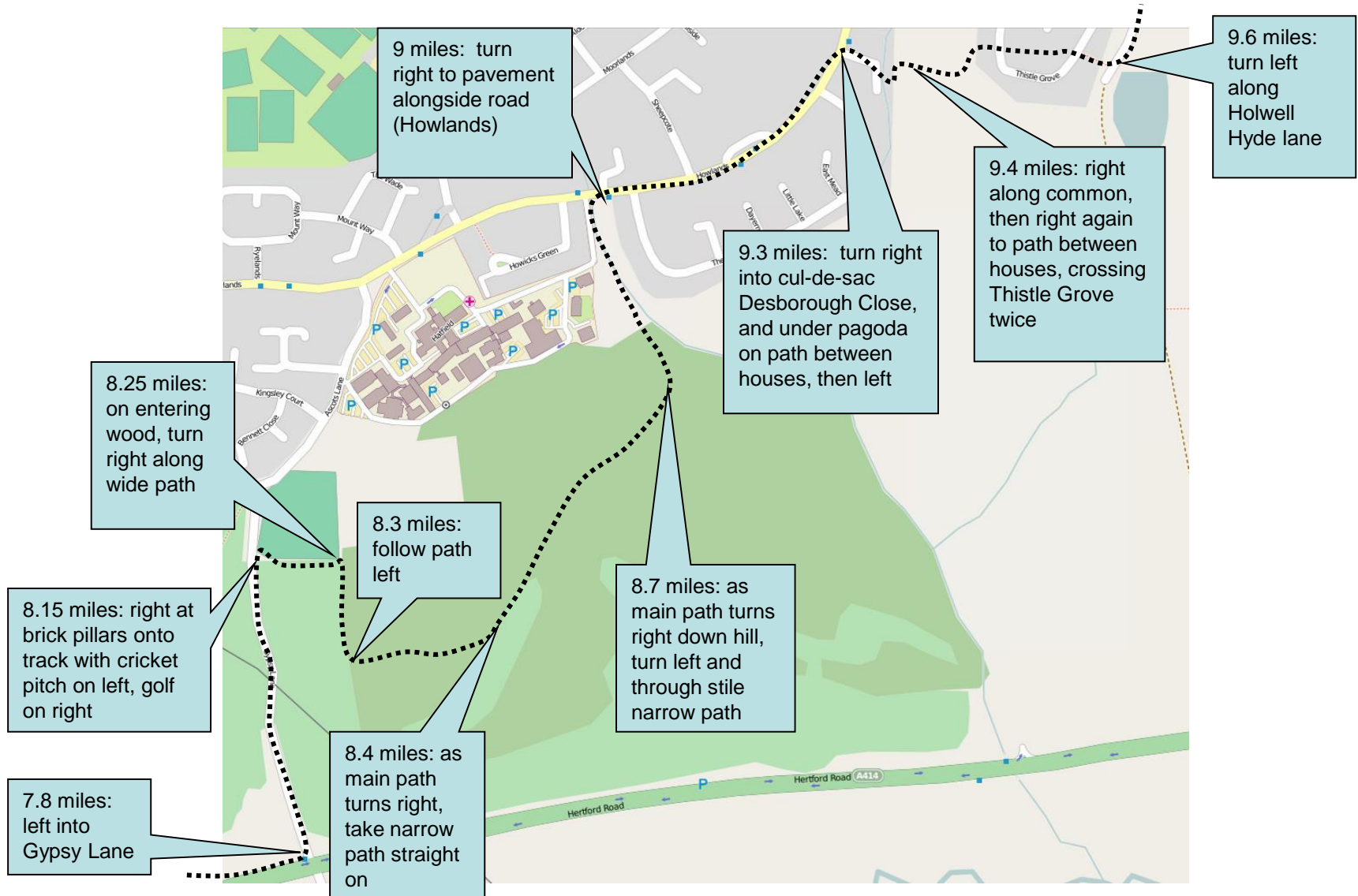
0.7 miles: climb  
steps to viaduct  
and turn left to  
Alban Way



## Stage 7 Detail – 6.4 miles: Hatfield



# Stage 7 Detail – 8 miles: Commons Wood

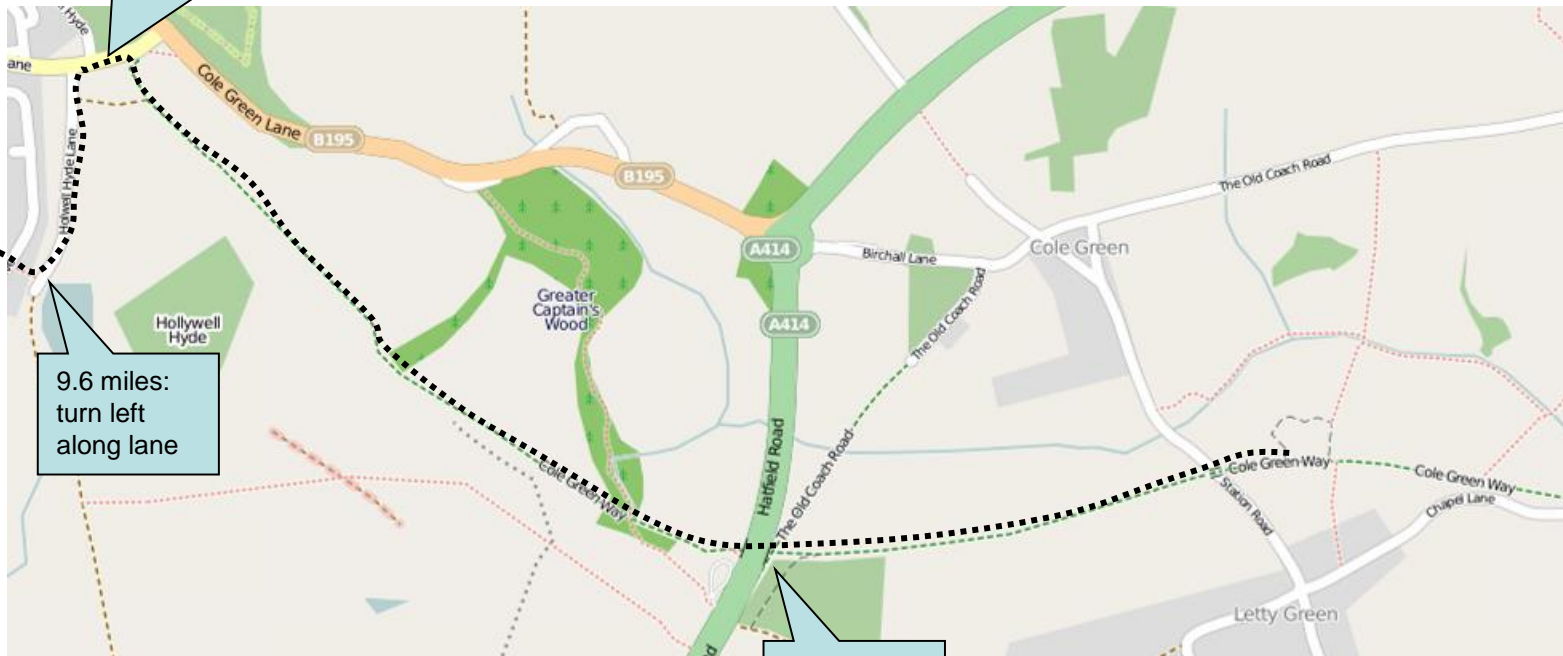


# Stage 7 Detail – 10 miles to Finish

9.9 miles: turn right at junction and right again into Cole Green Way

9.6 miles: turn left along lane

11 miles: straight on under road



# 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	Miles	Place	Risk	Postcode	Start	What Three Words
7	Start	St Albans	n/a	AL1 1HR	14:56	///twins.courier.harsh
7	0.3	Cottonmill Lane crossing	M	AL1 1HJ	14:56	///valley.knots.charmingly
7	5.3	St Albans Rd West crossing	M	AL10 0FH	15:25	///noble.agenda.ridge
7	5.4	Lemsford Rd crossing	M	AL10 0DL	15:25	///shirt.train.stump
7	6.0	Ground Lane road crossing	M	AL10 0QH	15:25	///shift.seated.urban
7	7.0	A1000 crossing	H	AL9 5HW	15:30	///twist.expose.voted
7	9.9	Cole Green Way start	L	AL7 3DQ	15:45	///leaves.hills.look
7	11.6	Finish	L	SG14 2NL	15:56	///form.like.unions

- **Stage Records:**

Year	Stage	Distance	Name	Team	Time	Category
2019	7	12	Richard Ollington	Thames Hare & Hounds	01:02:21	Overall (men)
2019	7	12	Rose Harvey	Clapham Chasers	01:14:05	Overall (women)
2008	7	12	Shaun Whelan	London Front Runners	01:06:19	V40 Men
2017	7	12	Alexi Shaw	Dulwich Runners	01:15:39	V35 Women
2016	7	12	Jonathan Ratcliffe	Stock Exchange	01:09:44	V50 Men
2019	7	12	Jacky Balfour	Misfits	01:26:57	V45 Women

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