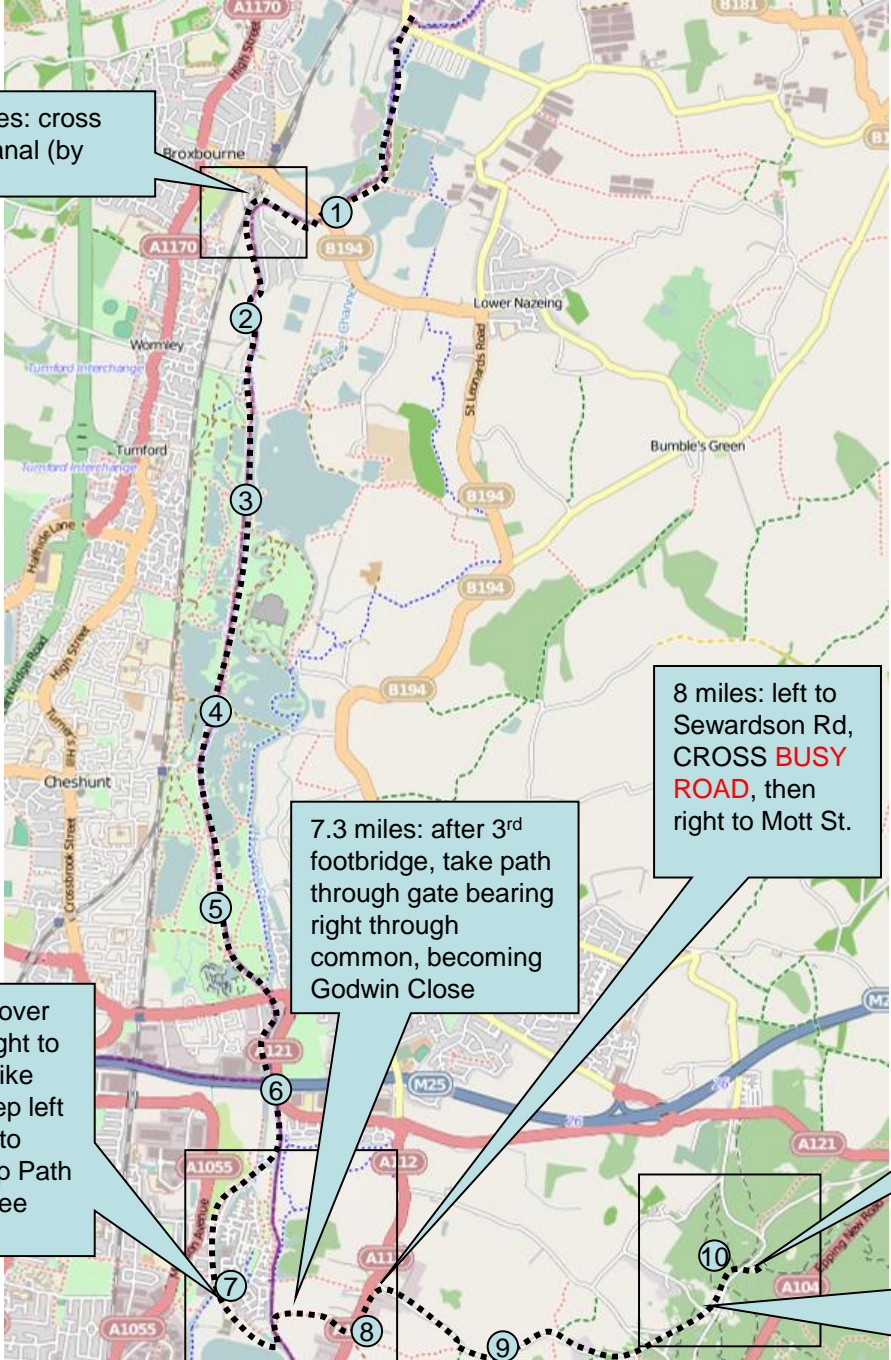


# Stage 9 – Overview

Start time: 17:02 Saturday  
Distance: 10.2 miles  
Emergency: 07966 542315



1.5 miles: cross over canal (by pub)

7.3 miles: after 3<sup>rd</sup> footbridge, take path through gate bearing right through common, becoming Godwin Close

8 miles: left to Sewardson Rd, CROSS **BUSY ROAD**, then right to Mott St.

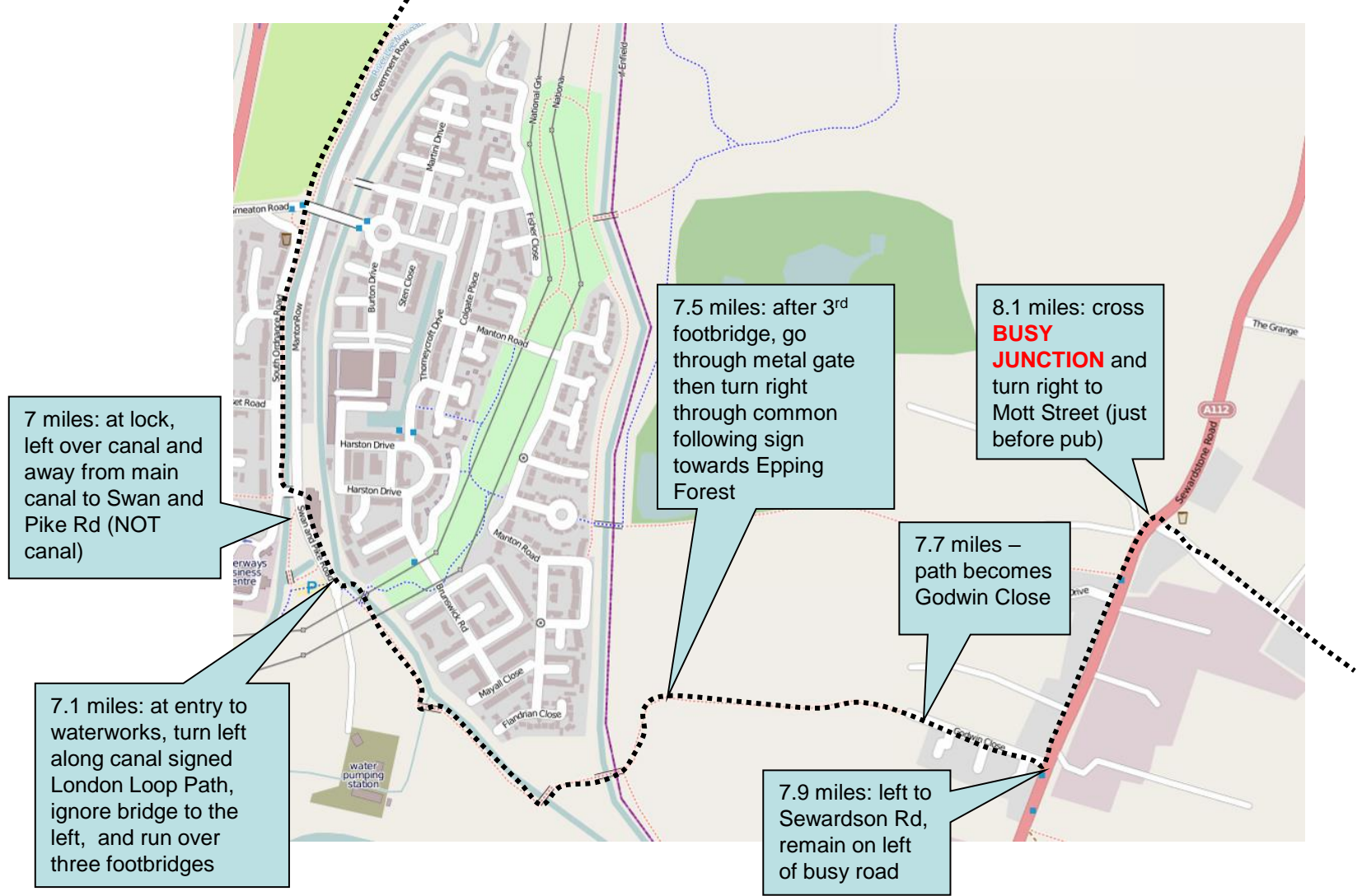
10.1 miles: bear off right from road over green to finish

7 miles: left over canal and right to Swan and Pike Rd, then keep left along canal to London Loop Path and over three footbridges

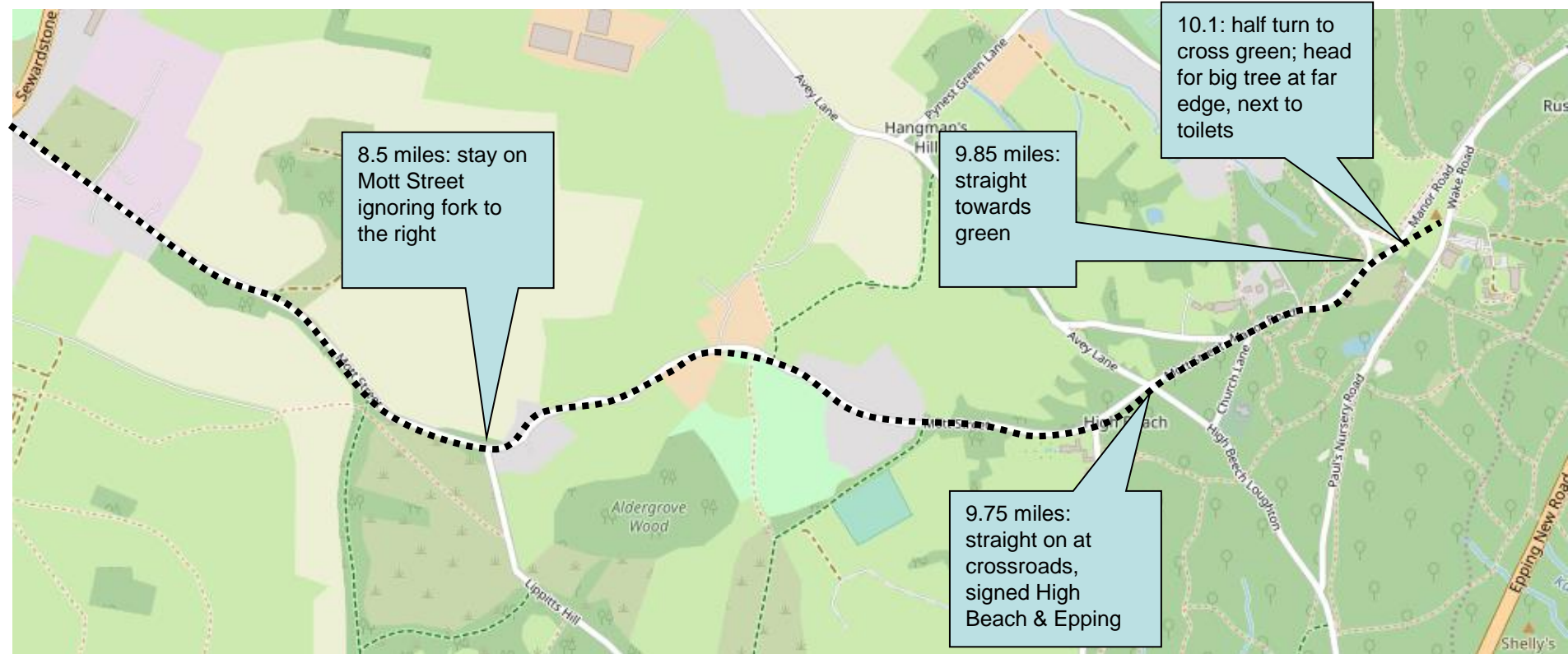
9.75 miles: straight over crossroads (**BUSY ROAD**) to Manor Rd



# Stage 9 Detail – 7 miles: Enfield Lock



# Stage 9 Detail – 9 miles to finish



# Stage 9 – Top Tips

- **Navigation:** Follow the canal, then climb up to Epping Forest. You can go badly wrong at Enfield Lock so read the map
- The canal towpath crosses roads in Broxbourne and Enfield, so take care. At 7.9 miles you need to cross the busy A412, then another smaller crossroads near the end.
- **Marshal and Support Points:**

Stage	Miles	Place	Risk	Postcode	Start	What Three Words
9	Start	Dobbs Weir	n/a	EN11 0AY	17:02	///reform.curiosity.fact
9	5.5	Station Rd, Waltham Abbey	M	EN9 1AZ	17:25	///proof.pages.alarm
9	7.0	Enfield Lock	L	E4 7DF	17:35	///soils.firms.anyway
9	8.0	A112 crossing to Mott St	H	EN9 3QQ	17:45	///nests.tummy.chimp
9	9.8	Crossroads towards High Beach	M	IG10 4AD	17:50	///limes.rubble.spots
9	10.2	Finish	L	IG10 4AE	17:53	///tennis.system.tested

- **Stage Records:**

Year	Stage	Distance	Name	Team	Time	Category
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	Overall (men)
2023	9	10.2	Anna Lawson	Clapham Chasers	01:01:59	Overall (women)
2019	9	10.2	Matt Jones	Thames Hare & Hounds	00:58:23	V40 Men
2007	9	10.2	Anna McLaughlin	Ranelagh	01:07:50	V35 Women
2019	9	10.2	David Symons	Thames Hare & Hounds	01:05:13	V50 Men
2017	9	10.2	Ange Norris	Dulwich Runners	01:13:54	V45 Women

Start:

**Dobbs Weir**

Nearest Post Code EN11 0AY  
 Lat (WGS84) N51:45:19 (51.755182)  
 Long (WGS84) E0:00:19 (0.005301)  
 LR TL385081

**Hospital:**

Princess Alexandra  
 Hospital  
 Hamstel Road, Harlow  
 CM20 1QX

End:

**High Beach**

Nearest Post Code IG10 4AE  
 Lat (WGS84) N51:39:55 (51.665282)  
 Long (WGS84) E0:02:27 (0.040965)  
 LR TQ412982