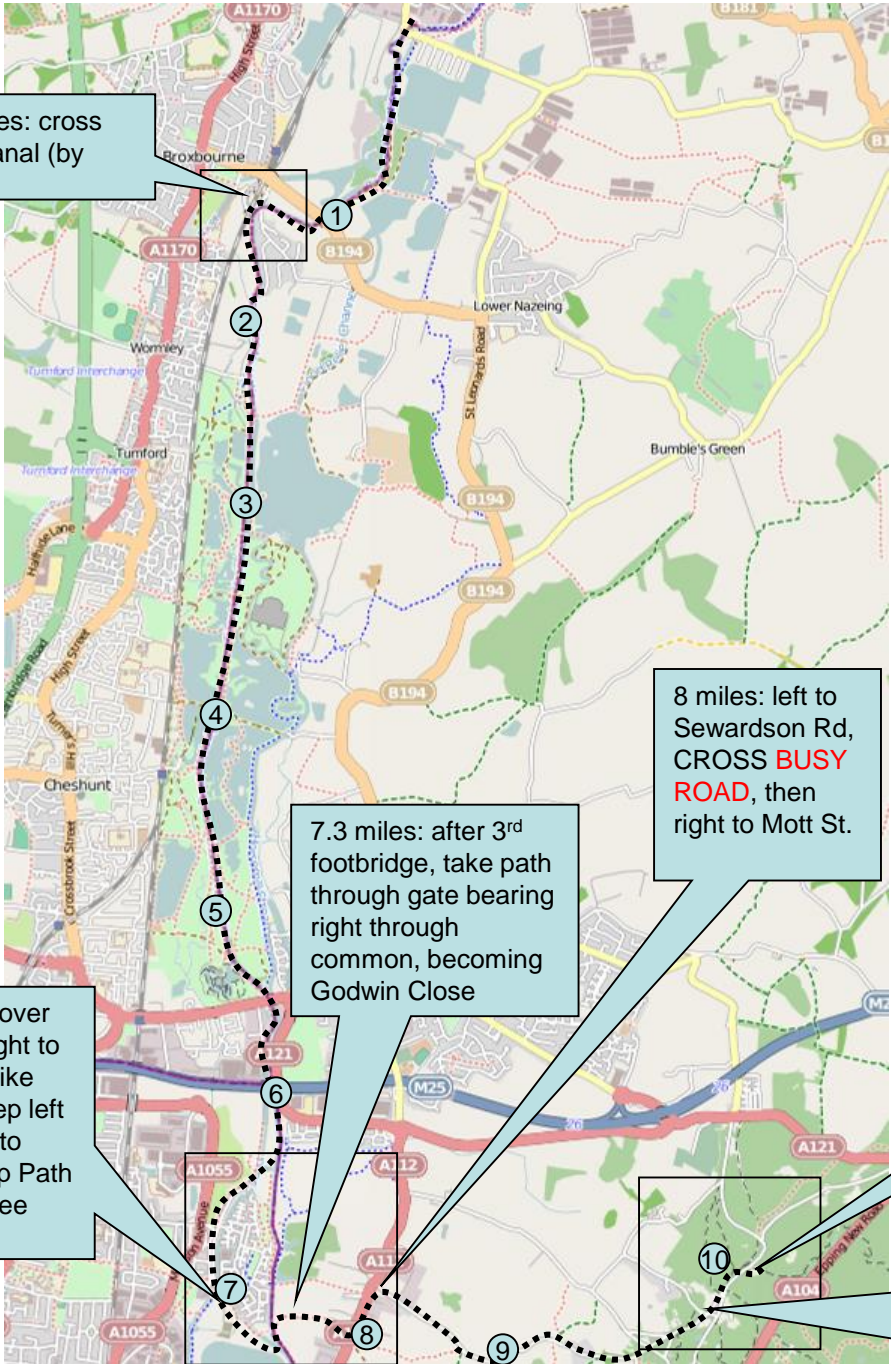


Stage 9 – Overview

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



1.5 miles: cross over canal (by pub)

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

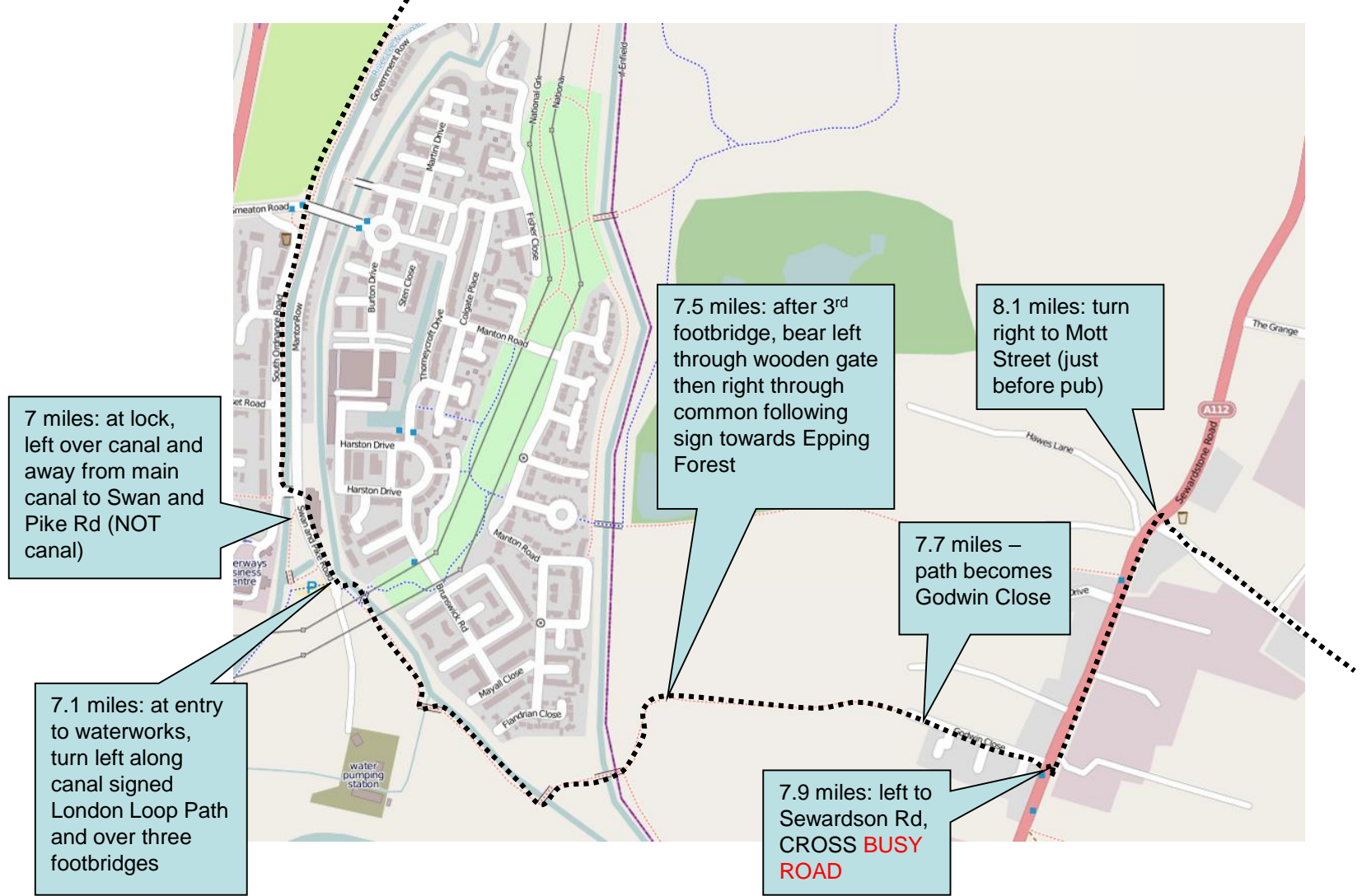
8 miles: left to Sewardson Rd, CROSS **BUSY ROAD**, then right to Mott St.

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

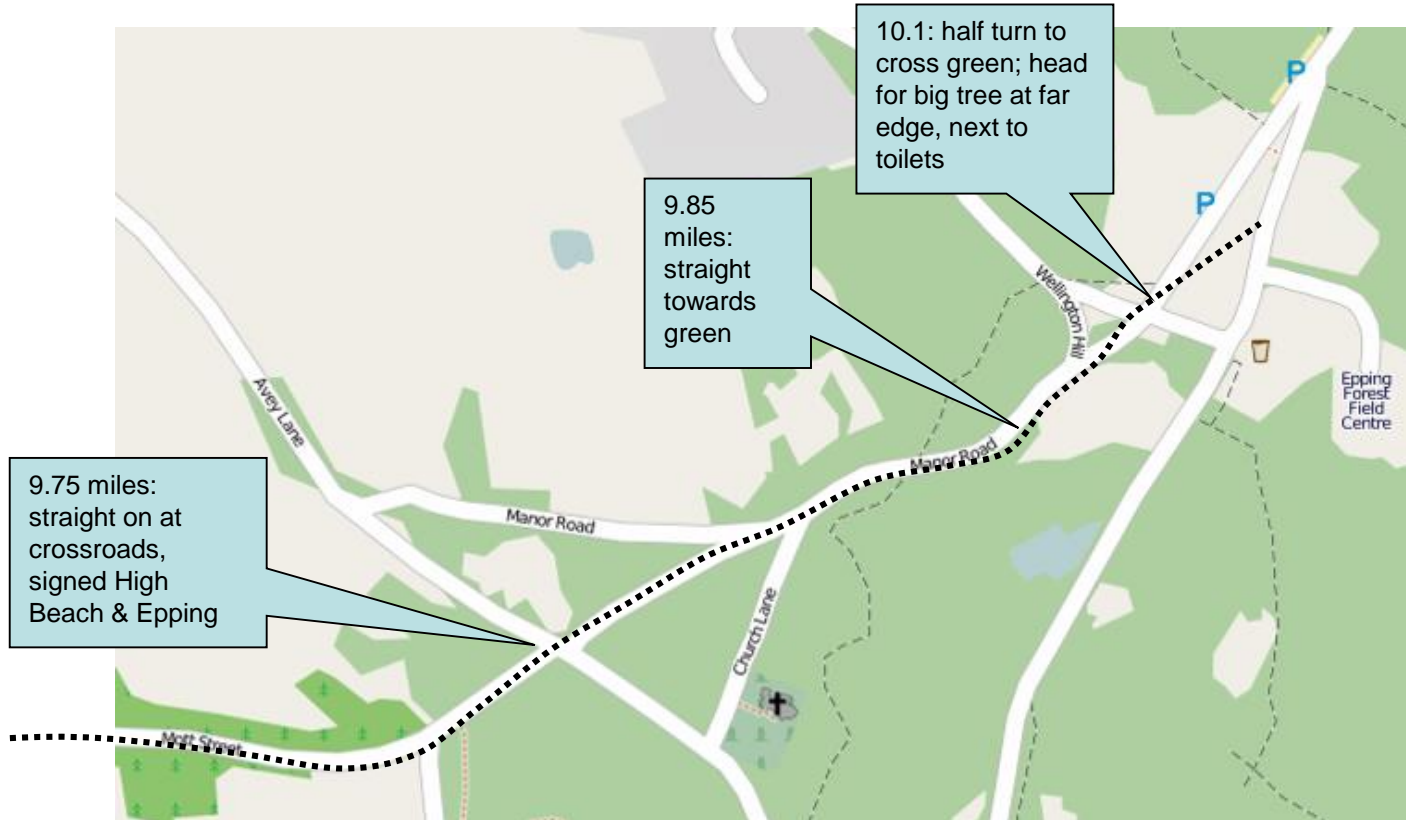
7 miles: left over canal and right to Swan and Pike Rd, then keep left along canal to London Loop Path and over three footbridges

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:** Most of this stage is simply following the canal. We have had plenty of problems with people getting lost in Enfield Lock though (7 miles), so follow the instructions with care.
- 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	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
9	Cross bridge	L	1.5		EN10 6QT	16:57	Cross bridge and narrow road to join other side
9	Station Rd, Waltham Abbey	L	5.5	Water	EN9 1AZ	17:17	(Water only)
9	Enfield Lock	L	7	Water	EN3 6GE	17:27	Turns away from river to Godwin Close
9	A112 crossing to Mott St	H	8		EN9 3QQ	17:37	Left to pavement, then right to Mott St
9	Crossroads towards High Beach	M	9.75		IG10 4AD	17:42	Straight on over Avey Lane

- **Stage Records:**

Year	Stage		Name	Team	Time	Category
2016	9	10.2	Busalieh Chris	Stock Exchange AC	00:59:03	Overall (men)
2006	9	10.2	Fiona Oakes	Thrift Green	01:05:33	Overall (women)
2007	9	10.2	Anna McLaughlin	Ranelagh	01:07:50	V35 Women
2008	9	10.2	Mark Forrest	London Front Runners	00:59:51	V40 Men
2017	9	10.2	Ange Norris	Dulwich Runners	01:13:54	V45 Women
2010	9	10.2	Nicholas Brown	Dulwich Runners	01:08:40	V50 Men

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