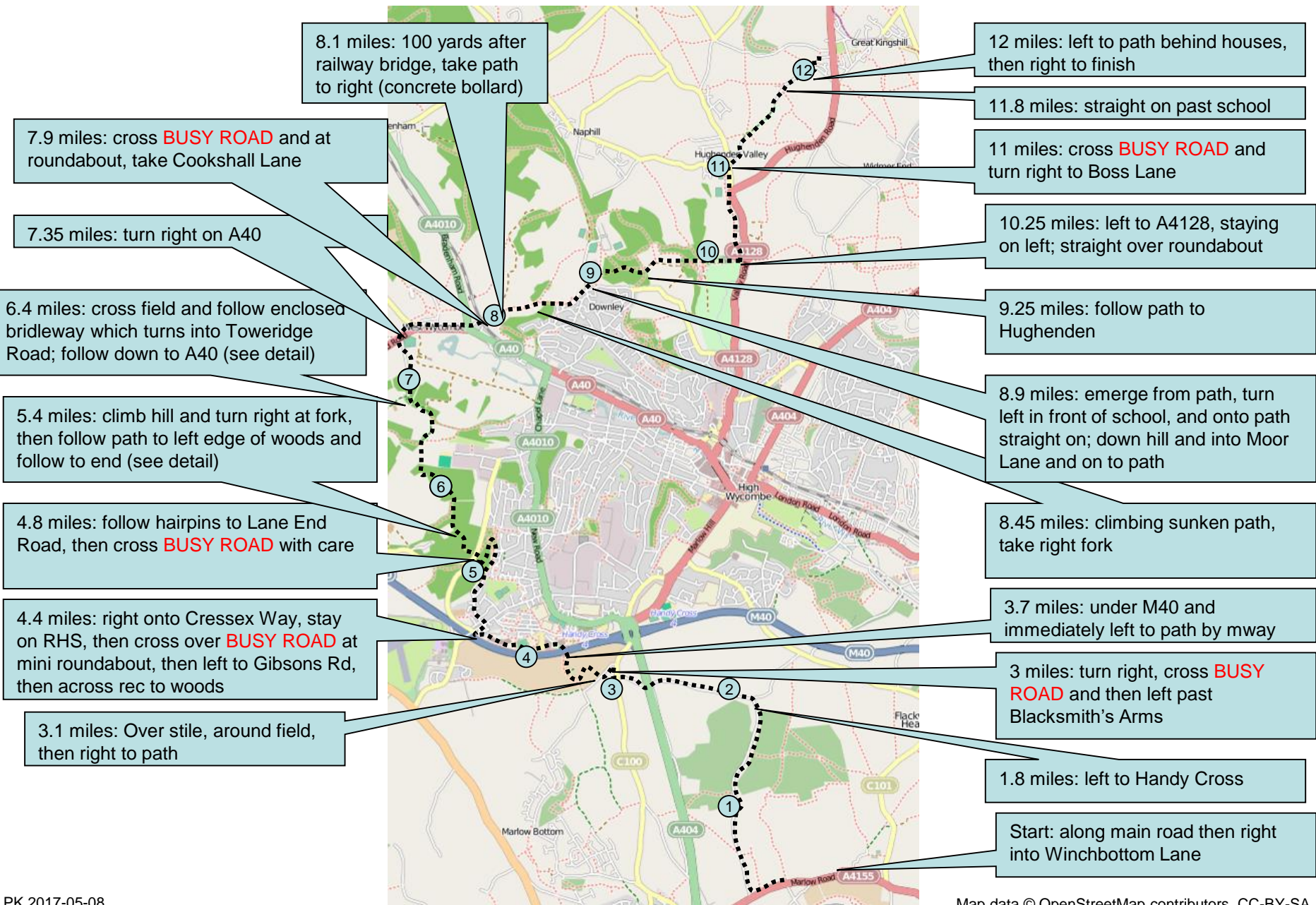
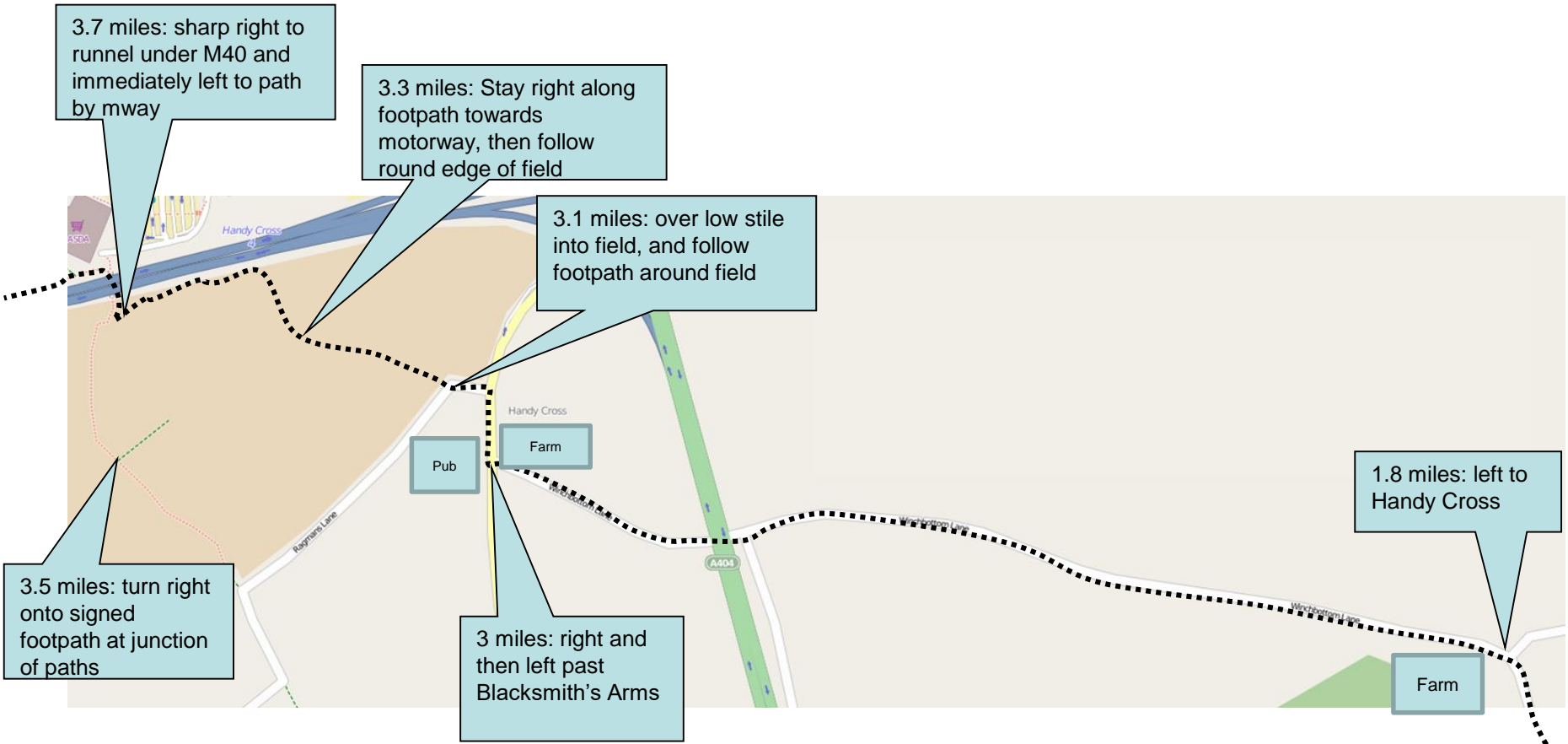


Stage 4 – Overview

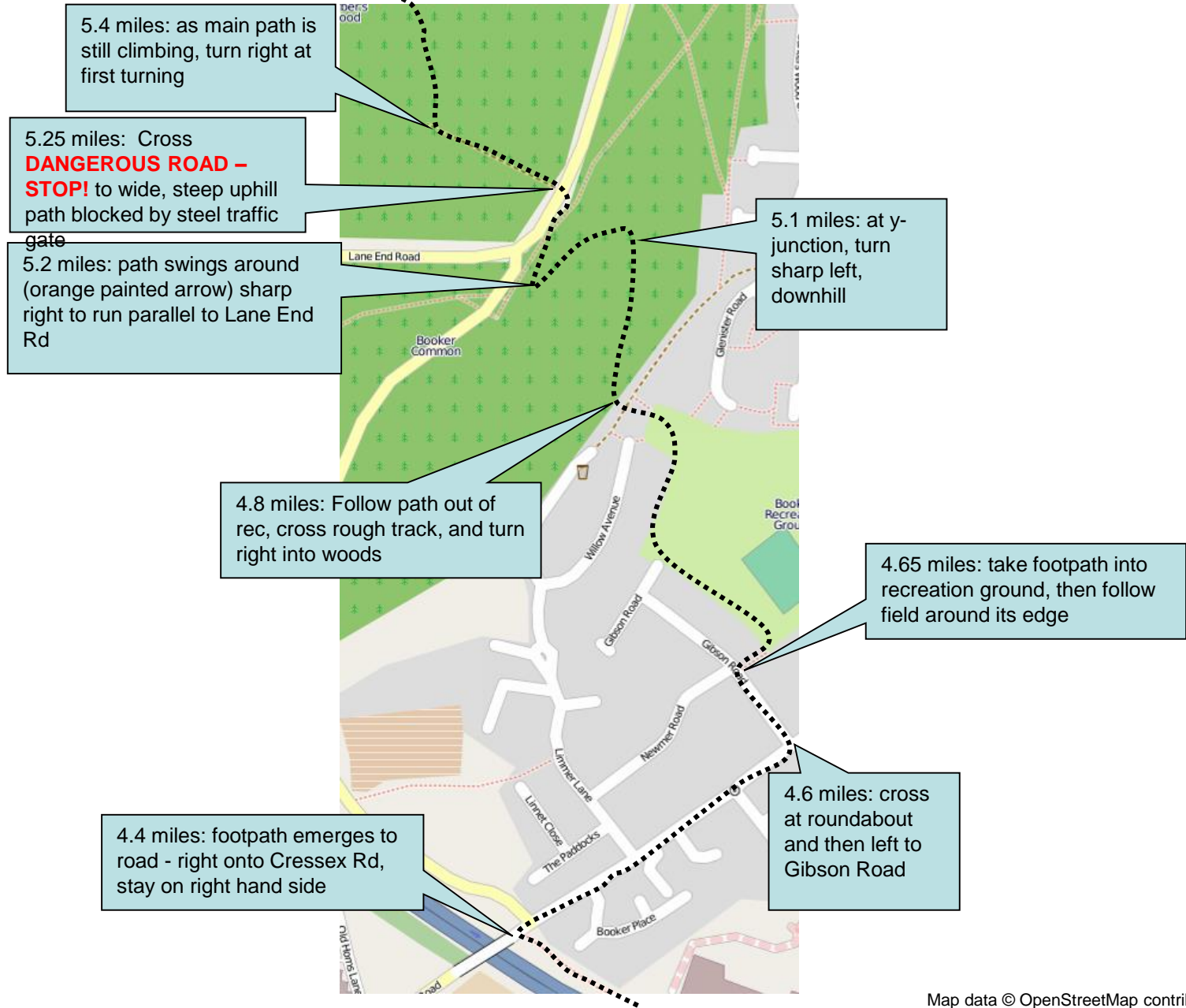
Start time: 11:40 Saturday
Distance: 12.2 miles
Emergency: 07966 542315



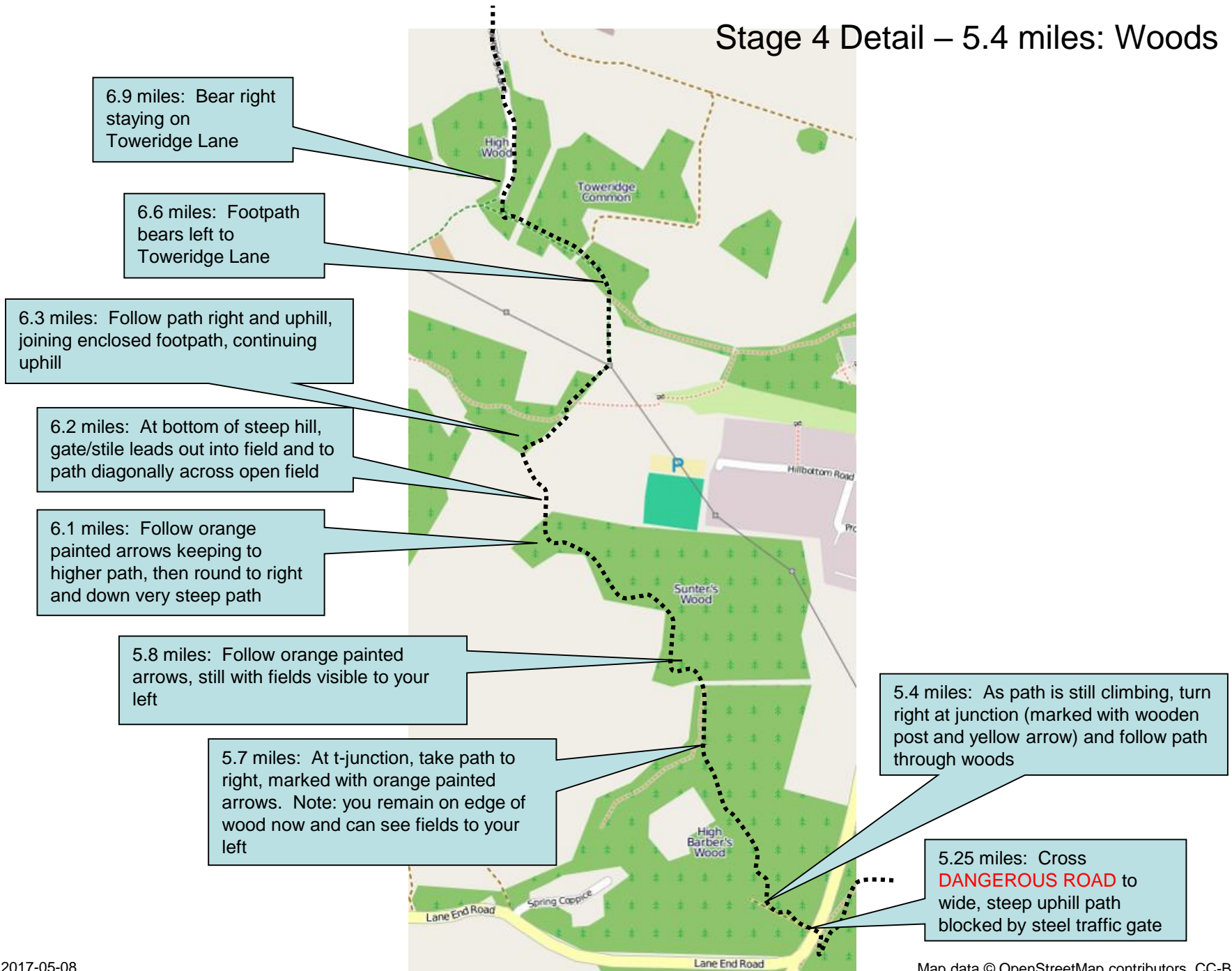
Stage 4 Detail – 3 miles: Handy Cross



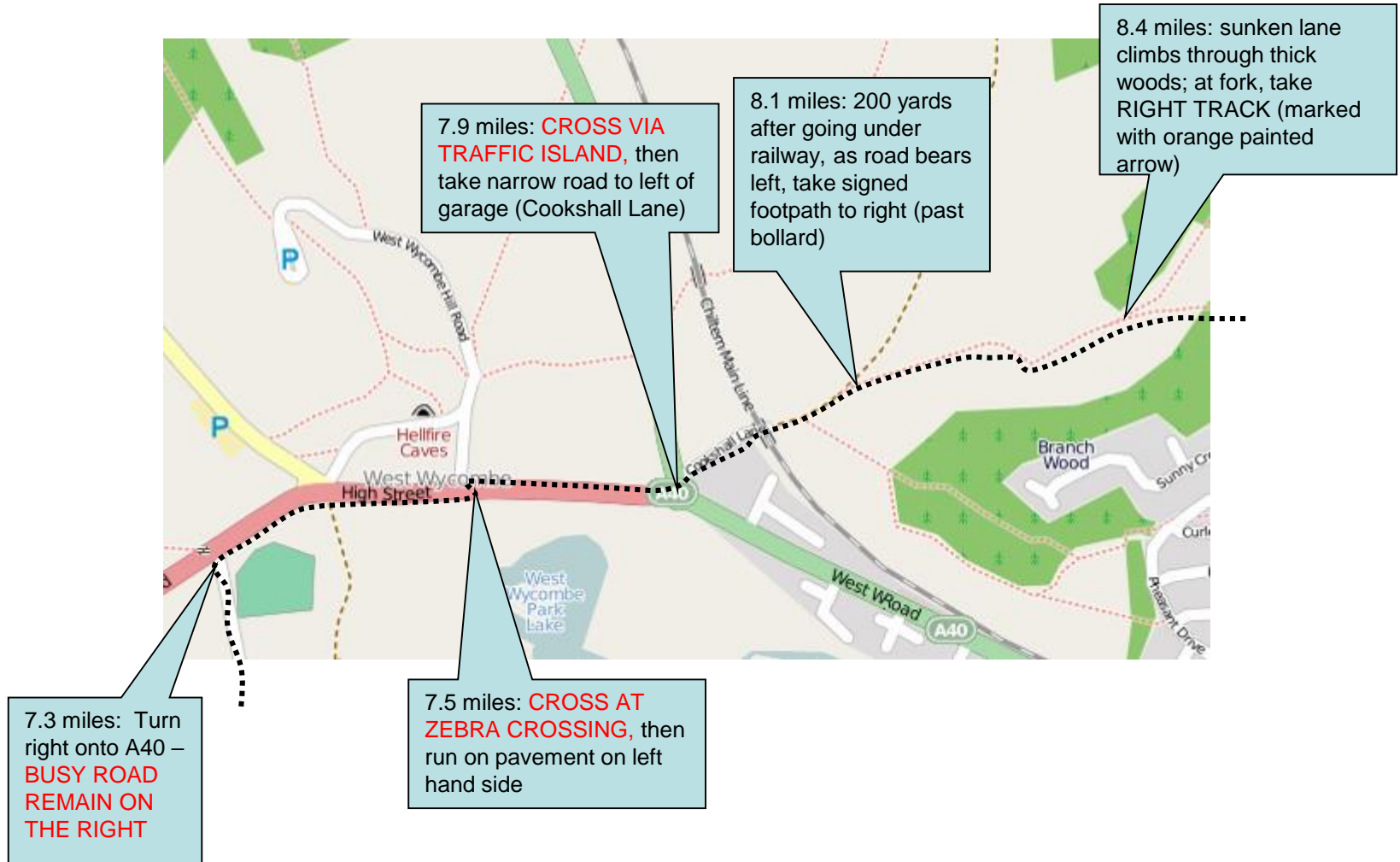
Stage 4 Detail – 4.4 miles: Booker



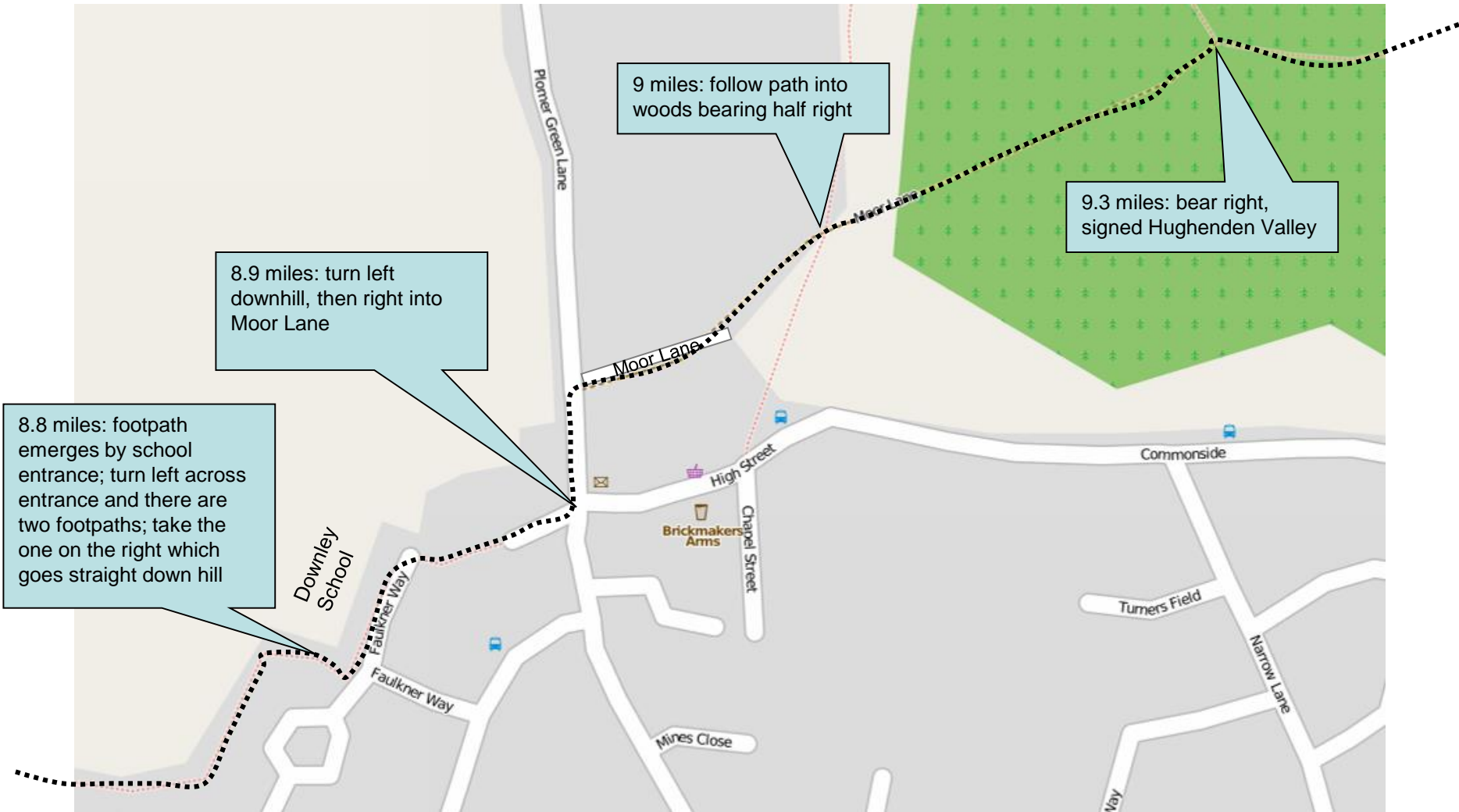
Stage 4 Detail – 5.4 miles: Woods



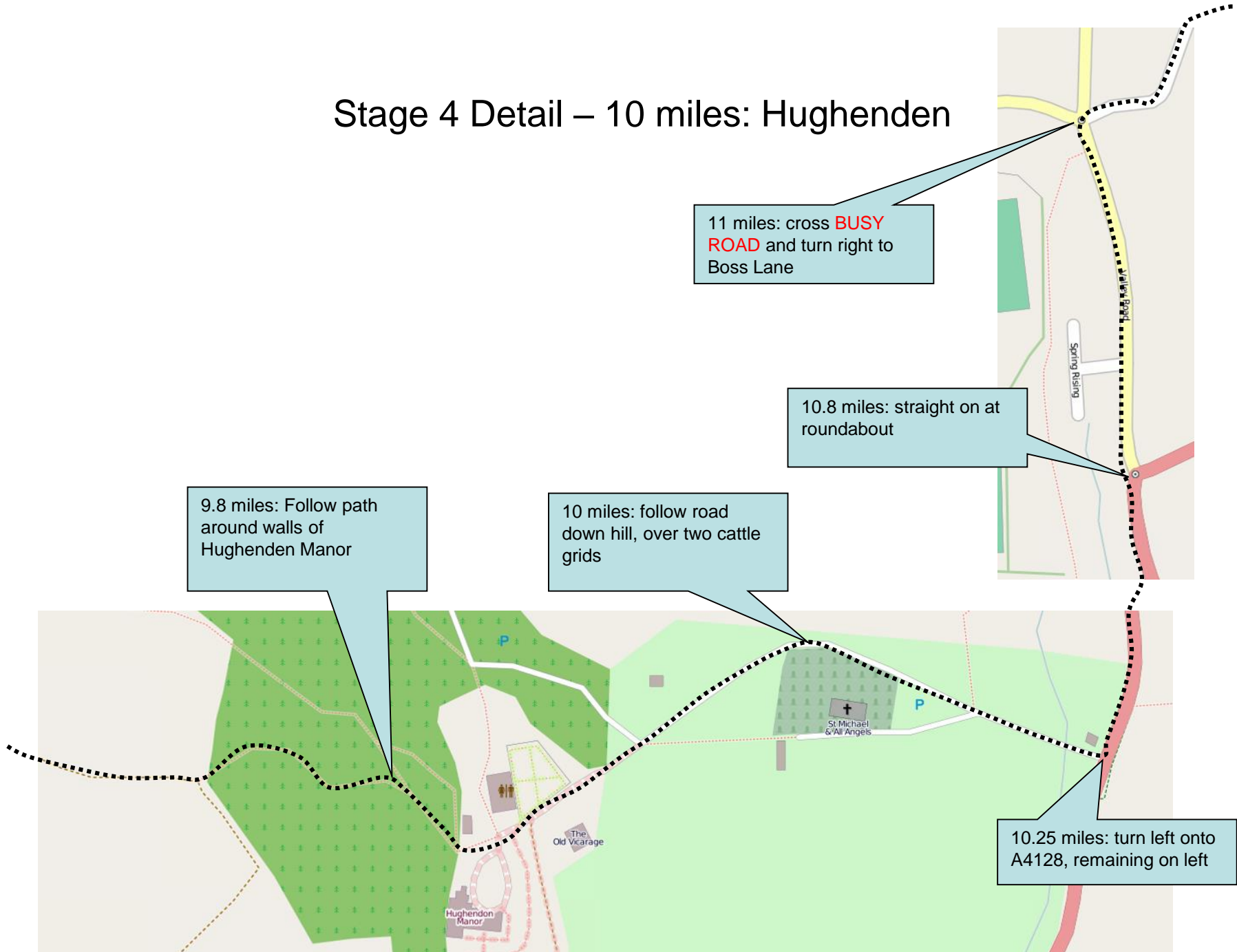
Stage 4 Detail – 7.3 miles: Toweridge Rd & Cookshall Lane



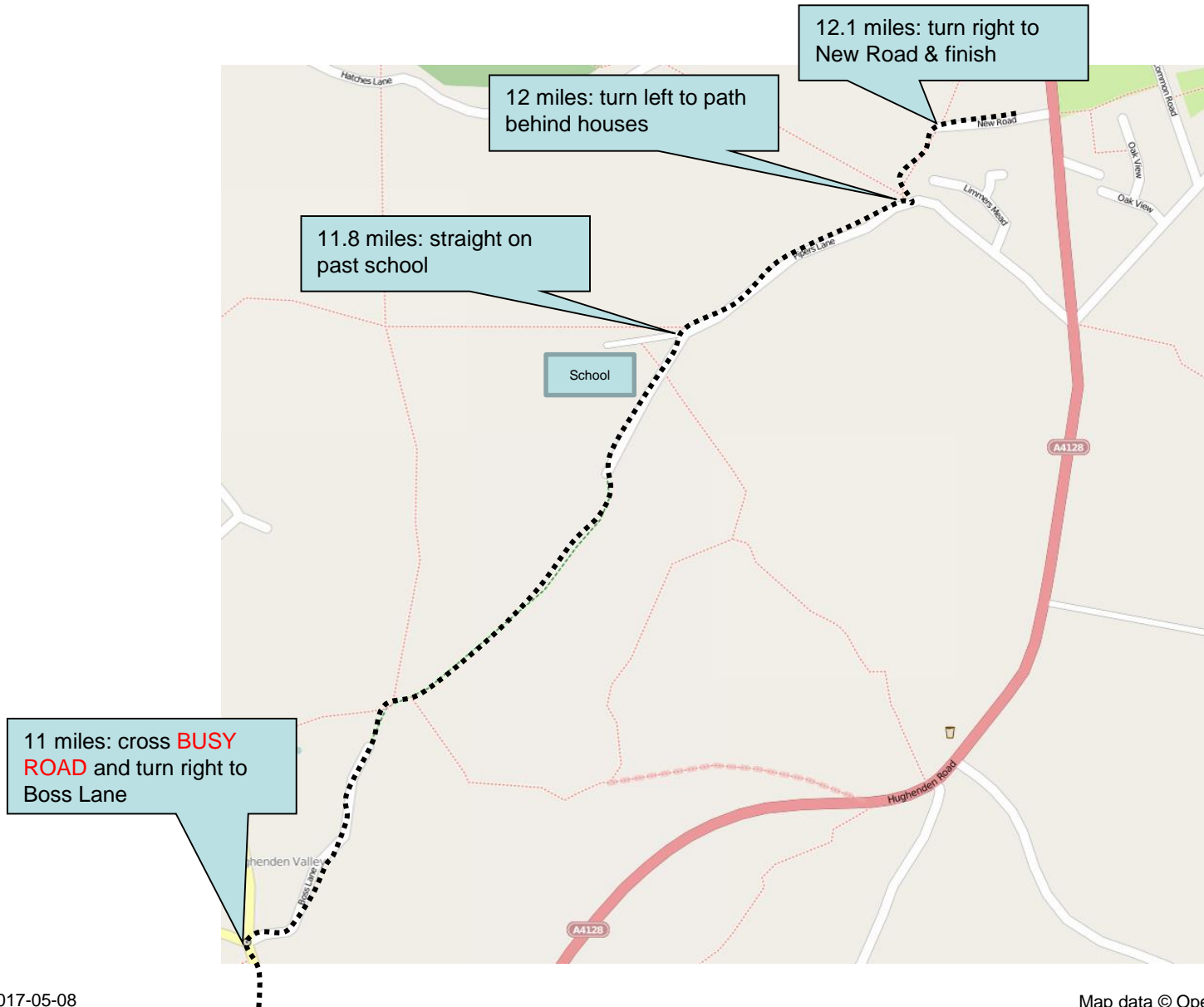
Stage 4 Detail – 9 miles: Moor Lane



Stage 4 Detail – 10 miles: Hughenden



Stage 4 Detail – 11 miles to Finish



Stage 4 – Top Tips

Race Navigation:

- This is a complex and brutal stage. It is easy to get disorientated in the woods and hard to follow a map. We will try to mark the woods as best we can. The maps also don't give you a feel for the hills.
- Plenty of busy roads to cross – take care. We have amended this slightly at 4.4 miles to cross Cressex Rd later
- Please use the zebra crossing in West Wycombe at 7.8 miles

Marshals and support points:

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
4	Handy Cross	H	3.0	Water	HP10 9QD	11:55	Over road and into field over stile
4	Cressex Rd / Gibson Rd	H	4.5	Water	HP12 4QX	12:00	Stay right on Cressex Rd, cross at roundabout & left to Gibson Rd
4	Lane End Rd	H	5.3		HP12 4EW	12:05	Across busy road to path - DANGER STOP!
4	Toweridge Rd/A40	H	7.3		HP14 3AP	12:20	Right towards West Wycombe - runners remain on RHS
4	West Wycombe village hall	M	7.5	Water	HP14 3AA	12:20	Cross zebra crossing and continue on high street on LHS
4	Cookshall Lane	H	7.9	Water	HP14 3AA	12:20	Over roundabout to lane via traffic islands
4	A4128 crossing to Boss Lane	H	11.0	Water	HP14 4PE	12:40	Over road to lane

Stage Records:

Year	Stage	Time	Name	Team	Time	Category
2016	4	12.2	Barnes, Alan	Stock Exchange AC	01:11:35	Overall (men)
2004	4	12.2	Barbara Yff	Serpentine	01:23:21	Overall (women)
2007	4	12.2	Louise Watson	Millennium	01:26:52	V35 Women
2005	4	12.2	Julian Smith	Ranelagh	01:18:28	V40 Men
2016	4	12.2	Norris, Ange	Dulwich Runners 1	01:32:44	V45 Women
2005	4	12.2	Chris Owen	Ranelagh	01:23:03	V50 Men

Location (Start):

Little Marlow

Nearest Post Code SL7 3SR
 Lat (WGS84) N51:35:03 (51.584297)
 Long (WGS84) W0:44:27 (-0.740783)
 LR SU873880

Hospital:

Wexham Park Hospital
 Wexham, Slough SL2
 4HL

Location (End):

Great Kingshill

Nearest Post Code HP15 6DS
 Lat (WGS84) N51:40:27 (51.674150)
 Long (WGS84) W0:44:05 (-0.734779)
 LR SU875980