

Start time: 12:53 Saturday  
Distance: 13.5 miles  
Emergency: 07966 542315

## Stage 5 – Overview

Start: From Common Road, left to path then join Cockpit Road, then over **BUSY ROAD** to Heath End Road.

2 miles: off road onto South Bucks Way

3 miles: left onto road (**STOP!**), then (3.3m) left into village, then right and (3.7m) back onto SBW (see detail)

5 miles: Out of cricket club, follow path under A413 (by stream – **MIND YOUR HEAD!**), and onto Old Amersham Rd

8.5 miles: left to road then right, past Latimer Park Farm, then onto path through kissing gate

9 miles: through field, lane over bridge, up hill and right towards Latimer Village

11.4 miles: over crossroads, then at next, onto path through woods

12.2 miles: right onto lane, then straight to path, follow yellow arrows

6 miles: in Amersham, left through churchyard, right along stream, then up hill to narrow footpath before Martyrs memorial

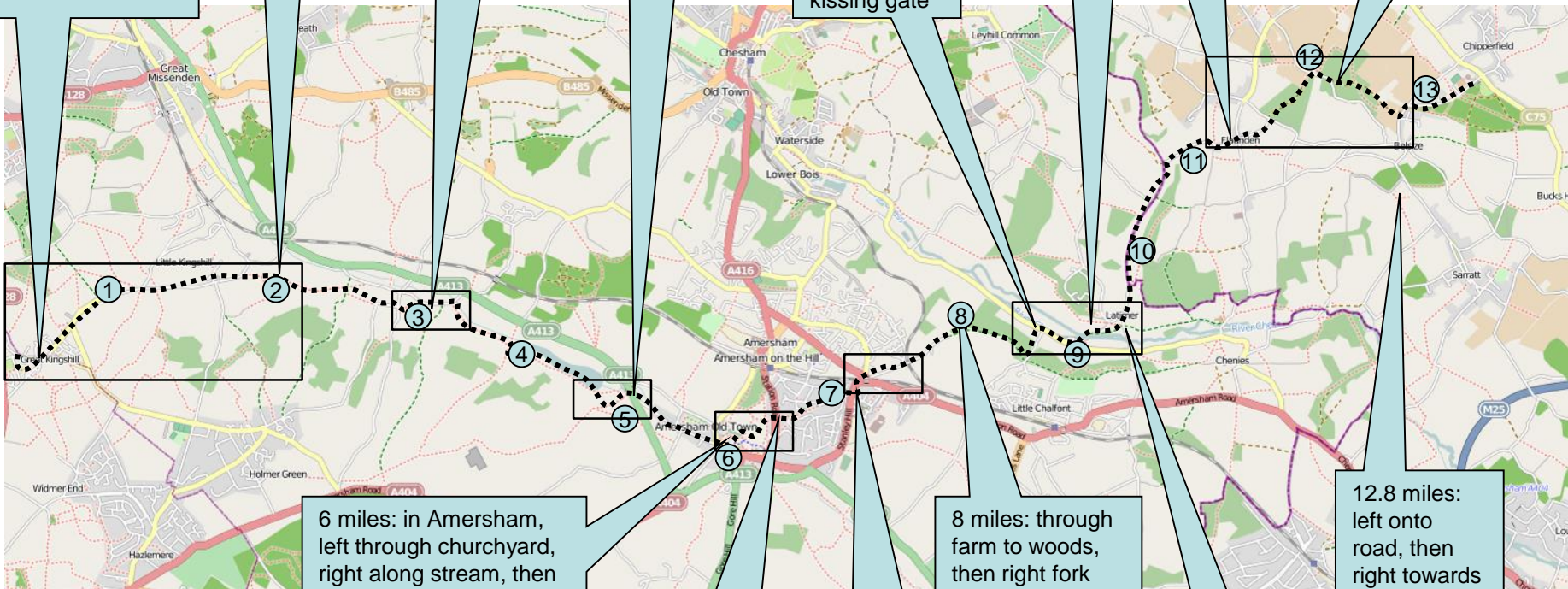
6.5 miles: **DANGER – STOP! ROAD CROSSING** as path emerges

7 miles: along Stanley Hill Ave., then under railway bridge to cross **BUSY ROAD** into Raans Road

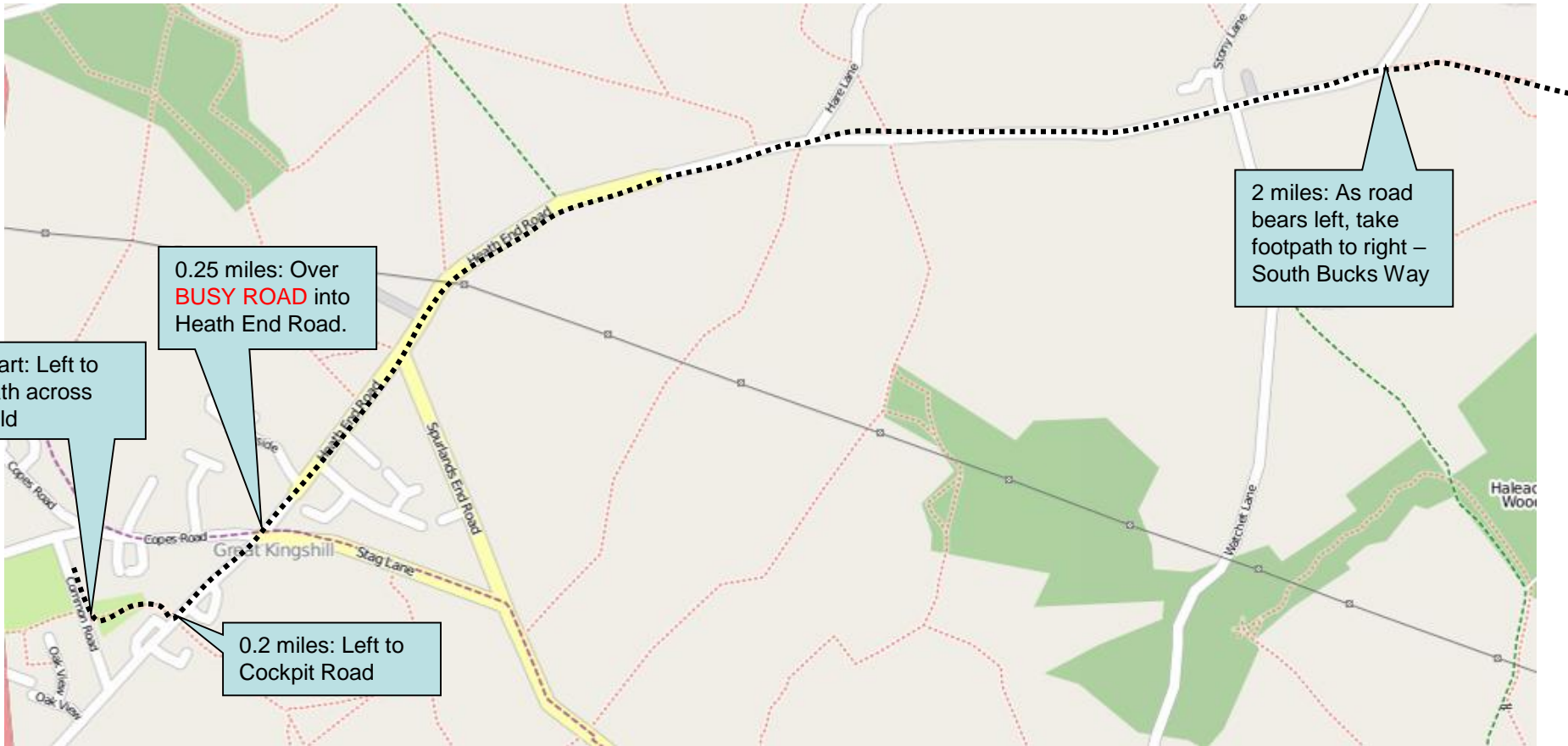
8 miles: through farm to woods, then right fork (marked by orange arrow)

9.6 miles: Left out of Latimer towards Flaunden

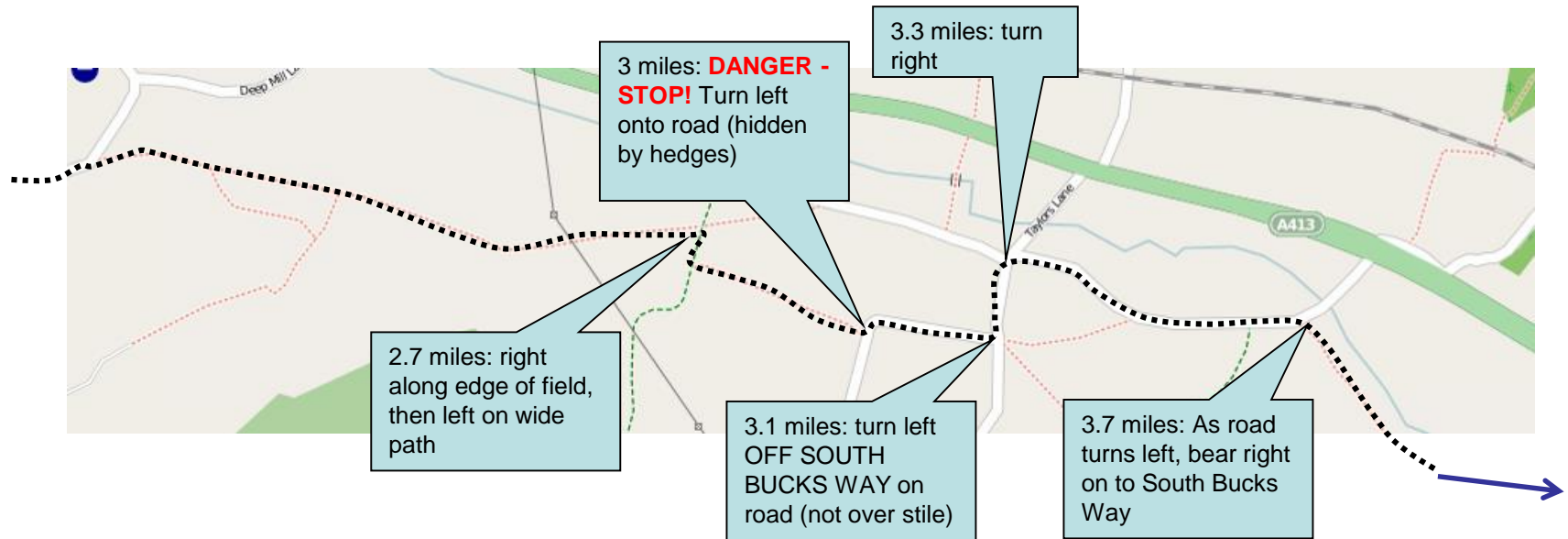
12.8 miles: left onto road, then right towards Bucks Hill, to finish



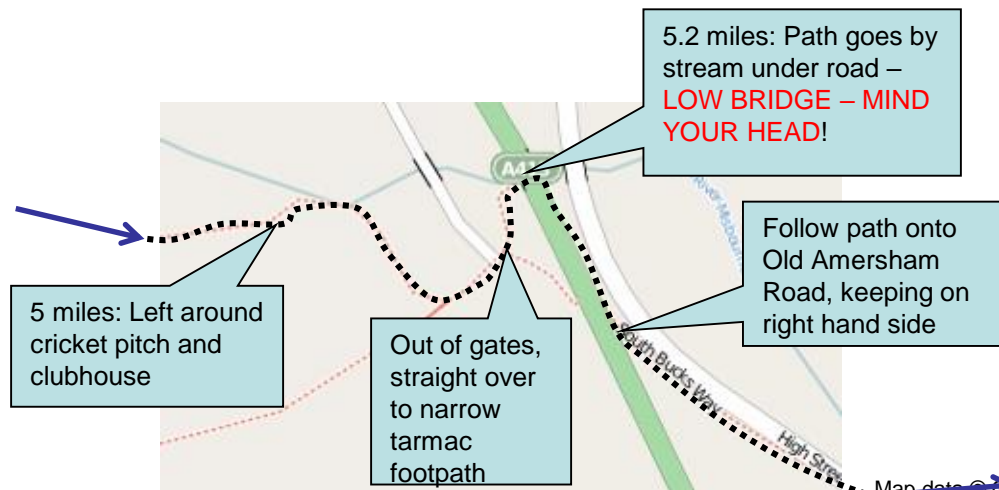
# Stage 5 – Start



## Stage 5 – 3 Miles: Little Missenden

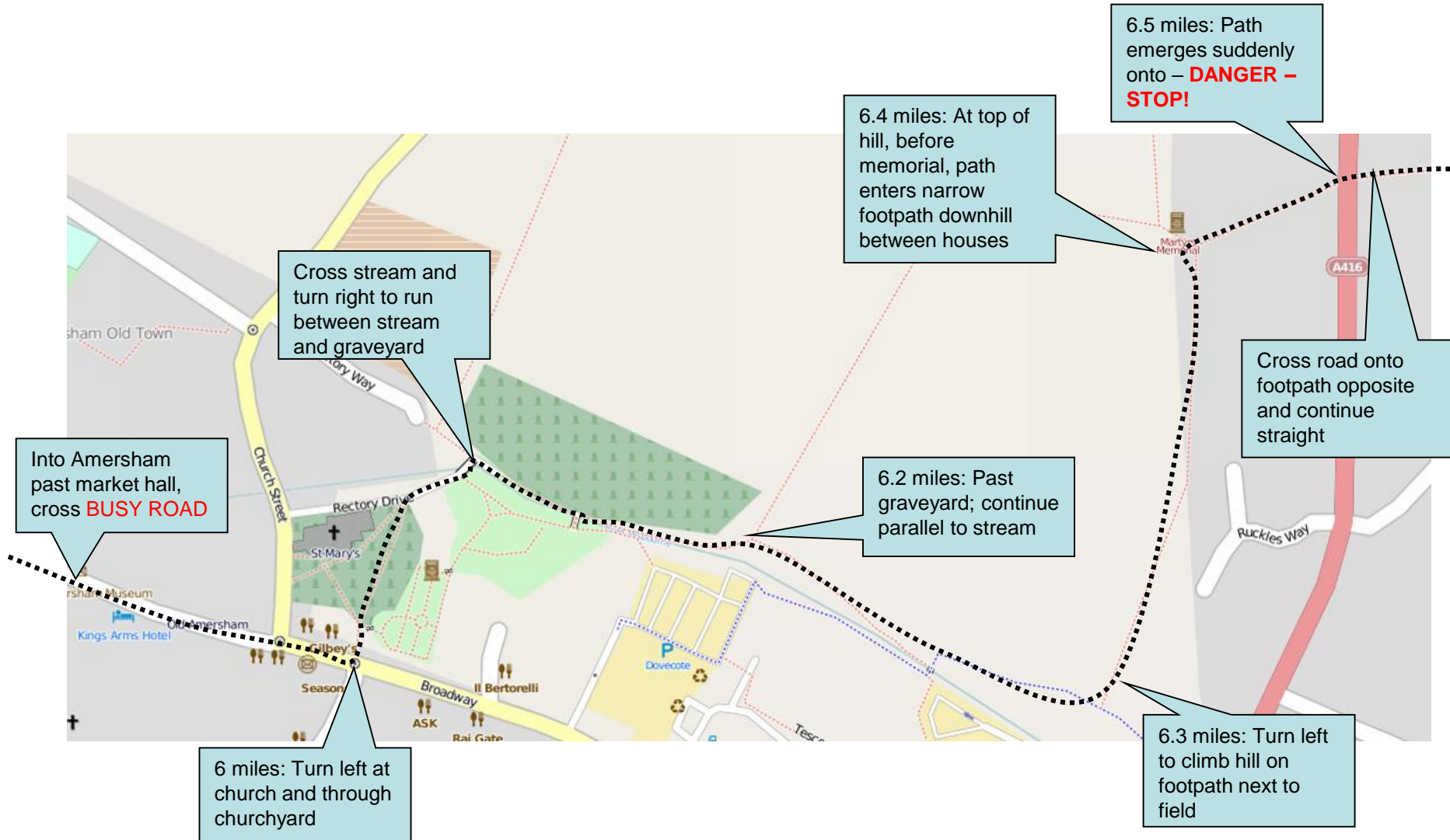


## Stage 5 – 5 Miles: Amersham Cricket Club

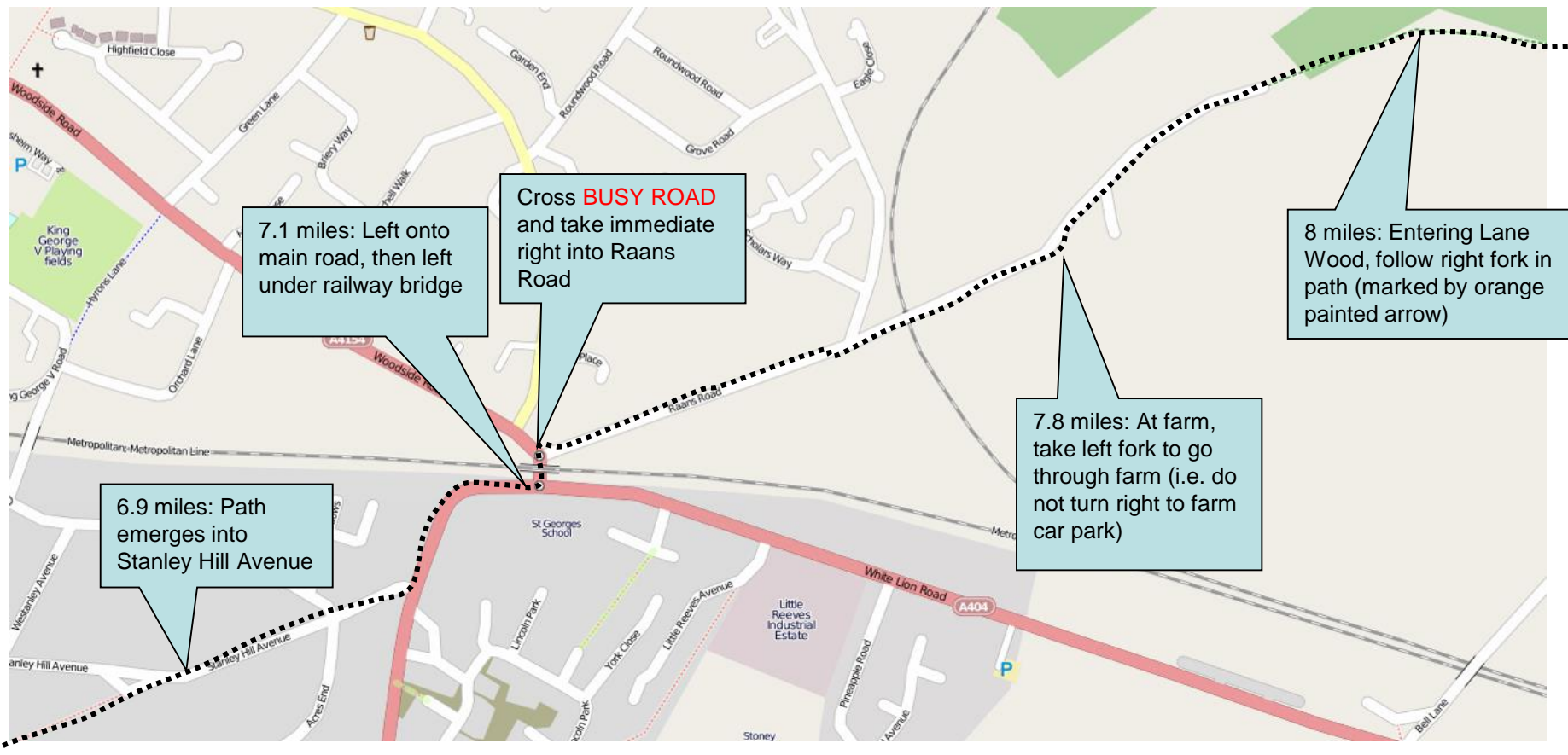




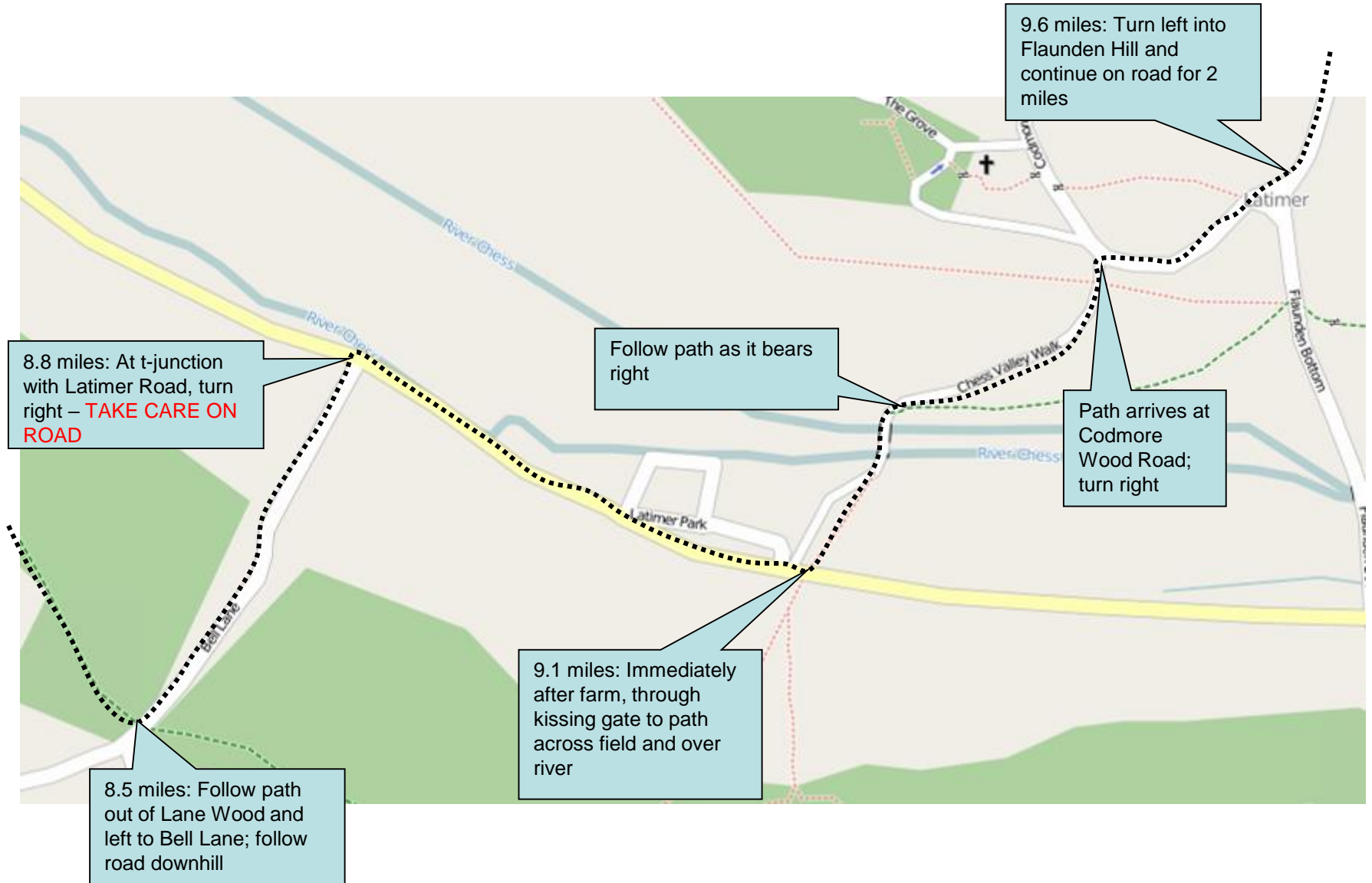
# Stage 5 Detail – 6 miles: Amersham



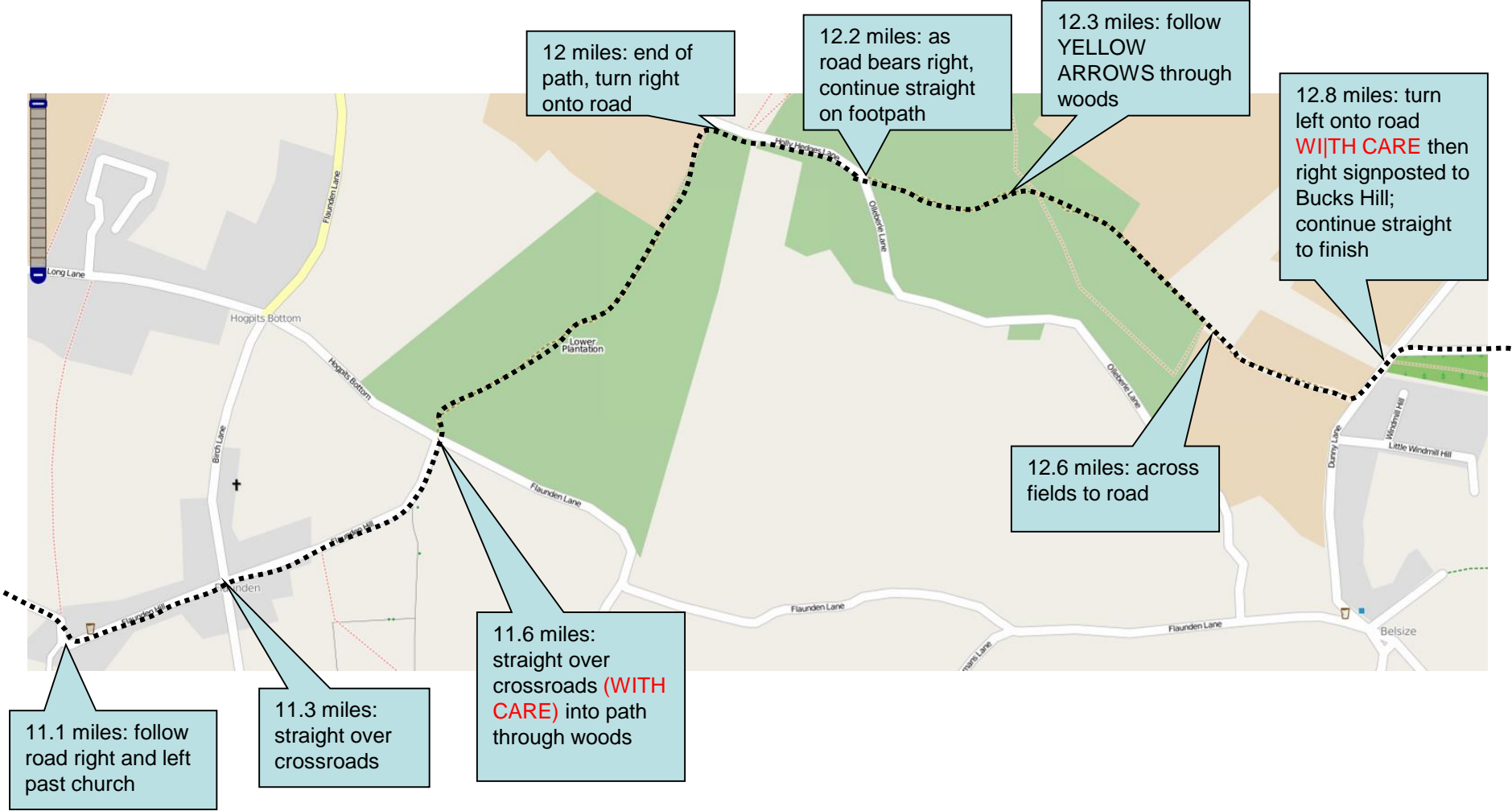
## Stage 5 Detail – 7 miles: Raan's Farm



## Stage 5 Detail – 8.5 miles: Latimer Park Farm



# Stage 5 Detail – 11 miles: Woods



## Stage 5 – Top Tips

- **Race Navigation:** This is a tough stage with a few twists and turns, and plenty of roads to cross.
- Errors in the past have been missing the footpath towards Old Amersham from the cricket club at 5 miles,
- and in the two woods sections towards the end – follow the yellow arrows.
- **Marshals & support points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
5	Heath End Road crossroads	M	0.3		HP15 6HP	12:50	Over junction
5	Turn to South Bucks Way	M	2.0		HP16 0DL	12:58	Cross road on bend and join footpath
5	Little Missenden	H	3.0		HP7 0QU	13:10	DANGER STOP! Guide away from SBW and around village
5	Path under A413	M	5.0	Water	HP7 0RN	13:20	Guide out of cricket field, and warn about low bridge
5	Amersham High St/church	H	6.0		HP7 0DT	13:20	Cross road, left into churchyard
5	Amersham A416 crossing	H	6.5		HP7 0DBD	13:22	DANGER - STOP! Block runners to prevent from crossing
5	Raan's road roundabout	H	7.1		HP6 6NX	13:25	Under bridge and across roundabout
5	Bell Lane	L	8.5	Water	HP6 6PQ	13:35	Left onto road
5	Latimer Farm	M	9.1		HP5 1TU	13:35	Left from road over stile, and warn about livestock
5	Flaunden crossroads	M	11.3		HP3 0PW	13:45	Over crossroads
5	Hog Pits Rd t-junction	M	11.6	Water	HP3 0PW	13:50	Over road and onto forest track
5	Chipperfield road turn	M	12.8		WD4 9DE	14:00	Left and then right to Buck Hill

- **Stage Records:**

Year	Stage	Time	Name	Team	Time	Category
2000	5	13.5	David Benton	Ranelagh	01:13:54	Overall (men)
2007	5	13.5	Vicki Stringer	Serpentine	01:29:44	Overall (women)
2014	5	13.5	Pickup, Andrea	Dulwich Runners 2 (ladies)	01:39:23	V35 Women
2016	5	13.5	Buckley, Simon	Serpentine Running Club Vets	01:28:39	V40 Men
2016	5	13.5	Synott-wells, Marie	Ranelagh Harriers 1	01:43:00	V45 Women
2016	5	13.5	Prill, Ebe	Dulwich Runners 1	01:36:17	V50 Men

Location (Start):

**Great Kingshill**

Nearest Post Code HP15 6DR

Lat (WGS84) N51:40:27 (51.674150)

Long (WGS84) W0:44:05 (-0.734779)

LR SU875980

**Hospital:**

Stoke Mandeville

Mandeville Road

Aylesbury HP21 8AL

Location (End):

**Chipperfield**

Nearest Post Code WD4 9BS

Lat (WGS84) N51:42:14 (51.703786)

Long (WGS84) W0:29:30 (-0.491695)

LR TL043016