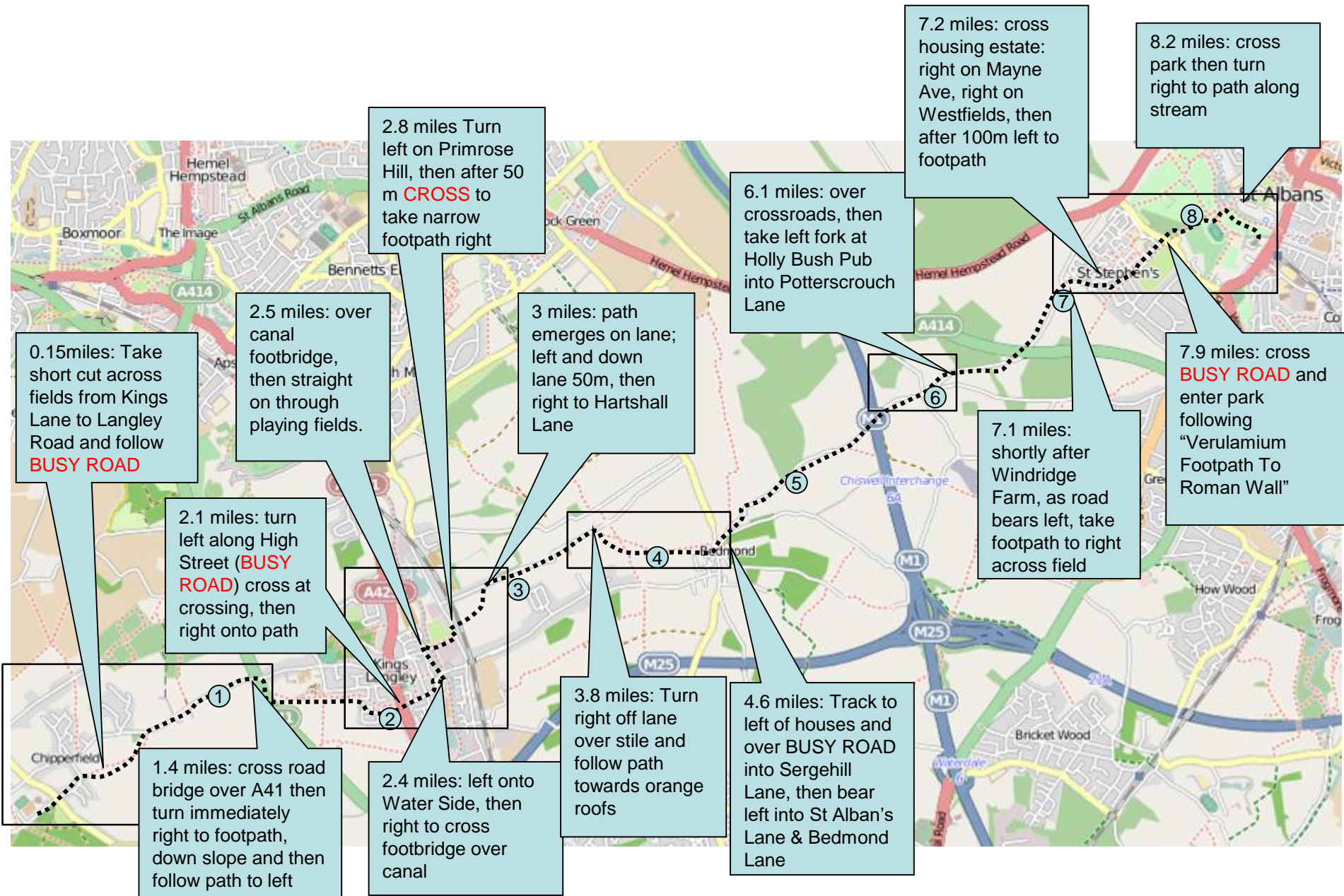
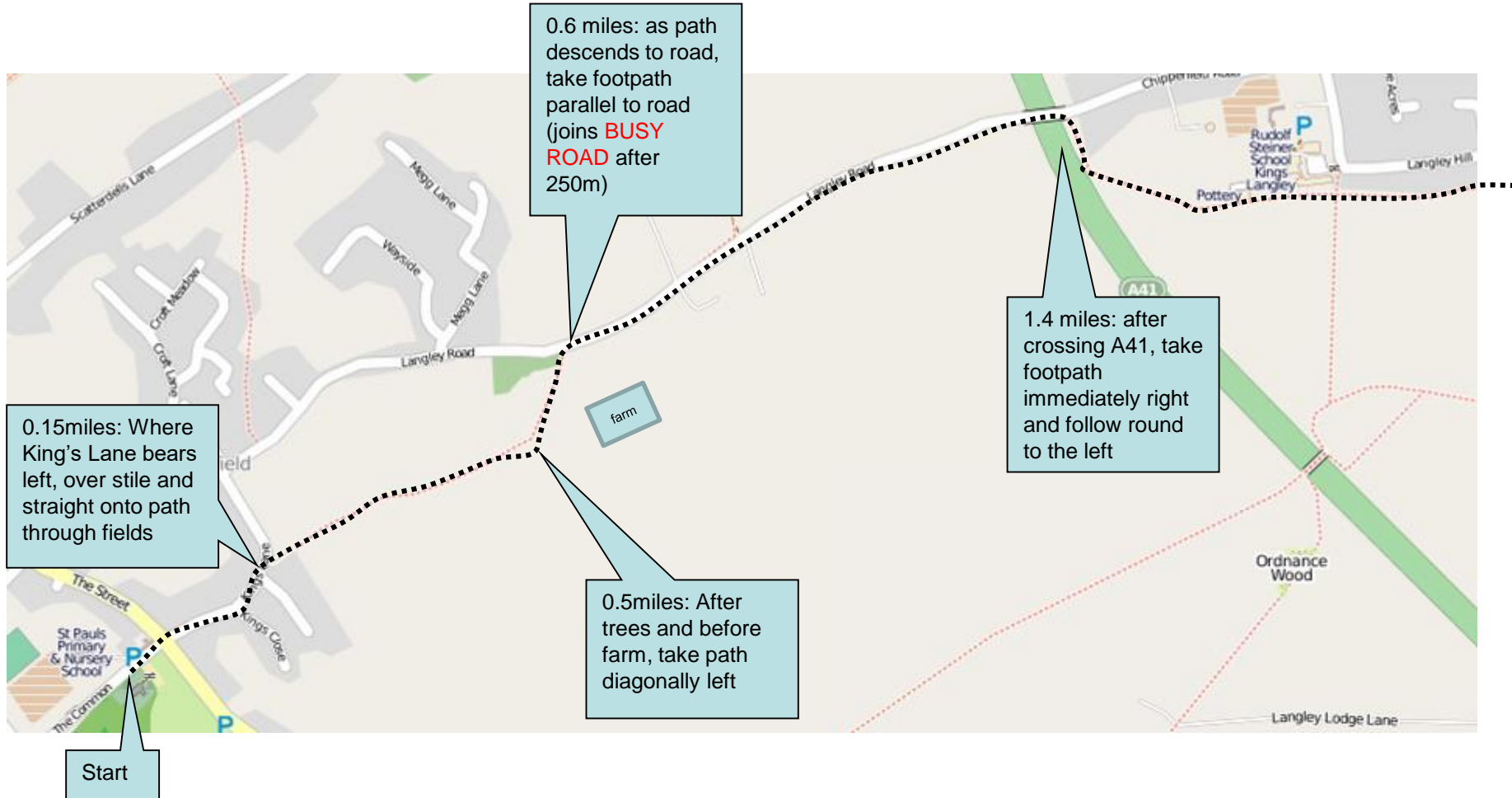


# Stage 6 – Overview

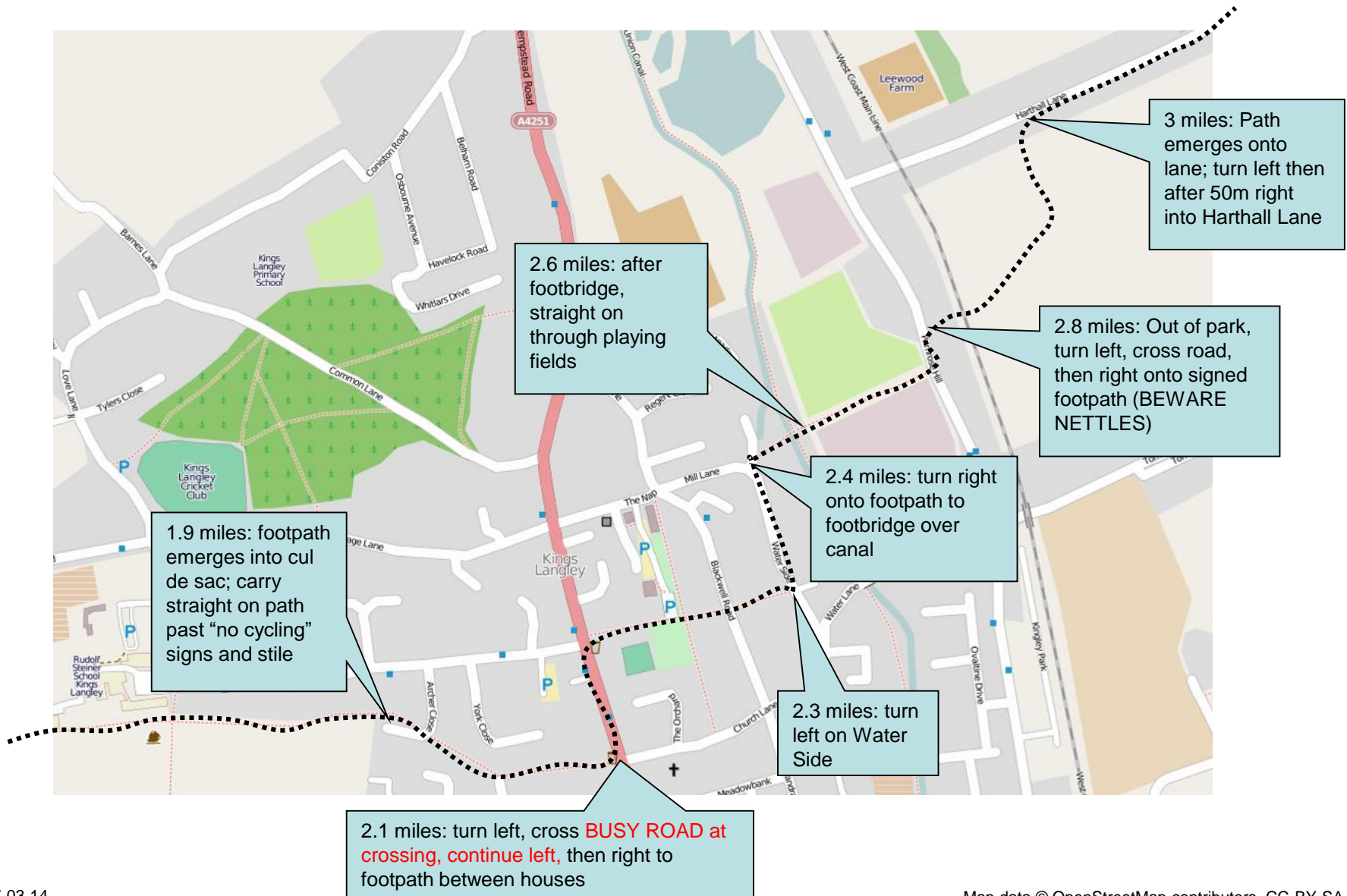
Start time: 14:08 Saturday  
Distance: 8.4 miles  
Emergency: 07966 542315



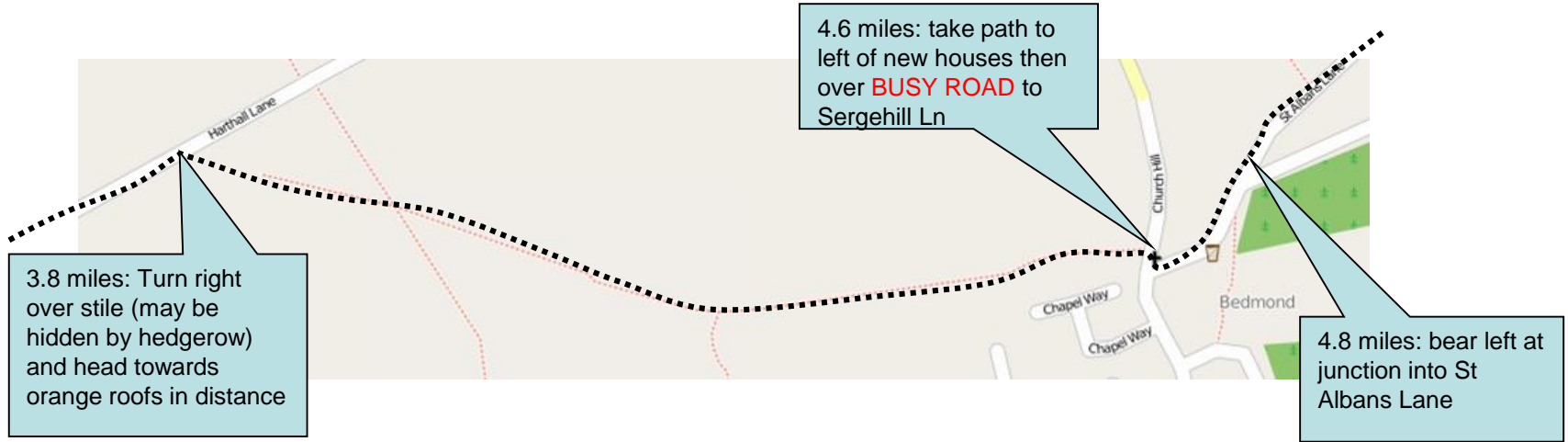
## Stage 6 Detail – Start



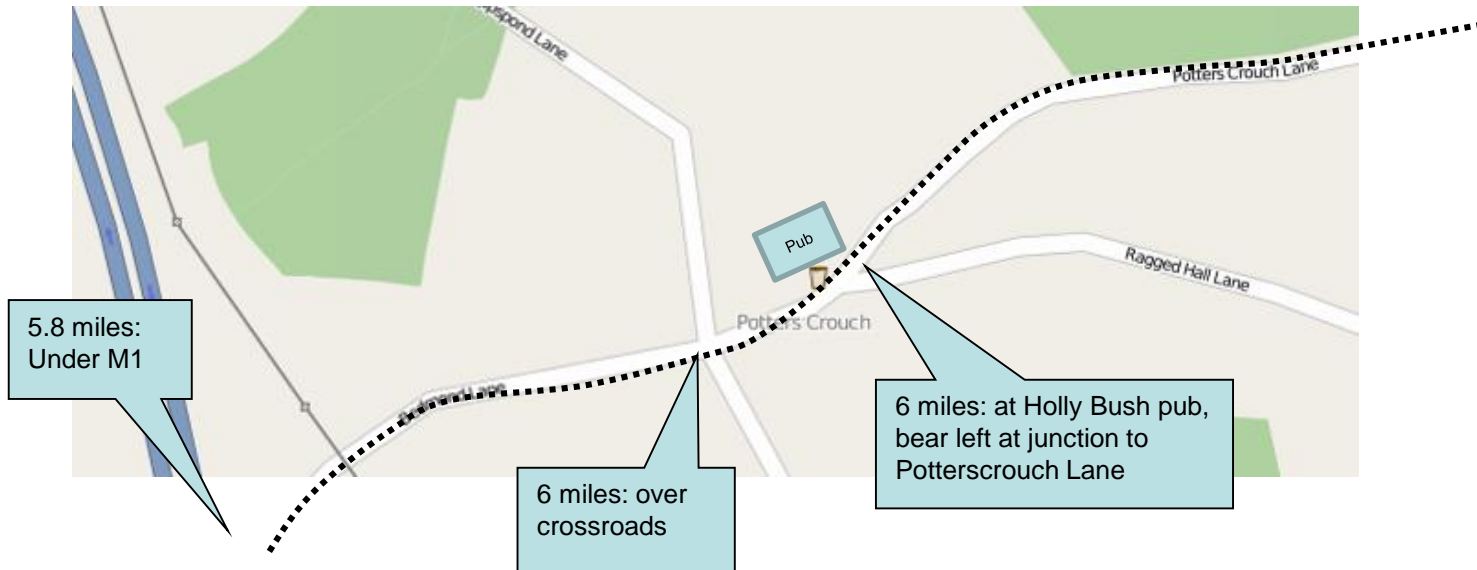
## Stage 6 Detail – 2 miles: Kings Langley



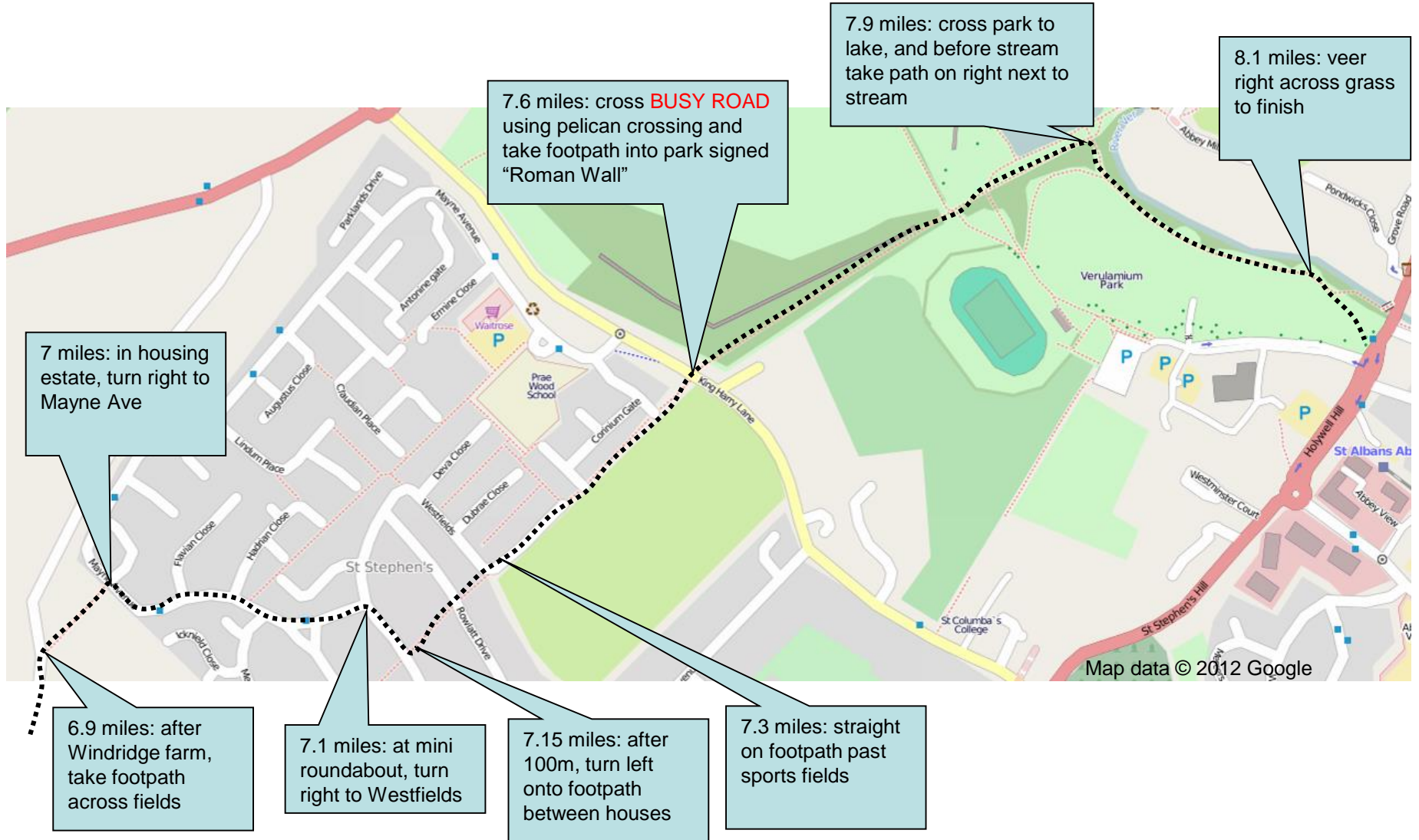
## Stage 6 Detail – 4 miles: Bedmond



## Stage 6 Detail – 6 miles: Holly Bush



# Stage 6 Detail – 7 miles: St Albans



## Stage 6 – Top Tips

- **Race Navigation:** This is one of the trickiest stages navigationally, with a series of fiddly turns in Kings Langley and then in St Albans. The turn off from Harthall Lane at 3.8 miles can be overgrown and hard to spot, then the turns before and in Ver Park for the finish need care too. Follow the detailed maps.
- Take care along Langley Road near the start when the footpath runs out. Road crossings at 4.6 miles need care too, and you need to be patient crossing King Harry Lane, no matter how near the end of the race it is.
- **Marshal and support points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
6	Langley Rd & turn after bridge	M	1.5		WD4 9JQ	14:05	Onto road, over bridge and right to footpath
6	Church Rd crossing	H	2.1		WD4 8JR	14:10	Across busy urban road
6	Primrose Hill crossing	M	2.8	Water	WD4 8HS	14:15	Across road and onto narrow path
6	Sergehill Lane crossing	H	4.6		WD5 0RW	14:25	Across busy road
6	Potters Crouch	M	6.1	Water	AL2 3NN	14:30	Across quiet crossroads
6	Field towards houses	L	7.2		AL3 4JW	14:35	Right to field
6	King Harry Lane	H	7.6		AL3 4HX	14:40	Cross via pelican crossing into park

- **Stage Records:**

Year	Stage		Name	Team	Time	Category
2010	6	8.4	Hugh Torry	Serpentine	00:46:06	Overall (men)
2010	6	8.4	Mariah McConnaughey	Serpentine	00:52:45	Overall (women)
2010	6	8.4	Liz Straveski	Millennium	00:54:19	V35 Women
2005	6	8.4	Shaun Whelan	London Front Runners	00:46:35	V40 Men
2016	6	8.4	Slevin-Brown, Fiona	Sandhurst Joggers 1	00:59:02	V45 Women
2016	6	8.4	Wheelan, Shaun	Front Runners 1	00:47:30	V50 Men

Location (Start):

**Chipperfield**

Nearest Post Code WD4 9BS

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

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

LR TL043016

**Hospital:**

Watford General

Vicarage Road,

Watford WD18 0HB

Location (End):

**St Albans**

Nearest Post Code AL1 1HR

Lat (WGS84) N51:44:46 (51.746247)

Long (WGS84) W0:20:35 (-0.342919)

LR TL144065