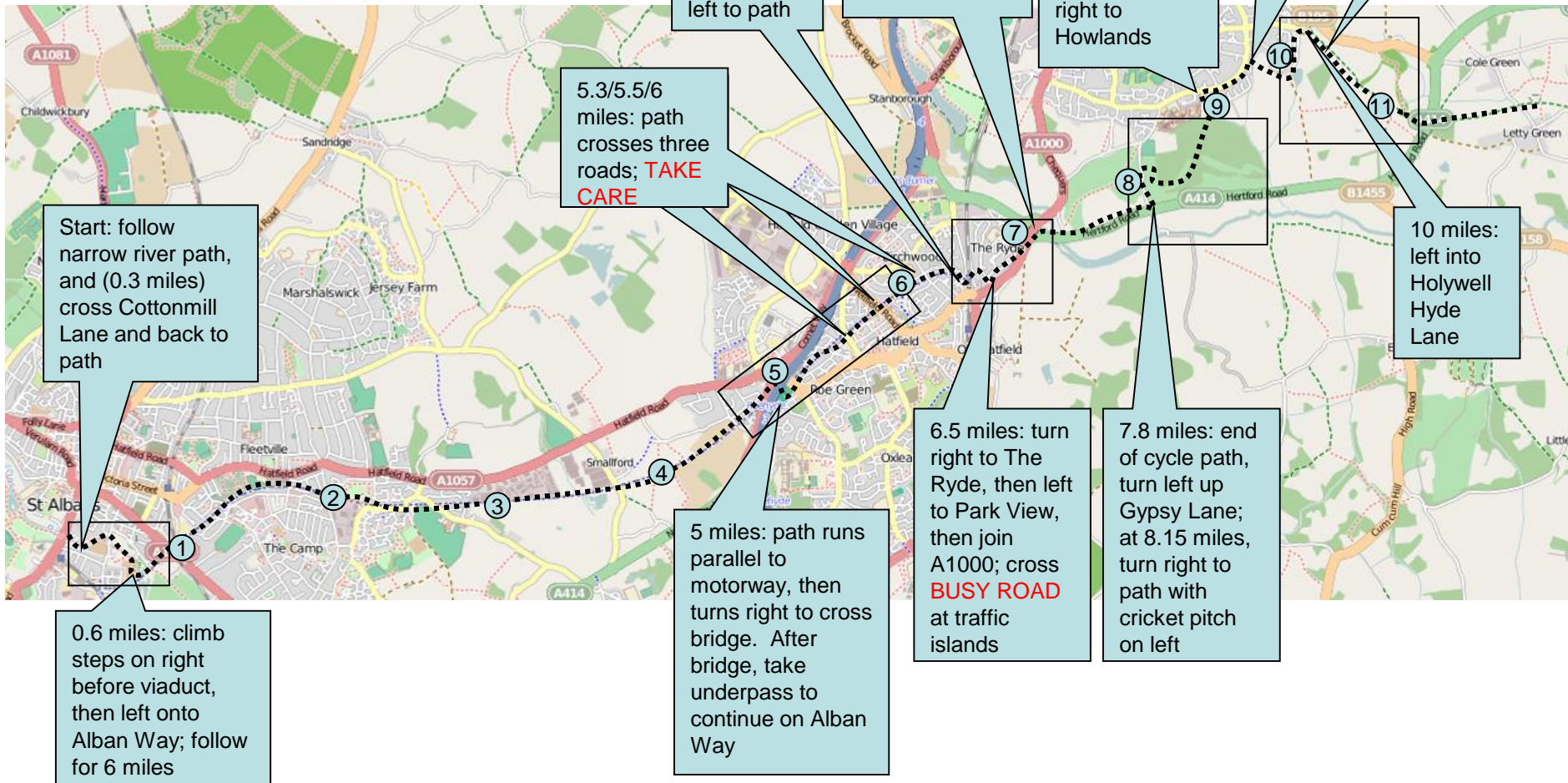


Start time: 14:56 Saturday
Distance: 12 miles
Emergency: 07966 542315

Stage 7 - Overview



Stage 7 Detail – Alban Way

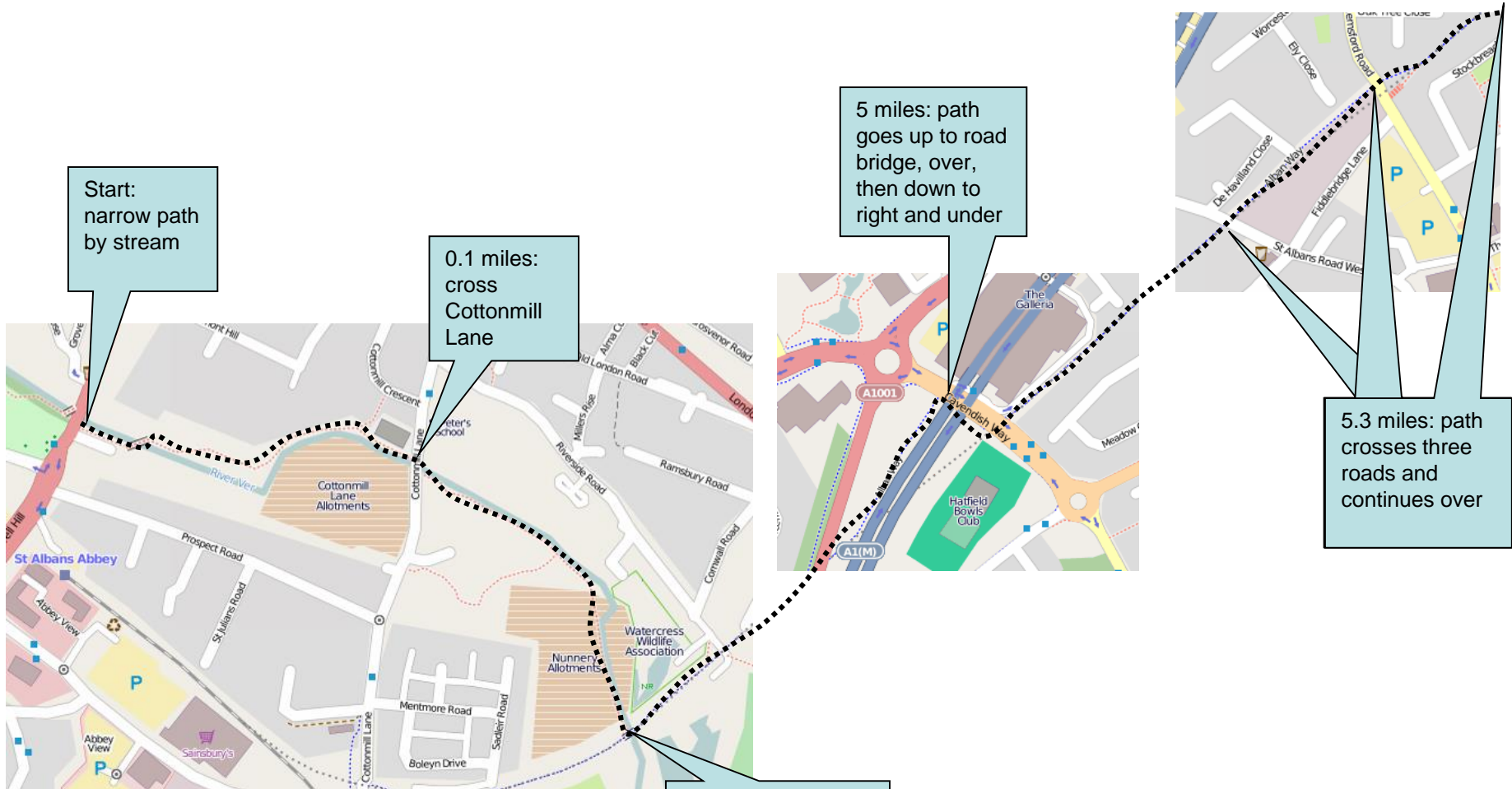
Start:
narrow path
by stream

0.1 miles:
cross
Cottonmill
Lane

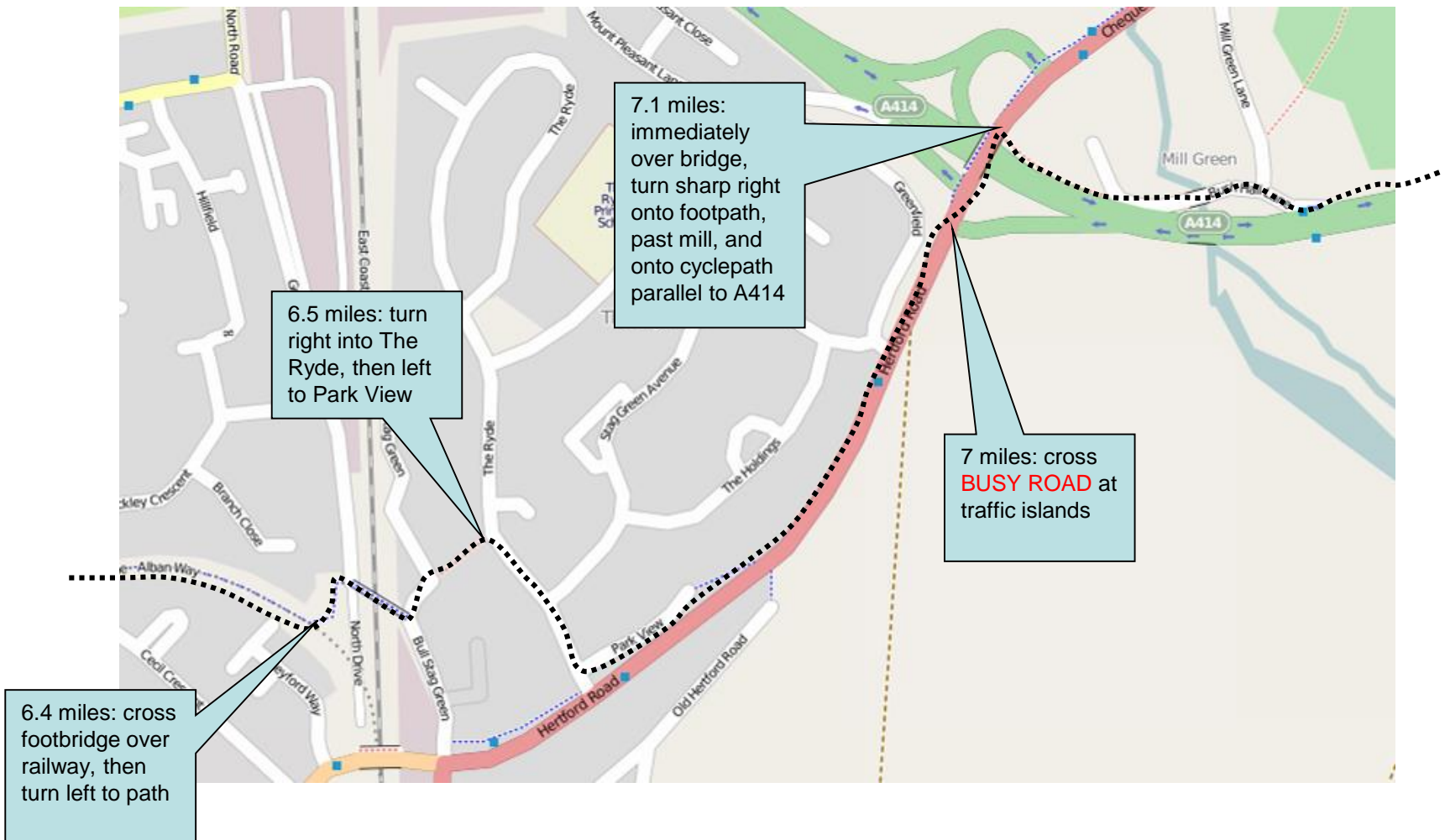
5 miles: path
goes up to road
bridge, over,
then down to
right and under

5.3 miles: path
crosses three
roads and
continues over

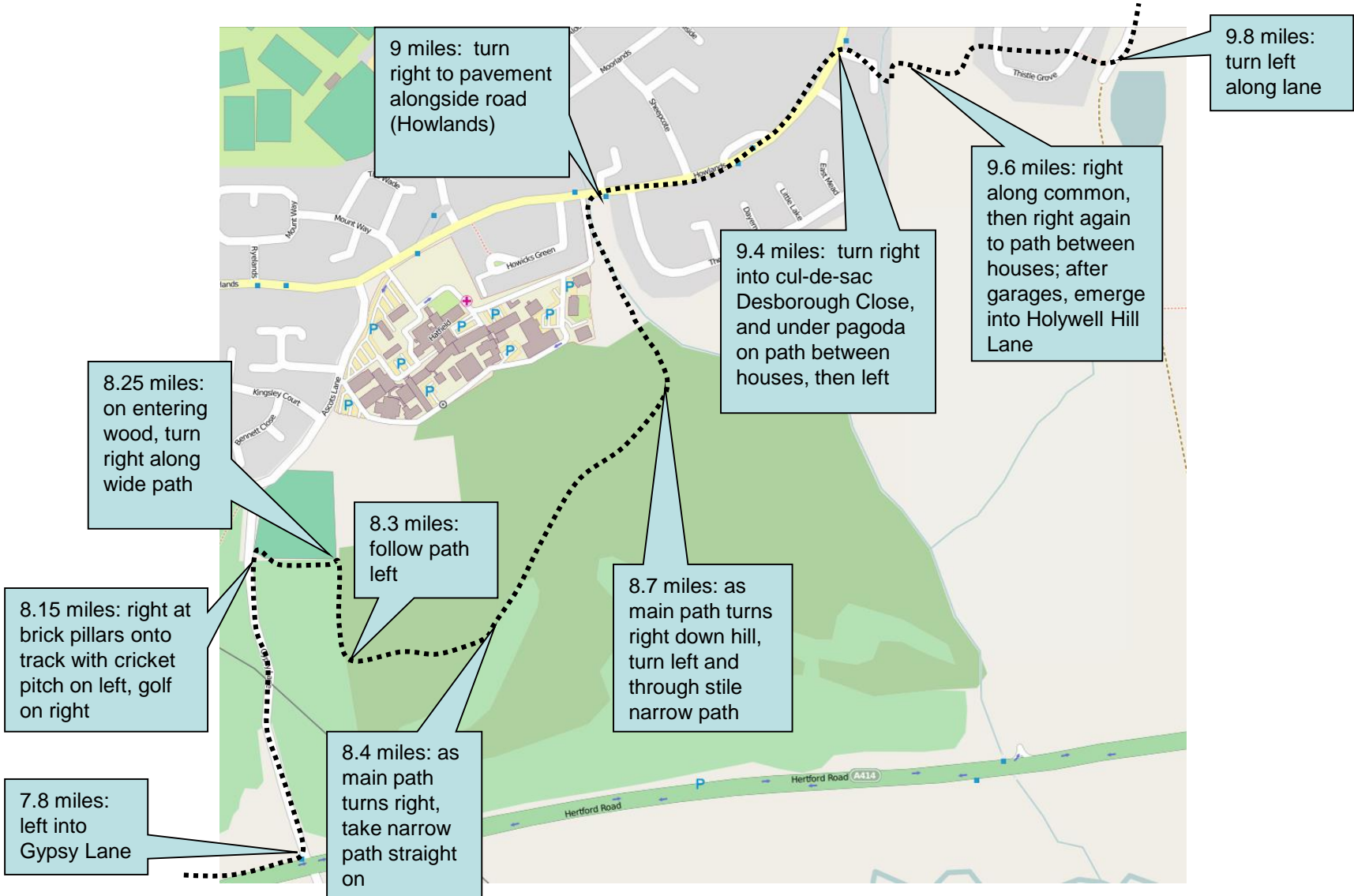
0.3 miles: climb
steps to viaduct
and turn left to
Alban Way



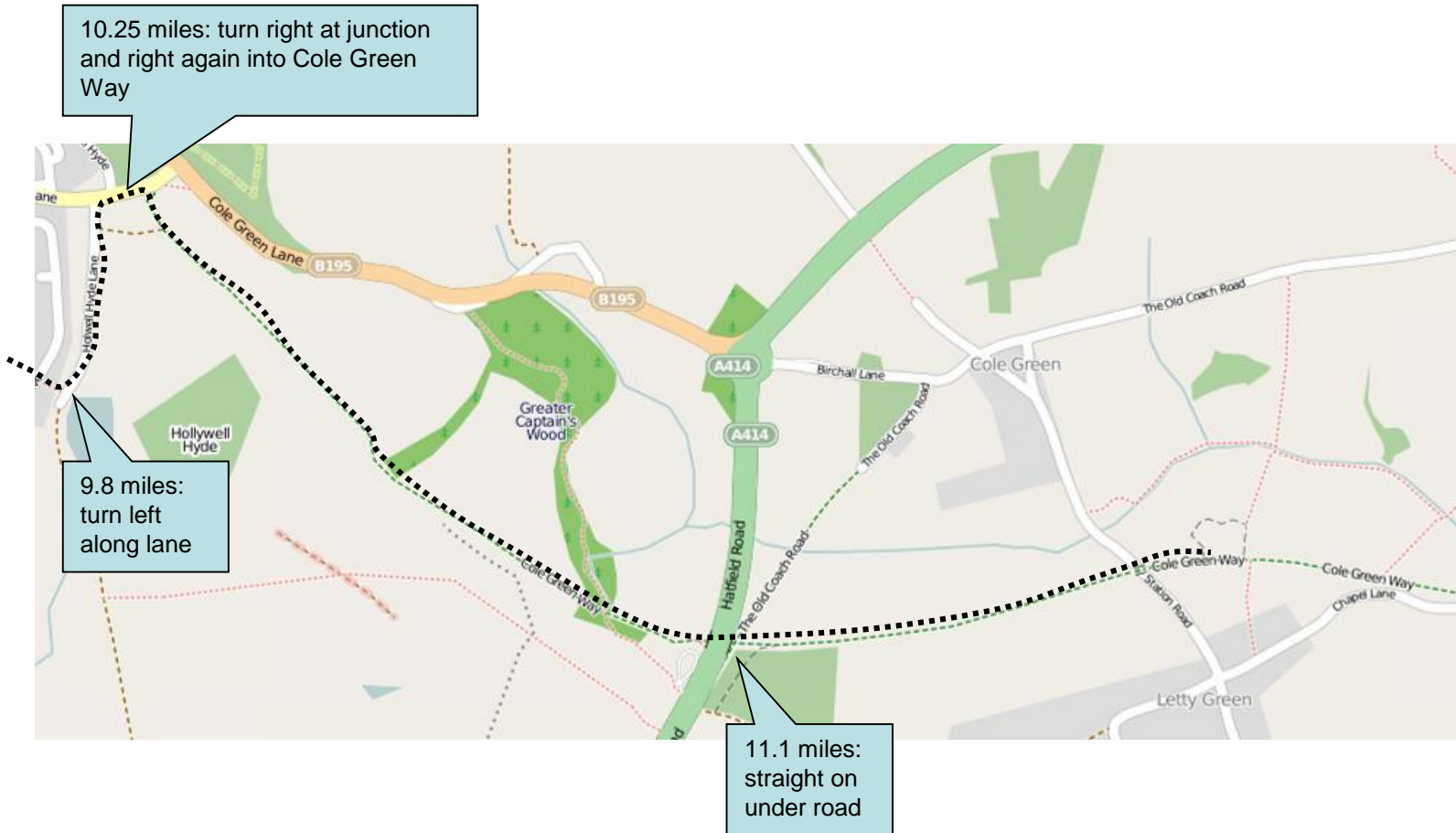
Stage 7 Detail – 6.4 miles: Hatfield



Stage 7 Detail – 8 miles: Commons Wood



Stage 7 Detail – 10 miles to Finish



Stage 7– Top Tips

- **Navigation:** There are some turns through Hatfield, but the major challenge is Commons Wood at 8.25 miles; this can be disorientating. Please follow the detailed map.
- Take real care crossing the A1000 out of Hatfield at 7 miles.
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
7	Cottonmill Lane crossing	M	0.3		AL1 1HJ	14:55	Across lane and back onto Ver Path
7	Hatfield underpass	L	5.0	Water	AL10 0SQ	15:20	Bridge over motorway, then right to subway for Alban Way
7	St Albans Rd West crossing	M	5.3		AL10 0FH	15:25	Alban way crosses minor road
7	Lemsford Rd crossing	M	5.4		AL10 0DL	15:25	Alban way crosses minor road
7	Ground Lane road crossing	M	6.0		AL10 0QH	15:25	Alban way crosses minor road
7	A1000 crossing	H	7.0	Water	AL9 5HW	15:30	Cross A1000 using traffic island, before A414 bridge
7	Cole Green Way start	L	10.3	Water	AL7 3DQ	15:45	Turn on verge from Holywell Hyde Lane into Cole Green Lane and way

- **Stage Records:**

Year	Stage	Name	Team	Time	Category
2008	7	Shaun Whelan	FrontRunners	01:06:19	Overall (men)
2015	7	Palmer, Helen	Serpentine 2	01:15:15	Overall (women)
2012	7	Martha Hall	Sandhurst Joggers	01:18:28	V35 Women
2008	7	Shaun Whelan	London Front Runners	01:06:19	V40 Men
2015	7	Claque, Ellen	Ranelagh 1	01:32:54	V45 Women
2016	7	Ratcliffe, Jonathan	Stock Exchange AC	01:09:44	V50 Men

Location (Start):

St Albans

Nearest Post Code AL1 1HR

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

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

LR TL144065

Hospital:

Queen Elizabeth 1
Hospital

Howlands, Welwyn
Garden City AL7 4HQ

Location (End):

Letty Green

Nearest Post Code SG14 2NL

Lat (WGS84) N51:47:02 (51.783945)

Long (WGS84) W0:08:09 (-0.135971)

LR TL286111