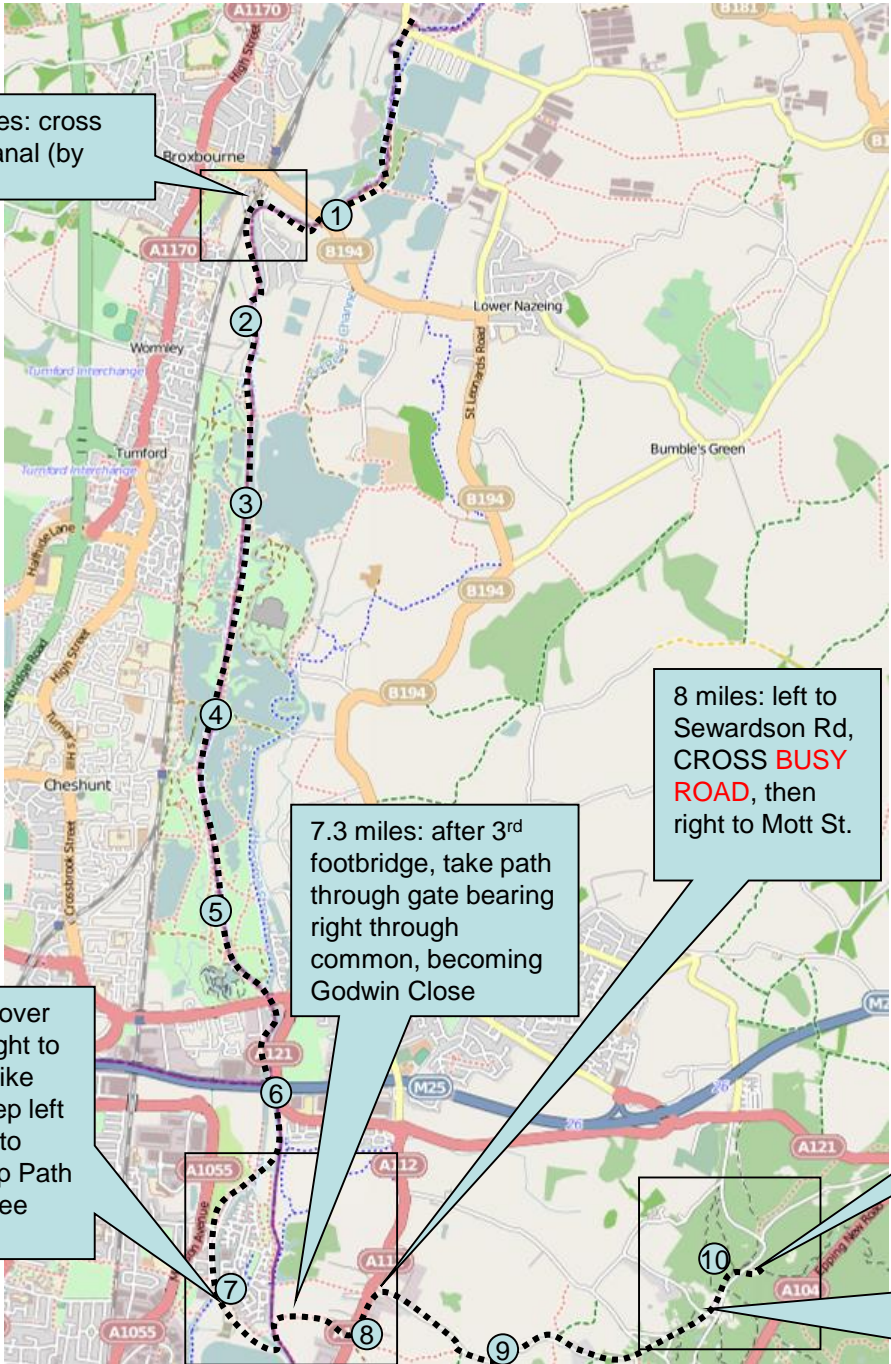


# Stage 9 – Overview

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



1.5 miles: cross over canal (by pub)

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

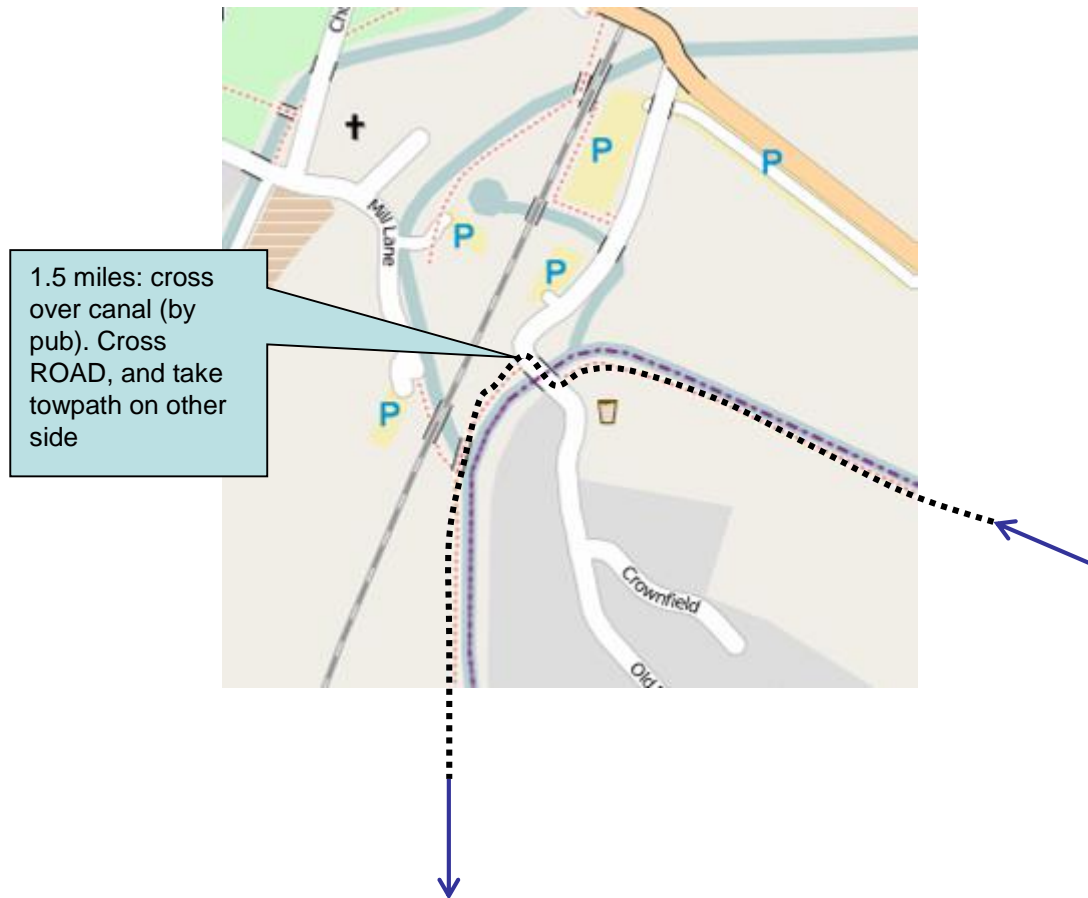
8 miles: left to Sewardson Rd, CROSS **BUSY ROAD**, then right to Mott St.

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

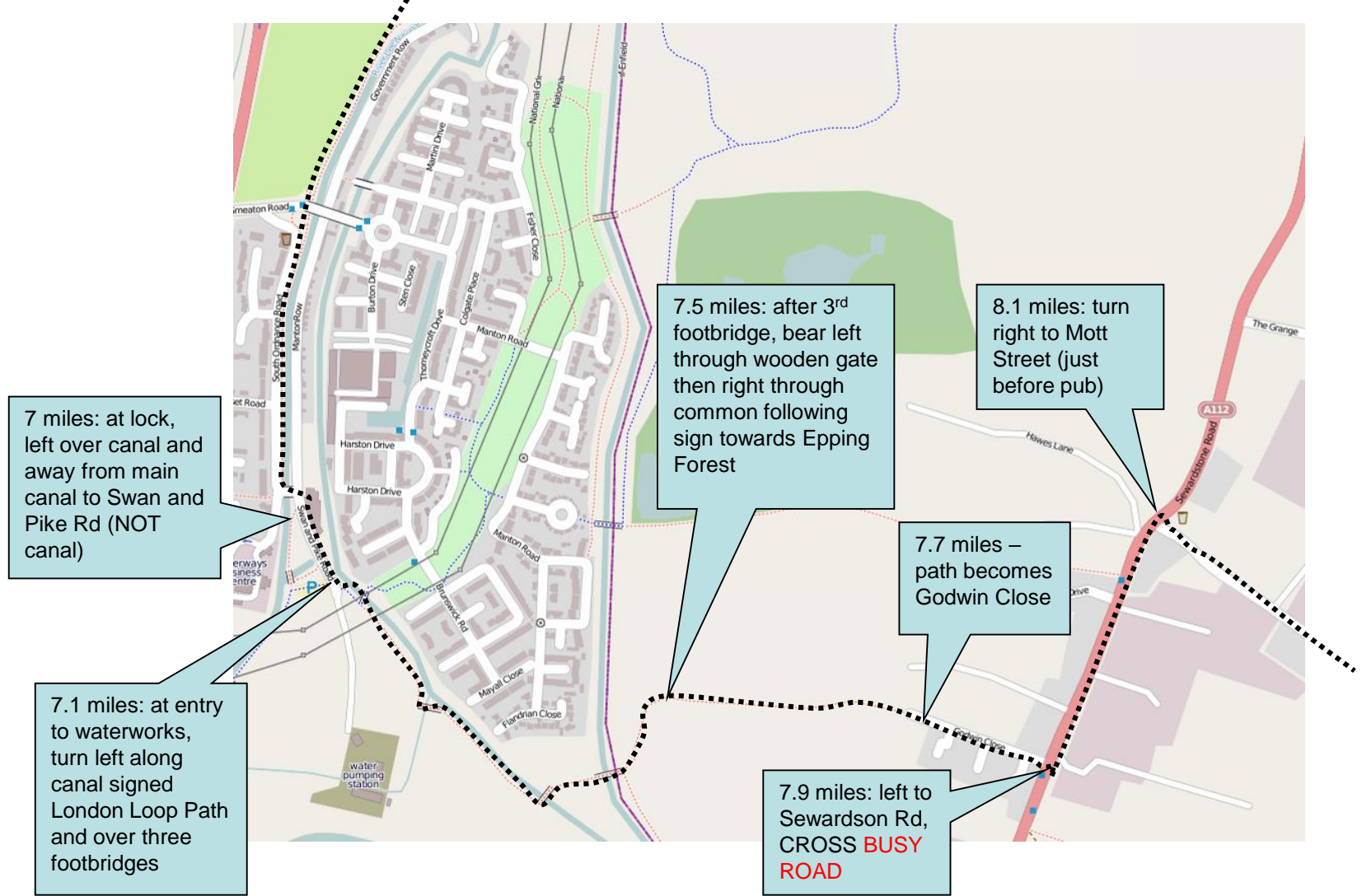
7 miles: left over canal and right to Swan and Pike Rd, then keep left along canal to London Loop Path and over three footbridges

9.75 miles: straight over crossroads (**BUSY ROAD**) to Manor Rd

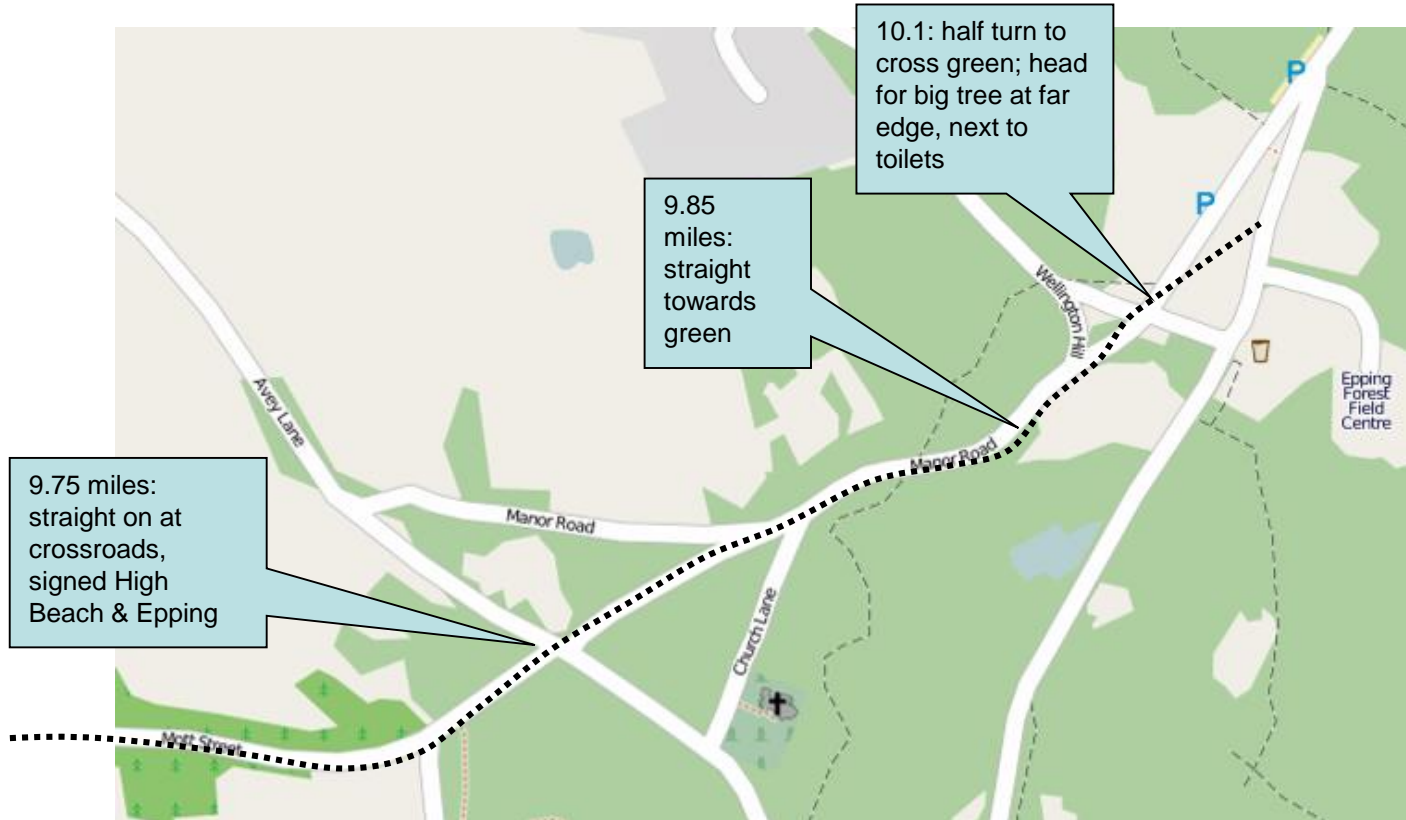
## Stage 9 Detail – 1.5 miles: Broxbourne



# 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	Distance	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
2009	9	10.2	Claire Steward	Dulwich Runners	01:19:50	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