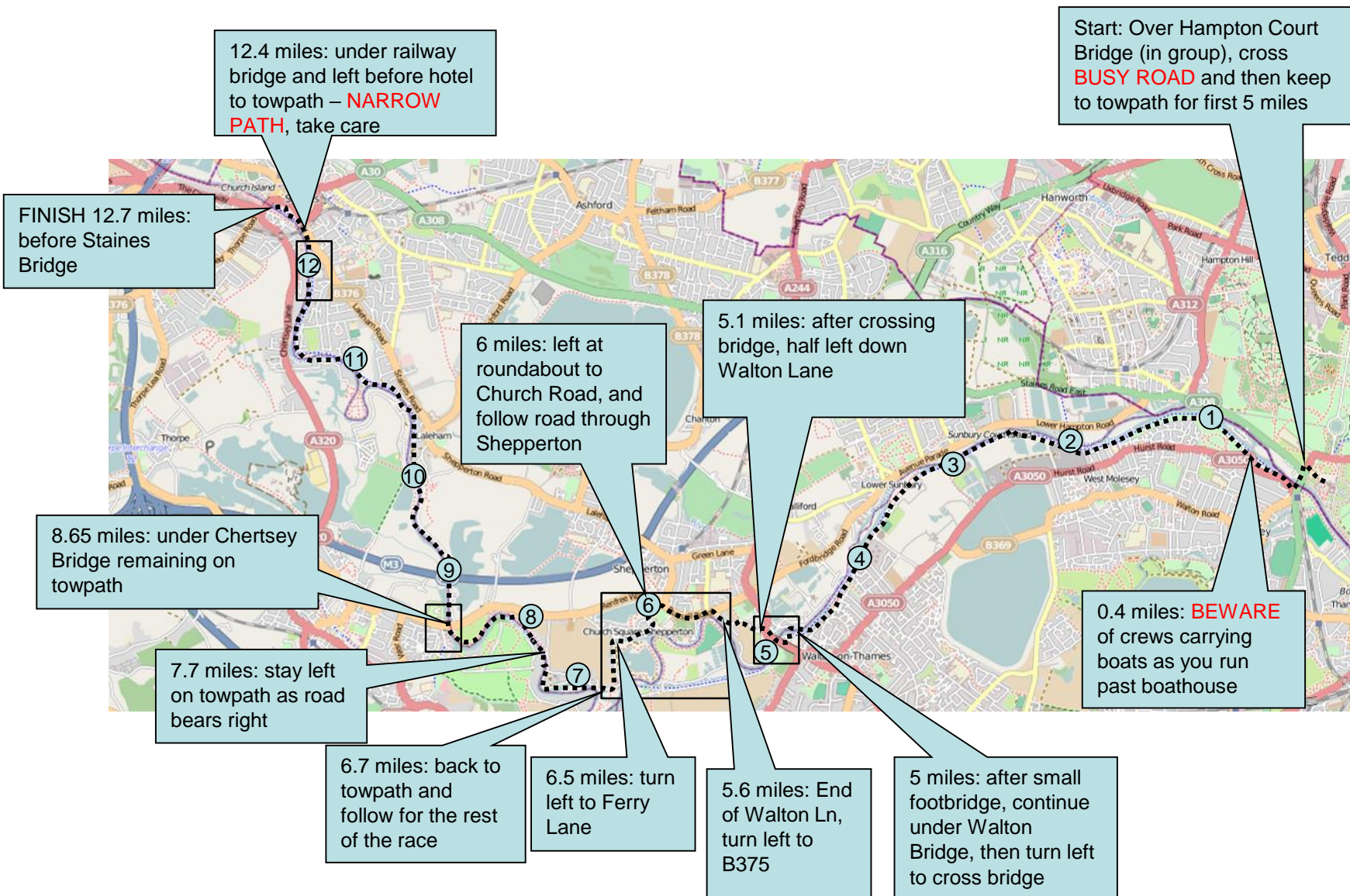
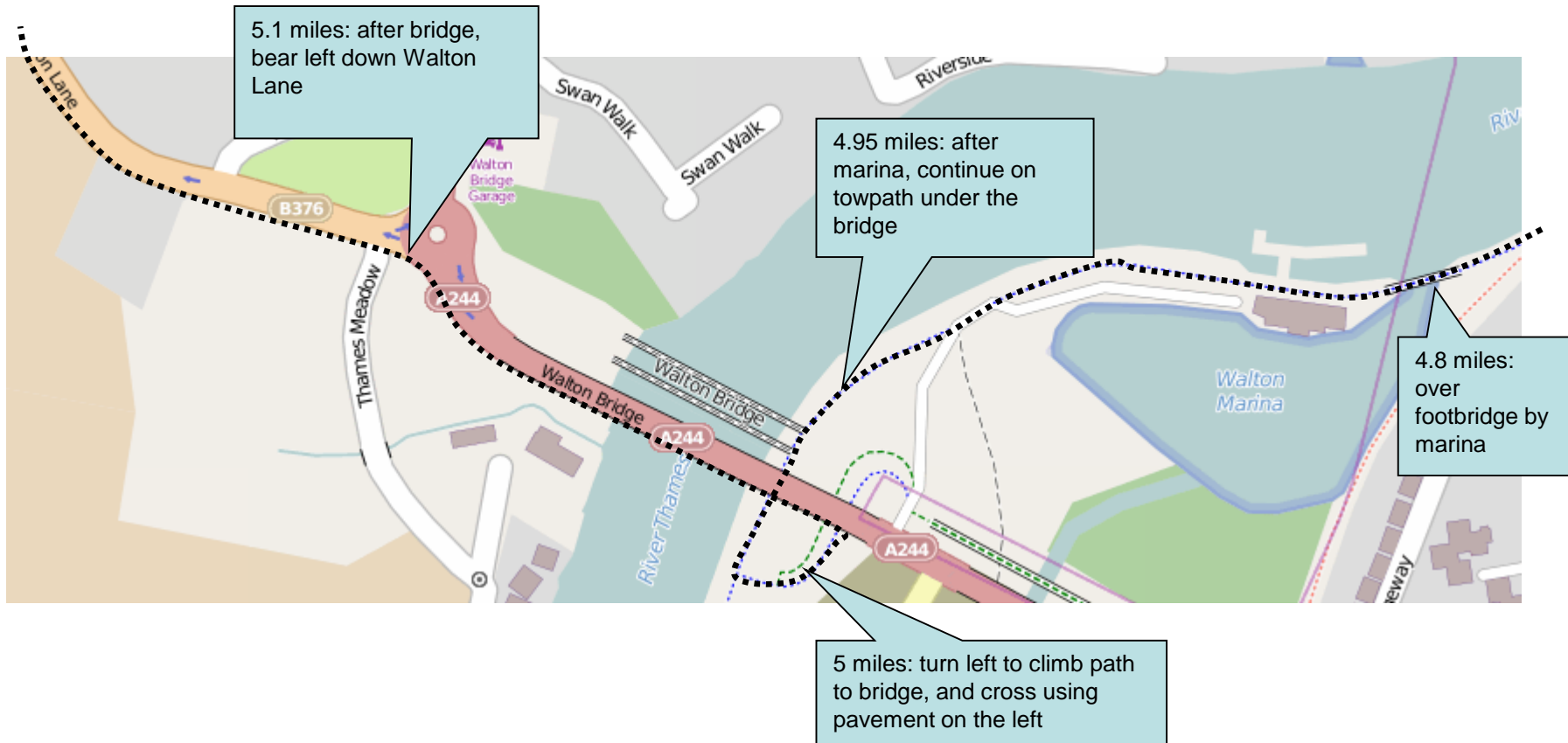


Stage 1 - Overview

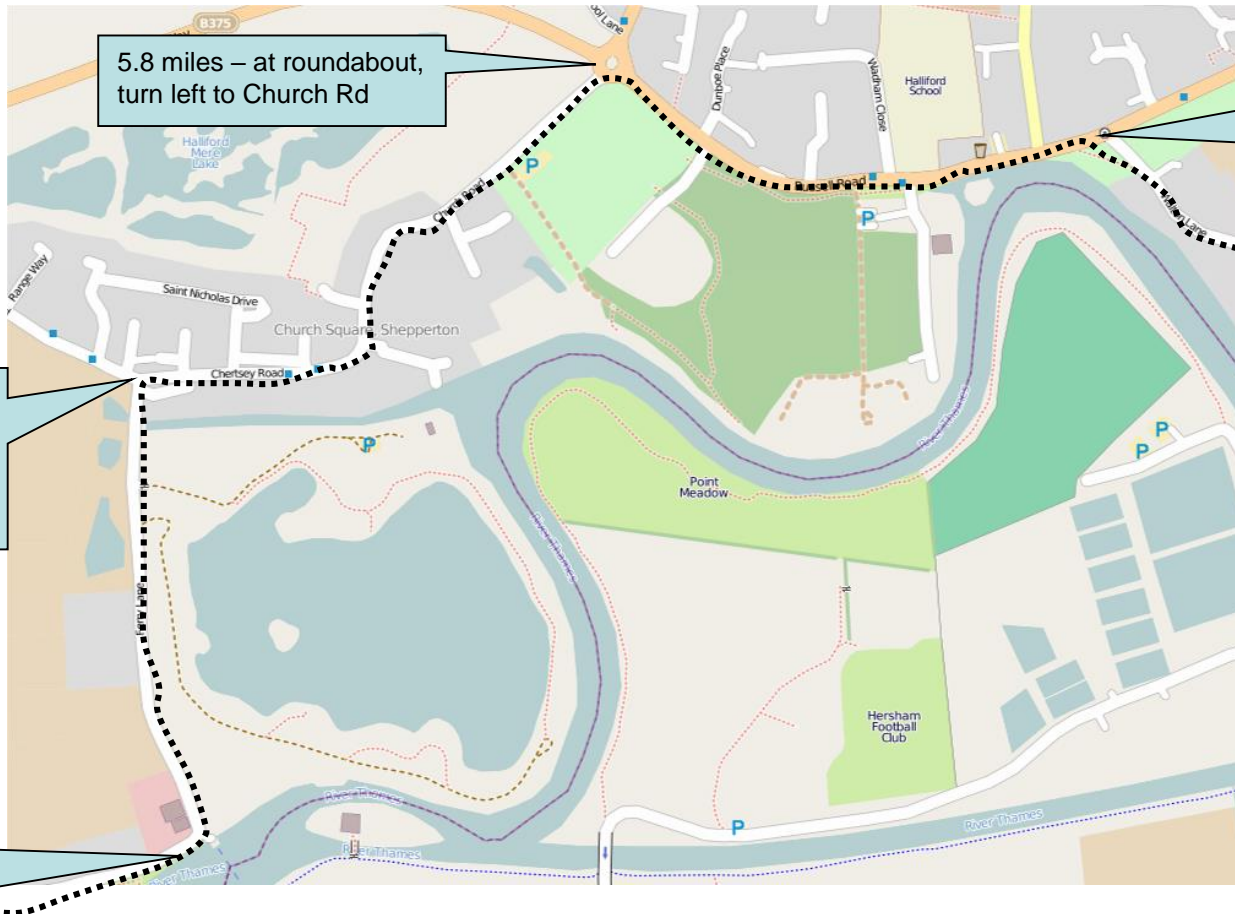
Start time: 08:30, Saturday
Distance: 12.7 miles
Emergency: 07966 542315



Stage 1 Detail – 5 Miles (Walton Bridge)



Stage 1 Detail – 6 Miles (Shepperton)



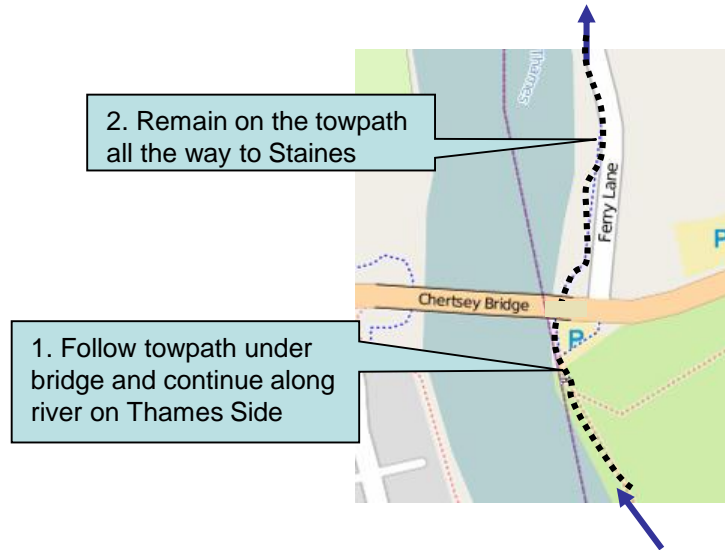
5.8 miles – at roundabout, turn left to Church Rd

5.6 miles: at end of Walton Lane, turn left to Russell Rd B375 (cut across path)

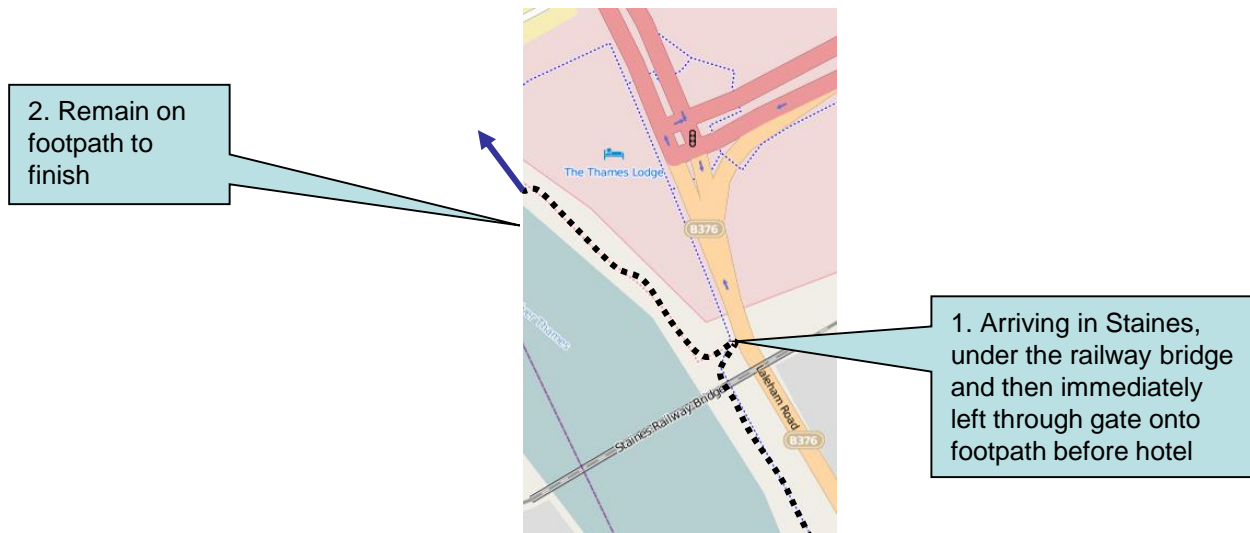
6.5 miles, turn left to Ferry Road and follow to towpath

6.7 miles: Turn right onto towpath and follow to end

Stage 1 Detail – 8.65 Miles (Chertsey Bridge)



Stage 1 Detail – 12.4 miles (Staines)



Stage 1 – Top Tips

- **Race Navigation:** People sometimes forget to cross Walton Bridge, or miss the turns back to the river in Shepperton. Pay attention to your map!
- Take care crossing the bridge at the start, and watch out for rowing boats as you run past Molesey RC
- **Marshal and Support Points:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
1	Hampton Court Bridge	H	0		KT8 9AS	8:30	Cross using crossing
1	Walton Bridge (tbc)	L	5.1	Water	TW17 8LY	9:00	Under new bridge to avoid road crossing, then cross
1	Russell Road	M	5.6		TW17 8JJ	9:03	Left turn, as pavement runs out
1	Ferry Lane turn	L	6.5		TW17 9LG	9:10	Left turn
1	Chertsey Bridge	L	8.6	Water	KT16 8JA	9:15	(Water only)
1	Gate after Staines railway bridge	L	12.4		TW18 4BO	9:35	Through gate after rwy bridge

- **Stage Records:**

Year	Stage	Time	Name	Team	Time	Category
2005	1	12.7	Matt Jones	THH	01:12:15	Overall (men)
2005	1	12.7	Sonia O'Sullivan	Millenium	01:13:04	Overall (women)
2005	1	12.7	Sonia O'Sullivan	Millennium	01:13:04	V35 Women
2006	1	12.7	Greg Stevens	Stock Exchange AC	01:14:43	V40 Men
2007	1	12.7	Dee Smale	Stragglers	01:26:41	V45 Women
2010	1	12.7	Howard Gleave	Ranelagh	01:17:21	V50 Men

Location (Start):

Hampton Court Palace
Nearest Post Code KT8 9AS

(Barge walk along the river)

Hospital:

Kingston
Galsworthy Road,
Kingston KT2 7QB

Location (Finish):

Staines Bridge
Nearest Post Code TW18 4BU
Lat (WGS84) N51:26:00 (51.433436)
Long (WGS84) W0:30:58 (-0.516080)
LR TQ032715