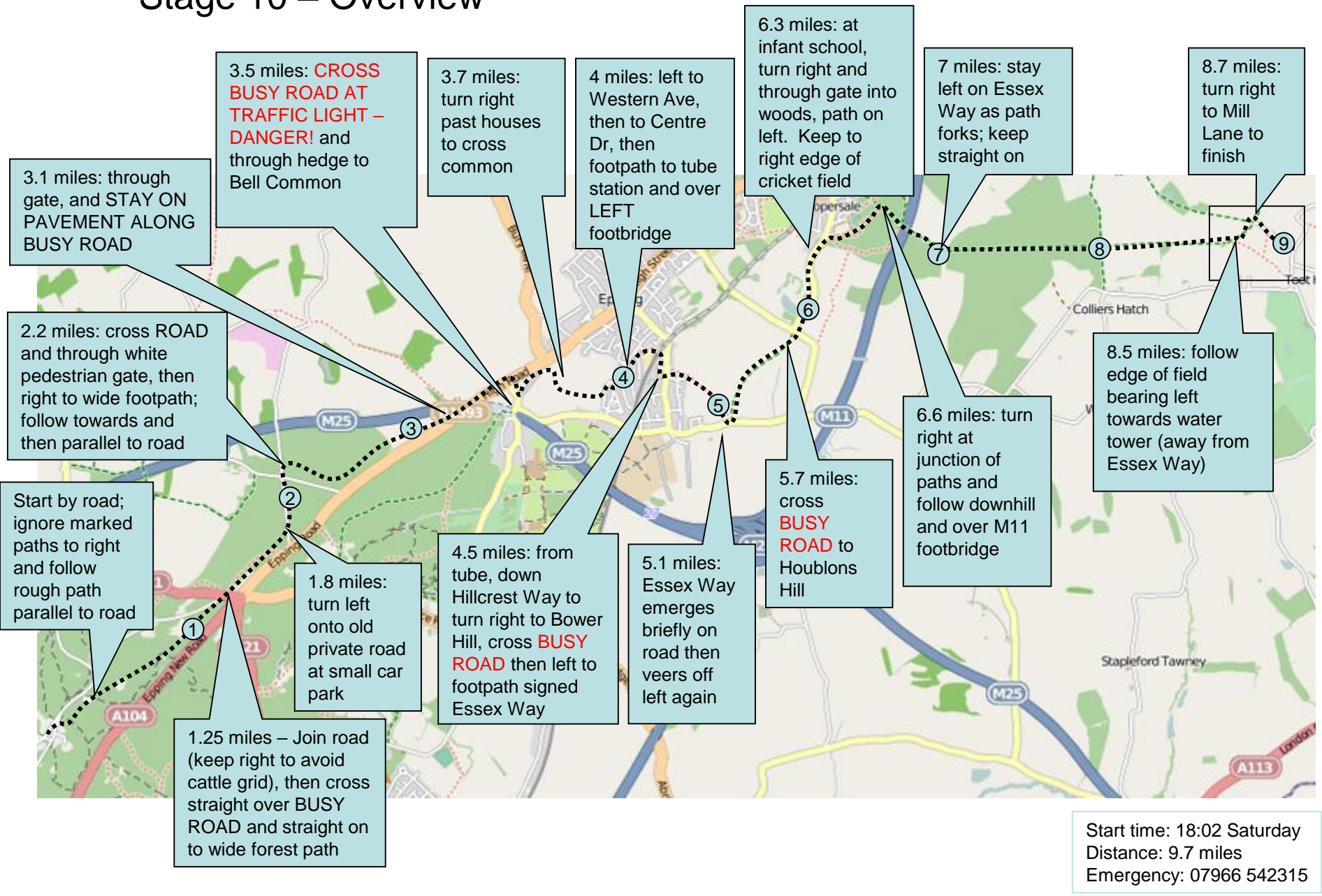
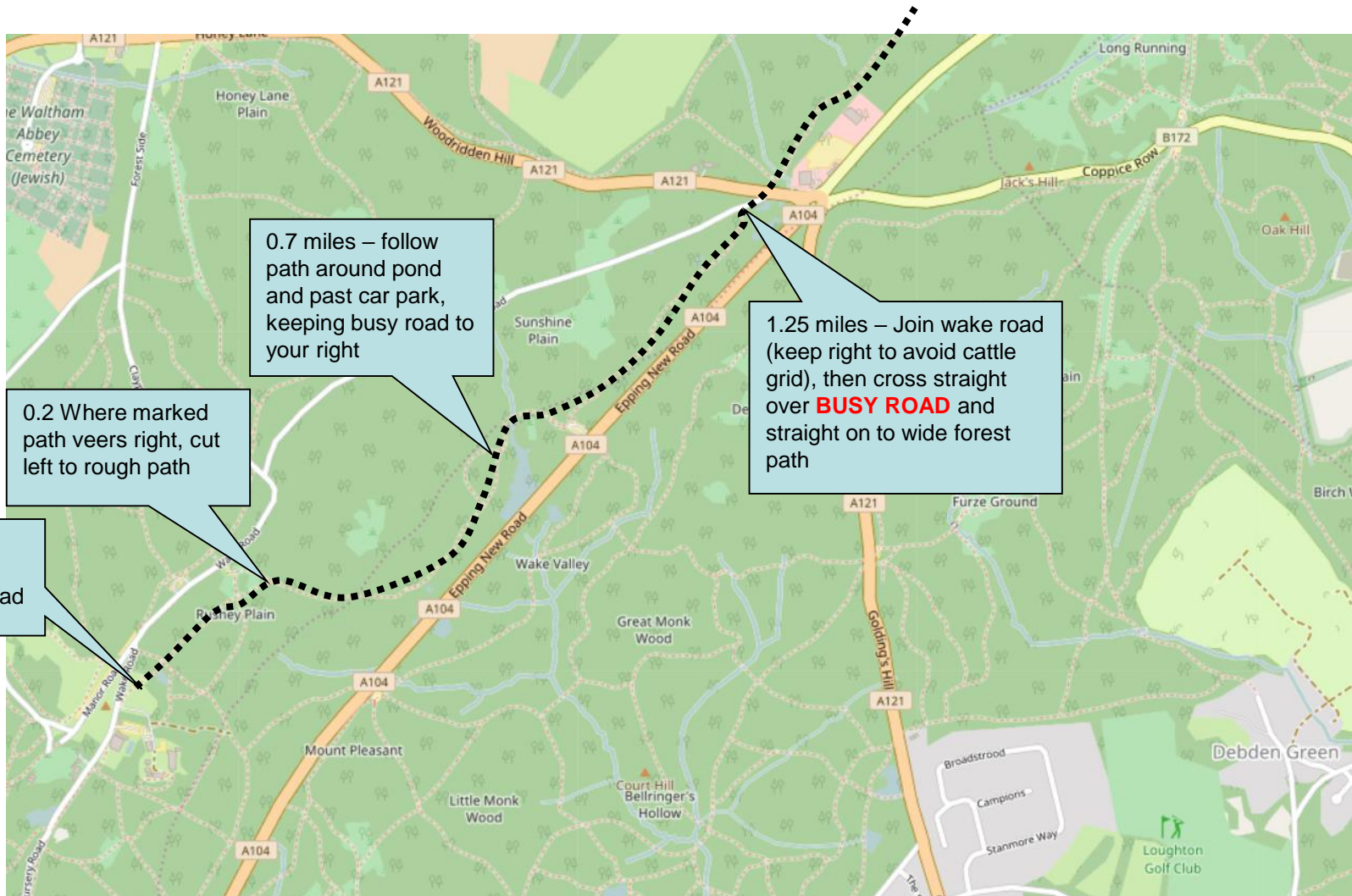


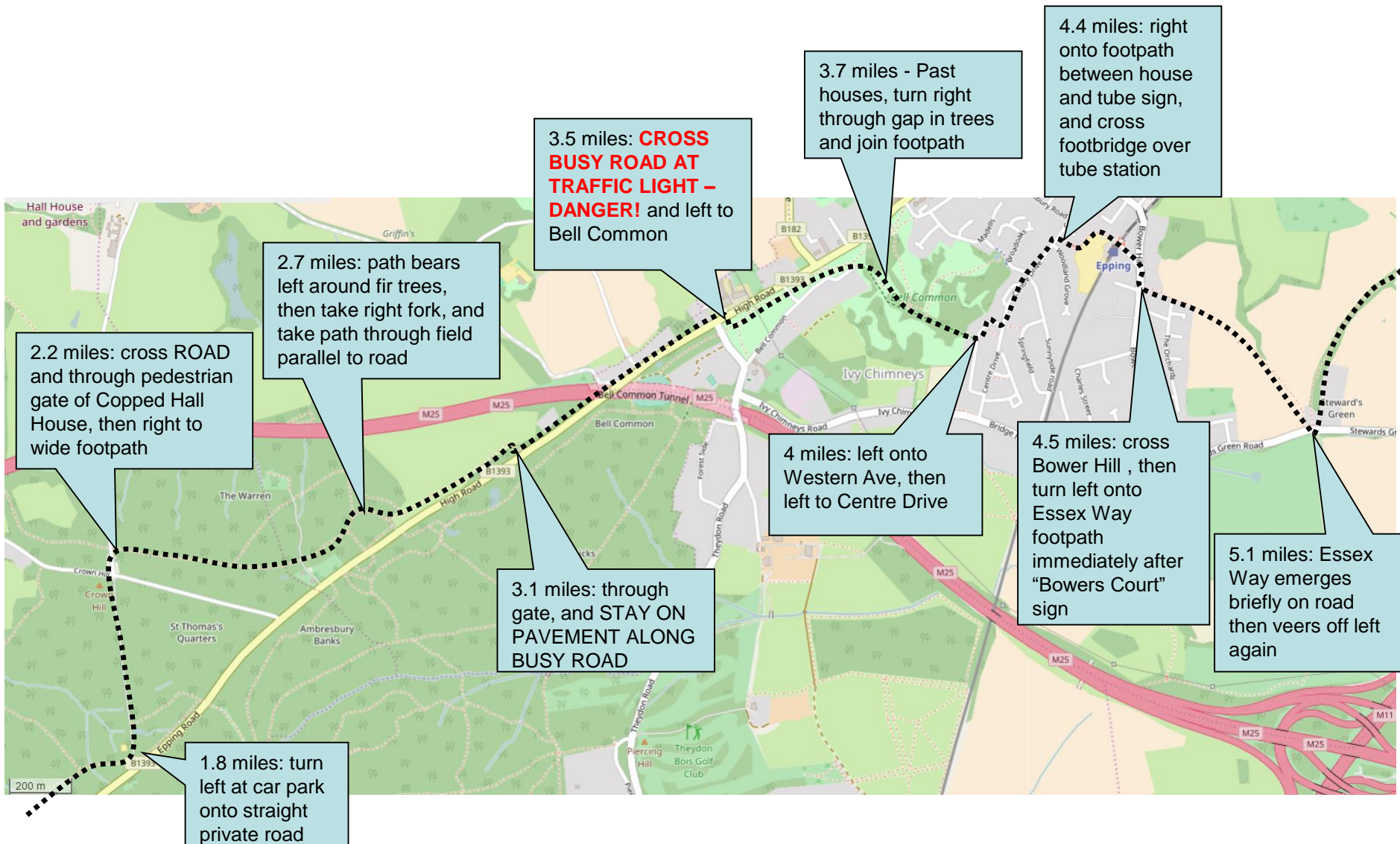
# Stage 10 – Overview



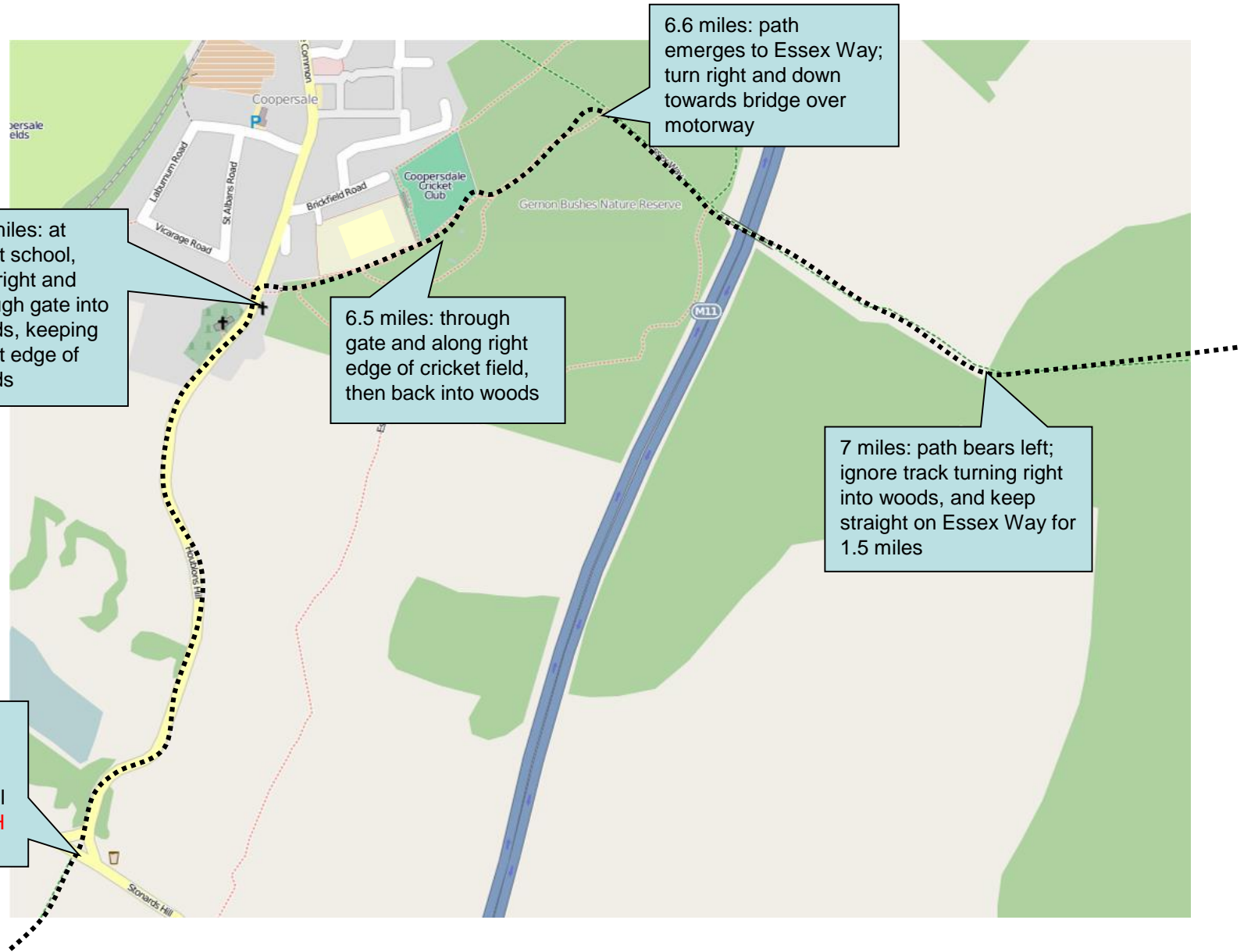
# Stage 10 Detail – First Mile



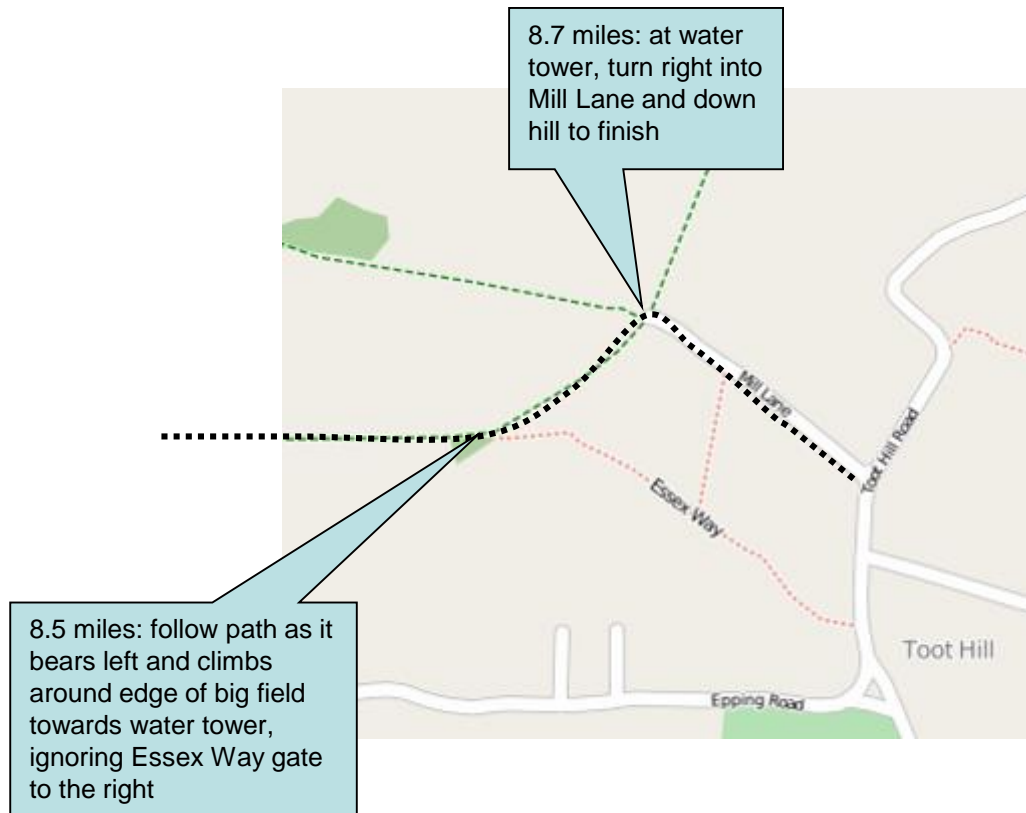
# Stage 10 Detail – Epping



# Stage 10 Detail – 7 Miles: Coopersale



# Stage 10 Detail – Finish



## Stage 10 – Top Tips

- **Navigation:** Complex route – forest trails, followed by fiddly route through Epping, then the Essex Way
- **NEW ROUTE FOR 2017**, but there are still some dangerous crossings – listen to the marshals, no matter how much of a hurry you are in
- **Marshals:**

Stage	Place	Risk	Miles	Water?	Postcode	Time	Description (please refer to map for details)
10	Path turn	L	0.2		IG10 4AE	18:00	Guide runners to rough path
10	A121 forest crossing - big roundabout	H	1.3		CM16 5HP	18:05	Cross busy road near roundabout
10	Crown Hill crossing - Copped Hall House	M	2.2		CM16 5HR	18:10	Cross road and through pedestrian gate at Copped Hall House
10	Theydon Rd crossing	H	3.5	Water	CM16 4DQ	18:15	Cross Epping Rd at junction with Theydon Rd, using island
10	Cross Bower Hill	M	4.6		CM16 7AA	18:20	Cross Bower Hill to join pavement on LHS
10	Crossing to Houblons Hill	H	5.7		CM16 7QJ	18:25	Cross Coopersale St into Houblons Hill, watching ditch on green
10	Coopersale - road crossing at church	M	6.3	Water	CM16 7QT	18:30	Cross to school and onto path through woods

- **Stage Records:**

Year	Stage	Name	Team	Time	Category	
2012	10	9.7	Hugh Torry	Serpentine	00:55:28	Overall (men)
2015	10	9.7	Kiriluk, Sarah	Serpentine 2	01:04:22	Overall (women)
2008	10	9.7	Clare Pauzers	Millennium	01:07:48	V35 Women
2008	10	9.7	Callum Martin	London Front Runners	00:56:34	V40 Men
2009	10	9.7	Claire Pauzers	Millennium	01:07:58	V45 Women
2015	10	9.7	Dave Dixon	British Airways	01:00:16	V50 Men

Start:

**High Beach**

Nearest Post Code IG10 4AE

Lat (WGS84) N51:39:55 (51.665282)

Long (WGS84) E0:02:27 (0.040965)

LR TQ412982

**Hospital:**

North Middlesex  
University Hospital  
Sterling Way London  
N18 1QX

End:

**Toot Hill**

Nearest Post Code CM5 9SE

Lat (WGS84) N51:42:04 (51.701235)

Long (WGS84) E0:11:30 (0.191646)

LR TL515025