



Stage	Distance between stages	Distance covered	Time to allow yourself	Cut off
Barnes to Petersham	5.7 miles	5.7 miles	1 ¾ hours	08:45
Petersham to Hampton Court Station	5.6 miles	11.3 miles	1 ¾ hours	10:30
Hampton Crt St to Sandy lane, Oxshott	5 miles	16.3 miles	1 ¾ hours	12:15
Sandy Lane to Effingham Jct	6.2 miles	22.5 miles	1 ¾ hours	14:00
Mini break at Crocknorth Road (water only)	4.1 miles	26.6 miles		
Effingham Jct to Combe Lane	8.4 miles	30.9miles	2 ½ hours	16:30
Combe Lane to Guildford High St. Finish Line	5.3 miles	36.2 miles	2 hours	18:30