

<u>STAGE</u>	<u>START</u>	<u>FINISH</u>	<u>DISTANCE</u>	<u>ASCENT</u>	<u>DESCENT</u>	<u>Severity</u>	Male record	Female record	Cut off (up to 2018)	No runner	<b>Cut off time 2019 onwards</b>
<u>1</u>	<a href="#">Chipping Campden</a>	<a href="#">Stanway House</a>	19.2 km	392 m	444 m	Medium	Male 01:14:00	1:29:45	2 hrs 2 min	2 hrs 16 mins	2 hrs 30 mins
<u>2</u>	<a href="#">Stanway House</a>	<a href="#">Cleeve Common</a>	19.0 km	525 m	366 m	Hard	1:20:48	1:33:30	2 hrs 12 mins	2 hrs 17 mins	2 hrs 30 mins
<u>3</u>	<a href="#">Cleeve Common</a>	<a href="#">Seven Springs</a>	13.2 km	327 m	371 m	Easier	0:56:58	1:04:10	1 hrs 45 mins	1 hrs 57 mins	1 hrs 45 mins
<u>4</u>	<a href="#">Seven Springs</a>	<a href="#">Cranham Corner</a>	20.4 km	406 m	388 m	Hard	1:18:20	1:30:01	2 hrs 10 mins	2 hrs 25 mins	2hrs 30 mins
<u>5</u>	<a href="#">Cranham Corner</a>	<a href="#">Ebley Mill</a>	18.9 km	307 m	503 m	Medium	1:10:40	1:24:13	2 hrs 5 mins	2 hrs 19 min	2 hrs 30 mins
<u>6</u>	<a href="#">Ebley Mill</a>	<a href="#">Dursley</a>	14.0 km	409 m	367 m	Medium	0:59:00	1:10:18	2 hrs 2 mins	2 hrs 16 mins	2 hrs 00 mins
<u>7</u>	<a href="#">Dursley</a>	<a href="#">Wotton-u-Edge</a>	11.6 km	292 m	299 m	Easier	0:48:08	0:52:08	1 hrs 30 mins	1 hrs 39 mins	1 hrs 30 mins
<u>8</u>	<a href="#">Wotton-u-Edge</a>	<a href="#">Old Sodbury</a>	19.4 km	404 m	360 m	Hard	1:15:15	1:28:17	2 hrs 12 mins	2 hrs 26 mins	2 hrs 30 mins
<u>9</u>	<a href="#">Old Sodbury</a>	<a href="#">Cold Ashton</a>	<b>14.8 km</b>	<b>240 m</b>	<b>148 m</b>	<b>Easier</b>	<b>0:56:14</b>	<b>1:04:07</b>	1 hrs 45 mins	1 hrs 57 mins	2 hrs 00 mins
<u>10</u>	<a href="#">Cold Ashton</a>	<a href="#">Bath Abbey</a>	<b>15.7 km</b>	<b>240 m</b>	<b>410 m</b>	<b>Easier</b>	<b>1:00:51</b>	<b>1:05:12</b>	1 hrs 48 mins	2 hrs 02 mins	2 hrs 00 mins