

## **LD1 : 12 Mile Training Route from Blackshots**

**TR out of Blackshots and continue past Wm Edwards School eventually to Dog and Partridge at North Stifford (2.75 miles). TL down Clockhouse Lane then TR (Guardian Avenue) through Ardale Estate to Pilgrims Lane. TL to traffic lights and cross road (very carefully!!)**

**Continue ahead (Sainsbury's to your R) over roundabout and bear left with the road. Approx 200 metres on TL onto cycle track & immediately bear R – this track takes you up to Fleming Rd. TL and continue ahead over roundabout (Chaff H station on your R) to eventually TL into Mayflower Road.**

**Ahead, passing School (on your R) & TR down Mill Lane to London Road. TL and continue to just before traffic lights. Cross London Road & TL. Shortly TR into Wouldham Road. Cross railway bridge to reach River Thames (5.75 miles).**

**TL and follow river path past Wharf pub (on your L). Continue following river as closely as possible to reach Yacht Club. TL to Argent Street. TR to end and TL at T junction and uphill past width restriction. TR into Grove Road. At end TL and immediately TR into Church Road. Ahead as it becomes alley to emerge near church (Broadway) at other end. Ahead to pass Bull pub (7.9 miles).**

**Ahead bearing L with the road and under bridge to just before roundabout. TL & cross road. TR and follow pavement as it leads into Marshfoot Road. Ahead eventually to roundabout at bottom of Chadwell Hills (by Biggin Lane).**

**TL up new Chadwell Hill to roundabout at the top. Ahead (same direction) and cross road before traffic lights. TL to pass Thurrock Tech and TR into King Edward Drive (10.2) miles.**

**TR into Grangewood Avenue and go right down to nearly the bottom. TL into Carlton Road. At end TL into Buxton Road and return to King Edward Drive. Cross King Edward Drive. TR to old A13. TL for short distance and cross road using islands or footbridge.**

**TL to corner of Blackshots Lane. Cross Blackshots Lane (extremely carefully) & continue (same direction) past funeral parlour. TR into Premier Avenue. At end TR into Crowstone Road.**

**TR at Blackshots Lane - return to Blackshots by main entrance and finish (12 miles).**

**Note: Good place to leave water out is near River Thames at end of Wouldham Road (just before halfway)**