

LD2 : 14 Mile Training Route (from Horndon Rec)

(Don't attempt this route from Butts Lane to Linford when the roads are very busy)

TL up to T junction. TR down South Hill & over footbridge.

Cross into London Road towards Stanford le Hope and very soon TR into Butts Lane.

Follow back lanes all the way to T junction at Linford.

TL and continue through East Tilbury towards Coalhouse Fort.
After Bata's TR into Love Lane.

Follow back roads to Fort Road Tilbury.

Before power station & railway bridge TR into Brennan Road.
TR (at double roundabout) into Feenan Highway & on to bottom of Chadwell Hill.

Continue ahead up (old) Chadwell Hill to Cross Keys and ahead to pass Chadwell Cemetery.

TL into Heath Road & follow 'til after recreation ground.

At shop turn right into Hornsby Lane and follow to old A13.

TR up cycle path, past Orsett Cock & on to eventually cross old A13 and TL over footbridge just before Buckingham Hill Road (dump road).

Down farm track to meet Horndon 10K route.

TL through farm & continue to road.

Continue ahead back to Horndon Rec.

Note: Good places to leave drinks are – the lay-by on the left just after Bata's and the end of Hornsby Lane by the old A13.