

## LD6 : 18 Mile Training Route (from Blackshots)

Leave Blackshots & TL. Follow pavement as it bears L & soon cross over into King Edward Drive. Take 1st L (Buxton Road) to end & TR into Carlton Road. At end of Carlton Road TR up Grangewood Avenue back to King Edward Drive.

TL to end and TL passing Thurrock Tech – continue to the ‘Cross Keys’.  
TL to pass cemetery and TL into Heath Road.  
Follow ‘til just past Heath & TR into Hornsby Lane. Follow to old A13.  
TL back to Daneholes & TR into Blackshots Lane (5.8 miles).

Continue past Wm Edwards School and follow main roads anti clockwise to Treacle Mine roundabout. TL(ish) and follow Lodge Lane (old A13) to Daneholes (9.5 miles).

Up old A13 & TR into King Edward Drive. Follow to the end and then diagonally R down grass to old Docks Approach Road. Cross over and TL. Downhill to end. TR & bear R under bridge, TL & cross over to enter Marshfoot Road.

Follow Marshfoot Road for 1 mile to Biggin Lane/Chadwell Hills roundabout. TL up new Chadwell Hill. At top TR over road and TL. Continue past Thurrock Tech to King Edward Drive.  
TR to end of King Edward Drive. \*

TR up old A13, passing end of Hornsby Lane, to top of hill & TL into Rectory Road, Orsett.  
Down Rectory Road & 1<sup>st</sup> L into School Lane. At end TR down Mill Lane to High Road.

TL to reach King’s Arms. TL into Baker Street.  
At end cross old A13 & TR. Continue to Daneholes.  
Cross Road into Blackshots Lane & return to Blackshots.

\* TL back to Blackshots at this point for 14 miles

Note: Good places for drinks are A13/Hornsby Lane junction (twice!) & near the Bull (if not nicked...) & Blackshots.