



## The Viper 15 Trail Run.

R right TR turn right RHF right hand of fork SA straight ahead X cross.

L left TL turn left LHF left hand fork FP footpath BW bridleway

<http://www.mapmyrun.com/routes/fullscreen/1128826216/>

- A. 0. Leave Admirals Park, heading SA through field towards Writtle.
- 0.4 SA at X on Writtle Route Cycle Way (tarmac).
- 0.5 X wooden bridge on the Saffron Trail.
- 0.62 TL onto BW.
- 0.68 SA over bridge
- 0.75 SA onto BW (trail) Lawford Lane
- 1.35 Join tarmac roads (30mph)
- 1.44 Turn left into St Johns Green.
- 1.5 SA at X roads onto Lodge Rd. Use traffic island.
- 1.7 TL into Paradise Road
- 2.0 SA BW / cycle path
- 2.2 SA Under road (A414)
- 2.28 RHF on FP (trail) and woods. Centenary Circle. *Wooden bridges maybe slippery.*
- 2.6 SA (only TL into car park if you need to use to the parks toilets!)
- 2.85 TR @ X.
- 2.9 RHF
- 2.92 RHF (ignore woodland trail arrows) stay on FP
- 3.04 Pass Mascals Houses
- 3.22 TL at junction with Margaretting Rd (60) (Possible Marshal point.)
- 3.6 SA Passing Margaretting Sign.
- 3.8 TR onto FP trail. (Marshal check point & water). 6 wooden plank bridges to cross and fallen trees.
- 4.32 TR. (Possible Marshal Point).
- 4.46 TL onto Nathans Lane (tarmac) (60)
- 4.9 SA (30mph sign)
- 5.15 LHF onto FP - narrow single track. *(If you miss it, TL on Highwood Rd and then TL onto BW)*
- 5.28 TL on BW (concrete/tarmac) Private Rd (15mph)
- 5.5 SA pass farm buildings
- 5.6 RHF staying on concrete trail BW.
- 6.43 pass house and log pile. **(12 milers TL before house onto FP into woodland trail. Skip to point B.**
- 6.5 TR onto Ivy Barn Lane (60mph). Check point.
- 6.9 RHF onto BW

- 7.1 TR to stay on FP on edge of field (*road is on your left shoulder*)
- 7.3 X Ingatestone Rd, staying on BW - Centenary Circle.
- 7.42 Into the forest. RHF onto BW (Brentwood Countryside – Black Arrow).
- 7.7 Exit forest, TL onto BW Mable Tree Lane (stay on gravel / tarmac as it gently turns left.)
- 8.3 TL onto Mill Green Rd (60mph)
- 8.6 SA pass VIPER PH (Possible Marshal / Check Point)
- 8.68 RHF onto Ivy Barn Lane.
- 9.3 LHF back onto BW (gravel/tarmac).
- 9.49 RHF FP behind gated house into woodland (trail)
- (B.)** 10.2 SA into field then TR into woods then out into a field again at 10.3.
- 10.35 (Radio / mobile mast on your right shoulder) *Highest point on route!*
- 10.4 TR downhill on single track towards woods.
- 10.5 SA into woods FP. 3 x wooden plank bridges.
- 10.65 TR on FP to retrace steps back (*possible MP*)
- 11.2 TL onto retracing route on Margaretting Road (60) Water stop – check point.
- 11.4 SA “Writtle” road sign
- 11.77 TR onto FP (trail) passing Mascals again.
- 11.87 SA into Hylands Woods.
- 12.1 TL at X in woods to retrace steps through Hylands Park woodland.
- 12.43 SA (*Only TR into car park if you need the loo!*)
- 12.75 Exit woodlands & TL onto FP / cycle lane.
- 12.9 SA onto Paradise Rd. (30)
- 13.25 TR onto Lodge Rd (tarmac and over a half marathon done!)
- 13.47 SA at X roads onto St Johns Green
- 13.5 RHF into Lawford Lane (tarmac)
- 13.6 SA onto BW Lawford Lane (trail).
- 14.2 Join FP and follow cycle route towards Chelmsford retracing steps.
- 14.3 TR (*so playing fields will be on your left shoulder*)
- 14.89 SA onto field at X rd (*same as parkrun course*).
- 14.98 miles. SA in Admirals Park.
- 15 miles. Uphill to Finish (pure evil!)

**Emergency numbers: 07774003961 / 07946622599**

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WATER *living water*

**32GI**  
Sports Nutrition



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