

CHELMSFORD BREW CO.

12k trail run & rum

TR turn right; **RHFE** right hand field edge; **FC** field corner; **SA** straight ahead; **X** cross; **B** Bridge; **TL** turn left
LHFE left hand field edge; **FP** footpath; **BW** bridleway; **Rd** road; **WB** wooden bridge; **RHS** Right hand side
LHS. Left hand side

Exit the bar, **X Rd** when safe to do so. **TL** downhill on Waterloo Lane passing car park on shared **FP**/cycle path

0.2 Cross **B** over river towards Tesco. **TR** on **FP**; 0.4 **X** Bond St. Keep river on **RHS**

Annonay Walk becomes Empire Walk. **SA** Go under road bridge. Keep river **RHS** on split **FP**/cycle path

1k **SA** still passing Essex Records office; 1.35 over humpback **B**, follow **FP** diversion signs

2k **SA** to go down through underpass on split cycle path/**FP**. 2.4 **TR** on Mill View Road

2.7 Follow **FP** to riverbank path. 2.77 **TL** to keep river on your **RHS**

3.9 **X Rd** to stay on **FP**; 4.15 **TR** onto Brooks End Road. 4.4 **TL** onto Sandford Mill Lane

5.1 **TR** onto Maldon Road (then use footpath until after the farm shop)

5.7 **X Rd** at traffic island. Heading towards Chelmsford

5.9 **TL** onto Baddow Hall Avenue (**X Rd** to follow grass single track)

6.1 Exit grass/woods onto road. Go down **FP** between houses. At metal railing **TR** onto Pawle Close

6.3 **TR** onto Barrington Close. At end join **FP**. Sharp **TR** onto wider **FP**/cycle route (The Bringey).
Go through the underpass

6.8 **TL** at corner of Baddow Hall school on **FP**

7k **TL** at end onto Church Street. **X Rd** at Chelmsford Brewery sign into industrial estate. Continue to the bar! (*Report to Rich', collect your beer token, then order your drink at the bar. You have until the tail runner drinks a pint before you have to leave!*)

7.2 Exit bar and retrace steps to Baddow Hall school

7.6 **SA** to go through gate into park. **SA** to BMX bump track. **SA** to path in FC, then follow trail to the **LHFE** to exit park.

8k Heading towards the fire station. 8.1 **SA** then **TR** to **X Rd** to Londmead Avenue, use the traffic island.
SA on Londmead Avenue (becoming Meadgate Avenue)

9.9 **TR** to stay on Meadgate Avenue. **TL** on **FP** toward Army & Navy roundabout.
Use underpass to get to ALDI

10.3 **SA** to stay on Parkway; 10.4 **X** access road; 10.5 **TR** into Baddow Road then **TR** Baddow Road car park/Bow Bridge Road; 10.65 **X** Bow Bridge; 10.8 far side of **B** 180° **TR** onto **FP**

10.85 **TR** under **B** on shared **FP**; 10.9 **TL** on **FP** to **B** over river to Meadows Walk

11k **TL** onto Meadows Walk (crescent shaped **FP**). Keep car park on your right; 11.16 go under **B** then...

11.2 **X** access rd to car park. **TR** and head towards the river; 11.3 **TL** onto French's Walk shared **FP**.
Keep river on **RHS** and **SA** into city centre; 11.46 **SA** at pedestrian **X Rds**, keeping river on **RHS**

11.6 **X** Bond Street and turn left passing Jamaica Blue (Restaurant)

11.7 Keep John Lewis on your **LHS** to stay on Bond Street

11.8 **TL** and uphill on Waterloo Lane. **X Rd** to Voodoo Keller Bar

12k Bottom of Stairs (*Check in with Caroline to record your finish time, then rum & medals o'clock!*)



Emergency numbers 07774 003 961 / 07858 334 193