

10k trail run



(!) Caution, **B** Bridge, **BW** bridleway, **DH** Down Hill, **FC** field corner, **FP** footpath, **LHFE** left hand field edge
LHS left hand side, **Rd** road, **RHFE** right hand field edge, **RHS** right hand side, **SA** straight ahead
TL turn left, **TR** turn right, **UH** Up Hill, **X** cross



Exit the bar, **X Rd** when safe to do so. **TL** downhill on Waterloo Lane

0.16 **TR** onto Bond Street. **SA** passing Wagamama / Car park entry

0.37 **XR(!)** then **TR** onto shared **FP**. **SA** at Backnang Square and **SA** on French's Walk

0.79 160 degree **R** bend to join Meadows Walk

0.84 **TL** over **B**. **TL** onto Kings Head Walk **FP**

1k **SA** under **B**, join enclosed trail

1.38 **LHFE** -> 1.66 **SA** under **B**

1.75 **RHS** path **SA** through centre of field

1.85 **SA** earth **B** and centre of field

2.1k **TR** onto **FP**, **RHS** path to -> 2.17 and go through tunnel

2.2 **TL** on grass **FP** -> 2.5 **TR** enclosed **FP** (nettles!) -> 2.65 **X Rd** to **FP**

2.76 **TL** onto Longmead Avenue. **SA** crossing side roads to fire station

3.65 **XR(!)** at traffic island the **TL XR** (Jeffery Road) go through entry park on **LHS** gate

3.7 **RHFE** and then **TR** into Baddow Hall Park. **SA** between BMX & playground. **SA** to the biggest trees

4.1 exit gate by green comms box. **XR** to school. **FP**, keep school on **LHS**

4.4 **TL** onto Church Street -> 4.45 **TR XR(!)** to Brewery Fields. **SA** to brewery check point

4.5 retrace route to Church Street. **XR(!)** **TL** -> 4.6 **TR** The Bringey

4.9 **TR** at School. The Bringey (shared cycle route)

5.14 **SA** underpass then sharp **TL** by bin to **FP** -> 5.27 **SA** Barrington Close

5.35 **TL** Harrow Way -> 5.5 **TL** by metal barrier enclosed **FP**. **TR** Baddow Hall Avenue

5.6 **TL XR** into woodland enclosed **FP** -> 5.8 **TR XR** onto Maldon Road

SA (with main road on your **LHS**) until...

6k **TL, XR(!)** at traffic island. **TR** on **FP** and then **TL** at dog bin in hedge gap

6.05 **TR** single track. **TL DH** to concrete path -> 6.4 **TL** onto gravel track

6.7 **TR** gravel track -> 6.87 **SA** grass track -> 7.25 **TR X** earth **B**. **TL LHFE**

7.69 **LHFC TL** in gap in hedge. Then **RHFE** -> 7.9 **X B** over Barnes Mill Lock. **TL** on **FP**

8.02 **SA B** then **SA LHFE** -> 8.75 **SA** under **Rd B** -> 8.9 **SA** to join shared **FP**

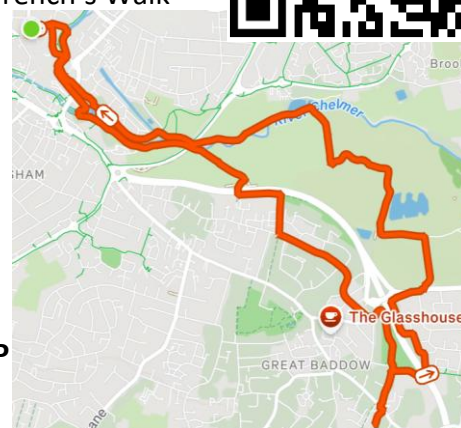
9k **TL** over humpback **B**, **SA** on split **FP** -> 9.4 **SA** under the new **B**

9.5 **TR** on split **FP** into town (Annonay Walk). **SA** keeping river on left.

9.93 **XR(!)** Bond Street. **SA** split **FP** with Tesco on right, river on left

10.10 **TL** over **B** -> 10.13 **SA** between 2 car parks on split **FP** -> 10.21 **XR** and **UH** back to Voodoo

10.34 Downstairs, single file and steady please! Find timer to finish



Emergency numbers: 07774 003 961 / 07858 334 193