

LD5 : 16 Mile Training Route from Blackshots

TR out of Blackshots and continue past Wm Edwards School eventually to Dog and Partridge at North Stifford. TL down Cuckoo Lane then TR through Ardale Estate to Pilgrims Lane. TL to traffic lights and cross road (carefully!!)

Continue ahead (Sainsbury's to your R) over roundabout and bear left with the road. Approx 200 metres on TL onto cycle track & immediately bear R – this track takes you up to Fleming Rd. TL and continue ahead over roundabout (Chaff H station on your R) to eventually TL into Mayflower Road.

Ahead, passing School (on your R), and presently TL up Lancaster Road to top of hill (5 miles). TR along Warren & follow when it bears L and down to shops. Continue as it bears R along Drake Road to eventually pass Sand Martin and reach Devonshire Road. TR downhill (initially!) to traffic lights at London Road. Cross London Road & TL short distance to Wouldham Road. TR and cross railway bridge to reach River Thames (8 miles)

TL and follow path past Wharf pub (on your L). Continue following river as close as possible to Yacht Club. TL to Argent Street. TR to end and TL at T junction and up past width restriction. TR into Grove Road. At end TL and immediately TR into Church Road. Ahead as it becomes alley to emerge near church (Broadway) at other end. Ahead to pass Bull pub (10 miles).

Bear R onto track (by Docks Approach Road) to reach ADSA. Cross Road into St Andrews Road and follow past Tilbury Docks entrance and Tilbury Town Station to hairpin bridge. TL & cross bridge to Dock Road. TR and continue to junction with Moore Avenue. TL and go up to double roundabout – cross into Feenan Highway.

Ahead eventually to roundabout at bottom of Chadwell Hills (by Biggin Lane). TL up new Chadwell Hill to roundabout at the top (14 miles). Ahead (same direction) and cross road before traffic lights. TL to pass Thurrock Tech and TR into King Edward Drive.

TR into Grangewood Avenue and go right down to nearly the bottom. TL into Carlton Road. At end TL into Buxton Road and return to King Edward Drive. Cross King Edward Drive. TR to old A13. TL for short distance and cross road using islands or footbridge.

Return to Blackshots by main entrance and finish.

Note: - Good places to leave drinks are top of Lancaster Road, near the Bull (though we've had them taken from there before!), bottom of Chadwell Hill.