

Summer Routes see pages 1 to 5; Winter Routes see pages 6 to 11.

Summer Routes

19a. River/Lion Gorge/Chafford Hundred ('A' 8.5 mls/'Z' 7.5 mls):

¹X footbridge, SA through woods & TR on path at the end. Through subway, TL & almost immediately TR through metal gate. SA down path & exit through metal gate into Hillside. At end X RD & TL uphill. TR down Malvern Road (cemetery on your R) & then down alley to field. SA follow L field edge & through gap at other end. ²TL up grassy hill to top - TR downhill then follow footpath ahead past the 'Bull'. TL, X RD, TR and continue to Clarkebourne Drive. ³TL to bottom & TR into Silverlocke Road. TL through narrow gap at garages and continue SA. Before end TR into field. SA over field to exit by metal gate on far side. Continue ahead (Elm Road) bear R with the RD to end. TL to William Street & TL. Pass width restriction downhill to enter Grays Beach Park - Bearing R initially continue to the river. Follow River past Yacht Club, round ⁴Grays Wharf & eventually to the 'Wharf' pub. SA by river & TR at end of path to X railway bridge. TL along pavement, presently CAREFULLY Xing RD. At bus shelter, just before Mill Lane, TR through narrow gap & down slope to track. Follow 'til it eventually zig zags uphill & X RD SA. down zig zags & SA through metal gate. Continue SA (ignore track on L) then bear R & exit by metal gate to Devonshire Road. TL along pavement and ⁵X RD VERY CAREFULLY at bend to pass through wooden gate. Follow track SA and eventually emerge through metal gate & metal barrier on L. TR along grass verge to roundabout and X VERY CAREFULLY. Return to TRFC.

Short-Cuts: 1. X RD at island & TR along pavement to subway; 2. SA; 3. SA down alley, at RD TL & immediately TR; 4. Go through Grays Wharf gates, TL along pavement and continue to the railway bridge; 5. Continue on pavement.

19b. Chafford Hundred/Lion Gorge/River ('A' 8.5 mls/'Z' 7.5 mls):

X Blackshots field, past Civic Hall & X Blackshots Lane into alley. Follow old A13 to *Windsor Avenue traffic lights. Continue SA soon crossing old A13 to Treacle Mine roundabout. Bear L down Elizabeth Road to roundabout. TR & X RD into Devonshire Road (Western Bypass). Almost immediately X road at hatching (TAKE CARE) & TL through gate. TR and continue on main track back to the road. X road & TL. Continue about 200 metres & TR through metal kissing gate towards Lion Gorge. TL and follow main track, soon through metal kissing gate, then up zig-zags to road. X road & down zig-zags on the other side. SA 'til just before bridge TR up track to London Road, by bus shelter. X Road & TL along pavement. Just after traffic lights TR up Wouldham Road over railway bridge to river. *Follow river path past the 'Wharf' pub to Argent Street. *Soon TR back to the river and continue to just past Grays Yacht Club. TL back to Argent Street & TR. Follow to the end & TL up Bridge Road to just past width restriction. TR into Grove Road. At the end TL & immediately TR into Church Street leading into alley. At end of alley TL to the Broadway & TR. Pass 'Bull' pub & continue ahead to soon bear L uphill with the old Dock Road to eventually pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

*** = Short-cutters:** 1. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Lenthall Avenue, and bear L with Thurloe Walk. Shortly, at metal barriers, TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TR to roundabout & TL for short distance to roundabout at Elizabeth Road/Devonshire Road junction. SA over into Devonshire Road. 2. Cut diagonally L to river, 3. Stay on Argent Street to the end.

20. Grays Gorge/Badger's Dene/River ('A' 7.5mls/ 'Z' 6.3 mls):

X Blackshots field, past Civic Hall & X Blackshots Lane into alley. Follow old A13 to Windsor Avenue traffic lights. ¹Continue SA soon crossing old A13 to Treacle Mine roundabout. Bear L down Elizabeth Road to roundabout. TR & X RD into Devonshire Road (Western Bypass). Almost immediately X road at hatching (TAKE CARE) & TL through gate. TR and continue on main track. Shortly TL over grassy area and down steps - SA to meet track. TR along track - at end SA to exit gorge and duck under barrier to exit car parking area. TR along street (Bersham Lane) for very short distance and TL along Bankfoot. Follow all the way to emerge opposite Morrison's and TR down to London Road. TR to end of Meeson's Lane & X over zebra crossing. SA to river by 'Wharf' pub & TL continuing to Argent Street. ²Soon TR back to the river and continue to just past Grays Yacht Club. SA by river & TL into Grays Beach Park. Make way

through park (initially TR then TL) and out park gates up Bridge Road to just past width restriction. TR into Grove Road³ & immediately TR down Elm Road. Follow, bearing L, to metal gate ahead. Continue X SA over field and exit by metal gate on far side. TL to eventually pass to L of garages and reach road. TR for short distance and TL up Clarkebourne Drive to the Broadway TR & presently pass Bull pub. TL, X road, and bear L round corner. SA up grass bank &, at top, TL down. TR on path to reach recreation field - SA on right edge then SA up the dreaded cemetery hill (cemetery on your L). SA & cross road into Ridgeway. SA & just before end TL into alley and through width restriction. SA on R field edge then down steps and TR up to Woodview. TR under subway and return to TRFC.

Short-Cuts: 1. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Lenthall Avenue, and bear L with Thurloe Walk. Shortly, at metal barriers, TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TR to roundabout & TL for short distance to roundabout at Elizabeth Road/Devonshire Road junction. SA over into Devonshire Road. 2. Stay on Argent Street to roundabout & TR to the river 3. SA down Grove Road At the end TL & immediately TR into Church Street leading into alley. At end of alley TL to the Broadway & TR.

20a. Thursday - Grays Gorge/Badgers Dene/River ('A' 7.5mls/'Z' 6.3mls):

X Blackshots field, past Civic Hall & X Blackshots Lane into alley. Follow old A13 to Windsor Avenue traffic lights. ¹Continue SA soon crossing old A13 to Treacle Mine roundabout. Bear L down Elizabeth Road to roundabout. TR & X RD into Devonshire Road (Western Bypass). Almost immediately X road at hatching (TAKE CARE) & TL through gate. TR and continue on main track. Shortly TL over grassy area and down steps - SA to meet track. TR along track - at end SA to exit gorge and duck under barrier to exit car parking area. TR along street (Bersham Lane) for very short distance and TL along Bankfoot. Follow all the way to emerge opposite Morrison's and TR down to London Road. TR to end of Meeson's Lane & X over zebra crossing. SA to river by 'Wharf' pub & TL continuing to Argent Street. ²Soon TR back to the river and continue to just past Grays Yacht Club. TL back to Argent Street & TR. Follow to the end & TL up Bridge Road to just past width restriction. TR into Grove Road. At the end TL & immediately TR into Church Street leading into alley. At end of alley TL to the Broadway & TR. Pass 'Bull' pub & continue ahead to soon bear L uphill with the old Dock Road to eventually pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

*** = Short-cutters:** 1. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Lenthall Avenue, and bear L with Thurloe Walk. Shortly, at metal barriers, TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TR to roundabout & TL for short distance to roundabout at Elizabeth Road/Devonshire Road junction. SA over into Devonshire Road. 2. Cut diagonally L to river, 3. Stay on Argent Street to the end.

21. Orsett/Parkers Farm Road - 'A' 8.6 mls, 'Z' 6.9 mls:

¹X rugby field to corner near footbridge and TL along grass verge. ²Fork L down 'salt mine' (old, old A13!) for 200 metres and TR up ramp to bridge. SA on pavement & TL into Baker Street. Just after 2nd bridge TR & follow bridle path beside A13. At end TL down Mill Lane to just before house. TR and SA following field edge to presently TL through hedge gap onto cricket ground. Exit past pavilion and SA down Rowley Road, X High Road SA into Pound Lane. Bear R with Pound Lane but ³immediately TL off - road down public footpath - follow SA eventually to exit at Parkers Farm Road. TR to RD junction and TR along Conways Road back towards Orsett. Soon after bend TR into Malting Lane & follow as it bears L up to High Road. TR along pavement & shortly after village hall TR into Fen Lane. Follow for approx. 1.5 miles eventually uphill to Stifford Clays Road. TR along cycle track and under bridge. Uphill (if knackered, TL up steps) & TL to pass Wm Edwards School & return to TRFC.

Short Cutters: 1. SA X rugby field to old A13 verge; 2. SA up grass verge to bridge; 3. SA to road junction & TL down Conways Road, TL into Parkers Farm Road & just before corner TL & follow tracks back to Orsett. At RD TR then bear L uphill to High Road. TR on pavement & (opposite village hall) TL, X RD carefully & SA up Mill Lane, just after large house (on your R) TR into public footpath. Follow SA to eventually reach Baker Street just after stables. TL & return to TRFC.

22. Chadwell/West Tilbury/Biggin Hill ('A' 6.5mls/'Z' 6.1mls) [22]:

¹Over footbridge & SA into woods. TL at end of track & X King Edward Drive. SA & immediately after Woodside School ²TL & through woods diagonally R. Follow narrow path by school fence then under subway. Follow L edge of

recreation ground round to opposite former Greyhound pub (now new houses). TL, X RD & SA into Greyhound Lane. Just after houses TL on narrow enclosed path & through kissing gate. SA to corner (by tree) & TR on R field edge to woods. TL and follow main path, soon bearing R, then TL & pass through fence. TR and follow track to road. X EXTREMELY CAREFULLY. SA on field edge and bear R at corner. TL on obvious track to soon reach High House Lane. TR and continue to house on L (regroup). ³TL on obvious track to Hoford Road. TR & follow to main road. X VERY CAREFULLY into Blue Anchor Lane & SA to West Tilbury Village. TR past King's Head pub and continue to road junction. X SA to stile. X ST & SA on obvious track to high stile. X ST and 4 TL following fence then TR track down steep hill to X ST into Biggin Lane. TL to end, TR short distance and TL to X RD CAREFULLY by roundabout. Fork R through hedge and climb diagonally L to top of hill (regroup). TL and follow field edge eventually bearing R into alley. X RD, SA in alley, X another RD and SA up yet another alley to main RD. X RD & return to TRFC.

Short -Cutters: - 1. X RD using island; 2.SA over footbridge, diagonally L over Heath to end of houses line & TR towards Greyhound pub; 3. SA on High House Lane to main road. X carefully into Turnpike Lane and continue to stile (on your R) opposite Rectory Road; 4. SA downhill to stile.

22a Biggin Hill/West Tilbury/Chadwell ('A' 6.8mils, 'Z' 6.1mils):

¹X footbridge & through woods to X King Edward Drive. SA & X footbridge. ²TR and follow field edge to past swings. TR into alley and follow to road (River View). X RD, ³TR & shortly TL into alley. SA X 2 RDs then bear L with field edge. Presently bear diagonally R downhill to hedge gap by roundabout. X RD CAREFULLY & SA down Biggin Lane. At stile (on your R after houses) X & ⁴SA up steep hill & TL to follow new fences). X high stile, TL and follow tracks eventually to stile ahead. X stile and ⁵SA down Rectory Road to pass the 'King's Head'. TL into Blue Anchor Lane & continue to cross-roads. X VERY CAREFULLY into Hoford Road and continue SA (passing farm on your L) eventually to fingerpost & TL onto obvious track. At end (by house) TR and follow wide track (High House Lane) soon downhill then uphill and TL onto obvious track. At hedge line TR and follow field edge (houses on your L) to RD (A128). X WITH EXTREME CARE. SA on field edge 'til after green fences & TL through hedge gap. Bear R following tracks in woods which soon bear L round to near finger post. TR & follow field edge to prominent tree - bear L here on narrow track then through metal kissing gate & between hedges to Greyhound Lane. TR & continue to Heath Road. X RD, over low barrier & ⁶TR. Follow field edge to underpass then track to woods. X woods diagonally R to tarmac path. TR and return to TRFC.

Short-cutters: 1. X RD at island; 2. X field diagonally R aiming to R of swings; 3. TL & TR down Thames View; 4. Diagonally L uphill, TL at top between broken fence posts to stile; 5. TL up Turnpike Lane - at end X VERY CAREFULLY into High House Lane; 6. Either: X field diagonally L to footbridge (shortest option) or X field diagonally R to subway

24. Tuesday - Lake/Sainsbury's/Mardyke ('A' 7.7mils/'Z' 6.4mils):

X Blackshots field & leave by main entrance. X RD & though alley to (old) A13. TR & continue to Windsor Avenue traffic lights. SA but soon TL over (old) A13 and ¹on to 'Treacle Mine' traffic lights. Bear L into Elizabeth Road down to roundabout. TR & X RD into Devonshire Road (Western By Pass). TR into Drake Road and follow to Wildlife Visitor Centre (opposite shops). Just past Visitor Centre TL through gates and down zigzags to Gorge - ²at bottom TL and follow paths round keeping lakes on your L. Eventually leave Gorge uphill on opposite side to leave through gate. SA into RD & Bear L with it - shortly TR to footpath & TR down it to traffic lights at Sainsbury's roundabout. X RD (VERY CAREFULLY) into Pilgrim's Lane and uphill to ³X bridge and on downhill to roundabout. X RD SA through gate to follow Mardyke to footbridge. TR uphill to RD. TL and continue to North Stifford Roundabout - X WITH EXTREME CARE. Return to TRFC usual route past Wm Edwards and along the farm track. **In dark/dull light conditions TR up Crammavill Street, rather than passing William Edwards School, and return via Long Lane.**

Short-Cuts: 1. Bear L over grassy area & TR into Lenthall Avenue past shops. At Hogg Lane X RD & TL. Soon TR into cycle track and follow to pedestrian lights (Elizabeth Road). X RD & SA (same direction) down cycle track to X 2 RDs. At track junction (red dog loo) TL & follow cycle track Xing 2 RDs down to Drake Road. 2. TR and follow path over to opposite exit. 3. At end of bridge TR into cycle track and continue in that direction (Ardale Estate) to Clockhouse Lane. TL to Dog & Partridge. X RD & TR to North Stifford roundabout.

25. Thursday - Marley Tiles/Mardyke Way ('A' 8.2mils/'A' 7.7mils):

Over Blackshots field past Civic Hall, X RD down alley & follow old A13 to Harvester (keep together to this point). TR X RD & over footbridge. TL into Guardian Avenue through Ardale Estate to Pilgrims Lane. X RD & TR. ¹Downhill on pavement to Mardyke road bridge, uphill to Traffic Lights & TL. Over railway bridge. Continue to grassy area with play equipment (on your L). X area diagonally R passing to R of play area and enter wide track through trees. Follow downhill to the Mardyke Way & TL. ²SA then under railway bridge and TR over footbridge. Immediately TL and follow by river to the road bridge. X road carefully (regroup) and TL onto track & through gate. Follow Mardyke to footbridge then TR uphill to RD. TL to roundabout - X WITH GREAT CARE. Return to TRFC usual route past Wm Edwards and along the farm track.

Short-Cutters - 1. TL Down to Davy Down car park and across to footbridge. X Mardyke, TL & under railway bridge. Shortly after that TR into woods (Branetts Wood). Follow main tracks 'til returns to Mardyke Way. 2. TL and route now as for 'A's though 'Z's may choose to go up road past Dog 'n Partridge after crossing at the road bridge.

26. Heath/Chadwell Flats/Golf Course ('A' 8mls/'Z' 7 mls):

¹Over footbridge & SA into woods. TL at end of track & X King Edward Drive. SA & immediately after Woodside School ²TL & through woods diagonally R. Follow narrow path by school fence then under subway. Follow L edge of recreation ground round to opposite former Greyhound pub. TL, X RD & SA into Greyhound Lane. Just after houses TL on narrow enclosed path & through kissing gate. SA to corner (by tree) & TR on R field edge to woods. TL and follow main path, soon bearing R, then TL & pass through fence. TR and follow track to road. X EXTREMELY CAREFULLY. SA on field edge and bear R at corner - just before playing field (on your R) TL on obvious track to soon reach High House Lane. TR and continue to house on L (regroup). TL on obvious track to Hoford Road. TL and continue, presently uphill, for some distance to fingerposts (regroup). TL & X quarry area then SA down narrow path to woods. Follow obvious paths diagonally L through wood to golf course. Follow L edge SA (fence on your L) heading for waymarker posts ahead. Upon reaching final waymarker post TR & head towards golf road/main track. Continue presently passing buildings (on your R) - at corner follow sharp L track/road passing golf clubhouse to road - A128 (regroup). X ROAD CAREFULLY & TL along verge for short distance to fingerpost. TR along enclosed track (watch for rabbit holes) to track junction. TR & follow field edge - in corner X stile to road. ³X ROAD CAREFULLY at island, TL & almost immediately TR to X bridge. TL over RD, X barrier, & SA with fence on your R to stile. TR X stile & X field diagonally L aiming for white house. At lane TL & just past house TR into public footpath. Follow SA to eventually reach Baker Street just after stables. TL & return to TRFC.

Short-Cuts: 1. X RD at island, 2. SA over footbridge, X heath diagonally L towards Greyhound pub, 3. TL down cycle track by old A13 and return to TRFC.

26a. Baker Street/Golf Course/Chadwell ('A' 8 mls, 'Z' 7 mls):

¹X field by Harriers Track to corner near footbridge and TL along grass verge. ²Fork L down 'salt mine' (old, old A13!) for 200 metres and TR up ramp to bridge. SA on pavement & TL into Baker Street. At stables TR and continue SA to Mill Lane. TL and almost immediately TR through hedge gap. Follow track diagonally R over fields to stile/fingerpost. X ST & TL up to Rectory Road, Orsett. X RD, TR over bridge to old A13 and X CAREFULLY at traffic island. TR & almost immediately TL over stile by fingerpost. SA on field edge for approx 150 metres to fingerpost and TL. Follow narrow enclosed track to Brentwood Road (A128). TL along verge then CAREFULLY X RD onto golf course RD. Follow RD to pass clubhouse (on your R) and then TR sharply with the road 'til it runs out! Then ahead bearing slightly left to pick up first wooden waymarker post. TL and continue on line of markers then SA (with wooden fence soon on immediate L) to enter wood by stile. Ahead through wood on obvious track then narrow track to exit quarry area over 2 stiles to Hoford Lane. TR down Hoford lane for some distance to fingerpost on your R. TR and follow wide track to just past house. TR along wide track, presently uphill and TL on obvious track towards houses. At hedge-line TR and follow field edge (houses on your L) to RD (A128). X WITH EXTREME CARE. SA on field edge 'til after green(?) fences & TL through hedge gap. Bear R following tracks in woods which soon bear L round to near finger post. TR & follow field edge to prominent tree - bear L here on narrow track then through metal kissing gate & between hedges to Greyhound Lane. TR & continue to Heath Road. X RD, over low barrier & ³TR. Follow field edge to underpass then track to woods. X woods diagonally R to tarmac path. TR and return to TRFC.

Short Cuts: 1. Down alley to L of Harriers Track 2. TR, X RD, and continue uphill towards Orsett, 3. Bear diagonally L & X Heath to the footbridge.

27. Fen/Orsett/Chadwell ('A' 7.2mls, 'Z' 6.6 mls):

Down TRFC drive, TL at bottom & almost immediately TR through hedge gap. SA on track & TL just before A13. Continue parallel to A13 then exit beside gate to road (regroup). TR soon passing ¹Wm Edwards School to junction with Stifford Clays Road. TR downhill along cycle track under bridge and bear R uphill with it for about 150 metres. TL & X RD CAREFULLY into Green Lane. Downhill & bear R at the corner. Follow track for some distance 'til it bears R uphill to Stifford Clays Road. TL on pavement and, opposite Orsett Village Hall, TR to X RD VERY CAREFULLY into Mill Lane. Up Mill Lane to large house (on your R) & TL through hedge gap. X large field diagonally R on obvious path to reach stile/fingerprint near far corner. X stile, TL and follow fence to RD (regroup). X RD & TR over bridge to old A13. TL Then X RD at traffic island. TR few metres to fingerpost & TL over stile (or under barrier!). Follow left field edge SA for some distance to woods (on your L). SA to fingerpost by end of woods. TR along L field edge to prominent tree - bear L here on narrow track then through metal kissing gate & between hedges to Greyhound Lane (regroup). TR & continue to Heath Road. X RD, over low barrier & ²TR. Follow field edge to underpass then track to woods. X woods diagonally R to tarmac path. TR and return to TRFC.

Short Cutters: 1. Just after bend, before front of William Edwards School, TR down steps to Stifford Clays Road; 2. Either: X field diagonally L to footbridge (shortest option) or X field diagonally R to subway.

28. Thursday - Marshfoot/Sandy Lane/Chadwell ('A' 7mls, 'Z' 6.5mls):

¹X footbridge, SA through woods & TR on path at the end. Through subway, TL & almost immediately TR through metal gate. SA down path & exit through metal gate into Hillside. At end X RD & TL - TR down Malvern Road by cemetery and down narrow path to field. Follow L field edge & through gap at other end. ²TL up grassy hill to top - TR downhill. TL & X RD. TL along pavement under bridge & TL to X RD. TR & SA over roundabout into Marshfoot Road. Follow to roundabout at bottom of Chadwell Hill. ³SA into Biggin Lane & continue to junction. TL up Sandy Lane all the way to roundabout. X SA into Cole Avenue. Down Cole Avenue for some distance and, just before garage (on your R) TR through gap and immediately L to follow field edge all the way to Brentwood Road (A128). X WITH EXTREME CARE. SA on field edge 'til after green(?) fences & TL through hedge gap. Bear R following tracks in woods which soon bear L round to near finger post. TR & follow field edge to prominent tree - bear L here on narrow track then through metal kissing gate & between hedges to Greyhound Lane. TR & continue to Heath Road. X RD, over low barrier & ⁴TR. Follow field edge to underpass then track to woods. X woods diagonally R to tarmac path. TR and return to TRFC.

Short-cutters: 1. X RD at island; 2.SA; 3. TL up Chadwell Hill to Cross Keys and TR. Continue to top of Cole Avenue and regroup. 4. Diagonally L across Heath to footbridge

28a Chadwell/Marshfoot/Old Dock Road: ('A' 7mls/ 'Z' 6.5mls):

¹Over footbridge & SA into woods. TL at end of track & X King Edward Drive. SA & immediately after Woodside School ²TL & through woods diagonally R. Follow narrow path by school fence then under subway. Follow L edge of recreation ground round to opposite former Greyhound pub (now new houses). TL, X RD & SA into Greyhound Lane. Just after houses TL on narrow enclosed path & through kissing gate. SA to corner (by tree) & TR on R field edge to woods. TL and follow main path, soon bearing R, then TL & pass through fence. TR and follow track to road. X EXTREMELY CAREFULLY. SA on field edge and bear R at corner - after playing field (on your R) TR through hedge gap to Cole Avenue. TL and continue to roundabout. ³SA over roundabout into Sandy Lane. If you survive TR at the end and follow Biggin Lane to the roundabout. X into Marshfoot Road CAREFULLY and continue eventually crossing bridge to roundabout.⁴SA over roundabout and TL to X RD using island. TR under bridge and follow pavement bearing L round bend into Old Dock Road. After passing under road bridge X RD carefully and return to TRFC via King Edward Drive.

Short-Cuts: 1. X RD at traffic island; 2. SA to footbridge - X Heath diagonally L to Greyhound pub; 3. TR to Cross-Keys, TL downhill; 4. TR uphill on Old Dock Road (take great care) & return to TRFC via King Edward Drive.

Winter Routes

1. The Three Peaks:

Jog over the (1) footbridge, TL & then TR down King Edward Drive to the end. TL to pass new estate entrance and on to opposite the Cross Keys - regroup here. Run down (old) Chadwell Hill at a moderate pace, X RD ahead, and run up (new) Chadwell Hill with a bit of welly. Finish is about 40 metres past the top. Jog (recovery) to the Cross Keys & repeat twice more finishing eventually at the top of (new) Chadwell Hill where we regroup to jog back to TRFC.

Very tough Nomads might manage a 4th circuit, short-cutters/sufferers might stick at 2. Another option for short-cutters is, after circuit 2, just jog back down the new hill and run up it again rather than doing the full circuit.

Short-cutters: (1) X RD via the island rather than footbridge.

2. The Switchback ('A' 7.75 mls; 'Z' 6.75 mls):

Jog over the (1) footbridge & TL up old A13 cycle path, over Neville's Bridge & TR into the Heath Road. Follow Heath Road (fast group after 'The Fox' pub TL into Gowers Lane then TR at Junction back to the Heath shop) to pass (2) field by the Cemetery & on to Brentwood Road (A128). TR up to Cross Keys. (3) Down old Chadwell Hill & up new Chadwell Hill. On past Palmer's to just past the Orchard Garden Centre. TL down ramp leading into Boscombe Avenue. Follow RD as it bears R up to Rectory Road. (4) X Rectory Road diagonally L & TR into Overcliff Road. Follow Overcliff Road 'til it rejoins Rectory Road. TR down Rectory Road, past new housing estate, and TR into the industrial estate via Towers Road. Take 1st L off Towers Road down to the Broadway (opposite 'Traitors' Gate'). TR past shops & TR up Whitehall Lane to the top (fast group TL just before the top into Highview Avenue. TR at the end and back to top of Whitehall Lane by mini roundabout) - we normally regroup here. TR down alley back to Rectory Road. X RD diagonally L into Boscombe Avenue & follow it back to the Orchard Garden Centre. X RD & TR up over mini roundabout and bridge. TL down bus lane to King Edward Drive & return to TRFC.

Short-cutters: 1. X RD rather than footbridge; 2. X field diagonally R to Brentwood Road; 3. TR along Riverview and regroup at the top of new Chadwell Hill; 4. TL down Rectory Road, past new housing estate & TR into Towers Road. An extra for VERY fast runners is follow old A13, at the beginning, up to Hornsby Lane & TR. Back to Heath Road and chase after the rabble!

3. Orsett ('A' 7.2 mls; 'Z' 6.4 mls):

Down alleyway parallel to TRFC drive. At the end of this we bear L for a short distance then TR down Kerry Road to Long Lane and TL. At mini roundabout TL up (1) Blackshots Lane to Daneholes roundabout & bear L up old A13. Past TRFC fields on verge and, just before incline to bridge, (2) fork L down original road (the 'Salt Mines'). After approx. 200 metres TR up ramp to bridge. TL to Baker Street and TL into Baker Street. At the 'King's Arms' TR, soon X RD and continue towards Orsett Village. Just before main village (3) TL into Pound Lane & follow as it bears R eventually to T junction. TR uphill to soon pass the 'Whitmore Arms' and on up to mini roundabout. TR into School Lane, continue past hospital to mini roundabout. TR following main street through new housing estate down to mini roundabout. X RD, TL and continue eventually Xing RD near the King's Arms. TL into Baker Street - just before the end X over and bear R over the bridge and (4) back down the ramp to the original road (Salt Mines). TR & follow RD as it bears L - just before Travellers' Site TL into Long Lane & return to TRFC - take great care along this narrow dark lane & wear something light/bright.

Short-cutters: 1. TL at library and X Blackshots field diagonally to emerge by the footbridge; 2. Go directly over the bridge on the grass verge; 3. Continue straight ahead to the 'Whitmore Arms' and TR; 4. Continue SA on grass verge & return to TRFC.

4. Tilbury ('A' 7.3 mls; 'Z' 6.2 mls):

(1) X footbridge & TL to King Edward Drive. TR into King Edward Drive and down to the end. TL and (2) continue to the 'Cross Keys'. TR down (old) Chadwell Hill & X RD near the roundabout. On towards Tilbury and fork L into Feenan Highway. (3) At double roundabout straight ahead & soon TR into Hume Avenue. After low factory building (4) TL over hairpin bridge to reach St. Andrew's Road. X RD and TR to pass station and docks entrance. Eventually to roundabout by ASDA. X roundabout and continue ahead to end of cycle track. X RD & TR then immediately bear L up Old Dock Road to pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

Short-cutters: 1. X RD via the island rather than the footbridge; 2. Go down new Chadwell Hill; 3. TR down Brennan Road, past Civic Square, over traffic lights and straight ahead past station to ASDA or 4. (alternative to No. 3) Continue SA past station to ASDA.

4a. Reverse Tilbury ('A' 7.3 mls; 'Z' 6.2 mls):

(1) X footbridge, TL then TR down to end of King Edward Drive. SA into bus lane & immediately bear diagonally R over grass to Old Dock Road. X both carriageways (carefully) & TL downhill - At the bottom SA onto cycle track and follow to (2) ASDA roundabout. X SA into St Andrew's Road. Ahead passing Docks Entrance then Tilbury Town Station. Soon X RD & TL over the Hairpin Bridge to Dock Road. TR leading into Hume Avenue past scrapyards then TL (after Green on L) into Parkside Avenue shortly to double roundabout. X SA into Feenan Highway & continue to St Chad's Road. Bear R and follow to roundabout by Biggin Lane. (3) TL, X RD, & TR up old Chadwell Hill to the Cross Keys. TL along Riverview (Xing RD at some point) and continue past new housing estate main entrance (mini roundabout) to King Edward Drive. TR and return to TRFC.

Short-cutters: 1. X RD via island rather than footbridge; 2. Just before ASDA roundabout TL to X RD & TR. Follow to where road forks (mini-roundabout?) after Tilbury Town Station. Either: bear R along Dock Road to pass end of Hairpin Bridge or SA (which is even shorter) along Calcutta Road to traffic lights & SA past Civic Square to double roundabout; 3. Bear L up new Chadwell Hill & return to TRFC via King Edward Drive. On this run it's a good idea to regroup by ASDA before everyone splits off.

4b. Tilbury Lights ('A' 7 mls; 'Z' 6 mls): (1) X footbridge & TL to King Edward Drive. TR into King Edward Drive and down to the end. TL and (2) continue to the 'Cross Keys'. TR down (old) Chadwell Hill & X RD near the roundabout. On towards Tilbury and fork L into Feenan Highway. At double roundabout TR to Civic Square and admire the lights (if they haven't been nicked yet). SA at traffic lights and (3) TL down alley opposite Barclays Bank (immediately after railings). SA to end & (4) X to Hairpin Bridge. Over hairpin bridge to reach St. Andrew's Road. X RD and TR to pass station and docks entrance. Eventually to roundabout by ASDA. X roundabout and continue ahead to end of cycle track. X RD & TR then immediately bear L up Old Dock Road to pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

Short-cutters: 1. X RD via the island rather than the footbridge; 2. Go down new Chadwell Hill; 3. (alternative to 4) Continue SA to ASDA. 4. TR and continue to ASDA.

5. Grays/River/Warren ('A' 8 mls; 'Z' 7.2 mls):

(1) Down alleyway parallel to the TRFC driveway. At the end of this we bear L for a short distance then TR down Kerry Road to Long Lane and TL. At mini roundabout SA down Long Lane to old A13 opposite 'Treacle Mine'. SA down Hogg Lane into Elizabeth Road & on past garage(s) to roundabout (by former Royal Mail sorting office). TR, X RD & through Morrison's Car Park to London Road. TL to X RD & TR past ALDI. TL into Wharf Road & SA (ish) to 'Wharf' pub car park. TR past 'Wharf' pub along river path to TR into Wouldham Road & over railway bridge to London Road. TL down London Road, X at some point, & TR into Mill Lane to barriers. #SA up Lancaster Road to the Warren. TR along the

Warren & bear L into Clockhouse Lane & downhill to (2) roundabout. Continue ahead bearing R into Drake Road & (3) return on usual route past Sand Martin & fire station.

Short-cutters: 1. X Blackshots diagonally, pass Civic Hall to Blackshots Lane & X. TL and immediately TR down alley to Lodge Lane (old A13). TR to Windsor Avenue traffic lights. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Thurloe Walk. Shortly, at metal barriers TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TL & continue. 2. At roundabout fork R for small short-cut; 3. Along Drake Road either TL up cycle track after Dudley Close (X 2 RDs and TR at large rectangular waste bin - SA to Elizabeth Road) or TL up Bark Burr Road to end & TR up cycle track to Elizabeth Road. # = Burn-up opportunity for 'A' Team: Go straight up the cycle track (Mill Lane) to the top & TR along the Warren.

6. The Three Weeks: our winter monthly 3-mile head-banger round Chafford Hundred.

(Jogging to start, this is the 2-mile warm up) - X Blackshots field diagonally to Blackshots Lane, down alley to Lodge Lane & follow to the Treacle Mine. X Road & 100 metres on is our start by the cycle track going L where we regroup. Down cycle track bearing (1) L at fork to barriers. TR down road & follow as it bears R down to Drake Road. TR & X RD at some safe point. Continue ahead then TL into Merlin Close. X grass & SA X Clockhouse Lane. TL up Clockhouse Lane & bear R at the top into the Warren (1-mile). Along Warren to roundabout. Continue same direction & bear R into cycle track at the end (next roundabout). Downhill - watch out for central bollard - & take (2) 4th opening on R (blue rectangular cycle track sign) & bear L on cycle track by gorge. At end bear R by bottom of gorge (2-miles about 100 metres along here). Just after Essex Wildlife Trust Centre, bear L back on yourself into Drake Road. Bear R with Drake Road & soon TL into cycle track to the Harvester (2.5-miles). TR along cycle track to finish at lamppost almost opposite the Treacle Mine. Regroup & jog back to TRFC (the warm-down...).

Short-cutters: 1. Fork R and continue down to Drake Road; 2. Continue SA down to traffic lights (Sainsbury's) and TR along cycle track.

7. Chafford Hundred Station/Lancaster Road ('A' 7.8 mls; 'Z' 7 mls):

X Blackshots field, past Civic Hall & X Blackshots Lane into alley. Follow old A13 to Sainsbury's roundabout. Bear L and follow cycle track SA over next (1) roundabout & bear L with the Cycle track after Ballatynes. Approx. 200 metres on TL onto cycle track & immediately bear R up to Fleming Road. TL and continue ahead over roundabout (Chaff H Station on your R) & eventually TL into Mayflower Road. SA passing Chafford H School and over several mini roundabout to Lancaster Road. TL up Lancaster Road to the Warren. TR along the Warren & bear L into Clockhouse Lane & downhill to (2) roundabout. Continue ahead bearing R into Drake Road & (3) return on usual route past Sand Martin & fire station.

Short-cutters: 1. TL up Gilbert Road to T junction. X RD and continue (same direction) up cycle track to right of school. At top SA over field to X Rainbow Road into cycle track ahead. Continue, same direction, towards Mary Rose Close, 'til cycle track goes off sharp L. Follow down to Chafford H School & TL; 2. At roundabout fork R for small short-cut; 3. Along Drake Road either TL up cycle track after Dudley Close (X 2 RDs and TR at large rectangular bin - SA to Elizabeth Road) or TL up Bark Burr Road to end & TR up cycle track to Elizabeth Road. There aren't any early short cuts so stay as a group to Sainsbury's with faster runners looping from time to time.

8. Marshfoot Road, Sandy Lane, Cole Avenue, Chadwell Flats (concentrate! 'A' 7.4 mls, 'Z' 6.5 mls)

(1) X footbridge, down to end of King Edward Drive. SA into bus lane & bear diagonally R over grass to Old Dock Road. (2) X both carriageways (carefully) & TL downhill. At bottom bear R under bridge & TL to X RD. TR & SA over roundabout into Marshfoot Road. Follow to roundabout at bottom of Chadwell Hill. (3) SA into Biggin Lane & continue to junction. TL up Sandy Lane (take care) all the way to roundabout. X SA into Cole Avenue & soon TL into alley (by barriers) & follow SA down to Waterson Road. TR for short distance and TR into Saints Walk up to St Francis Way. TL and continue to 3rd RD on L (Ingleby Road). (4) TL then Take 1st R (Halton Road) down to Longhouse Road. TR and almost immediately TR up Wickham Road to field. TL into Courtney Road and continue to Brentwood Road

(A128) - X zebra crossing. SA down Godman Road bearing L at the flats. (5) Continue along Godman Road and eventually it starts bearing R (back on the early direction) to meet Cedar Way at a T junction. TL to Heath Road. X RD & TR - follow Heath Road all the way to Neville's Bridge at old A13. X old A13, (6) TL and back down the ramp to the original road (Salt Mines). TR & follow RD as it bears L - just before Travellers' Site TL into Long Lane & return to TRFC - take great care along this narrow dark lane & wear something light/bright.

Short-cutters: 1. X RD by island; 2. X to the other carriageway near the end & TR (take care) down to the roundabout at the end & 1st exit into Marshfoot Road; 3. (also for wimps...) TL up old Chadwell Hill, TR at Cross Keys and continue to roundabout at the top of Sandy Lane; 4. Continue SA over the field into Courtney Road and SA to Brentwood Road; 5. TR into Cedar Road & follow to Heath Road, 6. Continue along old A13 cycle track & X to TRFC field.

8a Chadwell/Sandy Lane/Marshfoot (concentrate... 'A' 7.4 mls; 'Z' 6.5 mls):

Jog over the (1) footbridge & TL up old A13 cycle path, over Neville's Bridge & TR into the Heath Road. Follow Heath Road to Cedar Road (just after the 'Greyhound') & TL into Cedar Road. (2) Take 2nd R (Godman Road) and follow for some distance to pass Chadwell flats. At A128 X over zebra and TL. Immediately bear R with RD (Courtney Road). (3) At end TR into Wickham Road. At end TL for short distance and TL into Halton Road. At end TL into Ingleby Road. At end TR into St Francis Way. Follow St Francis Way and take 3rd R (Saints Walk). At end TL for short distance then TL into Sabina Road. SA into alleyway & TR along Cole Avenue eventually to roundabout. (4) SA over roundabout into Sandy Lane (take care now...). If you survive TR at the end and follow Biggin Lane to the roundabout. X into Marshfoot Road and continue eventually crossing bridge to roundabout. (5) SA over roundabout and TL to X RD using island. TR under bridge and follow pavement. Bear L into old Dock Road and uphill to pass under bridge. Shortly X both carriageways carefully and X grass diagonally L up to bus lane. TL, X RD into King Edward Drive and return to TRFC.

Short-cutters: 1. X RD by island; 2. Continue along Cedar Road & TL at the end; 3. SA over field into St Francis Way; 4. (also wimps route) TR to Cross Keys & TL downhill to roundabout; 5. TR up Old Dock Road facing carriageway for short distance then X to the other carriageway.

9. Western Bypass (Devonshire Road)/River/Little Thurrock ('A' 7.3 mls; 'Z' 6.5 mls):

X Blackshots field, past Civic Hall & X Blackshots Lane into alley. Follow old A13 to (1) Windsor Avenue traffic lights. Continue SA soon crossing old A13 to Treacle Mine roundabout. Bear L down Elizabeth Road to roundabout. TR & X RD into Devonshire Road (Western Bypass). Follow down all the way to traffic lights at London Road. X London Road & TL to Wouldham Road. TR over railway bridge to the river. TL & Follow river path past the 'Wharf' pub to Argent Street. (2) Soon TR back to the river and continue to just past Grays Yacht Club. TL back to Argent Street & TR. Follow to the end & TL up Bridge Road to just past width restriction. TR into Grove Road. At the end TL & immediately TR into Church Street leading into alley. At end of alley TL to the Broadway & TR. Pass 'Bull' pub & continue ahead to soon bear L uphill with the old Dock Road to eventually pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

Short-cutters: 1. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Lenthall Avenue, and bear L with Thurloe Walk. Shortly, at metal barriers, TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TR to roundabout & TL for short distance to roundabout at Elizabeth Road/Devonshire Road junction. SA over into Devonshire Road. 2. Stay on Argent Street to the end.

9a. Little Thurrock/River/Western Bypass ('A' 7.3 mls; 'Z' 6.5 mls):

(1) X footbridge, down to end of King Edward Drive. SA into bus lane & bear diagonally R over grass to Old Dock Road. X both carriageways (carefully) & TL downhill. At bottom bear R past the 'Bull' and church to Clarkbourne Drive. TL & immediately TR into the alley. At end of alley SA into Church Street. At end TL & immediately TR into Grove Road. At end TL past width restriction then TR into Argent Street to the roundabout. (2) TL to the river & TR.

Follow river paths until return to Argent Street. TL then shortly TL back to river and follow paths past the 'Wharf'. SA to end of river path and (3) TR into Wouldham Road over the railway bridge to London Road. X London Road, TL and shortly X RD at traffic lights and TR up Western Bypass (Devonshire Road) to the end. At roundabout by Elizabeth Road X and return to TRFC via Hogg Lane, Lenthall Avenue, alley & old A13 (Lodge Lane).

Short-cutters: 1. X RD by traffic island; 2. SA down Argent Street then TL to river by the 'Wharf'; 3. Take 1st opportunity to TR for the bridge (faster runners do a slightly longer loop here). There's not much opportunity for short-cutting early on so stay as a group (by looping etc.) 'til we reach Argent Street.

10. Orsett via Hornsby Lane ('A' 6.7 mls; 'Z' 6.0 mls):

Over (1) footbridge, TL then TR into King Edward Drive. TL into 1st Rd (Buxton Road). Into 3rd R (Carlton Road) & TL at the end. TR into alley (just before school gates) & L on path. SA over footbridge & (2) SA towards pavilion. At pavilion TL and follow R edge of Heath round to eventually reach the Heath Road near 'The Greyhound'. TL & follow Rd to Hornsby Lane (by the Heath Shop). TR into Hornsby Lane and follow to the old A13. TR along cycle track before Xing and turning L into Rectory Road. SA to mini roundabout. (3) SA past Whitmore Arms and on then TL into Malting Lane. Malting Lane bears L into Pound Lane and on up to Orsett High Road. TR and continue to Baker Street (Kings Arms). TL into Baker Street - just before the end X over and bear R over the bridge and (4) back down the ramp to the original road (Salt Mines). TR & follow RD as it bears L - just before Travellers' Site TL into Long Lane & return to TRFC - take great care along this narrow dark lane & wear something light/bright.

Short-cutters: 1. X RD via island rather than footbridge; 2. Diagonally L over Heath to Heath Shop (Hornsby Lane); 3. TL into School Lane & after passing school TR at mini roundabout. Follow main road through newish estate to mini roundabout at Orsett High Road. X Rd & TL; 4. SA on grass verge to eventually reach TRFC field.

11. Grays/River Loop ('A' 7.2 mls; 'Z' 6.5 mls):

(1) Down alleyway parallel to the TRFC driveway. At the end of this we bear L for a short distance then TR down Kerry Road to Long Lane and TL. At mini roundabout SA down Long Lane to old A13 opposite 'Treacle Mine'. SA down Hogg Lane into Elizabeth Road & on past garage(s) to roundabout (by former Royal Mail sorting office). TR, X RD & through Morrison's Car Park to London Road. TL to X RD & TR past ALDI. TL into Wharf Road to Argent Street. (2) TR along Argent Street to its (3) end at Wouldham Road. Loop L to the river & TL. Follow river path past the 'Wharf' pub to Argent Street. (4) Soon TR back to the river and continue to just past Grays Yacht Club. TL back to Argent Street & TR. Follow to the end & TL up Bridge Road to just past width restriction. TR into Grove Road. At the end TL & immediately TR into Church Street leading into alley. At end of alley TL to the Broadway & TR. Pass 'Bull' pub & continue ahead to soon bear L uphill with the old Dock Road to eventually pass under a bridge. Soon after bridge TR & X both carriageways (carefully!) & up grass verge to bus lane. TL and X RD into King Edward Drive. Return to TRFC.

Short-cutters: 1. X Blackshots diagonally, pass Civic Hall to Blackshots Lane & X. TL and immediately TR down alley to Lodge Lane (old A13). TR to Windsor Avenue traffic lights. TL & X old A13 into Hathaway Road. Take 1st R (Thurloe Walk). SA, crossing Lenthall Avenue, and bear L with Thurloe Walk. Shortly, at metal barriers, TR into alley. Follow alley to street (Rushdon Close) & SA up to Hogg Lane. TL & continue. 2. SA up to river (by Wharf pub) & TL or 3. Take 1st possible L (before Wouldham Road) to river path & TL. 4. SA down Argent Street.

12. Harvester/Mardyke/Warren ('A' 7.6 mls; 'Z' 6.5 mls):

Blackshots field past Civic Hall, X RD down alley & follow old A13 to Harvester (keep together to this point). TR X RD & over footbridge to (1) Dog & Partridge N Stifford & TL downhill to roundabout. Then back up Pilgrim's Lane to Sainsbury's roundabout. X & up to Warren (2) via side of gorge then cycle track. TL along Warren & return on usual route by Drake Road & past the (3) Sand Martin.

Short-cutters: 1. TL through Ardale Estate, 2. Straight up cycle track to the Warren. 3. TL along cycle tracks (or Bark Burr Road) before the Sand Martin.

12a Warren/Mardyke/Harvester ('A' 7.6 mls; 'Z' 6.5 mls):

X Blackshots field & leave by main entrance. X RD & through alley to (old) A13. TR & continue to Windsor Avenue traffic lights. SA but soon TL over (old) A13 and (1) on to 'Treacle Mine' traffic lights. Bear L into Elizabeth Road down to roundabout. TR & X RD into Devonshire Road (Western By Pass). TR into Drake Road and follow (2) until it bears L past shops and uphill (now Clockhouse Lane). At top of hill TR into The Warren. At very end of The Warren bear R down cycle track # to traffic lights near Sainsbury's. X RD (VERY CAREFULLY) into Pilgrim's Lane and uphill to (3) X bridge and on downhill to roundabout. X RD & TR. Continue, presently uphill, to the 'Dog and Partridge'. TR over RD into Clockhouse Lane. At end X footbridge to 'Harvester' pedestrian lights. X RD & TL. Return via A13 to TRFC.

Short-cutters: 1. Bear L over grassy area & TR into Lenthall Avenue past shops. At Hogg Lane X RD & TL. Soon TR into cycle track and follow to pedestrian lights (Elizabeth Road). X RD & SA (same direction) down cycle track to X 2 RDs. At track junction (rectangular dark waste bin) TL & follow cycle track Xing 2 RDs down to Drake Road. X RD & TR. 2. Just after grassy patch (on your L) TL into Merlin Close and continue in that direction. 3. At end of bridge TR into cycle track and continue in that direction (Ardale Estate) to Clockhouse Lane. TR over footbridge. # Very Fast Runners could do an extra bit by Warren Gorge ('Three Weeks' route) then TL (before track bears R) returning to main route. At the start suggest we all keep together (through looping etc.) to Windsor Avenue traffic lights). Another big short cut is TR at Sainsbury's traffic lights & return to TRFC via (old) A13.