

LD4 : 16 Mile Training Route (from Blackshots via Purfleet)

(Route not recommended for lone runners)

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.

Cross road & TR downhill. TL into Davy Down entrance.

Downhill to car park & through width restriction.

Bear L onto path (towards viaduct) round to the river. Cross over bridge.

TL and follow Mardyke Way to Ship Lane.

TR and continue into Aveley. TL at mini roundabout.

Continue uphill, then long downhill, to reach old A13. TL to traffic lights.

TR over old A13 into Tank Hill Road. Continue to Purfleet.

100 metres (approx) before Purfleet Station TR across road and go through temporary public footpath entrance in fence (easily missed, it's before the houses). Ahead to river. TL and follow river paths to presently pass under QEII Bridge.

Continue to pass Van den Burghs Factory (on your L).

Ahead as far as possible finally crossing steps on L to near end of Wouldham Road.

TR and follow river path to Wharf pub. TL through car park to Argent Street.

TL and continue to Wouldham Road. TR over railway bridge to London Road.

Cross London Road and TL to traffic lights. Cross Devonshire Road and TR.

Uphill (initially), then downhill and finally uphill to roundabout. Cross Elizabeth Road.

Ahead to next roundabout and TL. Pass fire station and TR into Lenthall Avenue.

At first corner TL through alley to old A13.

Cross old A13 and TR. Continue to just before Daneholes roundabout, TL and return to Blackshots.

Note: Good places to leave drinks are Mardyke Way/Ship Lane junction, just before Purfleet, river end of Wouldham Road.