

LD8 : 20 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 river 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). TR to Cross Keys. TL to pass cemetery & TL into Heath Road. Follow & just past far end of heath TR into Hornsby Lane. Follow to (old) A13 (16.2 miles).

**TR to top of hill & TL into Rectory Road, Orsett.
Down Rectory Road & 1st L into School Lane. At end TR down Mill Lane to High Road.**

**TL to reach King's Arms. TL into Baker Street (18.2 miles).
At end cross OLD A13 & TR. Continue to Daneholes.
Cross Road into Blackshots Lane & return to Blackshots.**

Note: Good places to leave drinks are top of Lancaster Road, river end of Wouldham Road, just past the Bull, Chadwell Hill, A13/Hornsby Lane junction, Baker Street after stables.