

LD9 : 22 Mile Training Route from Blackshots

TR out of Blackshots and continue past Wm Edwards School eventually to Dog and Partridge at North Stifford.

Carry on downhill to roundabout and cross straight ahead. TR on pavement over Mardyke Bridge and uphill to traffic lights (Ford Place).

TL and continue to eventually reach centre of Aveley (mini roundabout). TL into Ship Lane and ahead to cross bridge over A13. Very soon TL onto Mardyke Way (6 miles). Continue for some distance to narrow footbridge. TR over Mardyke.

TR then almost immediately TL onto track (railway viaduct on your R) to reach Davy Down Car Park. Pass through metal width restriction.

Ahead up lane to Pilgrims Lane. Cross road and continue virtually straight ahead on cycle track through Ardale estate.

At road TR towards 'Harvester' – cross footbridge and old A13 (8.5 miles).

Ahead on cycle track to Drake Road. TR and follow past shops then bear L uphill to the Warren. Ahead to top of Lancaster Road (mini Roundabout). TL downhill to metal barriers. Straight ahead down Mill Lane to London Road.

Cross road and TL. Continue to Wouldham Road (just after traffic lights).

TR uphill over railway bridge to River Thames (10.5 miles).

TL along river path to the Wharf pub. TL through car park to Argent Street.

TL back to Wouldham Road & TR over bridge back to London Road.

Cross road, TL to traffic lights and TR up Devonshire Road.

Continue to the Treacle Mine pub. TR along old A13 to Daneholes roundabout (14.5 miles). Continue up old A13 to Baker Street.

TL along to 'King's Arms'. TR up towards Orsett Village but TR just after village hall (on your R) up Mill Lane.

At top of hill TL down School Lane to end. TR along Rectory Road & over bridge. Cross old A13 and TR along cycle track to Hornsby Lane (18.2 miles).

TL down Hornsby Lane to Heath Road. TL and follow to Brentwood Road.

TR past cemetery to the Cross Keys (20 miles).

TR along Riverview to pass Thurrock Tech to King Edward Drive.

TR along King Edward Drive.

At end cross road & TL. Continue to Blackshots main entrance and finish.

Note: Good places to leave drinks are: Ship Lane/Mardyke Way junction, jut before the Harvester, river end of Wouldham Road, Blackshots, Mill Lane, Hornsby Lane/A13 junction.

