

TR turn right **RHF** right hand of fork **SA** straight ahead **X** cross **L** left **TL** turn left **LHF** left hand fork
FP footpath **BW** bridleway **DH** downhill **UH** uphill **NCN** National Cycle Network

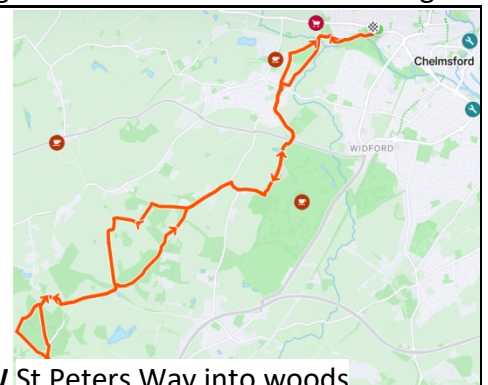
LHFE Left hand field edge (opposite is **RHFE**.) **CC** Centenary Circle



- Start: Route starts on the pavement, Rainsford Road by the entry gate to Admirals Park
DH on shared path. (Reverse of Parkrun route)
- 0.2 **SA** at **X** on grass / gravel (Reverse Parkrun route)
 - 0.7 **SA** at **X** onto Writtle Route Cycle Way (tarmac). 1km **X** bridge (Saffron Trail)
 - 1.2 **TL** onto **BW** → 1.3: **SA** bridge and → 1.4: bend **SA** onto grass **BW** to Lawford Lane
 - 2.2 Join tarmac road (30mph). **SA** then RH bend. Then **TL** onto St Johns Green
 - 2.5 **SA** at **X** roads. Use traffic island to reach Lodge Road
 - 2.9 **TL** onto Paradise Rd. At the end, through tunnel under the A414
 - 3.7 **RHF** onto **FP** and into woods. **CC**. (Wooden bridges may be slippery!)
 - 4.3 **SA** on **FP** (passing Go-Ape. Go into car-park if you need to use the parks toilets on way out or back)
 - 4.8 **TR** at woods **X** paths → 4.85 **RHF** → 4.9 **RHF** (ignore woodland arrow trail arrows) Stay on **FP**
 - 5.2 **SA** passing Mascals buildings → 5.4 **TR** onto Margaretting Road (caution, no pavement!)
 - 5.55 **TL** onto Nathan Lane and head **UH** → 6.5 Water station, continue **SA UH**
 - 7.16 **TL** onto **FP** into woods
 - 7.21 **SA** on **FP** through middle of field
 - 7.62 Route split at **BW** sign. 15k (short course) **TL** (skip to → 16.2) Long **TR**. Head towards farm buildings

15 MILE (LONG COURSE)

- 8k Pass farm building, then **TL** onto **BW** (concrete/gravel track)
- 8.3 **RHF** to stay on concrete track, then head **DH** on it
- 9.4 **SA** on concrete track.
- 9.69 **TR** onto Ivy Barn Lane (caution 60mph limit)
- 10.21 **TR** onto **BW** into woods
- 10.54 **TR** onto **BW** before road then **LHFE**.
- 10.83 **TR** to **X** Ingatestone Road. **SA** through middle of field
- 11.09 Enter woods and **TR** onto **BW**
- 11.51 **TL** onto **BW** (Maple Tree Lane.) Stay on dirt road until....
- 12.5 **TL** onto Mill Green Road (tarmac...60mph.) Then **TL** onto **BW** St Peters Way into woods
- 13.4 **SA** through field (retracing steps.....)
- 13.57 **TR** on **BW**...**RHFE** → 13.9 **TL** into woods on **BW** → 14.15 **TL** onto Ivy Barn Lane
- 14.8 **LHF** onto **BW** (gravel road the gravel road)
- 15km **RHF** behind gated house into woodland trail. **UH** on **FP**. Muddy trail
- 16.1 Exit woods. **LHFE**



- 16.2 **TR** onto **FP** away from field and onto trail*. (Short Course would follow **LHFE** and then **TL** at (7.7km))
- 16.33 **SA** on trail (radio masts will be on your **R**.) → 16.43 **TR** onto **DH FP**
- 16.64 **SA** into woods on **FP**. Caution of slippery wooden bridges. Stay **SA** until
- 17.1 Water Station. **TR** onto Nathan Ln (retrace route)
- 18k **TR** on Margaretting Road → 18.3 **TL** at Maskels onto **FP**
- 18.67 **TR** at **X** to stay on **FP** retracing steps)
- 19.77 Exit woods and **TL** onto shared **FP**/cycle path/**CC** Back under A414 to Paradise Road
- 20.6 **TR** onto Lodge Road
- 20.95 **X** road to St Johns Green but this time **SA** → 21.1 **SA FP** between houses → 21.6 **SA** Writtle Airfield
- 22.1 **TR** onto Fox Burrows Lane/**NCN** towards Chelmsford
- 22.6 **LHF** onto single track **FP**. Exit left by bridge → 22.8 **TR** onto Saffron Trail (retrace route)
- 23.3 **SA** through Admirals Park (Death Valley in Parkrun!)
- 23.8 **UH** on shared path to gate. Cross at traffic lights then **TL** to Black Bull to finish in beer garden!



*Land Shark Running Strava segment! [...see 16.2]