10k trail run

CHELMSFORD BREW CO.

TR turn right, RHFE right hand field edge. FC field corner SA straight ahead X cross. B Bridge. TL turn left. LHFE left hand field edge. FP footpath. BW bridleway. Rd road. RHS Righthand side. LHS Lefthand side. (!) Caution. DH Down Hill.

Exit the bar, X road when safe to do so. TL downhill on Waterloo Lane.

- 0.16 **TR** onto Bond St. **SA** passing Wagamama / Car park entry.
- 0.37 **XR(!)** then **TR** onto shared **FP**. **SA** at Backnang Square and **SA** on French's Walk.
- 0.64 TR at car park then 0.72 XR(!) (TL) onto Meadow Walk FP (river on RHS).
- 0.84 TR over B. Then TL, TR into car-park(!) head for the exit.
- 1.05 **TL** onto Parkway. **SA** passing access **Rd(!)** to Aldi. **SA** into the underpass.
- 1.46 Sharp TL at Great Baddow FP.
- 1.49 Follow around **RH** bend and go through the gap to Meadgate Terrace. Stay left.
- 1.79 SA on enclosed FP. 1.85 SA on grass then RHFE. 2.06 SA by playground.
- 2.09 LHFE. DH X path SA FP. 2.54 TR enclosed FP (nettles!) 2.71 X Rd to FP.
- 2.79 **TL** onto Longmead Ave. **SA** crossing side roads to fire station.
- 3.68 **XR(!)** at traffic island the **TL XR** (Jeffery Road) go through entry park on **LHS** gate.
- 3.72 **RHFE** and then **TR**. **SA** between BMX & playground. **SA** to the biggest tree.
- 4.18 Exit gate by green comms box. XR to school. FP keep school on LHS.
- 4.43 **TL** onto Church Street
- 4.45 **TR XR(!)** to Brewery Fields. **SA** to brewery check point.
- 4.56 Retrace to Church Street. XR(!) TL. 4.68 TR The Bringey.
- 4.91 **TR** at School. The Bringey (shared cycle route)
- 5.14 **SA** underpass then sharp **RT** by bin to **FP**. 5.27 **SA** Barrington Close.
- 5.36 **TL** Harrow Way. **TL** by metal barrier enclosed **FP**. **TR** Baddow Hall Avenue.
- 5.58 TL XR into woodland FP. 5.8 TR XR onto Maldon Road. SA until....
- 6k TL, XR(!) at traffic Island. TR on FP and then TL at dog bin in hedge gap.
- 6.05 **TR** single track. **TL DH** to concrete path. 6.38 **TL** onto gravel track.
- 6.6 TR gravel track. 6.87 SA grass track. 7.21 TR X earth B. TL LHFE.
- 7.69 LHFC TL in gap in hedge. The RHFE. 7.85 X B over Barnes Mill Lock. TL on FP.
- 8.02 **SAB** then **SALHFE**.
- 8.68 SA under Rd B. 8.87 SA to join shared FP. 8.92 TL over humpback B.
- 8.97 TR into estate / bollards then SA. Bear R onto FP to continue SA.
- 9.3 **XR(!)** Wharf Road and then **TR**. 9.53 **TL** before car park, follow twisty **FP** to river then **TR** into town (Annonay Walk). **SA** keeping river on your left.
- 9.93 XR(!) Bond Street. Tesco on right. SA split FP. 10.10 TL over bridge.
- 10.13 **SA** between 2 car parks on split **FP**. 10.21 **XR** and back up hill to Voodoo.
- 10.34 Finish is downstairs; (!) Single file please!



