

The Trifarm Spring 15k Trail Run

Tearooms

R right, TR turn right, RHF right hand fork, RHFE right hand field edge, L left, TL turn left

LHFE left hand field edge, FC field corner, SA straight ahead, X cross, FP footpath

BW bridleway, B Bridge, G Gate, UH Uphill, DH Downhill, RS Retrace Steps

AMc Admiral McHardie(?), LBMW Little Baddow Millenium Walk

Start is located at the southern shore of the Trifarm lake (in KM)

- 0.2 Go through hedge gap and X Church Road. Stay on FP. X bridge and join riverside FP
- 0.3 TL and cross wooden B to enclosed FP. TR onto road and then TL onto Church Road at junction

0

- 0.65 TL onto FP through (diagonally) field. TL stay on RFHE
- 0.8 TR at FP to churchyard. Go down steps then TL on Church Road
- 1k TR onto FP LBMW track (stile)
- 1.25 TR onto grass FP LBMW
- 1.8 Through gap in hedge & a 2 post **B**. **SA** on **FP** through field (Use tree stumps as landmarks to **DH** far side corner)
- 2.2 TR over B on Hurrells Lane, Then..TL
- 2.3 X road to G FP / Waterhall Meadows. SA G
- 2.8 Take 2nd L to be on LHFE; 3.2 TL on Graces Walk BW UH
- 4.2 X road to FP AMc/LBMW; 4.45 TL on enclosed FP
- 4.7 TR on FP AMc into woods UH; 5k TR FP UH
- 5.2 & 5.55 **SA FP UH**. (most paths lead to; 5.6 **G** into Blakes Wood car park). Exit car-park on by **TL UH** on Road (Riffhams Chase)
- 5.7 **TR** into Scouts **G** then track.
- 6.1 TR at yellow arrow before fences/Riffhams Scouts fence into the woods
- 6.3 RHF DH then SA; 6.5 TL on BW UH; 6.9 SA on BW passing bench
- 7.3 Ling Wood Common car-park X road SA to Runsell Lane; 7.7 TL on Clarks Farm Lane FP
- 7.8 TL Wildlife Trust and SA into Spring Wood; 8.1 TR after G DH; 8.4 TL on BW SA to Postmans Lane
- 9.2 X road to AMc FP UH into woods
- 9.4 TL at wooden fence. Follow path around new house & TR to go behind it on BW into Heather Hills/AMc
- 9.7 RHF; 9.8 SA DH BW AMc
- 10.3 TR LHFE; 10.45 TR onto track LHFE; 10.7 TR DH on track
- 10.9 X road (Tofts Chase) to FP. LHFE DH; 11.4 TR in FC LHFE; 11.6 TL onto riverside FP
- 12.5 X road (North Hill) to paper mill lock (3 Gs). Stay on riverbank FP
- 14.1 TR over bridge then TR in hedge gap to Trifarm lake Complete ¾ lap anti-clockwise to finish

Emergency numbers: 07774 003 961 07858 334 193







