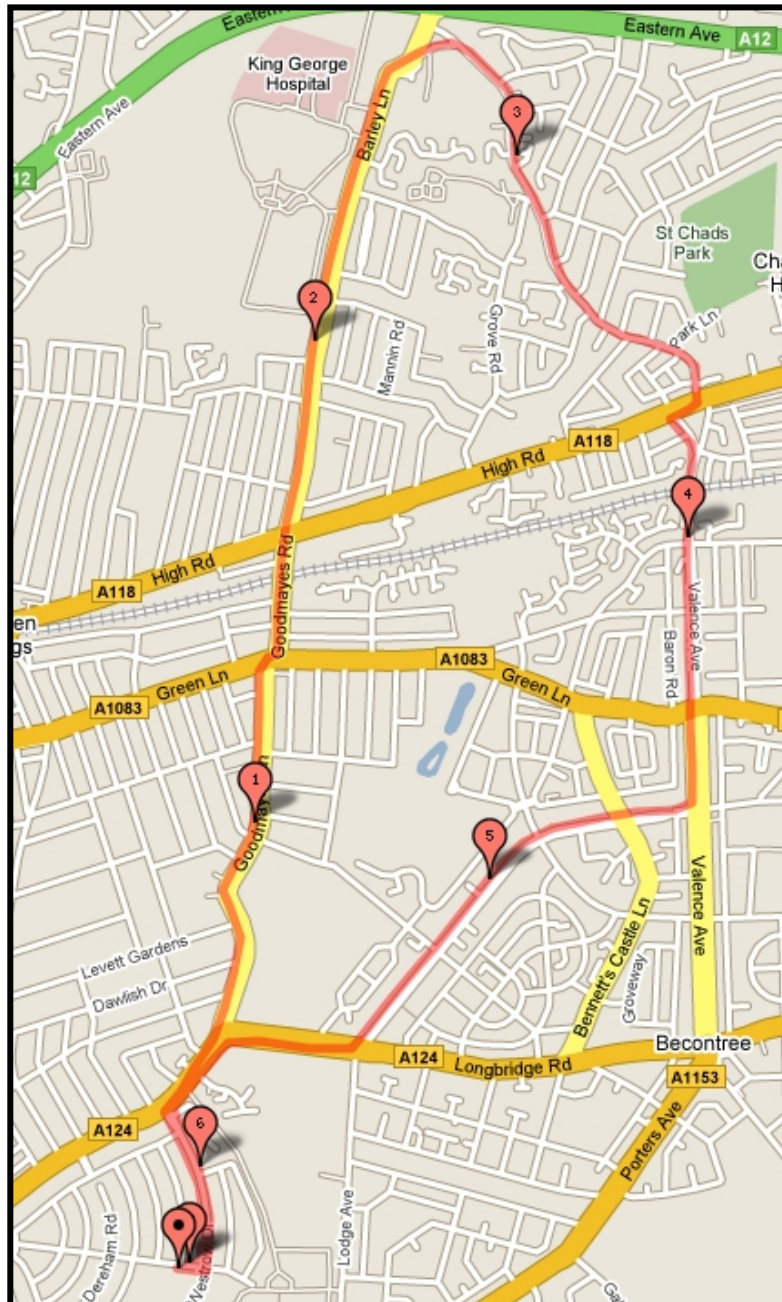


Chadwell Heath – 6.3 miles



Turn right out of Barking Abbey Sports Centre and left into Westrow Drive. At end of Westrow Drive turn right into Longbridge Road, cross at the pedestrian crossing and bear left into Goodmayes Lane. At T-junction cross Green Lanes bearing right then immediately left into Goodmayes Road continuation. Proceed past Goodmayes Station and straight across traffic lights into Barley Lane. At the end of Barley Lane turn right into Little Heath and straight on into Chadwell Heath Lane. At end of Chadwell Heath Lane cross the High Road into Station Road. Continue past Chadwell Heath Station and into Valence Avenue. Continue along Valence Avenue, turning right at traffic light junction into Becontree Avenue. At end of Becontree Avenue turn right into Longbridge Road. Cross Longbridge Road at pedestrian crossing and continue until turning left into Westrow Drive. Continue along Westrow Drive turning right into Woodbridge Road leading you back to Barking Abbey Sports Centre.