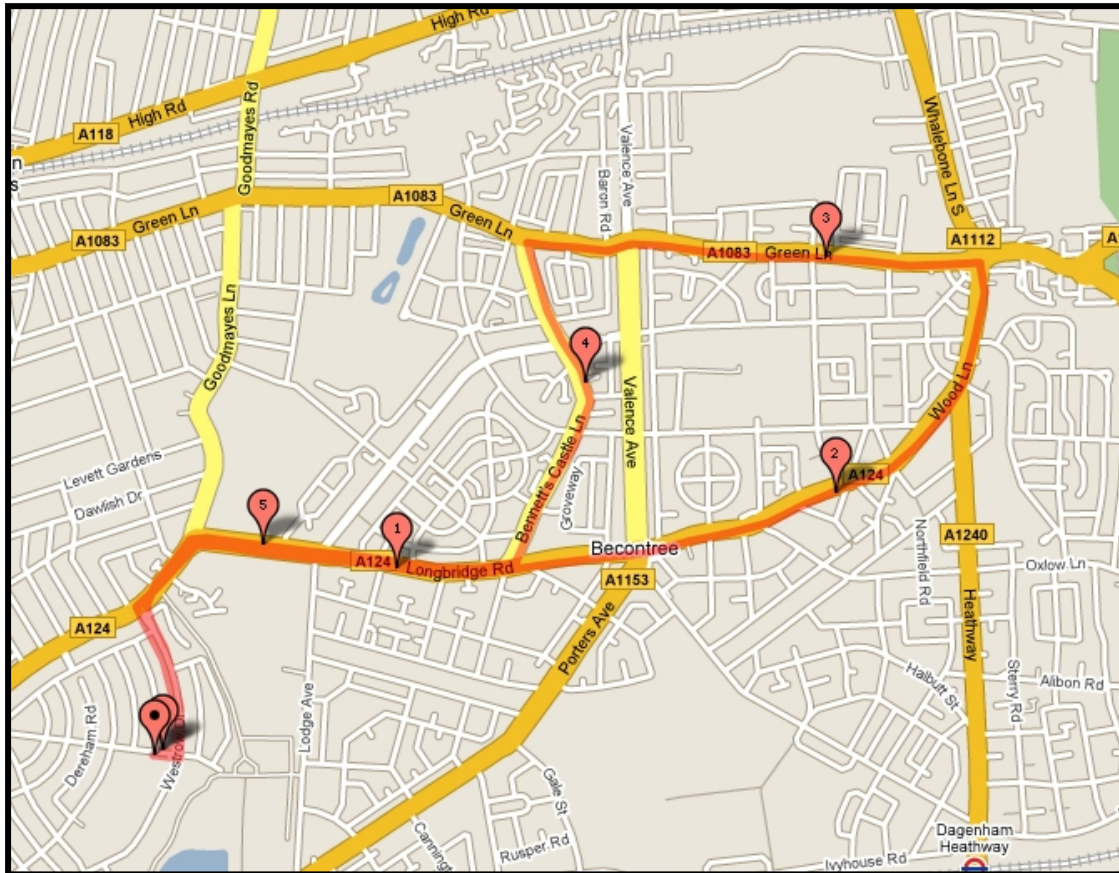


The Fiddlers, Bennett's Castle Lane (5.8 miles)



Turn right out of Barking Abbey Sports Centre and left into Westrow Drive. At end of Westrow Drive turn right into Longbridge Road. Follow Longbridge Road round, heading straight at all junctions. Longbridge Road changes into Wood Lane, continue straight until the 'Fiddlers' traffic light junction is reached. Turn left at traffic lights into Green Lanes and continue until turning left into Bennett's Castle Lane just prior to Green Lane shops. At end of Bennett's Castle Lane turn right into Longbridge Road 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.