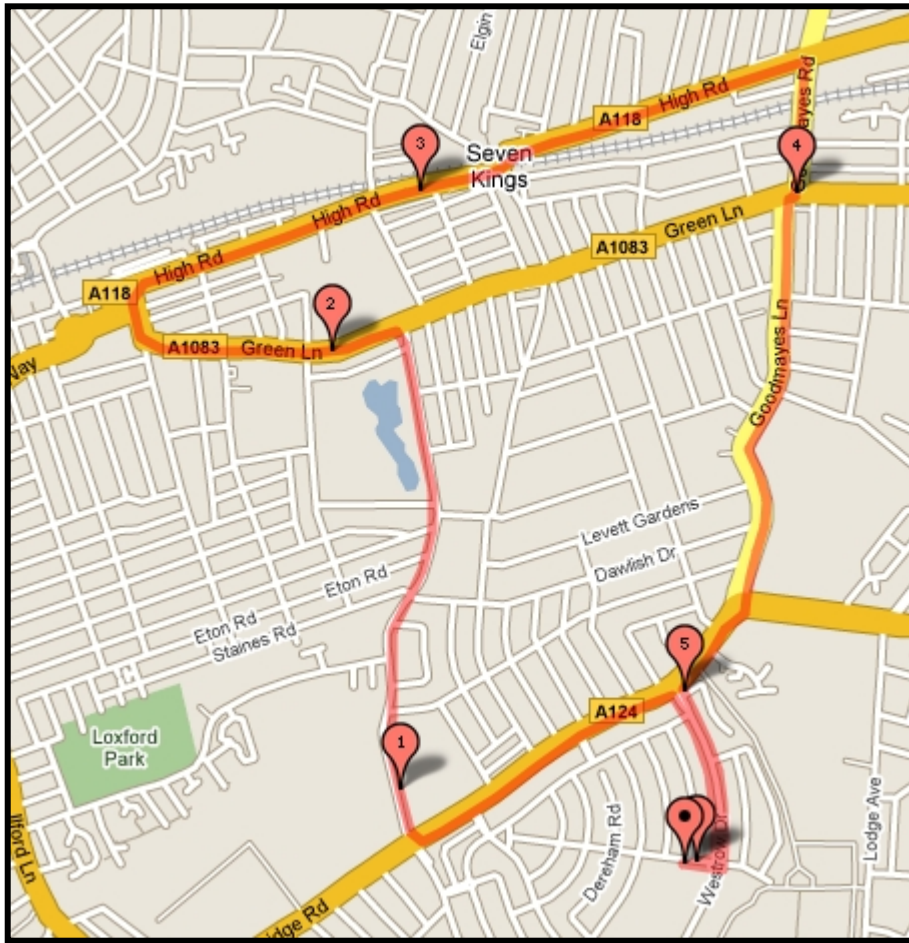


Ifford – Seven Kings – Goodmayes (5.4 miles)



Turn right out of Barking Abbey Sports Centre and left into Westrow Drive. At end of Westrow Drive turn left into Longbridge Road. At Faircross Bus Garage turn right into South Park Drive. At end of South Park Drive turn left into Green Lane. At end of Green Lanes bear right into High Road. Continue along High Road passing Seven Kings Station on your left, continue to traffic lights and turn right into Goodmayes Lane. At junction turn right and immediately left again (crossing Green Lane) and continue along Goodmayes Lane to end. Turn right into Longbridge Road, cross road at pedestrian lights and turn left into Westrow Drive. Continue along Westrow Drive turning right into Woodbridge Road leading you back to Barking Abbey Sports Centre.