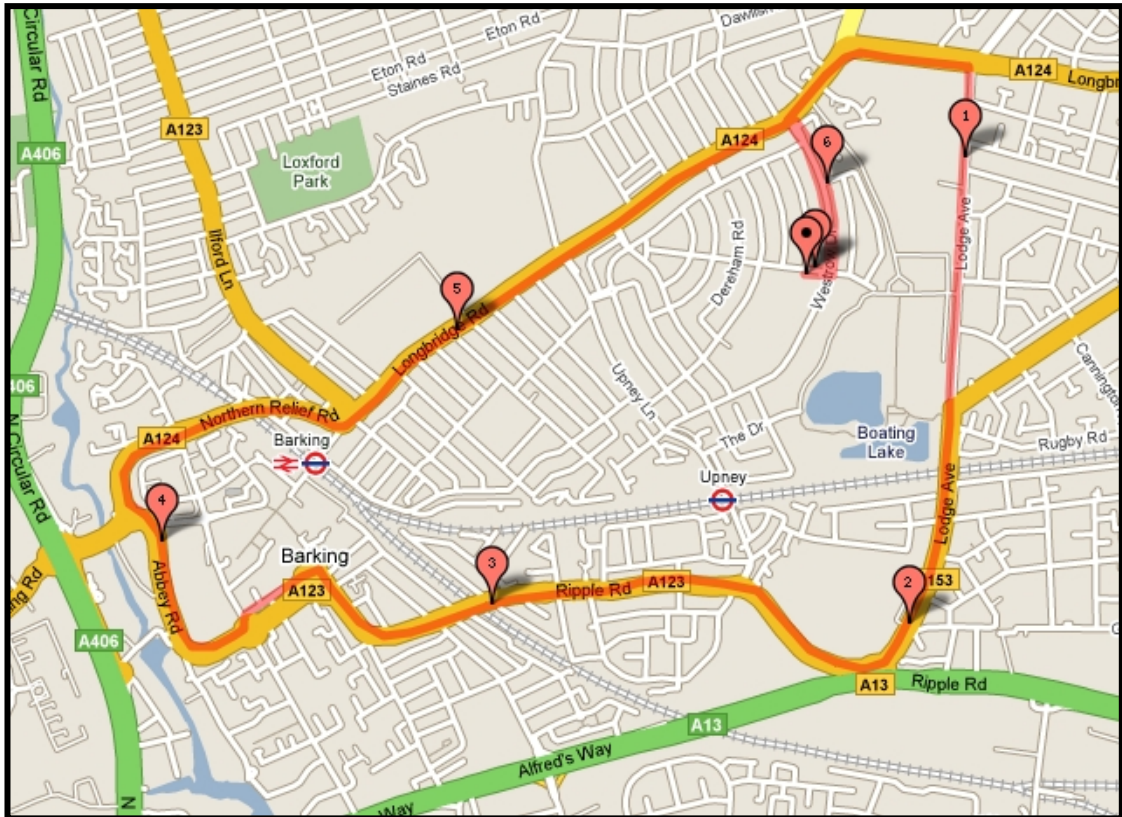


## St Margaret's Church, Town Centre (6.2 miles)



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 around to traffic light junction and turn right into Lodge Avenue. Continue along Lodge Avenue to end and bear right at roundabout into Ripple Road. Cross to left hand side of Ripple Road and continue towards town centre. At railway utilise footbridge and continue along Ripple Road. On approach to pedestrianised area cross at zebra crossing into Axe Street and continue straight into St Paul's Road running past the Sports Centre on your left. At end of St Paul's Road cross to other side of Abbey Road and turn right. Follow Abbey Road around in the clockwise direction to end. At traffic lights cross road and turn left followed by an immediate right onto the Northern Relief Road. Follow the Northern Relief Road over the hill to the main roundabout. Cross the roundabout and bear left along Longbridge Road and continue to Faircross Bus Garage. At Faircross traffic lights turn right into Longbridge Road and continue until turning right into Westrow Drive. Continue along Westrow Drive turning right into Woodbridge Road leading you back to Barking Abbey Sports Centre.