

1.9	118	T: R sp HOOK END	km	1	0.6	14	1 <sup>st</sup> R (after l/h bend) No sp
2.9	121	T: L sp Brentwood A128	km	4	0.0	0.0	Lea Valley Ice Centre
0.5	121	R sp NAVESTOCK SIDE			3.7	3.7	WHIPPSX @: 1 <sup>st</sup> exit A104
0.5	122	L sp NAVESTOCK SIDE			1.6	5.4	NorthCircular @: S/O 2 <sup>nd</sup> exit
1.2	123	R sp Navestock Heath			7.0	12	R.Hood @: 1 <sup>st</sup> exit sp
0.3	123	L sp Navestock Heath			7.0	12	H.BEECH
5.0	128	T: L no sp			0.5	13	R sp H. BEECH
0.7	129	T: R sp Ongar			1.0	14	T: R (wait at tea shack on left)
1.0	130	L sp CHIGWELL ROW					
5.5	135	TL S/O sp WDFORD BRDGE			1.4	16	T: R (no sp)
0.0	135	S/O at all TL and mini@s to...			0.2	16	@: 2 <sup>nd</sup> exit sp THEYDON
6.2	142	CharlieBrown's @ 2 <sup>nd</sup> ext sp			7.0	23	L sp HOBBS X (Coopersale
1.3	143	R into Falcon Way no sp			1.7	25	T: L sp Epping
0.1	143	though underpass with			1.9	27	T: R sp TOOT HILL
0.3	143	T: L imm. TL: R			0.6	27	1 <sup>st</sup> L sp TOOT HILL (Banks
1.0	145	T: L (no sp Lea Bridge Road)					
0.3	145	WhippsX @: 2 <sup>nd</sup> exit			5.7	33	T: L sp BOBBINGWORTH
4.0	149	Finish at Princess of Wales Pub			1.8	35	X: S/O sp BOBBINGWORTH
		on left after Lea Nav. Bridge.			0.9	36	T: R no sp
					0.6	36	1 <sup>st</sup> L sp MORETON
					0.7	37	T: L sp MORETON

.....Folds in four for easy reading.....

1.0	38	T: L sp MATCHING GREEN		2	0.8	84	T: L sp BICKNACRE
0.8	39	R sp MATCHING GREEN			1.9	86	@: 2 <sup>nd</sup> exit sp S.W.Ferrers
1.6	40	L sp MATCHING GREEN					Lunch White Swan on left
2.2	43	R sp White Roding			0.2	86	@2 <sup>nd</sup> exit sp
3.2	46	R sp Abbess Roding					E.HANNINGFIELD
1.2	47	T: L sp White Roding			2.4	89	@1 <sup>st</sup> exit sp RETTENDON
1.1	48	T: L (no sp B184)			0.5	89	L sp RETTENDON
							(after phone box)
0.7	49	T: R sp Chelmsford			3.2	92	T: R imm. L sp
1.4	50	@: 2 <sup>nd</sup> exit					S.HANNINGFIELD
		imm. L sp The Easters			3.8	96	T: R sp STOCK
1.8	52	L sp HIGH EASTER			2.9	99	R sp STOCK
1.1	53	T: L sp HIGH EASTER					
4.6	58	L sp PLESHEY			0.9	100	L sp STOCK where...
5.1	63	T: R sp The Walthams			1.6	102	...R by Bear PH imm.
					0.1	102	T: L (no sp B1007) imm. X:
2.5	65	T: L, imm. R sp Lt.WALTHAM					R sp MARGARETTING
0.5	66	R (Brook Hill) imm. T: R			3.7	105	T: L to cross brick bridge
0.6	66	S/O through modal filters			2.0	108	X: L sp INGATESTONE
0.4	67	@ 2 <sup>nd</sup> exit (Whealers Hill East)					
3.1	70	T: L sp Gt.Leighs			2.9	110	X: R sp FREYERNING
0.3	70	R sp Terling			1.4	112	T: L sp Blackmore
2.0	72	T: R no sp			2.5	114	T: R sp Blackmore
4.4	77	T: R sp Boreham (B1137)			1.6	116	L sp HOOK END
		imm. L sp Lt. BADDOW					(s/o on r/h bend)
6.8	83	mini@s: S/O sp BICKNACRE					