



STAGE 6 – Tottenham Hotspur to Arsenal

- 0.0 – Head down High Road towards the city
- 0.7 – Pass Bruce Grove Tube Station
- 1.5 – Turn right on Seven Sisters Road by Seven Sisters Tube Station
- 1.9 – Pass under the railway staying on Seven Sisters Lane
- 3.0 – Straight on through the lights by Manor House Tube Station
- 3.5 – Straight on through the lights and pass under the railway by Finsbury Park Station
- 3.6 – Fork left at the lights onto Isledon Road
- 4.1 – Turn left at the lights onto Hornsey Road
- 4.3 – Pass under the railway and arrive at the Emirates Stadium

STAGE 7 – Arsenal to Leyton Orient

- 0.0 – Head south on Benwell Road
- 0.2 – Turn right (2nd exit) at the roundabout on Drayton Park and turn immediately left on Holloway Road
- 0.7 – Follow the road round to the left through the lights on St Pauls Road
- 1.4 – Straight through the lights by Leroy House on Balls Pond Road
- 1.6 – D=Straight on at the lights along Bals Pond Road
- 1.9 – Straight on at the lights with Kingsland Road onto Dalston Lane
- 2.1 – As the road turns to the left, go straight on along Graham Road
- 2.8 – At the end, turn right on Mare Street and then take the next left on Morning Lane past Tesco

02 - Tottenham to Ilford Wanderers



STAGE 7 – Arsenal to Leyton Orient (Cont)

- 3.2 – Turn left on Ponsford Street under the railway
- 3.3 – Turn right on Homerton High Street
- 4.1 – Cross over the canal
- 4.5 – Turn left at the end on Ruckholt Road
- 5.0 – Go through the lights then fork left down the steps and continue along Dunedin Road
- 5.1 – Turn left on Oliver Road
- 5.3 – Arrive at Leyton Orient FC

STAGE 8 – Leyton Orient to Wanstead

- 0.0 – Head back down Oliver Road and turn left on Buckingham Road before the park
- 0.2 – At the end, turn right on High Road and take the second left on St Marys Road (no thru road for vehicles)
- 0.4 – As the road veers right, go straight on along St Marys Road
- 0.5 – As the road veers right, go straight on along St Marys Road
- 0.6 – Straight on at the end on Twickenham Road and then immediately fork right on Richmond Road
- 0.9 – As the road veers left, go straight on through the bollards and under the railway and follow the road round to the right on Grove Green Road
- 1.3 – Cross over the A12 and follow the road round to the right
- 1.6 – At the end, turn left on High Road by McDonalds
- 1.8 – Pass through the lights with Bush Road and head down the subway under the roundabout.
- 1.9 – In the roundabout, turn left at the junction path in the roundabout, then, on passing under the roundabout, veer immediately right to join Holly Bush Hill
- 2.0 – Fork right at the lights on New Wanstead
- 2.5 – Straight on at the lights with High Street moving to the right-hand pavement
- 3.6 – Pass under the North Circular
- 3.7 – At the roundabout, veer immediately right on Southend Road
- 3.8 – At the lights by Tesco, cross to the left-hand pavement
- 4.1 – Turn left on Roding Lane North
- 4.5 – Arrive at Wanstead RFC

STAGE 9 – Wanstead to Ilford Wanderers

- 0.0 – Head back down Roding Lane North and turn left on Marston Road
- 0.2 – Straight on at the junction to Wensleydale Avenue
- 0.3 – At the end, turn left on Atherton Road
- 0.4 – Straight on (2nd exit) at the roundabout on Fullwell Avenue
- 1.4 – Straight on through the lights with Mosston Lane
- 1.7 – Straight on (2nd exit) at the Fullwell Cross roundabout on Forest Road
- 2.4 – Turn left after Seven Gym on First Owl Oval
- 2.7 – Arrive at Ilford Wanderers RFC