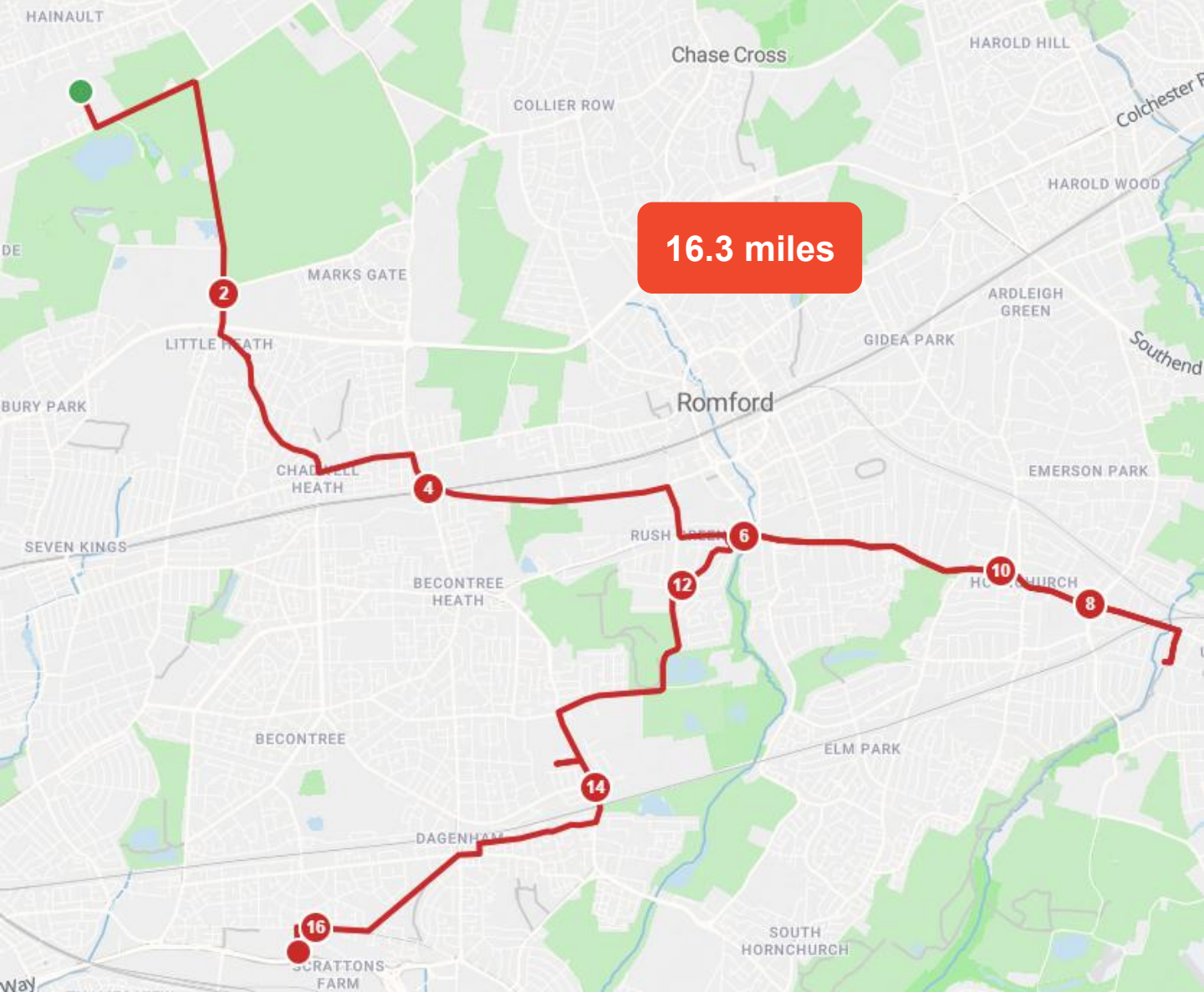




STAGE 10 – Ilford Wanderers to Romford and Gidea Park

- 0.0 – Head back down First Owl Oval and turn left at the end on Forest Road
- 0.9 – Turn right (2nd exit) at the roundabout on Hainault Road
- 2.0 – Straight on (2nd exit) at the roundabout staying on Hainault Road
- 2.3 – Straight on at the lights with Eastern Avenue and then turn immediately left on Chadwell Heath Lane
- 3.3 – At the end, turn left on High Road
- 3.8 – Turn right at the lights on Whalebone Lane South crossing to the left-hand pavement
- 4.1 – Cross over the railway and turn immediately left on Crow Lane (no entry for vehicles)
- 5.0 – Arrive at Romford & Gidea Park RFC on the right

03 - Ilford Wanderers to Barking



STAGE 11 – Romford & Gidea Park to Hornchurch

- 0.0 – Turn right out of the rugby club on Crow Lane
- 0.5 – Turn right (3rd exit) at the roundabout on Dagenham Road
- 0.8 – At the lights by the petrol station, turn left on Rush Green Road
- 1.2 – Straight on at the lights at the junction with Rom Valley Way
- 1.5 – Pass Burger King
- 2.4 – Pass KFC
- 2.7 – Straight through the lights by Boots and then keep left as the road forks and follow the road round to the left
- 3.3 – Straight through the lights with Wingletye Lane
- 3.7 – Turn right on Bridge Avenue
- 3.8 – Turn right into Hornchurch Stadium

STAGE 12 – Hornchurch to Dagenham & Redbridge

- 0.0 – Leave the stadium and turn left up Bridge Avenue
- 0.2 – At the end, turn left on Upminster Road
- 0.6 – Straight through the lights with Wingletye Lane
- 1.1 – As the carriageways split, keep right on Hornchurch Road
- 1.4 – Pass KFC
- 2.3 – Pass Burger King
- 2.9 – Turn left on Lincoln Avenue
- 3.0 – As the road bends to the right, go straight ahead through the barrier along Lincoln Avenue
- 3.2 – Follow the road round to the right staying on Lincoln Avenue
- 3.3 – At the end, turn right on Gorseway and then left at the roundabout (1st exit) on Dagenham Road
- 3.5 – Straight on at the roundabout
- 3.7 – Straight on at the roundabout
- 4.5 – At the lights, turn left on Rainham Road South
- 4.8 – Turn right on Victoria Road
- 4.9 – Arrive at Dagenham & Redbridge FC

STAGE 13 – Dagenham & Redbridge to Barking

- 0.0 – Head out along Victoria Road
- 0.1 – At the end, turn right on Rainham Road South
- 0.4 – Pass Dagenham East station
- 0.5 – Turn right on Dewey Road after the zebra crossing (no thru route for vehicles)
- 0.7 – As the road bends to the right, go straight on along the footpath along the railings
- 0.8 – At the end, go straight on (veering slightly right) on Blackborne Road
- 1.1 – Just before the end of the road, turn left on Manning Road
- 1.2 – At the end, turn right on Church Elm Lane
- 1.3 – At the lights, fork diagonally left on Dagenham Avenue
- 2.0 – At the end, turn right on Goresbrook Road
- 2.4 – Turn left at the roundabout (1st exit) on Gale Street
- 2.7 – Arrive at Barking Rugby Club