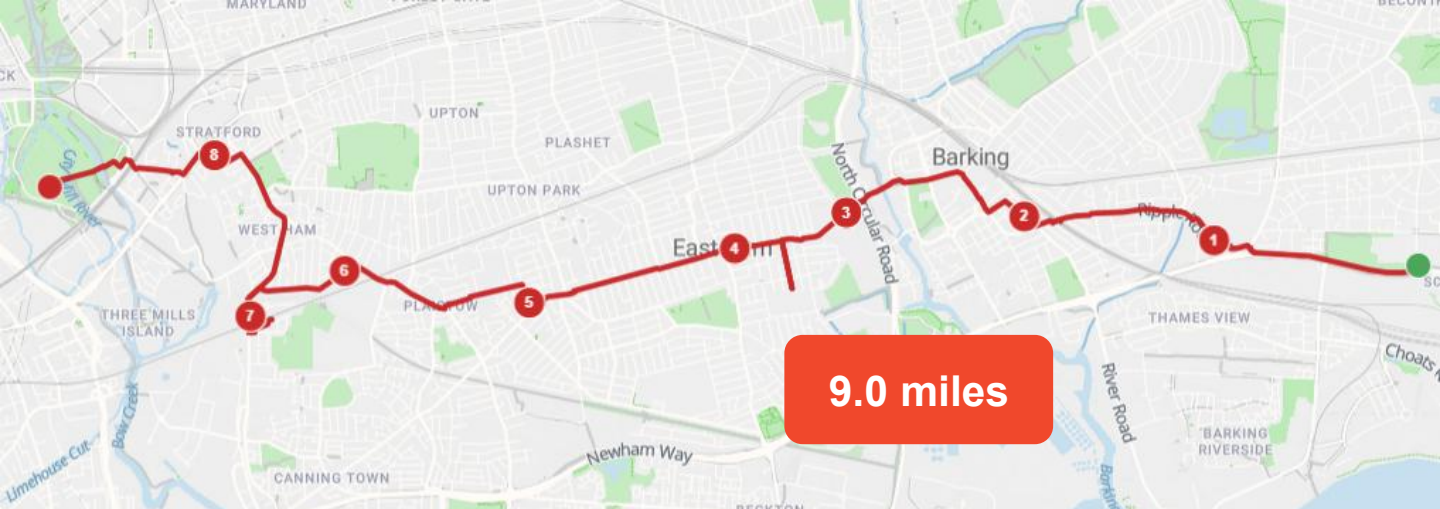




9.0 miles

STAGE 15 – Barking to Flanders

- 0.0 – Carry on down Gale Street and turn right on Ripple Road
- 0.7 – As the main road heads into a flyover, follow along the slip road
- 0.8 – At the roundabout, go effectively straight ahead keeping the flyover on your left and heading along Ripple Road between the Shell Garage and the cemetery
- 1.2 – Straight on at the lights with Upney Lane
- 1.6 – As the road rises over the railway, follow the slip road then use the footbridge and carry on along Ripple Road following it round to the right staying on the right-hand pavement
- 2.2 – As the road splits carry straight on passing Lidl on your left, then carry straight on after Lidl
- 2.4 – As the road turns to the right into Station Parade, fork slightly left across the pavement following the shops on the left round to London Road, then turn left up London Road
- 2.7 – At the lights at the end, go straight on along the pavement ahead carrying on along London Road past the Shell Garage
- 2.9 – Straight on (2nd exit) at the roundabout under the North Circular along Barking Road
- 3.4 – Turn left at the end of the shops into Napier Road
- 3.6 – Arrive at Flanders FC

STAGE 16 – Flanders to East Ham

- 0.0 – Head back up Napier Road
- 0.2 – Turn left at the end on Barking Road
- 0.6 – Straight on through the lights by East Ham Town Centre gateway
- 1.4 – After the road bends to the left, turn right on Credon Road
- 1.5 – Turn left on Southern Road
- 1.7 – At the end, turn left on Edinburgh Road and immediately right on Stirling Road
- 1.9 – At the end, turn left on North Street and immediately right on The Boardway
- 2.4 – Turn left on Corporation Road (No entry for vehicles)
- 2.8 – At the end, turn left on Manor Road and pass under the railway
- 3.0 – Straight on at the roundabout and pass under the railway
- 3.1 – Turn left on Memorial Avenue and follow it round to the left at the end
- 3.3 – At the end, turn right into East London RFC

04 – Barking to West Ham



STAGE 17 – East Ham to West Ham

- 0.0 – Leave the ground and turn left on Memorial Avenue following it round to the right
- 0.2 – Turn right on Manor Road and pass under two railway bridges
- 0.8 – Turn left at the lights onto Plaistow Road passing Tesco Express
- 1.2 – Turn left on Bryant Street opposite Sawmill
- 1.4 – At the end, turn right on Chant Street
- 1.5 – As the road veers left go straight ahead on the pavement on Chant Street
- 1.6 – At the end, turn left on High Street and at the next lights, cross to the right-hand pavement staying on High Street
- 1.8 – Turn right on Left Street (no entry for vehicles) and at the next junction, go straight ahead into Wilmer Lea Close
- 1.9 – Straight on through the bollards into Gibbins Road then cross over into Hutchins Close
- 2.0 – Cross the pavement and veer right along Carpenters Road under the railway
- 2.1 – Pass under the flyover and then turn left
- 2.2 – Take the next right on Pool Street and as the road veers to the right, turn left on the footpath towards the stadium
- 2.4 – Arrive at the stadium

