



STAGE 21 – Dulwich Hamlet to Millwall

- 0.0 – Head back down Edgar Kail Way and turn right on Dog Kennel Hill
- 0.3 – Turn left on Copleston Road and immediately fork right on Oglander Road
- 0.7 – At the end, turn left on Maxted Road and then right on Bellenden Road
- 0.9 – Straight on at the lights with Chadwick Road past the Prince Albert pub
- 1.1 – Cross over Highshore Road into Bellenden Road and follow it round past Lidl
- 1.3 – Turn right at the end on Peckham Road
- 1.6 – Turn left on Meeting house Lane
- 2.0 – Turn left (1st exit) at the roundabout on Asylum Road then first right on Clifton Crescent
- 2.1 – At the end, enter the park and follow the path round to the left
- 2.2 – Exit the park, cross over Old Kent Road and head straight along Ilderton Road
- 2.6 – Straight through the lights with Surrey Canal Road
- 2.7 – Turn right at the lights onto John Berylson Way and pass under the railway
- 2.8 – Arrive at Millwall FC

STAGE 22 – Millwall to Charlton Athletic

- 0.0 – Head back down John Berylson Way and turn left at the lights on Ilderton Road
- 0.2 – Turn left at the lights on Surrey Canal Road
- 0.5 – Pass under the bridge then go straight on (2nd exit) at the roundabout
- 0.7 – Turn right on Trundleys Lane following the edge of the park
- 0.8 – Fork left staying next to the park staying on Trundleys Lane
- 1.0 – Pass under two bridges and turn right on Childers Lane
- 1.1 – At the junction, turn left on Abinger Grove
- 1.3 – Turn right (3rd exit) on Evelyn Street by Coral Bookmakers
- 1.7 – Straight on at the lights with Deptford Church Street
- 2.0 – Cross over the river
- 2.3 – Follow the road round to the right by the entrance to Greenwich Market then round to the left into Nelson Road
- 2.4 – Straight on along Romney Road
- 3.1 – Pass Dominos Pizza
- 3.6 – Pass under Blackwall Tunnel Approach carrying straight on along Woolwich Road
- 4.1 – Turn right at the lights on Charlton Church Lane
- 4.2 – Turn left on Floyd Road
- 4.3 – Follow the road round to the left then the right staying on Floyd Road
- 4.5 – Turn right into Charlton Athletic FC

06 - Dulwich Hamlet to Welling United



MND Sports Tour of London



STAGE 23 – Charlton Athletic to Blackheath

- 0.0 – Turn right out of the car park on Harvey Gardens
- 0.2 – Turn right on Charlton Lane
- 0.4 – Go straight on (2nd exit) at the roundabout on Charlton Lane
- 0.5 – At the end, go straight across the park following the Capital Ring path
- 0.8 – Leave Charlton Park and head straight across into Meridian Road
- 0.9 – At the end, turn right on Charlton Park Lane
- 1.1 – At the end, turn left on Shooters Hill Road
- 2.0 – Turn right at the lights on Well Hall Road
- 2.7 – Turn right (3rd exit) at Well Hall Roundabout onto Rochester Way and then fork left on Westhorpe Avenue
- 2.8 – Turn left on Elmbrook Gardens
- 3.0 – At the end turn right on Kilbrooke Lane and turn left into Blackheath RFC

STAGE 24 – Blackheath to Welling United

- 0.0 – Turn right out of the club on Kidbrooke Lane
- 0.2 – At the end, turn left on Well Hall Road
- 0.3 – Turn right on Prince Rupert Road opposite the petrol station
- 0.4 – At the junction, turn right on Rochester Way
- 0.7 – Straight over the lights with Westmount Road
- 1.5 – Turn left at the lights on Welling Way keeping the park on the left
- 2.4 – Turn right at the lights onto Bellegrove Road
- 3.3 – Arrive at Welling United on the right.

