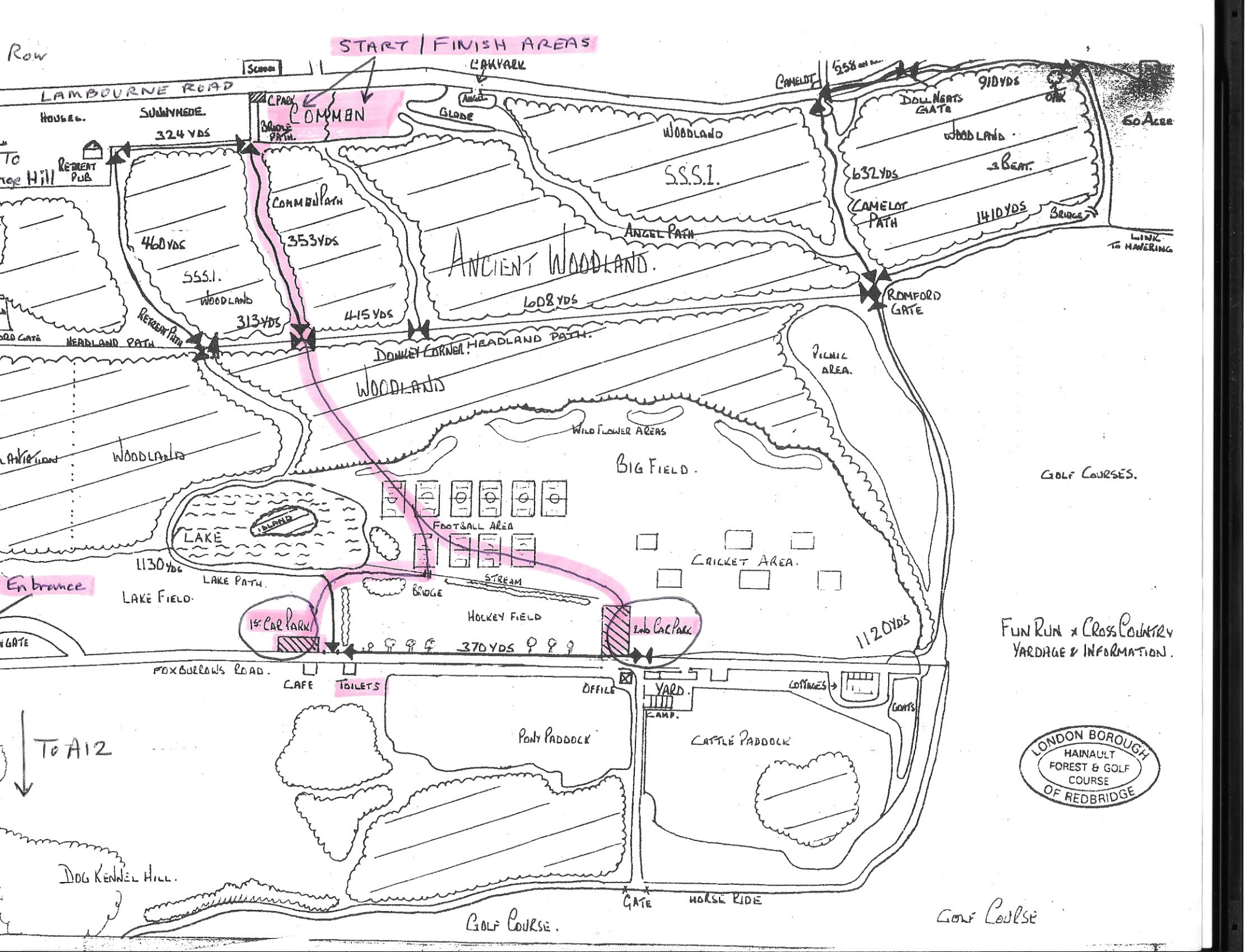
START / FINISH AREAS
Row
LAMBOURNE ROAD
HOUSES.
SUNNYMEDE.
324 YDS
To
Hill
RETREAT PUB
COMMEN
CPARK
BRIDLE PATH.
CAKPARK
GLADE
CAMELOT
258
DOLL NEATS GATE
910 YDS
OAK
60 ACRE
WOODLAND
S.S.S.I.
632 YDS
3 BEAT.
CAMELOT PATH
1410 YDS
BRIDGE
LINK TO HAVERING
COMMEN PATH
353 YDS
460 YDS
S.S.S.I.
WOODLAND
ANGEL PATH
ANCIENT WOODLAND.
608 YDS
ROMFORD GATE
313 YDS
415 YDS
RETREAT PATH
HEADLAND PATH
DONKEY CORNER.
HEADLAND PATH.
WOODLAND
PICNIC AREA.
WILD FLOWER AREAS
BIG FIELD.
GOLF COURSES.
WOODLAND
LAKE
ISLAND
FOOTBALL AREA
CRICKET AREA.
1130 YDS
LAKE PATH.
Entrance
LAKE FIELD.
BRIDGE
STREAM
HOCKEY FIELD
1st CAR PARK
2nd CAR PARK
370 YDS
1120 YDS
FUN RUN x CROSS COUNTRY YARDAGE & INFORMATION.
FOXBURROWS ROAD.
CAFE
TOILETS
OFFICE
YARD.
CAMP.
COTTAGES
GOATS
PONY PADDOCK
CATTLE PADDOCK
TO A12
LONDON BOROUGH
HAINAULT FOREST & GOLF COURSE
OF REDBRIDGE
DOG KENNEL HILL.
GATE
HORSE RIDE
GOLF COURSE.
GOLF COURSE