

Let The Train Take The Strain

Sunday **November** 13th 2016 - meet outside Benfleet Station below the School Lane Car Park (SS7 1NS) at 8:15 to catch 8:39 C2C train to Shoeburyness. Don't be late: Time, Tides and Trains wait for no-one (version 1)

This 11 mile route takes in Southend's Golden Mile (Plenty of Rossi Ice Cream opportunities), Westcliff, Old Leigh, Hadleigh Castle, the Olympic Mountain Bike Course and Benfleet Heights. Open to Walkers, Runners and Bike Riders (Mountain bikes recommended)

Walkers will stay together as a group, Runners and Riders will be in a separate faster group.

The early start is a bit harsh but the clocks have changed and it will make best use of daylight. This replaces the usual Thurrock Nomads Sunday morning run at Westley Heights.

School lane Car Park is free on Sundays, by convention we usually park at the Top South East corner.

Bikes can be taken on the train free of charge.

There is a cycleway along most of Shoeburyness and Southend Sea front. The short section between Chalkwell Station and Old Leigh is narrow and footpath-only but many cyclists use it. If you follow the running group, respect people on foot and dismount if necessary. I am sure with the early start there will be no problem.

Between Leigh Station and Benfleet cyclists have two choices. **Either** keep with the runners and (illegally) use the footpath to Hadleigh Castle (Mountain bike essential)

Or use the route along the top of the sea wall, very widely used by bikes.

Train fare from Benfleet to Shoeburyness is £3.20 super off peak return (10p dearer than a single but it means you can hop on a train at any station we pass if you are tired) Slightly cheaper options may be available.

There are no scheduled engineering works on the line at the time of writing.

All Welcome. Note the walk will be at sociable pace, not a headbanger!

Any Questions?

Phone Peter Woodard 0777 6000 731

PS I would appreciate an email to let me know you are coming.

Peter@peterjane.co.uk

Summary	Miles from Start	Miles to End
Shoeburyness Station	0.0	11.9
The Broadway	2.3	9.6
Victoria Rd	3.4	8.5
Southend Pier	4.1	7.8
Seaforth Rd	5.2	6.7
Chalkwell Station	6.1	5.8
Leigh Station	7.4	4.5
Hadleigh Castle	8.8	3.1
Benfleet Station Car park	11.9	0.0

Ockendon	08 03
Chafford Hundred (Lakeside)	08 06
Dagenham Dock	08 08
Rainham	08 12
Purfleet	08 17
Grays	08 10	08 24
Tilbury Town 	08 13
East Tilbury	08 19
Stanford-le-Hope	08 23
West Horndon	08 24
Laindon	08 29
Basildon	08 32
Pitsea	08 31	08 36
Benfleet	08 34	08 39
Leigh-on-Sea	08 39	08 44
Chalkwell	08 41	08 46
Westcliff	08 43	08 48
Southend Central (Arrival)	08 48	08 51
Southend Central (Depart)	08 51
Southend East	08 53
Thorpe Bay	08 56
Shoeburyness	09 02

Note Any Cyclist/Runner/Walker wishing to travel by train from Chafford H or Grays etc will need to catch this train and change/wait for us at Benfleet