

Thurrock100 was great fun, to keep the group going and expanding, Peter invites you to his:



Let the Train Take The Strain Walk (or Run it if you prefer)

Sunday August 2nd 2015 - meet outside Benfleet Station below the School Lane Car Park (SS7 1NS) at 8:00 to catch 8:22 train to Shoeburyness. Don't be late: Time, Tides and Trains wait for no-one (version 0)

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 it will be cooler and the route less crowded. This replaces the usual Thurrock Nomads Sunday morning run at Westley Heights.

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 Soeburyness is £3.10 super off peak return (which 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.

Any Questions?

Phone Peter Woodard 0777 6000 731

Ockendon				
Chafford Hundred (intu Lakeside)		0718		
		0721		
West Horndon	0707		0737	0807
Laindon	0712		0742	0812
Basildon	0715		0745	0815
Dagenham Dock				
Rainham				
Purfleet				
Grays		0725		
Tilbury Town		0728		
East Tilbury		0734		
Stanford-le-Hope		0737		
Pitsea	0719	0745	0749	0819
Benfleet	0722	0749	0752	0822
Leigh-on-Sea	0727	0753	0757	0827
Chalkwell	0729	0756	0759	0829
Westcliff	0732	0758	0802	0832
Southend Central	0736	0804	0806	0836
Southend East	0738		0808	0838
Thorpe Bay	0740		0810	0840
Shoeburyness	0748		0818	0848

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