



## STAGE 23 – West Ham to Leyton Orient

- 0.0 – Leave the ground and head north on Marshgate Lane
- 0.2 – Veer right to at the junction heading up Marshgate Lane
- 0.4 – Turn left at the lights and head up Waterden Road
- 0.7 – Turn right on the footpath across the park towards the Velodrome
- 1.0 – Just before the Velodrome, turn left up the path heading north
- 1.2 – After crossing the bridge, fork left and follow the middle path down to the road
- 1.3 – On reaching the road, turn right along Eastway
- 1.5 – Cross over the railway and cross to the left-hand pavement
- 1.6 – Cross the lights with Orient Way and follow the slope down to Dunedin Road
- 1.8 – Turn left on Oliver Road
- 1.9 – Arrive at Leyton Orient

## STAGE 24 – Leyton Orient to Ilford

- 0.0 – Head back down Oliver Road and turn left after the park on Lyttleton Road
- 0.3 – At the top, turn right on High Road
- 0.4 – Turn left at the lights on Warren Street
- 0.7 – At the end, turn right on Francis Road, then turn left on Grove Green Road
- 0.8 – Turn right at the lights on Cathal Street and cross over the A12
- 1.0 – Straight on (2nd exit) at the roundabout heading up Cathal Street
- 1.2 – At the lights, cross straight over the island past the cenotaph heading up Harrow Road
- 1.7 – Straight on at the lights with Lake house Road
- 2.1 – Turn left on Anna Neagle Close and head through the barriers onto Brownlow Road
- 2.2 – Straight across the lights into Capel Road with the park on the left
- 3.1 – At the end, go straight across the field ahead to the far corner
- 3.3 – At the other side of the field, turn right along Alderbrook Road and follow the road over the railway
- 3.5 – Turn left at the lights on Romford Road
- 3.9 – Handover by the Nissan Garage

## STAGE 25 – Ilford to Dagenham & Redbridge

- 0.0 – Continue along Romford Road passing under the North Circular
- 0.3 – Keep left when the road forks then fork right but go straight on down High Road (no thru road) between Barclays and Coral
- 0.8 – Pass under the bridge
- 0.9 – Pass the Police Station and turn right after the Capstone Church

# Welling United to West Ham United



*March of the Day II*



## STAGE 25 – Ilford to Dagenham & Redbridge (Cont.)

- 1.0 – Keep left going straight on along Green Lane towards Dagenham then turn left (1st exit) at the roundabout on Green Lane
- 1.5 – Turn right at the lights along South Park Drive
- 1.8 – After the park ends on the right, take the next left on Water Lane
- 2.0 – As the road bends to the left, take the second right on Parkway
- 2.2 – At the end, turn right on Gyllyngdune Gardens
- 2.3 – At the end, turn left on Levett Gardens and immediately right on Forterie Gardens
- 2.4 – Cross straight over Dawlish Drive and then over Ashburton Avenue
- 2.6 – At the end, turn left on Longbridge Road, then follow the road around to the right
- 3.0 – Straight on at the lights with Becontree Avenue
- 3.6 – Straight on at the lights with Porters Avenue
- 3.9 – After the zebra crossing, turn right on Beverley Road
- 4.2 – After the zebra crossing, turn right on Halbutt Street
- 4.5 – Turn left on Osborne Road, then immediately right on Alibon Road, then cross straight over Heathway staying on Alibon Road
- 5.0 – At the end, cross over Wantz Road and follow the path across the field with the fence on the left
- 5.2 – Arrive in the Dagenham & Redbridge car park

## STAGE 26 – Dagenham & Redbridge to Hornchurch

- 0.0 – Leave the stadium car park in Victoria Road
- 0.1 – At the end, turn right on Rainham Road South
- 0.3 – Straight on past Dagenham East Station
- 0.6 – At the roundabout, fork left on Rainham Road South
- 1.3 – Fork left (1st exit) at the roundabout up Rainham Road
- 2.4 – As the road bends to the left, turn right on Wood Lane and then immediately left between the bollards on the footpath before heading straight on along Ullswater Way
- 2.6 – At the end, turn right on Carnforth Gardens
- 2.8 – At the end, turn right and then immediately left (1st exit) at the roundabout onto Rosewood Avenue
- 2.9 – At the roundabout, go straight on (2nd exit) on Maylands Avenue
- 3.1 – At the end, turn right on South End Road and immediately left on Farm Way
- 3.2 – Take the first left on Lancaster Drive
- 3.5 – Follow the road round to the left on Randall Drive
- 3.8 – Turn left on Suttons Lane by Who's Next barbers
- 4.0 – Turn right on Standen Avenue by Londis
- 4.2 – At the end, turn left on Alma Avenue and follow round to the right
- 4.5 – As the road turns to the right by the car park, take the footpath straight ahead, cross over Hacton Lane and then take the footpath on the other side.
- 4.6 – At the end of the footpath, veer left up Granton Avenue
- 4.7 – Take the first left on Aldborough Road
- 4.9 – At the roundabout, turn left (1st exit) on Norfolk Road then at the end turn right on Upminster Road
- 5.1 – Turn right on Bridge Avenue
- 5.3 – Turn right into Hornchurch Stadium