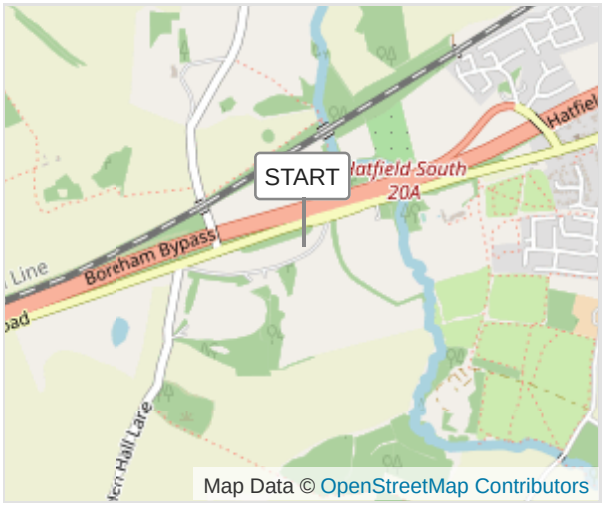
Ride For Helen 100 Miles 2026

Helen Rollason **Cancer Charity**

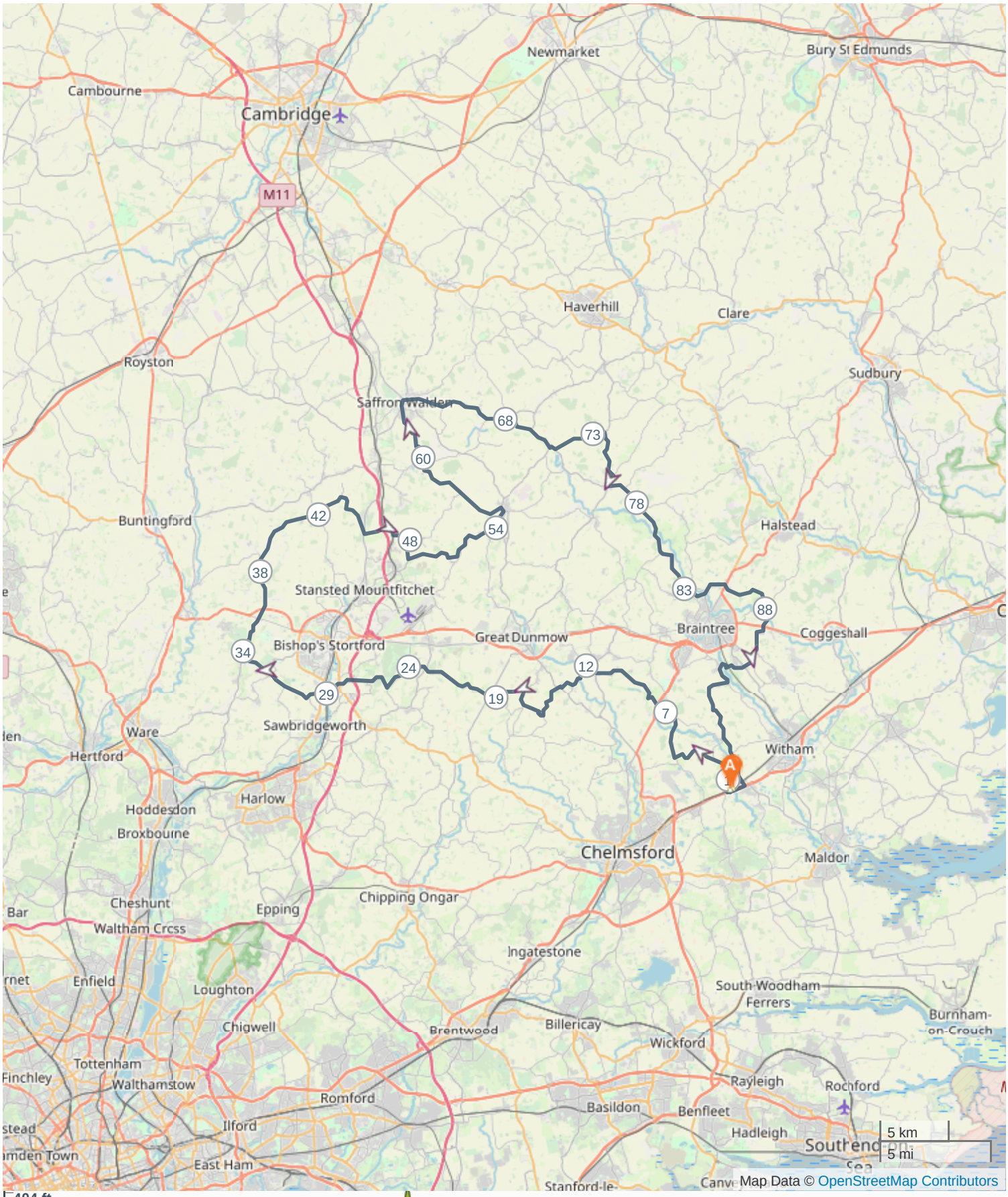
ROUTE INFORMATION

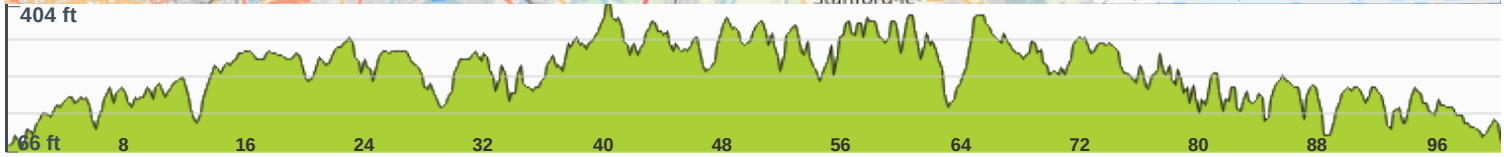
ROUTE LENGTH	100.134 miles
ASCENT	3330 ft
DESCENT	3146 ft
HILLS	↑ 40.4% | ↓ 34.2% | → 25.4%
TERRAIN	Road
START	**LAT:** 51.772083, **LNG:** 0.579385



NOTES

Ride For Helen 100 Mile 2026 30/4/26





ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.088	↙	Turn sharp left onto Main Road
3	0.300	→	Turn right onto Terling Hall Road
4	2.234	←	Turn left onto Rolls Farm Lane
5	3.031	←	Turn left onto Noakes Farm Road
6	4.435	→	Turn right onto Boreham Road
7	7.274	→	Turn right onto Main Road
8	7.285	←	Turn left onto School Lane
9	11.077	→	Turn Left onto Causeway End Road
10	11.090	→	Turn right onto Chelmsford Road
11	11.729	←	Turn left onto Station Road
12	11.844	←	Turn left onto Mill Road
13	13.188	→	Keep right onto Mill Road
14	13.206	↗	Turn right onto Bennett's Lane
15	13.765	→	Turn right onto Dunmow Road
16	13.799	←	Turn left onto Onslow Green
17	15.565	↗	Keep right onto Shooters Hatch Road
18	15.810	→	Turn right onto Shooters Hatch Road
19	16.680	↗	Keep right onto Shooters Hatch Road
20	16.695	→	Turn right onto Barnston Road
21	17.445	←	Turn left onto Proverbs Green Road
22	17.460	←	Turn left onto Proverbs Green Road
23	18.874	→	Keep right onto Proverbs Green Road
24	18.888	↗	Turn right onto Rands Road
25	19.342	→	Turn right onto Dunmow Road
26	19.352	←	Turn left onto Canfield Road
27	19.951	←	Turn left onto Green Street
28	22.488	→	Turn right onto Green Street
29	22.793	←	Turn left onto Green Street
30	22.806	←	Turn left onto Dunmow Road
31	22.854	→	Turn right onto Bush End Road
32	23.792	←	Turn left onto Hatfield Forest Road
33	25.537	→	Turn right onto Wood Row/ Forest Way
34	25.550	↗	Turn right onto Forest Way
35	27.113	←	Turn left onto New Barn Lane

No	Miles	Turn	Directions
36	27.124	↖	Turn slight left onto New Barn Lane
37	28.155	→	Turn right onto Latchmore Bank
38	28.205	←	Turn left onto Dell Lane
39	29.124	←	Turn left onto Cambridge Road
40	29.143	→	Turn right onto Spellbrook Lane West
41	29.924	→	Turn right onto Parsonage Lane
42	32.070	↗	Turn slight right onto Parsonage Lane
43	32.239	↖	Keep left onto Parsonage Lane
44	32.263	↖	Turn slight left onto B1004
45	33.638	→	Turn right onto Albury Road
46	35.720	↗	At Traffic lights turn slight right onto Standon Road
47	35.740	←	Turn left onto Albury Road
48	41.783	↖	Turn Right onto Ginns Road
49	43.351		Turn Left onto Chappell Hill/ Berden Road
50	45.309	↗	At Crossroads go Straight over onto Poor Bridge Road
51	45.586	←	Continue onto Brick Kiln Lane
52	45.853	←	Turn Right onto London Road
53	46.145		Turn Left onto Patmore End
54	46.654	↗	Turn right onto North Hall Road
55	47.279	←	Turn left onto Hall Road
56	48.106	↗	Turn right onto Crow Street
57	49.030	←	Turn left onto Mill Road
58	54.885	←	Turn left onto Town Street
59	55.077	←	Turn left onto Bolford Street
60	59.727	→	Turn right onto Water Lane
61	59.736	←	Turn left onto Debden Road
62	62.699	→	At Mini Roundabout Turn right onto High Street
63	62.896	→	At Traffic light Turn right onto George Street, Continue on Hill St
64	68.125	→	Continue straight on at traffic lights onto Radwminter Road / Walden Road(B1053)
65	69.486		Turn Right onto Stamford Road
66	70.659	↖	Turn left onto Finchingfield Road
67	71.067	←	Turn left onto Great Sampford Road
68	72.459	→	Turn right onto Mill End Road
69	72.586	←	Turn left onto Tinkers Green Road
70	73.716	↗	Turn right onto Cornish Hall End
71	75.843	→	Turn right onto Howe Street

No	Miles	Turn	Directions
72	76.378		Keep left onto The Causeway
73	76.409	↖	Turn slight left onto Bridge Street
74	76.415	↖	Turn slight left onto Church Hill
75	78.603	↗	Turn right onto Braintree Road
76	84.177	↖	Keep left onto Deanery Hill
77	84.196		Turn left onto Church Lane
78	84.457	→	Continue onto Church Street
79	85.341	↗	Turn right onto Broad Road
80	85.355	←	Turn left onto Lyons Hall Road
81	85.534	↗	Turn right onto Lyons Hall Road
82	86.930	↗	Turn right onto White House Road
83	87.361	↗	Turn right onto Rectory Road
84	87.940	→	Turn right onto Water Lane
85	88.924	→	Turn right onto Coggeshall Road
86	88.989	←	Turn sharp left onto Hollies Road
87	89.295	↗	Turn right onto Fields Road
88	90.756	↖	Keep left onto Lanham Green Road
89	90.957	→	Turn left onto the Street
90	91.383	→	Turn right onto Polecat Road
91	91.400	↗	Turn right onto Braintree Road
92	91.421	←	Turn left onto Mill Lane
93	92.004	←	Turn left onto Bulford Mill Lane
94	92.015	↖	Turn slight left onto Bulford Mill Lane
95	92.769	←	Turn left onto Witham Road
96	93.661	↗	Turn right onto Pole Lane
97	97.234	↖	Turn left onto Hatfield Road
98	99.659	→	Turn sharp right onto The Street
99	100.272		FINISH