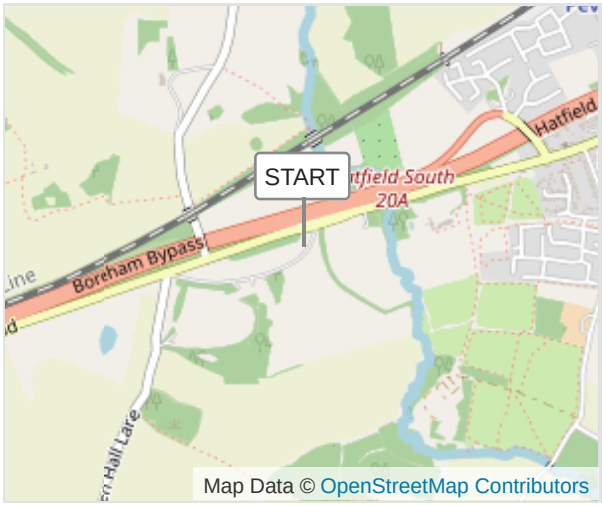
# Ride For Helen 50 Miles 2026

Helen Rollason **Cancer Charity**

## ROUTE INFORMATION

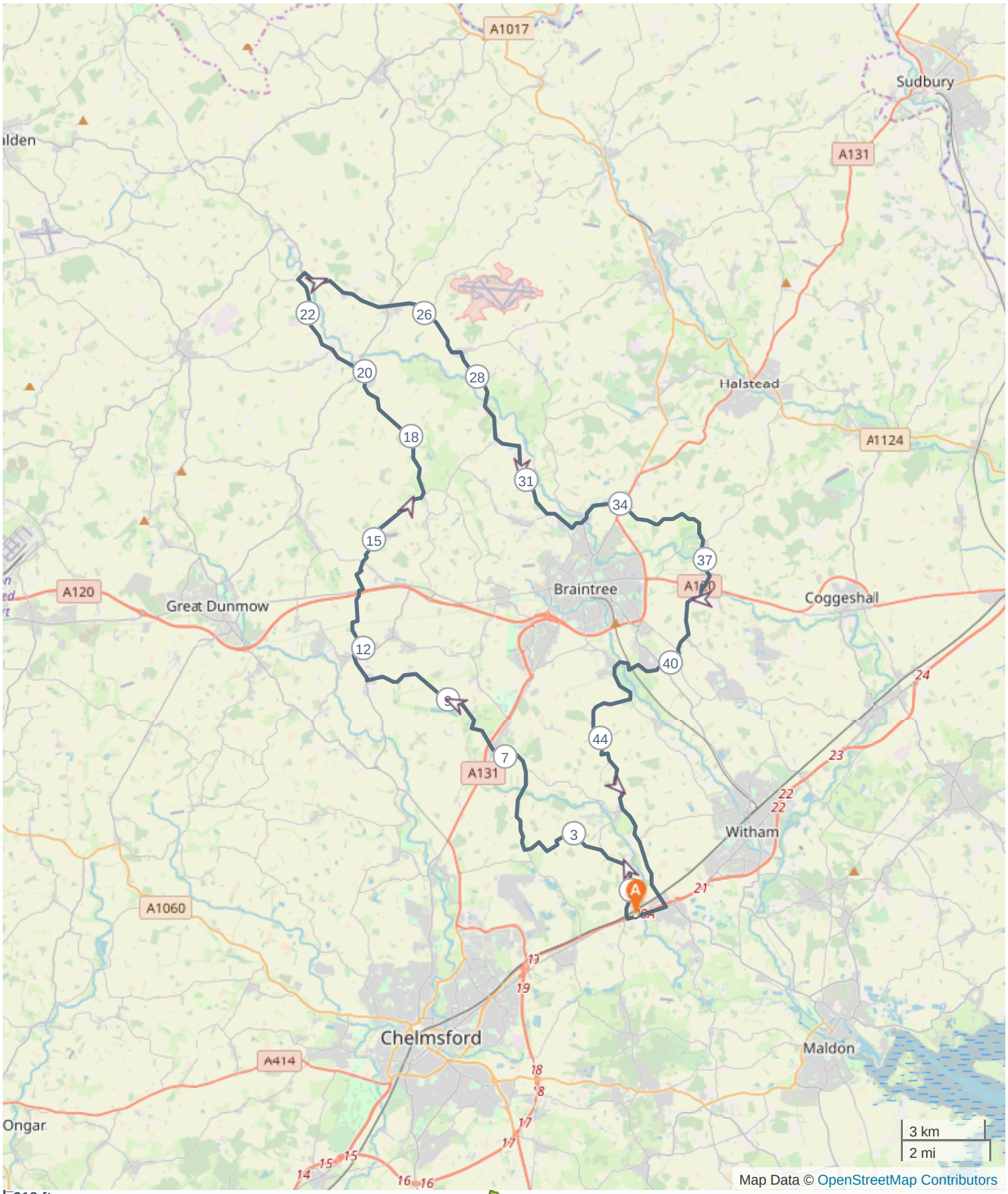
| | |
|---|---|
| ROUTE LENGTH | 49.099 miles |
| ASCENT | 2417 ft |
| DESCENT | 2424 ft |
| HILLS | ↑ 40.0% \| ↓ 37.9% \| → 22.1% |
| TERRAIN | Road |
| START | **LAT:** 51.772305, **LNG:** 0.579871 |

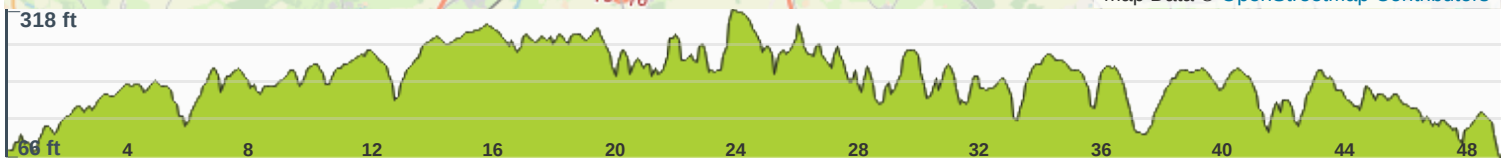



## NOTES

Ride for Helen 50 Mile 2026

# Ride For Helen 50 Mile 2026 30/04/26



## ROUTE DIRECTIONS

| No | Miles | Turn | Directions |
|---|---|---|---|
| 1 | 0.000 | | Start on |
| 2 | 0.061 | ↙ | Turn sharp left onto Main Road |
| 3 | 0.274 | → | Turn right onto Terling Hall Road |
| 4 | 2.208 | ← | Turn left onto Rolls Farm Lane |
| 5 | 3.005 | ← | Turn left onto Noakes Farm Road |
| 6 | 4.409 | → | Turn right onto Boreham Road |
| 7 | 7.248 | → | Turn right onto Main Road |
| 8 | 7.259 | ← | Turn left onto School Lane |
| 9 | 11.051 | → | Turn left onto Causeway End Road |
| 10 | 11.064 | → | Turn right onto Chelmsford Road |
| 11 | 11.703 | ↘ | Turn sharp right onto Braintree Road |
| 12 | 11.787 | ← | Turn left onto Stebbing Road |
| 13 | 12.129 | ← | Turn left onto Stebbing Road |
| 14 | 12.145 | ↖ | Turn slight left onto Stebbing Road |
| 15 | 13.530 | → | Turn right onto Dunmow Road |
| 16 | 13.628 | ← | Turn left onto Warehouse Road |
| 17 | 13.989 | ↗ | Turn slight right onto Porters Hall Road |
| 18 | 16.495 | ← | Turn left onto Bardfield Road |
| 19 | 20.124 | → | Turn right onto Bell Lane |
| 20 | 20.898 | | Keep right onto Little Sampford Road |
| 21 | 22.811 | → | Turn right |
| 22 | 22.828 | → | Turn right onto Hall Road |
| 23 | 23.046 | → | Turn right onto Finchingfield Road |
| 24 | 25.140 | ← | Turn left onto Bridge Street |
| 25 | 25.209 | ↖ | Turn slight left onto Church Hill |
| 26 | 27.397 | → | Turn right onto Braintree Road |
| 27 | 32.971 | ↖ | Keep left onto Deanery Hill |
| 28 | 32.991 | ↖ | Turn slight left onto Church Lane |
| 29 | 34.132 | → | Turn right onto Broad Road |
| 30 | 34.147 | ← | Turn left onto Lyons Hall Road |
| 31 | 34.325 | → | Turn right onto Lyons Hall Road |
| 32 | 35.721 | → | Turn right onto White House Road |
| 33 | 36.152 | → | Turn right onto Rectory Road |
| 34 | 36.731 | → | Turn right onto Water Lane |
| 35 | 37.715 | → | Turn right onto Coggeshall Road |

| No | Miles | Turn | Directions |
|---|---|---|---|
| 36 | 37.781 | ↙ | Turn sharp left onto Hollies Road |
| 37 | 38.086 | ↗ | Turn slight right onto Fields Road |
| 38 | 39.547 | ↖ | Keep left onto Lanham Green Road |
| 39 | 39.748 | → | Turn left onto The street |
| 40 | 40.174 | → | Turn right onto Polecat Road |
| 41 | 40.191 | → | Turn right onto Braintree Road |
| 42 | 40.212 | ← | Turn left onto Mill Lane |
| 43 | 40.795 | ← | Turn left onto Bulford Mill Lane |
| 44 | 40.806 | ↖ | Turn slight left onto Bulford Mill Lane |
| 45 | 41.560 | ← | Turn left onto Witham Road |
| 46 | 42.453 | ↗ | Turn right onto Pole Lane |
| 47 | 46.025 | ← | Turn left onto Hatfield Road |
| 48 | 48.451 | ↘ | Turn sharp right onto The Street |
| 49 | 49.112 | ← | Turn left |
| 50 | 49.132 | | FINISH |