

# British Airways Athletics Club Round Heathrow Walk or Run, Winter 2021

Recommended Start: [0.0km] From the entrance of the Bedfont and Feltham Football and Social Club, turn left and head south down Hatton Road. The Duke of Wellington is on your right.

Pass the Bedfont Sports Club on the left [0.2].

[0.8km] Just before the low bridge, with the building site on the left, take the path to the right that goes up the northside of the Duke of Northumberland River heading towards the airport.

[1km] The path may be muddy in places. Look out for herons and other bird life.

[1.25] At the bridge very carefully cross the main road, including climbing over the crash barriers. Re-join the river path on the other side. The next bit of the path is on grass.

[1.8] At the next bridge cross over the road and also cross over the first of the two rivers. Then open the gate and head west on the path between the two rivers.



[2.3] At "Q", the Heathrow Animal Quarantine Station, go straight across and continue between the two rivers.

[3.3] Give Gary a wave - he is either in one of the houses to the left or at work in the cargo centre on the right!

[3.4] Take the left bridge over the Longford River towards the garage, then turn right with the two rivers on your right.

[3.7] Continue on the road as it bears left away from the rivers.

[3.8] Stanwell Village - "Britain in Bloom 1996, Please drive/ run/ walk carefully"

[4.0km] Post Office and shops.

[4.3] Stay on the main road, bearing right at the roundabout.

[5.1] At the end of the road cross at the lights and continue in the same direction as before on the footpath.



[5.8] When the footpath ends continue in the same direction on the road, which then turns to the right and heads north.

From [6.0] to [7.5] is the most difficult stretch to navigate.

[6.5] At the end of the road turn left and then bare left to go past the sign that says "Residents Only" (see photo>) that leads to a footpath that starts with a footbridge.



The footpath runs north between a watercourse and a wet ditch.

[6.7] At the end of the footpath turn right, then continue straight on.

[7.0] At the end of the road turn right and then take the path to the left through the concrete barriers (see photo>). Then turn right to go under the road bridge [7.1].



[7.2]: After the bridge go straight on (last year we turned left but that path is now too overgrown).

Round the corner to the right and then head up the hill to the left (so avoiding the path that is long and wet). Make your way along the ridge until you re-join the path just before the bridge. See aircraft taking off and perhaps a view of Terminal 5 and even Wembley.

[7.9] Down the slope and turn left to go under the bridge.

[8.0] Up and over the only hill on the circuit. It may be wet and

slippery but it is much shorter and dryer than the path to the right.

[8.2] Straight on until you get to

[8.6] ...the road with the Saints Yard ahead of you. Turn left here and then right up the footpath just beyond the bus stop.

[9.1] Just before the climb up to the road, turn left and then right under the bridge.

[9.3] Follow the public bridleway to the left. You are entering Harmondsworth Moor. There is another wet stretch [9.5].



[9.7] Continue to follow the bridleway, bearing right.

[10km] Turn left into Accommodation Lane, heading north east alongside BA Waterside.

[10.2] Do not take the shortcut through the grounds of Waterside unless you know the far gate will be open (it is a long way back).

[10.4] Turn right into Moor Lane.

[10.7] Note the Sir Barnes Neville Wallis memorial on the right.

[11km] Synchronise your watches at the green in front of Harmondsworth Church and the Five Bells. There is a Post Office and Convenience Store nearby.

The 350 Bus stops nearby [11.3] with services to T5, West Drayton and Hayes.

[11.3] Straight across the roundabout then bare right down Harmondsworth Lane.

[12.6] At the end of Harmondsworth Lane do a quick right and then left into Simpson Lane and cross over the M4 Airport Spur [12.9].

On the left the second sports ground is Harlington Sports Ground [13.7], run by Imperial College and used for training by QPR.

[14.2] At the roundabout, next to the closed Red Lion, cross straight over and proceed down Cranford Lane.

Bus 90 goes from a stop nearby to Hatton Cross.

[15.5] Continue into Cranford Cross ignoring Langley Crescent to the right. At [15.6] take the footpath on the right into Berkeley Meadows (labelled "Hillingdon Southern Link" and "London Loop"). Climb round the fallen tree at the playground [15.75].

[15.85] Turn left onto the busy Bath Road and head into Cranford - noting the bridge that replaced the ford in 1776 or earlier.

[16.1] House 801 is where each year I had to place the "4 Mile" marker for the annual Concorde Five Mile road race.

[16.3] Turn right by crossing over at the lights then heading down Waye Avenue.

[16.45] Turn right then follow the road round two left bends before turning immediately right down a footpath [16.8]

[16.85] Turn right to follow the path or short cut diagonally across the grass.

[17] Turn in at "Cranebank" sign and follow London Loop South.

[17.5] Continue onto walkway and look out for tube trains!

[17.65] Turn right onto road and go through the closed checkpoint.

[17.8] Bear left and then at the Zebra Crossing switch onto the pavement of the A30 (Great South West Road). Note the Virus Test centre on your right.

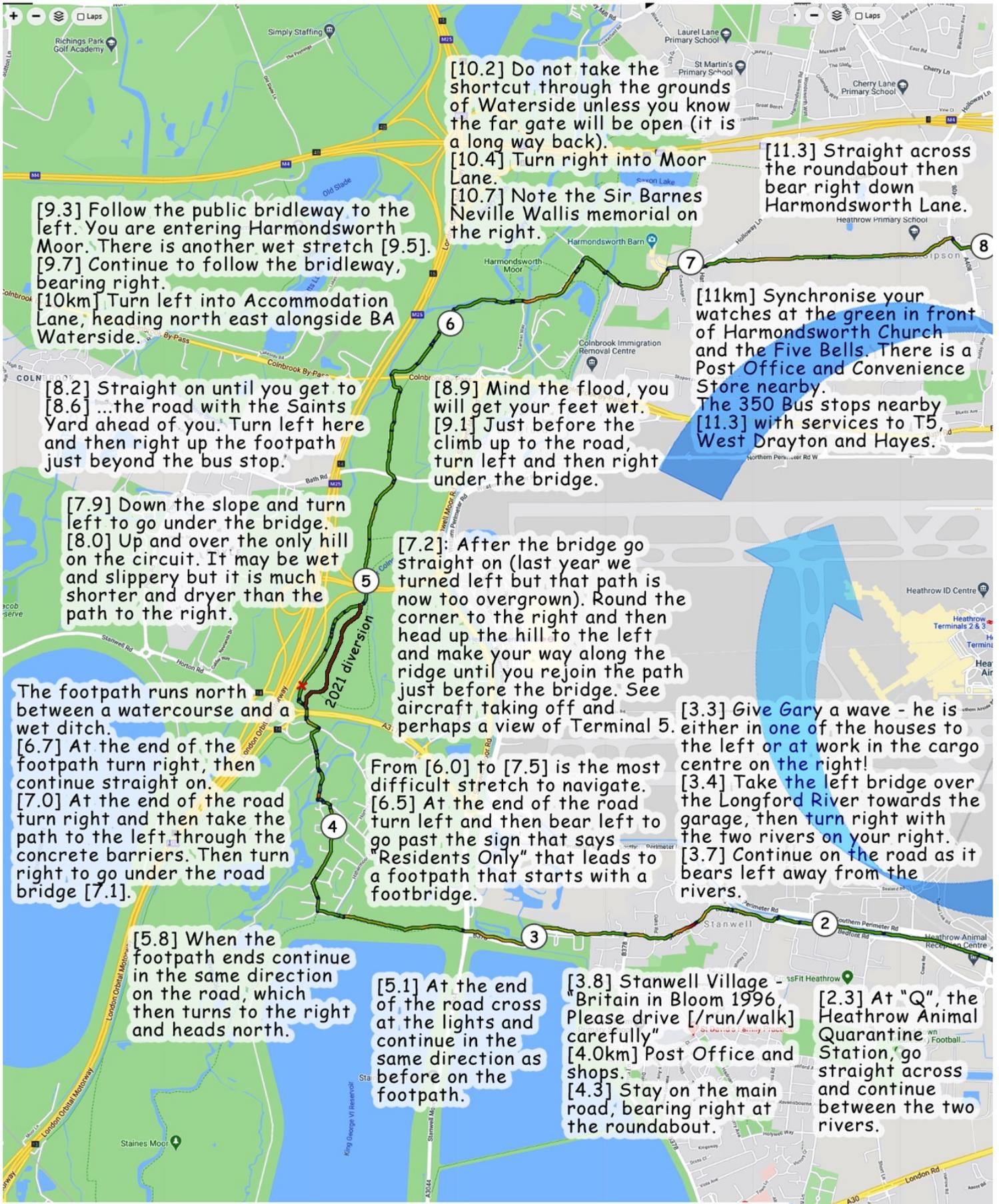
[18.4] At the first set of lights turn left by crossing over the A30 and head down the link road (called Dick Turpin Way).

[18.55] Cross at the lights and then turn right back towards Hatton Cross.

[18.65] Bear left then turn left and continue down Hatton Road to the

Bedfont Club where you started [19.3].





[9.3] Follow the public bridleway to the left. You are entering Harmondsworth Moor. There is another wet stretch [9.5].  
[9.7] Continue to follow the bridleway, bearing right.

[10km] Turn left into Accommodation Lane, heading north east alongside BA Waterside.

[8.2] Straight on until you get to [8.6] ...the road with the Saints Yard ahead of you. Turn left here and then right up the footpath just beyond the bus stop.

[7.9] Down the slope and turn left to go under the bridge.  
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The footpath runs north between a watercourse and a wet ditch.

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[5.8] When the footpath ends continue in the same direction on the road, which then turns to the right and heads north.

[5.1] At the end of the road cross at the lights and continue in the same direction as before on the footpath.

[10.2] Do not take the shortcut through the grounds of Waterside unless you know the far gate will be open (it is a long way back).

[10.4] Turn right into Moor Lane.

[10.7] Note the Sir Barnes Neville Wallis memorial on the right.

[8.9] Mind the flood, you will get your feet wet.  
[9.1] Just before the climb up to the road, turn left and then right under the bridge.

[7.2]: After the bridge go straight on (last year we turned left but that path is now too overgrown). Round the corner to the right and then head up the hill to the left and make your way along the ridge until you rejoin the path just before the bridge. See aircraft taking off and perhaps a view of Terminal 5.

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[4.0km] Post Office and shops.  
[4.3] Stay on the main road, bearing right at the roundabout.

[11.3] Straight across the roundabout then bear right down Harmondsworth Lane.

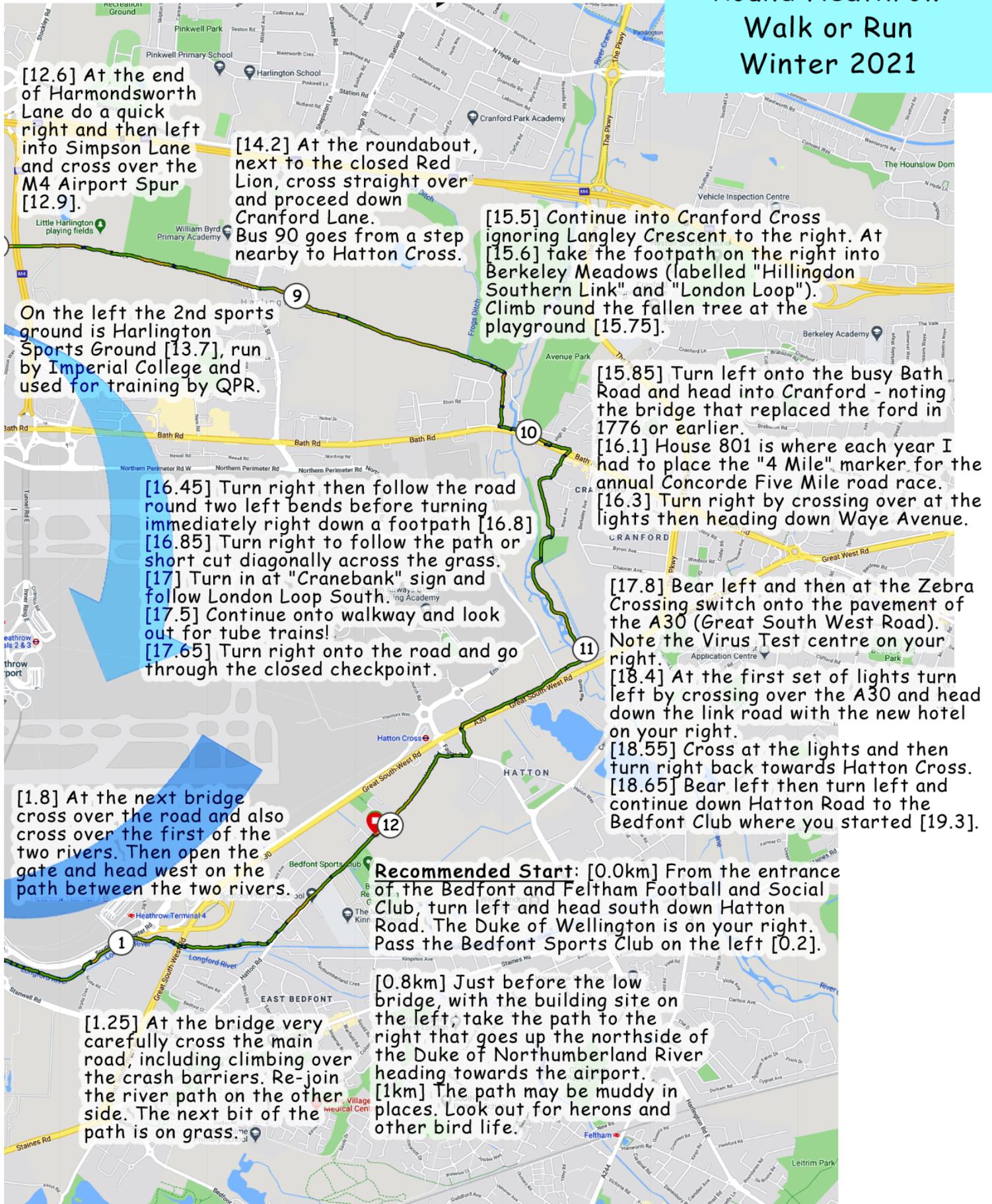
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# BAAC

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**NOTE:** Distances, in [brackets], are all in kms. Markers on track are mile markers.