

THE HACKNEY HACK

RUN 100

GLENWORTH AVENUE E14 TO BURFORD ROAD E15

LEAVE ON RIGHT - MANCHESTER ROAD

F - PRESTON'S ROAD

COMPLY - PRESTON'S ROAD ROUNDABOUT

LEAVE BY - PRESTON'S ROAD

F - COTTON STREET

R - EAST INDIA DOCK ROAD

L - SAINT LEONARD'S ROAD

F - BLACKWALL TUNNEL NORTHERN APPROACH

COMPLY - BOW INTERCHANGE

LEAVE BY - HIGH STREET STRATFORD

BARE LEFT - GREAT EASTERN ROAD

R - THE GROVE

R - STRATFORD BROADWAY

F - HIGH STREET STRATFORD

L - CAM ROAD

LEFT OR RIGHT - BURFORD ROAD