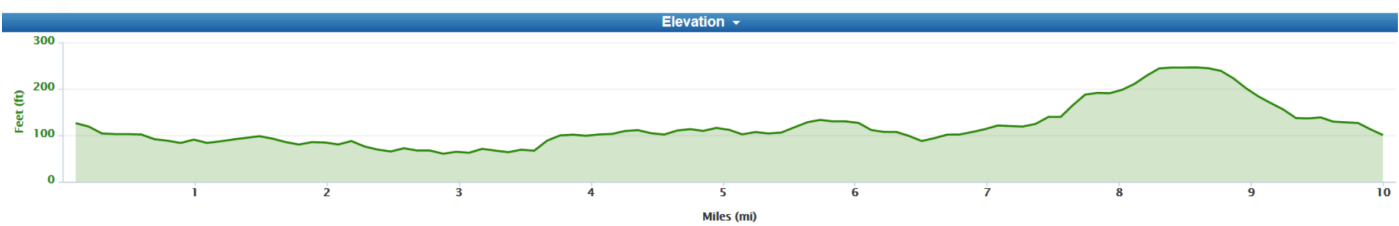


**Total Climbing on Course:** 246 feet  
**Steepest Gradient:** 8%

Finish to HQ: 1.99 miles  
 If retracing - great care turning round

HQ to start: 1.76 miles  
 Turn left out of HQ car park, then after 1.08 miles left into Foxbridge Lane

**1 Lap**



<b>OS REF (TQ)</b>	<b>COURSE DIRECTIONS – G10/45</b>	<b>MILES</b>	
019297	<b>START</b> at southern end of Foxbridge Lane 5 yards from junction with Plaistow to Kirdford road	0.00	0.00
013271	<b>LEFT</b> at junction and proceed to T junction at western end of Kirdford	1.70	1.70
018266	<b>LEFT</b> and follow road through Kirdford village to T junction at eastern end of Kirdford	0.42	2.12
040269	<b>LEFT</b> and follow road round to the right past Barkfold Manor to junction with Skiff Lane (CHECK)	1.58	3.70
041303	<b>LEFT</b> and follow Skiff Lane via Gunshot Common to junction with B2133	2.14	5.84
041304	<b>LEFT</b> on B2133 to junction with Plaistow Road	0.07	5.91
004310	<b>LEFT</b> along Plaistow Road to Ifold. Continue, now in Loxwood Road to T junction in Plaistow (CHECK)	2.48	8.39
019297	<b>LEFT</b> along The Street, which becomes Rickman`s Lane, and continue southeast to complete circuit at junction with Foxbridge Lane	1.38	9.77
019295	Continue south for 405 yards to <b>FINISH</b> 5 yards south of rectangular green sign “Costrong Fruit Farm and Nursery” on west side of road.	0.23	10.00