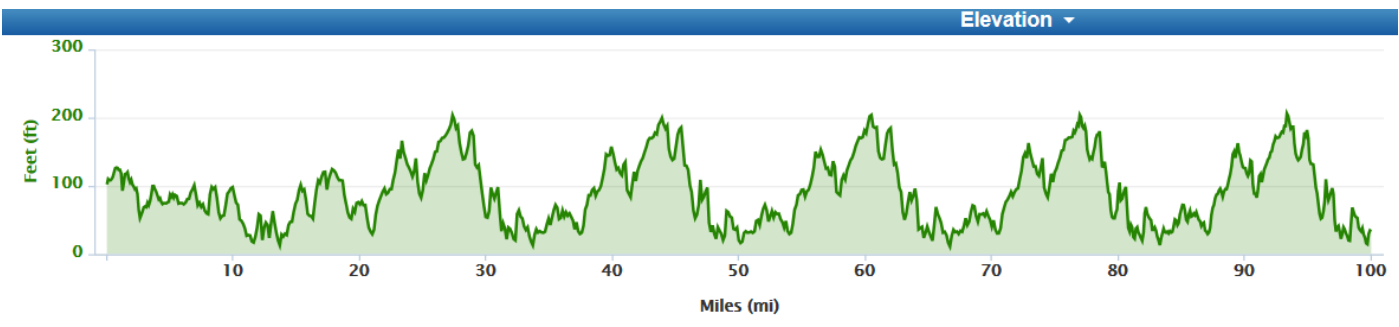


26.76
43.21
59.65
76.10
92.55



OS REF (TQ)	COURSE DIRECTIONS – G100/61	MILES	
182225	<u>START</u> on A272 at raised manhole cover on grass verge approximately 50 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00	0.00
267224	Proceed east to twin RBT`s (roundabouts) at Cowfold. <u>RIGHT</u> 2nd exit at first <u>LEFT</u> 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.49	5.49
215167	3rd exit to retrace to twin RBT`s at Cowfold <u>LEFT</u> 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	7.44	12.93
165227	3rd exit to retrace to twin RBT`s at Cowfold. Straight on 1st exit at first and <u>LEFT</u> 1st exit at second and follow A272 to West Grinstead crossroads	7.14	20.07
120134	<u>LEFT</u> in filter lane to join A24 and proceed south to Washington RBT to start 1st circuit	6.69	26.76
171125	<u>LEFT</u> 1st exit and follow A283 to junction with B2135 at Steyning.	3.54	30.30
165214	<u>LEFT</u> and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.03	37.33
120143	<u>LEFT</u> and follow A24 to complete first circuit at Washington RBT	5.88	43.21
120143	Continue as before to complete 2nd circuit at Washington RBT	16.44	59.65
120143	Continue as before to complete 3rd circuit at Washington RBT	16.44	76.10
120143	Continue as before to complete 4th circuit at Washington RBT	16.44	92.55
171125	<u>LEFT</u> 1st exit and follow A283 to junction with B2135 at Steyning.	3.54	96.09
190181	<u>LEFT</u> and follow B2135 north past “The Fountain Inn”, Ashurst to <u>FINISH</u> north of river Adur, Bines bridge, 23 yards north of electricity lines over road.	3.96	100.05