



OS REF (TQ)	COURSE DIRECTIONS – G25/49	MILES	
019297	START at southern end of Foxbridge Lane, 5 yards from junction with Plaistow to Kirdford Road.	0.00	0.00
013271	Go LEFT at junction and proceed south to T-junction at western end of Kirdford.	1.70	1.70
018266	LEFT east through village to T-junction at eastern end of village.	0.42	2.12
040269	where LEFT to Skiff Lane.	1.58	3.70
041303	where north via Gunshot Common to junction with B2133	2.14	5.84
041304	where LEFT onto B2133 to junction with Plaistow Road, where LEFT into Plaistow Road	0.07	5.91
004310	Go west to Ifold continuing along Loxwood Road to T-junction in Plaistow	2.48	8.39
019297	where LEFT south along The Street, becoming Rickman's Lane, to complete the first circuit.	1.38	9.77
019297	Continue as before to complete a second circuit	9.77	19.54
040269	Continue as before through Kirdford to junction with Skiff Lane	3.70	23.24
039295	LEFT and follow Skiff Lane to FINISH north of Gunshot Common opposite tree with trunk marked with red lines, 0.13 miles north of wooden "Public Footpath" sign and 0.45 miles south of junction with B2133	1.76	25.00