

OS REF (TQ)	COURSE DIRECTIONS – G50/10	MILES	
182225	<u>START</u> on A272 at junction with entrance to The Orchard Restaurant Car Park at West Grinstead	0.00	0.00
267224	Proceed east to twin RBT`s (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.45	5.45
215167	3rd exit to retrace to twin RBT`s at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	7.44	12.89
165227	3rd exit to retrace to twin RBT`s at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	7.14	20.03
120134	LEFT in filter lane to join A24 and proceed south to Washington RBT	6.69	26.72
197098	LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT where <u>TURN</u> (CHECK)	6.09	32.81
120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.05	38.86
119089	LEFT 1st exit and follow A24 to Findon RBT where <u>TURN</u> (CHECK)	3.04	41.90
155202	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to <u>FINISH</u> at tree on western side of farm gate opposite PP12150 past entrance to Swallows Farm	8.06	50.00