



Elevation
 1,298 ft Elevation Gain
 1,154 ft Elevation Loss



OS REF	COURSE DIRECTIONS - GS/195	DISTANCES	
TQ276260	START on B2115, Warninglid to Slough Green road, 0.49 mile east of A23, opposite eastern side of entrance to Paternosters (not Paternosters Fruit Farm).	0.00	0.00
TQ284260	Proceed east on B2115 to B2114 at Slough Green	0.63	0.63
TQ262298	Where left on B2114 via Staplefield to Handcross	2.84	3.47
TQ219262	Where left on A279 via Lower Beeding to A281	3.74	7.21
TQ213226	Where left to Cowfold, straight on at 1st roundabout,	2.33	9.54
TQ213225	Then left at 2nd roundabout on A272	0.06	9.60
TQ266223	Via Bolney roundabout	3.42	13.02
TQ291233	And Ansty roundabout	1.68	14.70
TQ297240	To roundabout south-west of Cuckfield, where first left into Cuckfield	0.59	15.29
TQ303255	Proceed north through Cuckfield, At north end of Cuckfield, take 2nd left onto B2036	1.20	16.49
TQ309332	via Balcombe to B2110 where left	5.10	21.59
TQ264302	to FINISH at western end of lay-by, 0.08 mile east of mini-roundabout 0.18 mile east of Handcross Sports pavilion HQ.	3.42	25.01