



OS REF (TQ)	COURSE DIRECTIONS – GS/196	MILES	
260296	START at northern end of wide bell - mouthed entrance to bridle way at a point	0.00	0.00
213226	Join slip road from A23 and proceed northwards to mini RBT at junction with B2110 LEFT 1 st exit and follow B2110 through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBTs at Cowfold	5.90	5.90
197098	RIGHT 2nd exit at first of twin RBTs and follow A272 to West Grinstead crossroads. LEFT on filter lane to join A24 south to junction with B2135 . LEFT on B2135 to T junction with A283 at Steyning LEFT and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT (CHECK)	12.97	18.87
255142	LEFT 1 st exit and follow A2037 to Rising Sun RBT. RIGHT 2 nd exit and continue on A2037 through Small Dole to mini RBT at Henfield. Right 2 nd exit and follow A281 to Shaves Wood (CHECK)	8.02	26.89
215167	LEFT and follow Shaves Wood Lane and Trusler`s Hill to junction with B2116 at High Cross. LEFT on B2116 to junction with A281. LEFT on A281 to TURN at North Henfield RBT (CHECK)	5.01	31.90
213226	3 rd exit to retrace on A281 and follow A281 to twin RBTs at Cowfold		
253294	Straight on 1 st exit at first and straight on 2 nd exit at second and continue on A281 to junction with B2110 at Lower Beeding. RIGHT and follow B2110 to FINISH opposite “Deer” sign 770 yards before mini RBT at Handcross	9.69	41.59