



| OS REF (TQ) | COURSE DIRECTIONS – GS/983 | MILES | |
|----------------|---|-------|-------|
| 114091 | <u>START</u> on A280 at drain gully just beyond Bend sign, approximately 1/2 mile west of Findon RBT (roundabout) and past entrance to Findon Cricket Club | 0.00 | 0.00 |
| 091056 | Proceed west on A280 to RBT at north side of Patching Interchange | 3.00 | 3.00 |
| 133056 | LEFT 1 st exit down slip road to join A27 eastbound. Follow A27 to Offington RBT | 2.75 | 5.75 |
| 119089 | LEFT 1 st exit and follow A24 to Findon RBT | 2.35 | 8.10 |
| 114091 | LEFT 1 st exit and follow A280 through starting point to complete first circuit | 0.43 | 8.35 |
| 114091 | Continue on second circuit to <u>FINISH</u> at start point | 8.53 | 17.06 |