

Emergency Tel.
Wormley 3374

L - LEFT R - RIGHT
BL - BEAR LEFT BR - BEAR RIGHT
TL - TURN LEFT TR - TURN RIGHT

FP/BP - FOOTPATH/BRIDLEPATH
Rd - ROAD
TK - TRACK
X-TK - CROSS-TRACK

M - MILES
Y - YARDS

30 MILERS:- Along L edge of Rec. Out at corner & fork R on main TK. In 330y TL on Rd, under bridge & in 15y TR to follow railway on R. In 700y T½L (WHEN SAFE) over A283 & along Rd opposite. In ¼ mile, opposite Tennis Court on R, TL over stile (FP). Along L edge of field, over stile, & thru wood to stile. GR 952 373

Over 2 fields (160°) via slippery bridge, in line with FP sign. Over stile, TL down TK & in 50y TR up to stile. Over & down field, thru gate & over stile. In 30y cross TK & on thru wood. In 90y over stile, along R edge of field & over stile. Along TK, thru kissing-gate & on to cross Rd. Up bank, TR on path, along R pavement, & in 550y cross main Rd. GR 952 358

2.9M Over stile into field, follow hedge on R & over 2 stiles. Up L edge of field & over 2 more stiles. TR (IGNORING 20 Milers, on 1982 route over field), & along R edge of field to corner. BR (310°) over field to stile. Thru kissing-gate & in 40y BR to cross drive & stile. Over field to far R corner & TR on Rd. GR 945 356

3.6M In 90y TL on FP. Into field at end, TL to corner, & ahead (175°) over field. At stile BR (205°) over field to far R corner. Thru kissing-gate, 30y L of gate, & TR on Rd. In 270y pass 2 wooden gates on R, & 40y later TR thru metal gate. Over field (235°) to stile in far L corner. TR on Rd & in 130y on up BP to FRILLINGHURST FARM. GR 939 344

4.75M In 330y, after last building on R, BL (220°) over gate & field. At far corner (ignore stile on L) climb fence & on over cleared area to far corner. Over slippery stile & ahead thru wood. In 550y TL over stile. 25y later BR (240°) on worn path. In 330y climb gate, along L edge of field for 300y & TL thru gate (SHUT it). GR 927 337

5.75M Follow hedge on R, over gate & TL to follow lane for ¼ mile. BR over Rd & thru kissing-gate (SHUT it). Along R edge of field, over stile & BR on FP. On R edge of 3 fields, into WITLEY COPSE & follow fence on R.

In 240y fork L to follow fence on L in 18y. In 40y TL with fence & 100y later cross 2 stiles & follow field on L. TL at corner & follow sleepers over ditches. Swing R, & in 100y TL on B2131. In 30y cross B2131 & minor Rd. GR 912 324

7.25M Down tarmac BP of LYTHE HILL ESTATE. In 550y, at WOODMAN'S COTTAGE, BL on BP thru woods. On main TK for 550y to small gate into field. BR up field aiming for roof. TR on TK for ¼ mile into SUSSEX (Re-joining 20 milers, & back on 1982 route for good). Thru one gate (SHUT it) & 2 stiles to BARFOLD FARM. GR 927 310

8.6M TR up Rd for 180y to OWLDEN on R, & 10y later TL on TK. Parallel with Rd on R for 60y, then on uphill. In 440y TR on drive (FP beside it). At Rd B½L up BP (255°). At top TL with BP, & in 110y, gap in bank on L gives a good view. GR 920 303

9.5M 90y later fork R & 230y further on cross TK. In 70y fork R, then swing R on main TK. In 250y fork L (BP) & 580y later TL at X-TKs. In 10y BR on narrow TK. In 30y follow earth bank on L downhill (280°) as best you can, & on top of it near bottom. GR 909305

10.3M Join sunken TK on R & in 220y TL on drive (FP) of VALEWOOD LODGE. In 40y ahead.....

...in 40y ahead on TK for 60y & thru gate (SHUT it). In 190y TL on Rd & 40y later TR on drive to SHEETLANDS. In 170y TR on muddy FP (drier on R) & in 130y ignore FP on R (now drier on L). 110y later fork R (28°) on FP No 296. (Don't descend). GR 904 301

10.9M Along house wall on L & join drive. In 110y continue ahead on BP. In 130y TR (10°) on BP for 700y, to join tarmac drive. In 100y TR & later TR on A286. WHEN SAFE in 140y cross & BL on FP. Up R side of ROSE COTTAGE, & uphill to pass FP post at very top. TR on Rd & in 90y BR on FP for 200y to CHECKPOINT. GR 883 310

12.1M Fork L (335°) on FP. In 350y TL (250°) at 5 X-TKs. In 200y cross Rd (to Walden). In 50y TR & 190y later fork R. In 70y TL on lane & 80y later, ahead on TK. In 330y TL on lane & in 90y, at L bend, ahead (275°) on BP. In 90y TR (320°) on BP. Ahead for 900y, then 30y before houses, fork L (290°) (Houses now on R). In 300y TR on Rd. In 20y TL over mounds & BR (350°) for 90y to cross B2131. GR 870 319

13.9M TL on lane opposite & in 40y pass 'GILLHAMS WOOD'. In 120y TR on FP between fences to stile. Cross field (320°) down to stile & down TK. Over stile & down R edge of field to stile & TL on lane (FP). Cross farmyard, thru gate, & gates either side of RAILWAY LINE. GR 867324

14.2M In 150y cross Rd to PRINCE OF WALES Car Park (only Pub on route, OPEN 12-2). Up steps & veer L uphill to join Power Lines, on L, at top. At Power Lines T-junction TL for 10y then TR. In 70y, over TK & earth-bank junction, & ahead (350°) with a bank on R. When bank turns L, follow Yellow paint marks ahead to A3. GR 863 334

15.0M TR for 40y, & WHEN SAFE cross dual-carriageway. Ahead on wide TK & in 160y, at L bend, TR (85°). In 100y TL & 80y later TR downhill. Over TK & uphill, over next TK & in 30y TL downhill. In 440y TR along this side of WAGGONERS WELLS Ponds & pass Car Park up on R. TL on Car TK (by Tel Pole No 10) & in 15y TR over small bridge. GR 863345

16.1M In 30y BL thru trees & follow stream on L. In 900y (having joined parallel TK on L) TL up steep TK (double garage on L). At top TL on B3002, & in 30y TR into BEECH HANGAR Rd. In 70y TL into Rec. & along R edge. TR (100°) at corner & in 30y TL down narrow FP. TL down Rd & in 170y, at WHITMOOR VALE Rd sign on R, TR (350°). GR 867 357

17.2M Up thru trees (no TK) & in 70y TR on TK. Ahead up main TK for 700y to TR, almost at top, at crossing earth bank, along ditch. In 200y join TK on R & TL thru bank. Follow blue NT BP signs ahead (60-90°) on main TK. Ahead at main junction on FP past 'No Horses' sign. TL on A287 for 140y, cross WHEN SAFE, & TR on wide BP. GR 885 361

18.4M In 400y pass 'No Parking' sign & BR (50°) at HIGHCOMBE NT sign, downhill. TL at bottom & in 80y ignore R turn to YHA. 120y later TR to YHA between fields. Over footbridge & uphill for 140y. TL on TK (HOSTEL on R) & in 100y thru gate & TL. Ahead on main TK for 1/2 mile to fork L (45°) at field gate on R. 20 MILES GR 894 377

ANYONE REACHING HERE AFTER 2.30pm MUST link up with the 20 Milers (for a 24M Certificate). See Page 4 for your route from here.

30 MILERS:- In 190y join tarmac. In 1/2 mile, around R bend & TL into HEDGE FARM. In 25y BR between fences to stile at end. Down L edge of 2 fields & TL over stile in corner. On R edge of field & in 70y TR over stile. In 130y join lane & 500y later TL over stile by gate. GR 896 397

21.4M Over field & stile, & ahead (later via footbridge). Over Rd, up bank & bash on thru trees to join tarmac on R at bottom. TR at TK junction & ahead (10°) for 1/2 mile to CHECKPOINT 2 at lane. 22.6M GR 893 408

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20 MILERS:- Along L edge of Rec. Out at corner & Fork R on main TK. In 330y TL on Rd, under bridge & in 15y TR to follow railway on R. In 700y T $\frac{1}{2}$ L (WHEN SAFE) over A283 & along Rd opposite. In $\frac{1}{2}$ mile, opposite Tennis Court on R, TL over stile (FP). Along L edge of field, over stile, & thru wood to stile. GR 952 373

Over 2 fields (160°) via slippery bridge, in line with FP sign. Over stile,
TL down TK & in 50y TR up to stile. Over & down field, thru gate & over stile.
In 30y cross TK & on thru wood. In 90y over stile, along R edge of field & over stile.
Along TK, thru kissing-gate & on to cross Rd. GR 952 358

2.5M Up bank, TR on path, along R pavement, & in 550y cross main Rd. Over stile into field, follow hedge on R & over 2 stiles. Up L edge of field & over 2 more stiles. T $\frac{1}{2}$ L down field (160°) (IGNORING 30 Milers who TR). Into trees, over stile & in 160y swing L with fence. On drive & TR on lane. In 700y FL onto BP. In 60y ignore L turn, & in 300y reach fence end, on R. 35y later TL down stream. GR 945 344

4.0M At bottom cross bridge & in 20y ignore L fork uphill. In 80y follow fields on L. In 600y join TK on L & in 300y ahead on lane. In $\frac{1}{2}$ mile pass Eagle-gated FURNACE PLACE on R. 180y later BL on TK, over drive & ahead on R edge of field (FP). At far end TL, & in 60y TR thru wire gate & over Rd. GR 933 321

5.8M Along ANSTEAD BROOK Stud drive (FP) & ahead at end on muddy TK. In 280y over gate & 10y later TR thru gate. Up R edge of field & thru gate in corner. Follow earth bank on R, & in 120y, when bank turns L, T $\frac{1}{2}$ R (280°) up to ever-open gate. Over field (270°) & TL on TK (into SUSSEX & Re-joining 30 milers). Over one gate (SHUT it) & 2 stiles for 600y to BARFOLD FARM. GR 927 310

7.0M TR up Rd for 180y to OWLDEN on R, & 10y later TL up TK. Parallel with Rd on R for 60y, then on uphill. In $\frac{1}{2}$ mile TR on drive (FP beside it). At Rd B $\frac{1}{2}$ L up BP (255°). At top TL with BP, & in 110y, gap in bank on L gives a good view. GR 920 303

7.9M 90y later fork R & 230y further on cross TK. In 70y fork R, then swing R on main TK. In 250y fork L (BP) & 580y later T $\frac{1}{2}$ at X-TKs. In 10y BR on narrow TK & in 30y follow earth bank on L downhill (280°) as best you can, & on top of it near the bottom. GR 909 305

8.7M Join sunken TK on R & in 220y TL on drive (FP) of VALEWOOD LODGE. In 40y ahead on TK for 60y & thru gate (SHUT it). In 190y TL on Rd & 40y later TR on drive to SHEETLANDS. In 170y TR on muddy FP (driest on R). In 130y ignore FP on R (now drier on L) & 110y later fork R (280°) on FP No 296. (Don't descend). GR 904 301

9.3M Along house wall on L & join drive. In 110y continue ahead on BP.
In 130y TR (10°) on BP for 700y, to join tarmac drive. In 100y TR & later TR on A286.
In 130y (or WHEN SAFE) cross & BL on FP. Up R side of ROSE COTTAGE, & up hill to pass
FP post at ve top. TR on Rd & in 90y BR on FP for 200y to CHECKPOINT GR 883 310

10.5M Fork L (335°) on FP for 350y. At 5 X-TKs fork R (340°), & in 370y fork R again.
In 40y pass post on R, & 12y later BL onto narrow TK. In 550y descend & TL on B2I3I.
In 30y TR down school Rd. TL with Rd at bottom & 140y later TR at end.
In 170y TL across A286. Thru Railway Arch & on over lights. TL at T junction & in
130y TR up BUFFBEARDS LANE. 80y after end TR on R edge of pitch. GR 884 332

12.0M On up bank & around 2 sides of courts (short then long). Up bank & ahead on TK.
In 80y fork R between large tree stump & multi-tree. Follow main level TK for 650y,
until it narrows as it swings R (fence corner 10y ahead). In 80y fork R, & 130y later
TR downhill. In 40y TL on Rd, & in 20y BR along POLECAT VALLEY. GR 887 341

12.9M Follow tarmac to end (New route over the Gibbet this year), & later pass DOWNEND
with red gates. 100y later, ahead (90°) into Common. Later climb & TL at top for 10y.
TR at X-TKs & in 200y join TK on R. Ahead (30°) for 330y, & over GIBBET HILL Car Park
with Views to R & L. GR 899 359

14.3M BL to MEMORIAL & ahead (0°) down to barrier. TL on TK & in 30y TR on TK.
(DEVIL'S PUNCHBOWL & 30 milers soon seen down on L). In ½ mile TR on A3 verge.
In 30y TR for 25y, TL & descend (70°) for 100y to old stile. TL along old fence
& in 30y join TK on R. Follow old fence for 550y, until it turns L uphill. GR 900 374

15.7M TR for 20y then TL. In 170y join Rd on R for 280y & TR on A3 verge.
In 500y TR over stile (55y along 1st field on R). GR 901 382. TL (95°) down field
to Electric stile. Ahead, crossing 2 rail fences, to join drive.
Over X-TKs & in 550y fork R down BP, past COSFORD FARM/House on L. GR 911 386

16.8M In 150y fork R with wall on L. 30y later fork L, & soon up old stone steps.
TR at top & in 30y TL up steep TK. Over TK at top, up bank, thru trees & over Electric
stile. Ahead (60°) over field to stile, & over Rd. GR 914 387

17.6M Into field & over Electric stile on R. Ahead on L edge of field, past 1st
corner, & along hedge on L. Over Electric stile, & in 40y TL over Electric stile &
down 7 steps. Over drive & stile, & across field (90°) to far R corner.
Thru small gate & over drive. GR 919 386

17.9M Thru tall gate & on over field (140°). Down to gateway & up TK.
In 280y thru gateway & in 10y TL on feint path. In 90y thru kissing-gate & TR.
In 80y descend, thru tall gate, & TL on Rd. In ¼ mile cross A286 (GR 929384) & up
gully. In ½ mile fork R at houses, & in 270y TL on Rd. GR 939 386

19.1M In 550y TR (95°) thru kissing-gate (this side of 1st house on R) & down FP.
Over stile, down R edge of field, over stile & down TK. TL on A283 & in 150y WHEN SAFE
cross into Recreation Ground via white barrier. Ahead (10°) to FINISH on verandah
at R end of hall.

WELL DONE. FREE SHOWERS, TEA & BEANS-ON-TOAST await you. 20 MILES 453 GR 947 394