

LDWA SOUTH DOWNS MARATHON - 2014

| | | | |
|-------|----------------------|-----|-----------------|
| AHD | ahead | SDW | South Downs Way |
| BL/BR | bear left/bear right | | |
| SP | signpost/fingerpost | | |
| TL/TR | turn left/turn right | | |
| X | cross | | |

LEG 1 - EAST DEAN to WP1 NORTON GR 470019.

Open 1030 to 1330. 9.6 miles.

1.1 From village hall TL and walk to village green. TL past Hiker's Rest coffee shop, X village green on track and TL into small lane going uphill, passing Glebe Cottage on right. In 50yds, at finger post, TR up narrow steps passing Meadow Cottage on left.

1.2 Go through metal gate and continue keeping stone wall on right. After 200yds, shortly before wooden seat, X wall on stone steps. Continue on FP with wire fence/shrubbery on right. Where fence ends continue AHD (265°) over field to kissing gate. (Ignore gate and sheepfold on left). Continue AHD (270°) across open field with gorse bushes on right. At cross track continue downhill (270°) towards the hamlet of Crowlink, joining tarmac road. TL, cross cattle grid and continue along road with houses on right.

1.3 At the end of the hamlet continue through gate and follow path through valley, keeping wire fence on right. Continue through 2nd gate, passing dew pond on right as path curves to left. Continue through valley on grass track.

1.4 In 450yds (GR537968) TR onto SDW and continue over the Seven Sisters (*Beware - cliffs & large water hazard on left*). In 1 mile, at fingerpost, BR onto footpath overlooking Cuckmere valley, continuing downhill on SDW with wire fence on left. Ignore kissing gate in fence. Continue through wooden gate downhill on SDW with bushes, later wire fence on left. In 1200yds go down steps and through wooden gate.

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1.5 BR and follow track. At fingerpost BR and continue thru gate to concrete track, signed WC/Visitor Centre. Follow concrete track, leaving SDW, to road A259 (*Hazard!, major road*). X road and follow SDW past Bike Hire on left (*toilets on left*), through wooden gate and uphill to gate and stone wall. Climb over wall, TR then TL and follow path down steps to West Dean.

1.6 Continue AHD on SDW up tarmac lane for 60yds, then BL up double concrete track, with signs for 'The Glebe' & 'The Long House'. Where concrete bears left continue AHD on SDW skirting gate. In 100yds TL and follow SDW, ignoring any paths left and right, later following power lines on left.

1.7 In 700yds, at X track, follow SDW down steps. At bottom BL and in 100yds TR over stile (SDW). Follow footpath along field edge. In 500yds X track and go through wooden gate. Follow FP downhill to gate. Through gate and continue downhill to gate into lane – Litlington Village.

1.8 TL. At road junction TR. 20yds beyond the Plough & Harrow TL onto tarmac path (SDW) towards river. TL on river bank, leaving SDW, and continue to footbridge. Cross bridge and TL along embankment, signed Frog Firle. In 500yds cross stile and BR down embankment then up hill on faint path (250°) to gate then 265° to gate in hedge and road. (GR511014).

1.9 Cross road (*Hazard! - very busy road, bad sightline on right*), thru gate, BL on footpath uphill. Thru 2 gates, continue ahead with wire fence on right. (*NB - during the lambing season temporary gates may appear on this Down.*) In 1200yds thru gate and TR. Follow wide track ignoring any paths

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left or right. In 1400yds, just beyond 4 way junction with inscribed bench, find stile in hedge on L beside waymark (GR488024).

1.10 Cross stile, continue on footpath (230°) soon downhill to wire fence. Continue with wire fence on left. Where field ends TL and continue on overgrown FP between hedge/wire fences. Cross stile, continue ahead on right hand grassy track. Where wire fence on right turns right, BR to cross stile beside metal gate. Continue AHD for 30yds thru kissing gate. Continue ahead along wide track to clip/waterpoint, Norton. (GR 470019).

LEG 2 - NORTON to GLYNDE CP GR457085.

Open 1115 to 1415. 4.6 miles.

2.1 Continue to tarmac road. TR and follow track marked Private. In 650yds, when tarmac drive becomes a track, continue AHD. In 1000yds, at cross track, continue AHD across field. In 600yds at waymark (GR461035) continue AHD on wide grassy track. In 1500yds, at path junction, continue AHD towards masts. In 700yds go through gate. In 300yds go thru gate (masts visible to the R).

2.2 Follow path across field (bearing 340°). At cross track (SDW), thru gate beside cattle grid and continue AHD downhill on partially tarmaced track. In 1300yds continue AHD through gate. When track becomes tarmac lane continue AHD to A27 (*Hazard!, fast, major road*). X, using the traffic islands, and continue AHD along road towards Glynde. The Checkpoint is in the Reading Rooms, on L. (GR457084)

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LEG 3 - GLYNDE to WP2 CHAPEL HILL GR531032

Open 1245 to 1700. 7 miles

3.1 Exit Check Point and TR along pavement to retrace steps to main road A27 (*Hazard! fast, major road*). X, using the traffic islands, and continue AHD on minor road. In 350yds, at red letter box on right, TL into Preston Court and continue AHD.

3.2 In 150yds, where concrete track turns right continue AHD towards metal farm gates. Immediately after gates X stile on left and follow footpath (80⁰) to pass through metal gate at corner of field. Continue AHD to wooden gate and continue on footpath across field before turning left around right hand side of barn. TR onto double concrete track to reach road.

3.3 X road to entrance of Firle Place. Pass through white pedestrian gate then immediately BR (170⁰) across grass to kissing gate. Continue across field (140⁰) to left of distant tennis court. Exit field via kissing gate and bear slightly R to 5 bar gate. Follow track to reach road junction with the Ram Inn on right - Firle Village.

3.4 X road and TL along tarmac pavement through village, soon passing War Memorial on L and Church on L. In 150yds, at Private Road/Bridleway/No Motor Vehicles sign, continue AHD to the right of red brick house. In 250yds BL with flint wall on left and continue AHD on wide track. On reaching tree line TR onto bridleway through double farm gates (ignore footpath through trees). Continue AHD with trees on R and open fields on L. In 300yds ignore wooden gates on right. In 200yds continue thru small wooden gate marked Access Land.

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3.5 Continue AHD uphill on path soon bearing left to climb steeply on chalky path. Approaching the ridge continue eastwards to reach marker post on top of The Downs (GR480059). Continue in an easterly direction on SDW, along the top of The Downs, with wire fence on right, for 1.5 miles, passing a trig point on left (GR485059) and later car park – Bo Peep - on left (GR493050). At four finger marker post (GR499045) continue AHD on SDW to next wooden gate. Continue AHD with fence now on left. In 800yds pass thru gate. In 500yds reach small wooden gate with track beyond (GR510034).

3.6 Pass through gate and immediately TL and head downhill on either chalk bridleway. Continue past Alfriston Pressure Reducing Station on right to reach road junction (GR517038).

3.7 Continue AHD, with care, down Winton St. to road. TR and follow road using tarmac pavement on right. In 100yds descend ramp to X road (*hazard - look to your right before stepping into the road*) and continue AHD along Lullington road, then over river to road junction. Bear slightly left, then uphill on track (SDW) for 700yds to clip/waterpoint. (GR531032)

LEG 4 CHAPEL HILL to EAST DEAN & FINISH GR557977

Closes 1900. 6.8 miles.

4.1 Cross RD with care and continue uphill on track (SDW). In 600yds, continue through gate. In 200yds BL onto parallel chalk track and continue uphill with wire fence on L. (Route leaves SDW here).

4.2 In 500m, at brow of hill, X stile and follow wire fence at it turns left (95°) up hill, keeping fence on left. In 400yds pass through gate and continue on path. Soon after Trig. Point go through gate and TR. Follow path (150°) with fence on right, along top of ridge, later descending. In 1500yds, (GR560029),

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BR (via stile or gateway in fence), over 2nd stile, to stile in hedge - 65° from 1st stile. Follow path through bushes. Descend with care onto track (Wealdway) and TR.

4.3 In 15yds at waypoint TL onto path. X stile and continue between wire fences. X stile, at track TR. In 100yds, at waypoint, TL. X stile and continue on path. X stile and continue, soon between electric fences. Where L fence ends continue AHD towards lefthand large metal gate. X stile and continue AHD. X stile and BR on path. At large track TL. At road TR into Jevington, using the pavement/grass verge where possible.

4.4 Continue along the road, passing the Eight Bells. Continue on pavement, which becomes a footpath into churchyard. At front of church TL into tarmac lane. At road junction TR and continue along pavement. At the Jevington Tea Gardens TL up Eastbourne Lane (SDW).

4.5 Continue on wide path uphill, ignoring any turnings left or right. In 1600yds, just after black metal barrier (GR 576009), TR thru small gate and continue along grassy track. In 700yds, at waypoint on left, continue ahead with wire fence on left. In 500yds, thru small gate, (finger post - direction Friston and East Dean) continue ahead. In 800yds follow path as it turns right. In 140yds TL thru small gate (GR 564995), waymarked East Dean 1 mile.

4.6 In 1000yds at fingerpost in field corner go thru right hand gate and follow footpath with wooden fence/houses on right. At tarmac continue ahead. In 50yds TL downhill. At T junction - bottom of Summerdown Lane, TL. Follow road (Micheldene Road) downhill. At road (*A259 Hazard! major road*) TL along pavement. Cross road with care, using the traffic island. Continue ahead along Gilbert's Drive to East Dean Village Hall on right.

WELL DONE!