

South Downs Way Relay Notes PW

Youtube video of the SDW in six parts from East to West by WSV Handy as a visual reminder after you've recced your legs. Link to the first part:

https://www.youtube.com/watch?v=0_3HsCmW98M

Handy and cheap map is the Geographer's A-Z SDW Adventure; pocket size atlas covering the whole of the SDW at 1:25000, reprinted from the OS Maps.

Public Transport Routes to start of legs: it's very slow on buses to the western half of SDW, trains are quicker; public transport does give you the option of doing consecutive legs and going from A to B instead of out and back / taking two cars

Leg 1 Beachy Head: train or bus 12 (1m?)

Leg 2 Exceat: Bus 12 etc

Leg 3 Bo Peep Train Berwick (3m with hill) or Compass /Cuckmere Bus 125 20 mins from Lewes to Charleston Farmhouse drive (1.5m with hill)

Leg 4 Itford Train to Southease or Compass Bus 123 from Lewes

Leg 5 Housedean/A27 train or bus to Falmer (1m) or 28/29 to Housedean

Leg 6 Ditchling Beacon: bus 79 from Brighton or 131 from Hassocks/Lewes

Leg 7 Saddlescombe 40/270/271/272/273 to Pyecombe (2m) or 77 to Devils Dyke (1m)

Leg 8 Adur/A283 Brighton bus 2 from Shoreham Stn 15 mins or Portland Road 45 mins to Dacre Gdns(or Compass bus 106 from Worthing)

Leg 9 Washington /A24 Stagecoach bus1 30 mins or Metrobus 23 from Worthing (or BAD bus 100 from Burgess Hill 50 mins 1m)

Leg 10 Springhead Hill Train Amberley (3m back along SDW)or Stagecoach Bus 1 40 mins to Storrington (2m) or BAD Compass Bus 100 70 mins from Burgess Hill to Storrington

Leg 11 Houghton Lane Train to Amberley (1m)

Car (23m): A27; A283 (Steyning Storrington);18m: in Storrington L Amberley Road (Bognor Arundel Amberley B2139) 23m: after river R Houghton Ln

Leg 12 Littleton Farm 99 bus (flexible service Mon-Sat, book by ringing 01903 264776)

Leg 13 A286/ Cocking Hillbarn Stagecoach 60 bus every 30 mins.from Chichester to Hilltop/Hillbarn

Leg 14 Harting Down 54 bus (1m)

Leg 15 QECP Stagecoach bus 37 to Clanfield (0.5m?) 45 mins from Havant or 20 mins from Petersfield, or 94 from Petersfield to Buriton 20 mins (2m via SDW) or walk to Petersfield 2.5m from Buriton Car Park via Shipwrights Way/paths, 4m from Visitor centre via new path next to A3

Train Petersfield to Hove 1h15 - 1h40

Leg 16 Sustainability Centre Centre Stagecoach 67 bus Winchester 60 mins or Petersfield 15 mins to East Meon (3m SDW/path)

Leg 17 Old Winchester Hill bus 67 Winchester 60 mins or Petersfield 15 mins to East Meon (3mSDW/path) or Winchester 50 mins/Petersfield 25 mins to West Meon (2m road)

Car(55 m): 50m: exit A3 (Butser Hill Hambledon E.Meon) and L Chalton Ln (Clanfield Hambledon); 51m R East Meon Rd; 52m L (and round bend to R and past Sus. Centre)S Downs Way/Droxford Rd

Leg 18 Holden Farm Stagecoach 67 bus from Winchester 35 mins or Petersfield 40 mins to Cheriton (2m)

More info on various stuff <https://www.nationaltrail.co.uk/south-downs-way/information>

**Leg 1 Beachy Head to Exceat 6.4m
(minutes)**

565' climb 1040' descent

Access from A259 SDW bus stop: take SDW SW for 500m till fork where you take the right fork to pass to the right of trig point; R/L at path crossroads then 500m to forked road jct, cross road and continue on path between the two roads. After about 800m path bears right to join road 600 m or so from start point car park/Visitor Centre.

450' Start Beachy Head (592 960). Can be tricky especially if misty. Keep away from cliff edge. Set off on grass path to the left of the road (opposite Beachy Head pub/Visitor Centre). Follow this path just to the left of the road until it dips to approach a bend in the road. On map SDW is shown nearer to cliffs but the grass path that climbs from just a few yards to the left of the road near the sharp bend looks the best. It climbs straight on now to the right of gorse for a while, and then straight on again to the left of bushes and a view of Belle Tout ahead. Aim for the sandy path visible climbing up to Belle Tout from a bend in the road but when you reach the bend in the road beneath take the grassy path just to the right of the sandy one, crossing the madeup driveway and aiming for the right hand boundary wall of Belle Tout where there is a path right next to the wall. At the end of the wall there are two wide grassy paths, take the left hand one to stay closer to the cliffs. The path descends with a sea view, descend (final part on steps) to Birling Gap. Turn right to exit the carpark on to the road and immediately immediately turn left up a lane (bungalows to your right); go through gate at top of lane and turn right down a footpath. After just a few yards along this path take a left through a small gate, signed SDW footpath (this is missable). You now continue straight ahead over the Seven Sisters through and over several gates / stiles. Various paths over the Seven Sisters to choose from, mostly the one furthest right looks quickest. Mostly the path is slightly to left of an electric fence. At the end of the Seven Sisters (with a view of Cuckmere Haven beach) you reach a signpost in front of a barbed wire fence; don't take the gate through the fence but turn right (not signed) to descend alongside the right-hand side of the fence; follow the fence down as it bears to the left till you reach a gate at the bottom at which turn right to join main wide chalky white track. Pass through another gate (water both sides, just a pond on the right) and head for the gate at the corner of a grass field. Head diagonally up this field; this path is grassy and may be unclear in parts but take initial direction from SDW sign and then there is a small (1 metre high) marker post to aim for followed by another one and then a gate with waymarker arrow on it which directs you to take the to head straight on relative to the gate, not take the path to the right This path soon descends to Exceat (red tiled roofed barns in view). WG :beware dips close to cliff, edge one below and east of Belle Tout, and one (Flagstaff Bottom?) on Seven Sisters

2 baton handover. Do not cross road.

The SDW on this leg is well signed with yellow (footpath) arrows bearing the acorn symbol.

RULES

Leg 1 Beachy Head to Exceat

- The route leaves the tarmac path 75 metres after the start, bearing left up the grass track.
- There are several cliff top paths between Beachy Head (591959) and the hill up to Belle Tout Lighthouse (563955); all are permitted, with safety and distance from cliff edge the main consideration. If in doubt, stay right!
- The South Downs Way passes to the north of the lighthouse, following the perimeter wall.
- Team vehicles should wait at Birling Gap car park (554960) to ensure their runner passes safely through.
- Runners are not permitted to use the concrete road through Cuckmere Haven (518984). The South Downs Way goes over the hill, following the clear signpost, and descends into Exceat. Any deviation from this permitted route is clearly visible from the changeover and will attract a time penalty which substantially exceeds the advantage gained.
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Leg 2 Exceat to Bo Peep 5.6m (minutes)

827' climb 275' descent

[???']' Start at Exceat (519 995). Climb grass hill to go through gate and over wall (stone stile), and take path off to the right which leads in to woodland. Descend through woodland and down steps (or on ground to the left of the steps if it is not too slippery) to West Dean and continue straight on up road and very soon left up a concrete and grass track (signed for The Glebe, Long House and VGW) which soon becomes a mud and flint path following to the right of a garden fence. Turn left at end of fence (SDW sign) to follow wide path through wooded area. As path narrows it descends steps with rail on your right. At the bottom bear left (cars /farm buildings visible on your left) and within a few metres turn right over a stile (signed) to climb at the edge of a field to the right of a severely-trimmed mature hedge. At the brow of the hill pass over a stile and descend across

two fields (a gate is between the two) and to a small gate in the bottom corner. (white, and then green, stakes and tape have been placed at the edge of the path - March 2018). Turn left onto small lane and in a few metres turn right onto Littleington's main street. Turn left immediately past the pub down a very narrow (signed but missable) path (next to Plough Lane Cottage sign). At the end turn right to follow the river bank toward Alfriston. Turn left onto the White Bridge, at its end cut the corner by turning immediately right along concrete path and after 100m or so (stepping over a foot-high wooden barrier fence) turn left to climb small lane to Alfriston's main street at which turn left up River Lane and then right on corner of the Star PH up Star Lane. Continue straight up residential streets and continue straight up the hill on chalk and flint path, (NB ignore a wide track forking right, no sign) and climb, with a fence next to you on your right, then where path bends left go straight on through a gate (blue waymark sign) and continue straight on, immediately on your left crossing another footpath. Continue on clear path along ridge with fence on your left over three small climbs to changeover at the car park at top of Bo Peep Bostal.

RULES

Leg 2 Except to Bo Peep

- Except is a two baton changeover.
- On the west side of the white footbridge in Alfriston (522031) follow the South Downs Way to the right, then left onto River Lane, then out of the village on Star Lane.

Leg 3 4.5m Bo Peep to Itford Farm 220' climb 740' descent (25-35)

555' Start at car park at the top of Bo Peep Bostal (494 050). Continue on clear path along top of ridge and over Firlle Beacon. You always stay close to a fence on your left, though cut a tiny corner by heading slightly right towards a small gate (not the wide gate to its left) as you approach car park (1.5m), after which there is a gradual climb, still next to fence on your left, till you go through gate in field containing radio masts (2.5m) Continue following path as it goes just to the right of the masts. Go through gate or over cattle grid and take the left hand grassy path (signed)(no sign). Soon path descends and bears left. Disconcertingly this takes you further away from the footbridge over main road at Itford Farm - visible 500m or so away (but heading straight downhill to the bridge is forbidden) Turn right when you reach a farm track (waymark) which soon bears left as it descends towards the road. Shortly before the junction of the track and main road turn left onto a path (signed) which takes you to the foot bridge. At end of bridge follow path as it bears right to reach changeover point at rear of Itford Farm where there are parking spaces.

RULES

Leg 3 Bo Peep to Itford Farm

- All runners must follow the southerly loop down Itford Hill (440055). Do not descend straight down the slope to the farm gate. (The marshals at Itford Farm changeover can observe all descents.)
- The changeover is west of the A26 at the left turn towards Southease station (432055).
- Teams must not park on the A26 or in the youth hostel forecourt; there is ample parking in the YHA car park close to the changeover point, but be considerate to the residents and keep the noise to a minimum.
- All team vehicles are absolutely forbidden from using the level crossing at Southease station. There's no point in taking that route, and any transgression will bring instant disqualification.

Leg 4 Itford Farm to Housedean Farm 7.5m 800' climb 800' descent (46-64)

35' CLEARLY SIGNED ALL THE WAY

200m west down farm track to level crossing, road then bends left and soon right and on over narrow bridge (over River Ouse) and into Southease village. As road enters village it bends left then immediately bears right and uphill, and you pass various minor road/tracks and the church on your left before reaching jct with main road 422053 (about 1.5k).

Save a few yards by cutting across grass/path at the right as you come up to this jct after Southease but cross main road as soon as you reach it whilst you can still see traffic coming in both directions (main road dips further along to the right so dangerous). Across the road is Gorhams Lane (road name visible); head for the gate on the far side of Gorhams Lane. *Follow path uphill aiming for immediately visible waymarker post; then there are two visible paths, save a few yards by taking the right hand one - aim for the small twisted tree it goes under, rather than aiming for the second waymarker post which is further left next to the*

left hand path; tricky path then wriggles down till you meet farm track and head left along it till just before farm where signpost directs you up a track to the right 413048(total 2.5k).

After 200m path turns right then left and steeply uphill for about 400m; you are aiming for the telegraph pole and small house, just to the right of a big house. The path splits in two near the top and lower, left one, looks slightly quicker. At the top go through gate and straight across road and down the ungated and possibly muddy path/alleyway between the houses (not through a garden gate on your right!) Path continues straight on across fields. Soon path becomes a wide concrete farm track (aka Yellow Brick Road though it's not brick or yellow). Eventually concrete track turns left and here SDW turns right and then left. You can cut the corner at the right hand turn slightly as the crops peter out a little distance in from the track 392068 (5.5k)

Continue (with steep slopes visible descending on your right), passing after 200m a (signed) path heading down to the right and after another 700m a 5-way jct with track off to the left and two paths descending off to the right. After another 200m you pass a visible tumulus and another signed path descending off to the right to Kingston; after 300m you pass the small dewpond (surrounded by a circular fence) on your right and after another 300m heading for some green and yellow trees/bushes you pass them on your left and reach Juggs Road (footpath!) jct where you turn left along it immediately and through a wide farm gate. *The path splits here and twice more soon after, always take the right (lower) path which stays close to the boundary fence (with steep slopes descending on your right) for 700m or so before the path leaves the fence and continues straight on towards visible gate and path junction 370075 (9k)*

Leave main path just after you pass small wind turbine on your right, and turn right (signed) along descending path with fence immediately on your right. After 400m bear right (signed) in front of a copse copse/path jct and continue descending ignoring any left and right turns for about 1k, then straight on through a signed gate (missable, don't continue on path that swerves round to the right of it) and path becomes narrow and tricky for 300m then turns left and 100m later turns sharp right under railway bridge and sharp left straight after the bridge. After 600m more of path, running parallel and between railway and A27, emerge on to small road and continue straight on up the road and follow it as it turns right over bridge to cross A27. Changeover is (now) at the end of the bridge.

RULES

Leg 4 Itford Farm to Housedean Farm

- After Southease church turn right onto the Newhaven - Rodmell road, cross over and take the first footpath on the left (422054) marked South Downs Way. Do not continue along the road into Rodmell or use the Permissive Path to Rodmell signposted earlier.
- Follow the path to Housedean Farm, crossing the A27 by the single track farm bridge (367092).
- Support vehicles are banned from crossing the A27 via the farm bridge to reach the lay by near the changeover. They should continue to Falmer and cross at the university junction.

Leg 5 Housedean Farm to Ditchling Beacon 5.25m (33-46)

815' climb 100' descent

35' 4.89 miles by my Garmin (but nearer 5 miles from new start at the top of the bridge). All turns signed. Loads of uphill but mostly gentle; the very start is the steepest climb. Start on A27 before lay-by (370 093). Turn left up steps and through gate to climb steeply on path (grass/hard flat mud) on left hand side of field, until gate at top left corner which leads to soft mud path which descends steeply, winding down through some woods, to emerge and begin climbing again on gravelly path to a gate. Turn left straight after gate and head uphill on grassy path alongside a fence. Pass through a set of double gates. Continue straight on past electricity pylon to next gate (2m) at T-junction where you turn right onto a good track (grass/hard flat mud) between 2 fences to head towards Black Cap. At 2.65m, near the crest of the hill (with Black Cap off to the right) turn left at T junction (ignoring the wide gate which leads off the wrong way, to the right) onto clear chalky stony ridge path which you follow straight on, ignoring various crossing paths and tracks. After crossing a rough metalled road (a sign warns cyclist to beware of traffic) path gets grassier and at the top of a short hill you can see Ditchling Beacon Car Park ahead. Keep to clear main path, (or the comfier grass right next to it!) which bends left and stays high/on the left, to reach Ditchling Beacon, don't look for shortcuts off to the right. Changeover before road. 2 BATONS

RULES

Leg 5 Housedean Farm to Ditchling Beacon

- All vehicles should park in the lay by (372092), not on the road outside Housedean Farm, and all non-runners should respect the privacy of the Housedean Farm residents.

**Leg 6 Ditchling Beacon to Saddlescombe 5m
(30-42)**

500' climb 850' descent

750' Start on road by Ditchling Beacon car park (333 132). Follow path round north edge of car park to continue along obvious path. Easy route towards Jack and Jill windmills going through various gates. Just before you reach the windmills do NOT take shortcut footpath left (Disqualification) but use left 'v' turn (2m) a few hundred yards before Windmills to go through farm / stables and then turn right through gate to descend beside golf course. Cross main road (3m) and turn left on path to turn right at next road and up through Pyecombe village. Continue straight on and downhill to cross bridge over A23 (3.5m). Turn left and after 200yds turn right to begin steep climb through a couple of gates on chalky path. At top (4m) bear slightly right to top of climb and NOT through gates. Descend hill keeping left and through gate in left hand corner to follow path to another gate near some houses. Keep on path to right of farm at Saddlescombe. Changeover before road. 2 BATONS

RULES

Leg 6 Ditchling Beacon to Saddlescombe

- Ditchling Beacon is a two baton changeover.
- There is a charge to use the National Trust car park at Ditchling Beacon. Teams should not avoid paying the small fee by parking on the road.
- Follow the path towards Jack and Jill windmills through New Barn Farm. Do not take the earlier left-hand footpath avoiding the farm (312129).

**Leg 7 5.25m Saddlescombe to A283
(32-44)**

650' climb 1035' descent

400' Start at Saddlescombe (270 115). An initial steep climb to reservoir (400 yds) (Summer Down) then keep on footpath straight ahead. Continue uphill towards Devils Dyke parallel with road on your left. Go straight across at Dyke road (1m) and across field to gate. Path now obvious along ridge top. After a long climb to the transmitter station and youth hostel (3.5m) use the road on descent until it turns sharp left by car park. Go straight across here through the gate and across field to another gate to descend to River. Do NOT stay on road or descend on either of the other wide tracks. Changeover at bottom of hill before road. 2 BATONS.

RULES

Leg 7 Saddlescombe to A283

- Saddlescombe is a two baton changeover.
- Parking in the entrance to Saddlescombe Farm or on the other side of the A283 is prohibited. All teams should use the car park at map reference 269112 or the small parking areas on the minor road leading to it and walk down the track. No one should walk down the road to the changeover point, but should use one of the many off road paths
- No team member should cross to the east side of the road.
- Ignoring these instructions on parking and remaining on the west side of the road will mean likely disqualification.
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**Leg 8 A283 to South of Washington 6.75m
(40-56)**

815' climb 700' descent

15' Start on A283 near lay-by east of river Adur (198 096). Take path behind layby to go over the footbridge over the river. Turn right and continue alongside river, take first (signposted) path left to leave riverbank; at path crossroads (with bench in front of you) take (signedposted) footpath left to reach (visible) road 25m or so away; turn right on road through Botolphs and uphill passing Annington Old Farmhouse and Annington House on your right; just after Annington House. take left (signposted) turn along wide treelined track as road bears right (1m). Follow track as it bends right at house (Tinpot's cottage?), don't go left down the short path to the house! Path goes uphill and you go through a gate and climb steeply over Annington Hill - stick to the wide grassy path, not the deeply rutted farm tracks next to it. Pass loads of pigs on your left. Turn right (signposted) at Bostal Road (3m). Path runs alongside the right side of the road till just before the road bends to the right, where (signposted) you cross to the other side of the road and turn right (signposted) along track to continue heading in the same direction. Continue (ignoring paths off to right and left till you reach gate 200m or so away from the visible trees of Chanctonbury Ring. Turn left after this gate and follow the lower wide grassy path just to the right of the fence, (not the other wide one to the right which passes closer to Chanctonbury Ring and is slightly longer/hillier) (5.5m). After passing Chanctonbury Ring continue along track till signposted right turn (6m?) which soon descends steeply. Bear right (not signed) (at 6.5m?) and continue towards Washington Car Park - or is this the changeover point?

RULES

Leg 8 A283 to south of Washington

- Team vehicles should approach Botolphs from the south, leaving the A27 at the traffic lights. When leaving the changeover they should go north towards the roundabout between Steyning and Bramber.
- The changeover point is at the A283, which will be marshalled. Only the incoming runner is permitted to cross this busy road. Without exception, all non-runners should remain on the west side of the road.
- Non-runners walking between the car park and the changeover point (it's about half a mile) should use the gate onto the Downslink path in the corner of the field. They should be aware of runners starting Leg 8 and should give them clear passage.
- At Steyning Bowl, the SDW is on the grass running parallel with road (165089). Stay off the road until the path ends.
- Either route to the south of Chanctonbury Ring is allowed, i.e. along the track or staying close to the fence line (144114).

Leg 9 South of Washington to Springhead Hill 4.25m (26-37)

650' climb 220' descent

- 130'** Start on chalk path above Washington (South) car park off A24 (122 120) and uses SDW alternate route to avoid A24 crossing. After the changeover there is a tricky downhill path through woods to a stile. Cross the field to another stile. Turn right on the road then left at the next junction to Washington Church. Continue over road bridge over A24. At junction take left fork along road towards Home Farm (**not** the right fork which has a big white sign for Footpath/Bridleway and leads to Rowdell House) and turn left at finger post onto path in front of house (0.5m). Continue up through woods and bear left to climb on chalky path to meet the main South Downs Way at top (1.5m). Turn right and continue along ridge to changeover at Kithurst Hill car park.

RULES

Leg 9 South of Washington to Springhead Hill

- The changeover is at the point where the footpath leaves the SDW, dropping north to Washington (122120). Teams should park in the car park (120120) if there is space.
- The route rejoins the SDW on the minor road south of Washington and continues past Washington church. After crossing the bridge over the A24, take the right fork (116128), signed South Downs Way.
- At the top of Barnsfarm Hill (105119) turn right where the north and south SDW routes merge.

Leg 10 3.75m 125' climb 660' descent

(21-30)

560' Springhead Hill (Kithurst Hill Car Park) to Houghton Lane

VERY WELL SIGNED AND EASY NAVIGATION

Head west (signed) from Kithurst Hill Car Park 070125 on very obvious 8' wide track, gently rising; after 1K the track forks, bear right here (signed), not left along restricted path; path continues gently rising for another 600m to pass trig point on your left after 1.6k and descends gradually then steeply to reach jct with a farm track after another 1.5k. Turn right along track just for 50m then take path off to the right (signed) which descends, steep and tricky, for 300m to a road where you turn right, and bear left after 50m (signed) where road forks. Continue down the road (named High Titten) almost to jct with main road B2139 028123 (4k). Take path off to right (signed) 10m before the jct. Follow this path which goes parallel with main road for 150m, then cross road with care and continue along the other side of the road in same direction for 150m then turn left (signed) down concrete road, over railway bridge, past sewage works on your left; concrete road becomes gravel/stone track and turns sharp left towards river Arun. Turn right and head along river bank for 200m to footbridge over river. Cross bridge; you save a few seconds if you squeeze

through a gap to the right of the gate on the far side of the bridge if you watch your footing; turn right to head along river bank for 100m; take left turn (signed) and follow path round edge of field 200m till it turns right , then 100m till it turns left and a further 200m to Houghton Lane 017118 (5.5k)

RULES

Leg 10 Springhead Hill to Houghton Lane

- Teams are urged not to delay their departure from Springhead Hill; this is a short leg and the road route to the next changeover passes unavoidably through Storrington, a notorious bottleneck. Delays in departure could easily mean the runner is faster than the rest of the team.
- Team vehicles driving up the lane to Springhead Hill should give priority to those driving down the hill and allow them to pass. This lane is a notorious congestion point with limited passing places. Drivers going up the hill should avoid tailgating the vehicle in front and instead leave 30 seconds before following, to avoid creating congestion.
- In Arun valley, after crossing the footbridge over the river, remain on the footpath and do not cut across the field (019119). This deviation from the route is clearly visible to marshals at Houghton Lane.

Leg 11 Houghton Lane to Littleton Farm 5.5m 950' climb 585' descent (37-51)

25' Start on Houghton Lane (between Houghton and Bury) (017 118). Cross road and take stony cart track and follow it as it bends right (passing a path off left into a field) and then left (with trees on your right) winds up hill to the A29 (1.5k). Cross over and turn right to run along pavement path for then first left (1.6k,signed) onto cart track. Continue (passing a signed path which joins from the left the left) on undulating path which takes you downhill to a barn (green middle section of roof stands out). Immediately after the barn (3.65k) take signed left turn onto another cart track which immediately bends right and left to climb a short sharp hill through trees before bearing right (signed) after the trees and continuing more gently uphill . Continue along undulating main path, passing Toby's Stone (4.45k) monument on your right (at Bignor Hill), to reach car park where there is a large signpost(5.5k) Ensure correct path here: turn right and go through wide gate (with pink acorn waymarker) and stay on main cart track which wiggles right and left heading towards transmitters and soon forks left (5.7k signed) to remain to the south of the transmitters. ALTERNATIVE SHORTCUT : 20m or so after you go through the wide gate, just before a short marker post, a grassy path heads off left, cutting the corner and saving you 35m or so. It rejoins the main path after 600m, just before the main path bears right (5.9k) Go through gate into a field with the transmitters on your right and then continue straight on along edge of field (on a lovely grassy path) , through signed gate (6.65k) at end of field, and straight on along main cart track (not the grassy track which forks off diagonally left) and downhill (with a left and right wiggle near the end) to the main road(8.8k). Littleton Farm (with large rusty barns) is on the far side of the road. Changeover is before the road. 2 BATONS

All the route except the short grassy path across the field is stony cart track without much grass. The final long downhill track is wide but steep in parts and very likely to be muddy and tricky when racing unless weather has been very dry.

RULES Leg 11 Houghton Lane to Littleton Farm:

no vehicles to park on A29 where runners cross road.
Various tracks east of Bignor Hill, all permissible (987131)

Leg 12 Littleton Farm to A286 Hill Barn 5.25m 600' climb 640' descent (31-43)

390' Start A285 Petworth Road Littleton Farm (951 144). Run up the track signed NO MOTOR VEHICLES (ignore wooden gates immediately to the left leading to private track!) and at path crossroads (signed) go through metal gate to continue long climb. Just before you enter the woods (1.05k) you come to a wooden gate next to wide steel gate – there is room to go round the gate to the left without having to open Continue on an undulating, clear main track. At 3.1k there is a NO THROUGH ROUTE sign but just go past it to continue on main track - don't head off diagonally left on grassy path through gate. At 4.85k (910164) sign post directs you diagonally right through a gate with cattle grid to follow a grassy path which soon bears left and over another cattle grid to rejoin the main track (5.35k) and you bear right to continue along main track. (POSSIBLE ALTERNATIVE: continue straight on along the main track which is signed Permissive Bridleway and save maybe 50m.) Keep straight ahead on main track, which eventually descends, passing some farmhouses (8.2k) , from where it becomes tarmac road (beware cars from here) and continues to main road (8.5k). There is a Car Park and beyond it more large farm buildings across the road. 2 BATONS

N.B. Drinking water tap, 250m east of Cocking Hill car park back up tarmac track towards Hill Barn Farm on right hand side.? (I didn't see it)

RULES

Leg 12 Littleton Farm to A286 Hill Barn

- Littleton Farm is a two baton changeover.
- At Littleton Farm, all vehicles and non-runners are to remain on the grassy area away from the road without blocking the farm entrance. No one should cross the road. The leg starts by following the track to the side of the field.
- Runners should be conscious of farm animals in the vicinity of Hill Barn approaching the end of the leg.

Leg 13 A286 Hill Barn to Harting Hill Car Park 6.25m (42-58)

1200' climb 875' descent

350' Start A286 Nr. Hill Barn Lane and Middlefield Lane crossing of Cocking Hill (car park) (875 167). Continue on clear track which climbs over Cocking Down, along ridge over a few small climbs. The path enters woods for the first time (4.3k/2.7m) and soon bears left and descends at Monkton House You are still within woods. Look out for right turn at a path crossroads (5.5k/3.4m) which will be easy to miss. (The right turn before it is signed Devils Jump) Continue down steep descent and up to path crossroads (6.6k/4.1m) where you turn left and immediate right (signed). Path bears round to the left through a couple of patches of woods (ignore various paths off left and right) and then emerges from woods to reach marker post (7.5k) where you turn right up the grassy path to ascend Pen Hill. There is a cattle grid at the top of (7.85k) and Beacon Hill comes into view. Descend to the sign post at the foot of Beacon Hill (8.1k). Ignore this signpost (which directs you on the official but longer route around Beacon Hill left and instead continue straight up Beacon Hill on the main wide worn track till you reach a signpost (8.3k) where you head slightly right along the middle grassy path. (This way you avoid going right up to the Trig point) The descent is very steep on the other side. Aim for a gate and then the right hand of the two broad paths at the bottom of the hill (the one next to the large signpost with a stone base) and continue straight on over a small climb to Harting Down and the short descent to the Car Park changeover - stick to the right hand main path (though there are a couple of narrow lower ones to the right which might just save a few yards). Enter a tiny copse (10.2k) and pass through a gate to reach the changeover(10.3k) with the Car Park to your left and a bench with great views to your right.

RULES

Leg 13 A286 Hill Barn to Harting Hill Car Park

- Hill Barn is a two baton changeover.
- Team vehicles should **not** be parked in the small public car park on the western side of the A286. Parking is available in the field on the eastern side, adjacent to the changeover. Vehicles should access the field by following the lane up to the gate at the top, and exit through the gate by the main road.
- The changeover is in the field, where all vehicles and non-runners are to remain. The outgoing runner should cross to the west side of the A286 and will be signalled to leave when the incoming runner reaches the designated point in the field. No other runner should cross the A286, and non-runners should not congregate in the gateways at either end of the field in a way which obstructs the gate and prevents runners or vehicles from entering or leaving.
- The route over Beacon Hill (West Sussex), avoiding the loop to the south, is allowed (809184).

Leg 14 Harting Hill Car Park to Queen Elizabeth Country Park 5.2m descent – now slightly more (24-34)

[500' climb 675'

675' Start Harting Hill car park (791 180) Continue out of the field to cross the road and take the footpath opposite. Continue on long pretty downhill stretch through woods. Cross road (0.9k) and continue on track opposite which immediately bears left (in onr path off to the right) Continue straight on, past a farm and crossroads (2.2k) til you reach the road at Sunwood Farm (3.5k), right, where you turn left onto the road and follow it round as it bends straightaway round to the right. At 4.3k bear right down through woods - ignoring the left turn signed to Ditcham Park School. 2.5m down through) and follow road as it bends left and then right to pass Coulters Dean Farm (4.9k) on your left. Continue straight on to pass under pylons (5k). Continue straight on over 2 small hills to descend to road junction and ascend straight ahead through Queen Elizabeth Country Park car park (6.4k) and out

through gate at the far end (ignore stile on your left at start of car park). Climb on wide track which then descends down through the Country Park. Ensure that you keep on SDW footpath. Do NOT take the bridleway or any other paths. There are three tricky but signed turns: 1) (7.2k) take the left fork that heads uphill - not the lower righthand path -QECP1? - ; 2) (7.4k) R then immediate L turn - QECP2? - along pretty path in the woods; 3) (7.45k) left fork - QECP3? - , not the righthand path which has red marker. Eventually you emerge at a wide path (9k) where you turn right and descend to main drive/ changeover with car park on your right (9.1k). (Exact route to changeover point may need some checking)

RULES

Leg 14 Harting Hill Car Park to Queen Elizabeth Country Park

- Runners should follow the waymarked SDW through the park, which forks off to the left at the top of the hill, and should not follow the lane down to the changeover point. Those that do will be subject to a time penalty which significantly exceeds any advantage gained.

In brief, the SDW forks off left at the top of the hill (see QECP1 photo attached). Shortly after take the waymarked path to the right – where the cyclists are in QECP2 photo. Where this path forks after a few yards, bear left – you can see the new waymarker post in QECP3 photo. From there it's up a slight hill before a long downhill stretch which you'll enjoy enormously. There's a sharp right at the bottom of the hill taking you to the new changeover, which is about 30 metres up the hill from the old one (see QECP4 photo). I think this new route is a great improvement, even if it's a bit longer (about ¼ mile, I'd say) and has a bit more uphill in it.

Leg 15 Queen Elizabeth Country Park to Sustainability Centre 4.3m [620' climb 460' descent – now slightly less] (35-49)

500' Start Brenhams Corner in Queen Elizabeth car park (718 183). Take signed path through woods. Go past the visitors centre and under the main road on track alongside access road. Go through gate (learn the alternatives see website) and to climb Butser hill. Follow wide grassy path towards the transmitters but near the top take the left fork over centre of climb. After 2 gates continue ahead with the car park (3m) on your right to join road. Take the narrow leftmost path past the car park to emerge onto road and turn left down road (barrier entrance to car park is a few yards to the right) There is an intermittent footpath on the left of the road . Go past a lane which goes off to the right Continue on road to junction (3.5m) and turn right 707192 (signed SDW) on to a track (black tarmac initially) with a large hedge on its right side. Continue along track to go under pylons on a good track which passes through a wood until you reach another road where you continue on a short stretch of road straight across 2 roads (5m) (past signs to Sustainability Centre). It is easy to go wrong here. At the junction go straight across to take footpath which runs parallel to the right hand road. The changeover is in the car park for the Sustainability Centre opposite HMS Mercury.

RULES

Leg 15 Queen Elizabeth Country Park to Sustainability Centre

- From Hyden Cross follow the waymarked track to the left of the road (682189) towards the Sustainability Centre. Do not run along the road.
- The cut-off point is at the Sustainability Centre. Teams which miss their cut-off target time may, at the Race Director's discretion, be instructed by the marshals to stop running or take other measures to reach the finish earlier.

The start of Leg 15 is also a little different. The SDW now takes a higher path than before, coming down to rejoin the old path just after the QE Country Park building. There's a bit more climb to do but the distance is pretty much identical.

- Use the car park at the Sustainability Centre and do not park on road.

Leg 16 Sustainability Centre to Old Winchester Hill 4m 480' climb 430' descent (25-35)

660' Start Sustainability Centre (674 192). Continue on path and cross road to turn right (90 degrees, not 45 degrees) on to wide track and continue past transmitter to descend on a rocky steep path to Coombe Cross (1.5m). Continue on footpath straight across and then left at next junction to meet road (2.5m) Turn right and continue past house to turn left (before the car park ahead of you) down road next to Whitewood Farm (3m) as the road turns right. Continue around the back of the farm to

turn right and go straight ahead through gates to bear right up a fairly long climb to road (4m). Turn left on footpath alongside road and continue just past car park to changeover.

RULES

Leg 16 Sustainability Centre to Old Winchester Hill

- On the approach to the changeover at Old Winchester Hill car park runners should not use the road but should stay on the fenced off SDW to the left of the road.
- The car park at Old Winchester Hill is small and quickly fills up, so teams should delay their arrival there until as late as possible and leave promptly.

Leg 17 Old Winchester Hill to Holden Farm 8.75m (55-75)

495' climb 850' descent

710' PW: (notes from 12/05/17, pretty dry underfoot)

MOSTLY WELL SIGNED one or two exceptions e.g. Wind Farm

To reach changeover point leave Old Winchester Hill Car Park and turn right along the road. The last bit of Leg 16 of the SDW runs on a footpath parallel to the road past Winchester Hill Car Park (on the far side) for 50m before crossing to the other side of the road (signpost). This is the changeover point. After 100m or so the path splits, the left hand one which stays close to the road enclosed between bushes and trees is way marked and it is simplest to stay on this one - though the grassy right hand one, and another even further right where this right hand path splits, look possibly slightly shorter though they are a bit wiggly and uneven underfoot. These paths all converge at a gate and the track continues (split into two, grassy and uneven on the right and flat but stony and slightly higher on the left). On reaching the gate that leads to the forbidden path over the top of Old Winchester Hill you take a (signed) left turn through another gate and follow this fenced in path with care as it descends steeply (This is the first bit of a U-shaped detour around Old Winchester Hill). Take a signed right turn at the bottom and continue straight on till another signed right turn completes the U-shape and takes you up the side of a field. Then at top corner of this field 636207 turn left to continue along track inside the field (no need to go through hedge to take the less even and narrower path on the other side of the hedge). Continue straight on along undulating fenced path which descends to reach a row of trees (which hide the railway bridge and dry river bed).

At the trees the track bends left and you turn off it sharper left onto the narrow stony river bed. (*Do not go over the little plank footbridge and past signpost this takes you on a longer route over the bridge*). (There is also a narrow path off to the left through the trees just before the main track bends left that is a slight shortcut but it is tricky and you have to jump down a couple of feet onto the river bed). Pass UNDER railway bridge and continue on river bed (rather than on the parallel very uneven path a few feet away just above it on the right) until the river bed becomes too narrow or muddy, at which point you look for an easy way up onto the path. ((May 2017: leave river bed when you see its surface start to become rutted soft mud and the greenery on either side converging to almost block the path. There is an opening at this point up on to the path on the right, with a triple trunk tree (two in front, one behind). An there is a long branch sloping upwards at 45 degrees from the left of the river bed across it just above head height. Continue on path and after a small plank foot bridge turn right (signed) and continue down track and over longer footbridge (may be flooded/muddy here) to emerge onto A32 next to big EXTON road sign.

Cross over A32 and head down side road opposite (Church Lane) which takes you into Exton. Bear right as you go through Exton (not off left down Shoe Lane) and pass the church on your right (about 5k). A brick wall appears on the left of the road which very soon changes from brick to flint, and a few yards later you will see the missable right turn - it's a wide track between wide entrance gateways to two houses so it looks like the middle track of three. (From this turn to Beacon Hill Trig point is nearly a mile with a lot of uphill, though the really tough bit across the last couple of fields to the brazier is only about a quarter of a mile.) Head up track and bear right in next field where path splits (signed) along narrow undulating path across fields. (The lefthand path heads over to the minor road White Way to join the cyclist route which does the steep uphill bit on road rather than field but is quite a bit longer so no one goes for it). The path heads diagonally across fields, through various gates and stiles (some just over low electric hurdlable fences). The path gradually gets steeper and steeper as it passes through the bottom (right hand) end of a clump of trees and to the left (top) side of a second clump of trees which links to a long line of conifers beyond it descending to the right. Kissing gate onto White Way is not visible till you are nearly at the top of the path but it is only 10m to the left of an easy to spot 3m high brazier/beacon, and at the top end of a row of conifers. Through this gate onto minor road (White Way), and *turn right up the road and then right*

again immediately on to footpath - it's signed and there's a wide steel field gate just past it. This path heads gently uphill to a gate into Beacon Hill Nature Reserve. (NB our official Phoenix runner instructions seem to suggest staying on White Way for half a mile and taking a later path off to the right which cuts diagonally across a field to the car parking area at 598228 but this is not the official route and it goes over a sown field and it looks as though the farmer has diverted it so it's not even much shorter) After going through this gate follow path as it bends almost immediately round to the left, passing Trig Point on your left after 40m. Path continues through woods and emerges onto a minor road with a small parking area on your right.

Head straight on (i.e. towards the right) along the road (don't turn sharp right down Monarchs Way footpath). After 250m road bends right; cross the road before the bend to go through gate (signed) and carry straight on along track. When you reach Lomer Farm turn left (at signpost and water tap!) and follow track round to the right as it curves through the farm, keeping to the right, and just past a couple of houses at the end of the farm take the wide stony track (signed) off right and follow it as it bears left. When you pass a long line of trees heading off to the left with a single house 200 yards or so away you are about to reach Wind Farm (9.5k) where the track splits, you ignore the branch which turns off to the left and continue straight on past a single storey flint building where you bear right (ignoring the immediate track - marked private - off to the left towards barn/logpiles) and head down the track towards a steel gate (nb you have to lift a flap before you can slide the gate bolt open). Cross road and head left along signed footpath right next to the road. Path soon emerges on to road (just before Preshaw Estate driveway), there's a signpost on the road (ignore link path which continues bearing off slightly to the right). On reaching T-junction with main road (where there is a signboard for Milburys pub on your right) turn right down main road and continue for 200m (past pub) then turn left (signed) down minor road . *NB This is a blind corner so cross main road well before left turn.* Straight on all the way to Holden Farm - first along metalled road but soon where the road bends right (there's a Dutch - ie open-sided -barn on the left at this point) you leave the road and carry straight on along an undulating track. to Holden Farm. When you pass a barn with a green corrugated iron end there is about a third of a mile to go before you reach Holden Farm (13k)

RULES

Leg 17 Old Winchester Hill to Holden Farm

- Only the clearly waymarked SDW route to the south of Old Winchester Hill is permitted (643204). Runners seen taking the old route directly over the top of the hill will be risking a time penalty which exceeds the advantage gained or disqualification at the Race Director's discretion.
- At the disused railway bridge (625212), any route over or under the bridge is permitted.
- After the railway bridge either the river bed or the path to the right of it can be used.
- This section of the SDW is subject to change; runners are strongly advised to recce the leg in advance and follow waymarkers for walkers.

Leg 18 Holden Farm to Chilcomb Sports Ground 5.5m 400' climb 545' descent (33-46)

355' Start at Holden Farm (562 268). Cross the road and after a short climb go through gate stile and into field. If allowed (field not sown, otherwise go around the field) go diagonally across this field to drop down to a gate - visible once you reach the brow of the hill. (May 2017: field not sown and clear grassy path available.) Continue on main path under pylons 558277 (0.5m) crossing a road (1m) until you see a farm on your left and reach a major crossroads of tracks with lots of farm buildings just after a short climb (2.5m). Turn left here passing the farmhouse on your left and continue uphill through some woods and then open ground to another stile which leads you into a fenced path alongside more woods. On reaching the road 528278(3.5m) cross over and continue for 100 yds to turn right and follow path. This winds around past an orchard and emerges on a bridleway (4m). Turn left along this bridleway (do NOT take footpath opposite) and continue until you reach a lane then downhill turning sharp right into Chilcomb village (4.5m). Through village around to the right and then left look for a stile/gate in the corner (signed for walkers only) at road junction (5m) and take this footpath alongside a hedge to a gap (marshall should be here) which takes you into the field and finish (**210'**) Chilcomb Sports Ground (499 289). Smile

RULES

Leg 18 Holden Farm to Chilcomb Sports Ground

- Immediately after the final changeover and crossing the A272 the SDW follows the edge of a field (560271). If the field is grass and not sown or containing livestock then the diagonal route is permissible. Common sense prevails - beware of conditions underfoot.

- On descent after re-crossing the A272 at Cheesefoot Head a minor road/track is reached (516281). Turn left and stay on this surface, passing the firing range and into Chilcomb village - do not take the footpath to the right and cutting the corner.
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