

**South Downs 100 mile relay** notes and rough estimates of leg times required in mins for an average runner for completion in 10 to 14 hours (adjusted for severity of leg). I have also included the changeover height at the start of each leg, estimated length of each leg and total climb and descent in feet. Each leg will still need adjusting for the ability of the runner and conditions. The Start is at Beachy Head Car Park where toilets are available. Arrive early to sign in, attend the briefing and collect batons. In general DO NOT follow other runners, they may be lost as well !!! Remember you have three races to run today so pace judgement is crucial.

**Leg 1 6.4m 565' climb 1040' descent (minutes)**

**450'** Start Beachy Head (592 960). Can be tricky especially if misty. Keep away from cliff edge. Follow road for short distance to a large bus lay-by at which take the short narrow tarmac path onto the worn grass path passing initially to the left of gorse bushes. The path dips toward a bend in the road but then 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. Stay on the grass to the right of the drive to Belle Tout and climb to its boundary wall. Pass round the wall to its right and at its end bear left and pick up a broad grass path with patches of exposed flint and chalk. The path descends with a sea view and bends right at a clear SDW sign to descend (final part on steps) to Birling Gap. Cross the car park and climb on the lane (bungalows to your right) to turn right through a gate. After a few meters 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 / styles. At the end of the Seven Sisters (with a view of Cuckmere Haven beach) bear right (clear SDW sign) to descend to the right of a fence passing through a gate at the bottom at which turn right to join main track. Pass through another gate (water both sides) and head for the gate at the corner of a grass field. Head diagonally up this field (no clear path but take direction from SDW sign) and from a ridge head for a finger post and then a (new) gate. Pass through the gate and take the left hand path (there may not be a sign here) to soon descend to Exceat (red tiled roofed barns in view).

**2 baton handover. Do not cross road.**

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

**Leg 2 5.6m 827' climb 275' descent (minutes)**

**[????]** Start at Exceat (519 995). Climb grass hill to go through gate and over wall into wood. Descend steps to West Dean and continue straight on up road which becomes concrete and grass track and then 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 and within a few meters turn right over a style to climb at the edge of a field to the right of a mature hedge. At the brow of the hill pass over a style and descend across two fields (a gate is between the two) and to a small gate in the bottom corner. Turn left onto small lane and in a few meters turn right onto Littlington's main street. Turn left immediately passed the pub down a narrow path. At the end turn right to follow the river bank toward Alfreton. Turn left onto the White Bridge, at its end turn right and soon after turn left to climb small lane to Alfreton's main street at which turn left and then right on corner of the White Star PH. Continue straight up residential streets and continue straight up the hill on chalk and flint path, (ignore a wide track forking right) and climb, bearing right (SDW sign) and then straight over track crossing. Continue on clear path along ridge over three small climbs to changeover at the car park at top of Bo Peep Bostal.

The SDW on this leg is well signed with various SDW signs.

**Leg 3 4.5m 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 Firle beacon. Gentle descent to Car Park at 1.5m and then gradual climb to radio masts at 2.5m. Then begin gradual descent which becomes steeper bearing left and then looping over the bridge to changeover at Itford farm.

**Leg 4 7.5m 800' climb 800' descent (46-64)**

**35'** Start at Itford Farm (433 056). Head to Southeast station to cross the railway line and river bridge. Continue on clear path and then through Southeast village (0.5m) to climb to junction with road. Cross road (bear slightly right) and go through gate in corner of junction to take footpath which drops downhill bears left and then straight along valley bottom on good track. At 1.5m turn sharp right and up a steep climb to Mill Hill and through gate to narrow path. Descend a little and then begin a long climb on the 'yellow brick road'. At top of climb (3m) don't follow road but turn right then

left to continue along ridge above Kingston through a couple of gates. Bear left at dewpond and then continue along clear path to a gate. Caution here, take two right turns to loop around valley and descend towards the Newmarket pub on the A27. Halfway down the hill take a left turn (6.5m) to descend steeply and turn right to follow a track to the tunnel under the railway. Turn left and follow path to the footbridge over the A27. Cross bridge and turn right to the changeover just before the lay-by.

- Leg 5**    **5.25m**                      **815' climb**    **100' descent**                      **(33-46)**  
**35'**    Start on A27 before lay-by (370 093). Turn left up steps and through gate to climb steeply until another gate and then descend steeply on winding path through some woods to begin climbing again to rejoin old path at a gate where you turn left. At 2m turn right onto a good track between 2 fences towards Black Cap and then turn left at T junction (2.5m) to continue along the clear chalky ridge path avoiding various crossing paths and tracks to reach Ditchling Beacon. Changeover before road. 2 BATONS
- Leg 6**    **5m**                                      **500' climb**    **850' descent**                      **(30-42)**  
**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
- Leg 7**    **5.25m**                                      **650' climb**    **1035' descent**                      **(32-44)**  
**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 (Do NOT stay on road or descend on either of the other wide tracks) to A283. Turn left to run along A283 short distance to marshal. Changeover is opposite lay-by. 2 BATONS.
- Leg 8**    **6.75m**                                      **815' climb**    **700' descent**                      **(40-56)**  
**15'**    Start on A283 near lay-by east of river Adur (198 096). Take path towards the footbridge over the river. Turn right and continue on footpath to turn right on road. Continue uphill until left turn on wide track as road bears right (1m) to pass Tinpots cottage. Climb steeply over Annington hill until you reach Bostal Road (3m). Turn right and keep on path to cross over road as it bears right and continue on track to ascend to Chanctonbury Hill (5.5m). Continue to South side of clump and begin descent. There are two right hand paths (6m), (6.5m) which are not that easy to spot as you descend to Washington. Changeover at start of the second path.
- Leg 9**    **4.25m**                                      **650' climb**    **220' descent**                      **(26-37)**  
**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. At junction take left fork along road (**not** the right fork which leads to Rowdell House) and turn left 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 by Kithurst Hill car park.
- Leg 10**    **3.75m**                                      **125' climb**    **660' descent**                      **(21-30)**  
**560'**    Start by Kithurst Hill car park (Nr. Springhead Hill) (070 125). Continue along ridge top over 2 small climbs, keeping to obvious SDW path. After a while descend quite steeply. Take right path through a gate before you reach the farm (do NOT take left track to the farm) and continue down to a lane keeping to the left hand lane where it forks. Just before the main road turn right on a path parallel with the road and then cross road and turn right continuing a little way on a path parallel to the road before taking the next left to the bridge over the railway. Continue on path which winds across fields and then left over river footbridge then right at the end of the bridge and across more field keeping

to SDW path which is clearly signed. The Changeover is at the next road, Houghton Lane (narrow lane).

**Leg 11 5.5m 950' climb 585' descent (37-51)**  
**25'** Start on Houghton Lane (between Houghton and Bury) (017 118). Cross road and take path which winds up steep hill to the A29. Cross over and turn right then first left. Continue uphill then slightly downhill to a barn. Turn left then right to climb a short sharp hill bearing right near the top. Continue along main path past Stone monument on Bignor Hill to car park (3m) where there is a large signpost. Ensure correct path here which bears right to head towards the transmitters but then remains to the south of the transmitter. Through gate into a field with the transmitter on your right and then continue straight over and downhill to the main road. Changeover is at the road, A285. 2 BATONS

**Leg 12 5.25m 600' climb 640' descent (31-43)**  
**390'** Start A285 Littleton Farm (951 144). Run up the track and through gate to begin long climb. Just over the top bear left in the corner of the field through the woods (0.5m) and then continue on an undulating, clear main path. This leg is quite wooded and pleasant in places. Avoid any crossing paths and keep straight ahead until you reach a steep descent (4m) on a chalky path through the farm to the changeover just before the road. 2 BATONS

**Leg 13 6.25m 1200' climb 875' descent (42-58)**  
**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 and then along ridge over a few small climbs. The path bears left and descends at Monkton House (3m) (Peacocks !) to pass some tumulus mounds on your right. There is now a right turn which will be easy to miss. Continue down steep descent and up to crossing track (4m). Turn left then immediate right through gap in hedge. Continue around field and take the track on the edge of woods to your right rather than climb small hill. You should see the steep face of Beacon Hill (5.5m) ahead. There are alternatives here. You can go South on the SDW avoiding the hill but this is much longer. Alternatively climb straight over the top on the chalk path or keep to the right and climb around the hill. The descent is very steep on the other side and continues straight on over a small climb to Harting Down and the short gradual descent to the Car Park changeover.

**Leg 14 5.6m [500' climb 675' descent – now slightly more (24-34)]**  
**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 downhill stretch through woods. Cross road and continue on track opposite which undulates straight on at a cross track to Sunwood Farm (2m). Go left and right by the farm to be on tarmac lane lined with Copper Beech Trees. Part way along the lane it bears right, SDW sign is on your right (do **not** bear left to school) and at 2.5m take right fork down through woods and uphill through Coulters Dean Farm and under pylons (3m). Continue straight on over 2 small hills to descend to road junction and ascend straight ahead through car park Continue through gate and climb on wide track which then descends down into the Country Park. Ensure that you keep on the signed SDW footpath. The wide track heads down toward the lane the SDW bears slightly left on a path into woods (there are many tracks and paths so be sure to follow SDW signs) fork right onto a narrower path that climbs in woods a little. The path widens a little and carries on through woods until a short descent and bend to the right. Cross the park road to the changeover at Brenhams Corner. Do NOT take any other paths.

**Leg 15 4.3m [620' climb 460' descent – now slightly less] (35-49)**  
**500'** Start Brenhams Corner in Queen Elizabeth car park (674 192). Go past the visitors centre and under the main road (2m). Go through gate (learn the alternatives see website in case of events in field) and climb Butser hill. Follow indistinct 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. Pass through road barrier and continue on road (do **not** turn right on a track here, or at the next lane). Continue on road to cross roads (3.5m) turn right (signed SDW) and continue along track with large hedge to go under pylon cables on a good track which passes through a wood until you reach another road where you continue straight across 2 roads (5m) (signs to Sustainability Centre (right hand fork)). It is easy to go wrong here. Look for the bridleway saying no vehicular access and follow this path which runs parallel to the road. The changeover is at the car park entrance for the Sustainability Centre opposite HMS Mercury.

**Leg 16 4m 480' climb 430' descent (25-35)**

**660'** Start Sustainability Centre (674 192). Continue on path and cross road to turn right 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 into 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 long climb to road (4m). Turn left on footpath parallel to road. Changeover is by the gate just past the car park opposite.

**Leg 17 8.75m 495' climb 850' descent (55-75)**

**710'** Start on lane near Old Winchester Hill Car Park (646 215). Leave Car Park following footpath and circle around Old Winchester Hill (you must not run across Winchester Hill Fort). Continue downhill on path between fences into a narrow section beside stream. This section can be very muddy. Cross footbridge over river at Exton Bridge. (2.5m) Cross road and continue along lane through Exton to last house where you turn right on clear footpath (3m). Through gate continue diagonally across field and through stiles then climbing more steeply to meet the road at the top (4m). Turn right and continue along this road until you see a stile into field (4.5m). Take this footpath which cuts across the field and saves time. Continue straight along road for 300 yds and bear left on track then left and right around some farm buildings to continue on wide track to Lomer Farm (5.5m). Continue ahead to Wind farm (6.5m) and out through gate onto road. Cross road and continue left along footpath which opens out onto the road. Ignore right turn and take next right turn at crossroads past the pub (7.5m) and take the next left. At 8m the road turns right but you continue on track straight ahead which leads to the changeover at Holding Farm.

**Leg 18 5.5m 400' climb 545' descent (33-46)**

**355'** Start at Holding Farm (562 268). Cross the road and after a short climb go over 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. Continue on main path under pylons (0.5m) crossing a road (1m) until you see a farm on your left and reach a major crossroads of tracks just after a short climb (2.5m). Turn left here past the farmhouse 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 (3.5m) cross over and continue for 50yds 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 in the corner 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!