



# ROUTE



Start in Sea Road (St Leonards) in line with Lamp Column No 4 and head eastwards to junction with Grosvenor Crescent (see Figure 1).

TURN LEFT into Grosvenor Crescent which shortly becomes Bexhill Road. Continue to junction with West Hill Road on right hand side. TURN RIGHT into West Hill Road up steep hill (road immediately bends to the right) and continue to junction with St Vincent Road. TURN LEFT along St Vincent Road over railway bridge and continue to end of road. TURN LEFT into Filsham Road and continue to junction with Bexhill Road. TURN RIGHT along BEXHILL ROAD.

1 mile point is in Bexhill Road at a point on right hand side 1.5 metres in advance of Tel Pole No 1821; opposite front door of No 139 Bexhill Road.

Continue to junction with Harley Shute Road. TURN RIGHT along Harley Shute Road (steep uphill section to begin with then levels out).

2 mile point is in Harley Shute Road, 4 metres in advance of Lamp Column No 68 opposite the second entrance to West Street St Leonards County Primary School on right.

Continue to roundabout junction with Crowhurst Road. TURN LEFT along Crowhurst Road which shortly becomes Queensway.

3 miles point is in Crowhurst Road approximately 150 metres past junction with Church Wood Drive; 23 metres in advance of 2<sup>nd</sup> entrance on LH side to Wishing Tree Reservoir.

Continue along Queensway which commences a steady incline.

4 mile point is in Queensway at a point on right hand side measured 95 metres beyond start of Chainlink fencing – boundary to Tilekiln playing field.

5 miles point is in Queensway at a point on right hand side measured 109 metres beyond start of crash barrier after bridge over Battle Road and opposite an Electric Transformer on left.

TURN RIGHT along The Ridge, shortly crossing bridge over Sedlescombe Road; keep straight ahead at mini roundabout junction.

6 mile point is in The Ridge (LH side) opposite St Anne's House in line with a road gully and 16 metres beyond lamp column No 533 (also numbered 123) on left hand side.

Continue ahead along The Ridge; keep straight ahead at roundabout entrance to Conquest Hospital.

7 mile point is in The Ridge (LH side) immediately before its junction with Stonestile Lane on left at a point measured 7.7 metres in advance of lamp column No 63.

Continue along The Ridge and commence steady descent.

8 mile point is just beyond Fire Station, just past junction with Coghurst Road on right and in line with first corner of boundary wall to No 28 The Ridge on left.

Continue along The Ridge to junction with Winchelsea Road on left. TURN LEFT into Winchelsea Road (short uphill section) and continue to junction with Rye Road (still ascending) for approximately 200 metres where runners negotiate a U-turn.

TURNAROUND POINT is in Rye Road just past bus stop, opposite service road to houses.

Head south west along Rye Road towards Hastings (road descending). TURN LEFT into Old Top Road and continue to end where TURN RIGHT into Middle Road.

9 mile point is in Middle Road just beyond its junction with The Broadway in line with front door of No 47 Middle Road on right.

Continue to the end of Middle Road (descending) and TURN RIGHT into Fairlight Road which returns to A259 (here called Old London Road). TURN LEFT into Old London Road and immediately TURN LEFT into Saxon Road. Continue along Saxon Road which shortly becomes Harold Road, descending sharply until Dudley Road is reached on the right.

TURN RIGHT into Dudley Road continue to the end.

10 mile point is in Dudley Road opposite footpath steps and railing on left just next to No 6.

Continue along Dudley Road to its junction with Ashburnham Road and TURN LEFT (steep descent) for a short distance where it meets Old London Road (A259). TURN LEFT into Old London Road and continue down hill past Pedestrian Crossing and take the next turning on the left.

TURN LEFT into Harold Road and immediately TURN RIGHT into All Saints Street (very narrow with on-street parking) and continue to the end where it meets Rock a Nore Road. TURN RIGHT into Rock a Nore Road which immediately rejoins the A259 and continue along Marine Parade. Just after Miniature Railway and directly opposite Royal Albion Restaurant, runners TURN LEFT off road onto paved path alongside Crazy Golf and all weather play area.

11 mile point is on outer promenade path at a point measured 68 metres beyond kerbline of Marine Parade.

Continue along outermost promenade path (nearest the beach) in westerly direction. Path eventually rejoins the footway alongside Marine Parade and becomes a cycle path. Pass Pier and Pavilion on left.

12 mile points is on promenade path just before a covered seating area opposite No 10-11 Eversfield Place on right and 28 metres in advance of lamp column ref no 62.

Continue following cycle path into Grand Parade. Road bends right past Marina Court (tall white building) on right. Stay on cycle path and take ramp down into Car Park area. Pass through the car park and then rejoin main carriageway of A259 at vehicle exit (opposite junction with Undercliffe on right) and continue westwards until Sea Road is reached.

BEAR LEFT into Sea Road; runners negotiating kerbed chicane on left.

13 mile point is in Sea Road, 5 metres beyond lamp column No 9 in Sea Road (See Figure 1).

FINISH in Sea Road in line with lamp column No 4; coincident with start line (See Figure 1).

