

# LDWA SOUTH DOWNS MARATHON – 13<sup>th</sup> MAY 2018

AHD	ahead	SDW	South Downs Way
BL/BR	bear left/bear right	TL/TR	turn left/turn right
		X	cross

## **LEG 1 - EAST DEAN to WP1 NORTON GR 470019.**

**Open 1030 to 1300. 9.7 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, Went Way, passing Glebe Cottage on right. In 50yds, at finger post, TR up narrow steps passing Meadow Cottage on left.

1.2 Thru metal gate and continue keeping stone wall on right. After 200yds, shortly before wooden seat, X wall on stone steps. TL, continue on FP with wire fence on right. Where fence ends continue AHD (255°) over field to kissing gate. Continue AHD (270°) across open field with gorse bushes on right. At the end of the gorse 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. Through 2<sup>nd</sup> gate, keeping wire fence on right, soon passing dew pond on right as path curves to left. Continue through valley on grass track.

1.4 In 450yds (GR537968) go thru gate in electric fence. TR onto SDW and continue over the Seven Sisters (*Beware - cliffs & large water hazard on left*). In 1 mile, after 4 Sisters and 2 kissing gates, at fingerpost, BR onto footpath overlooking Cuckmere Valley. Continue downhill on SDW with wire fence on left. Ignore kissing gate in fence. Continue through wooden gate downhill on

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SDW with wire fence on left. In 1200yds go down steps and through wooden gate.

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 Exceat. Cross A259 (*Hazard! major road*) and follow SDW past flint walled building 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 uphill along field edge. X stile. In 300yds X track and go through kissing gate. Follow FP and power lines downhill. Thru kissing gate and continue downhill, thru kissing 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. Continue along river bank, ignoring foot bridge. In 800yds cross wide plank bridge (*New Bridge*). BR up grassy/chalky track. When track fades turn sharp left – c300° - and continue uphill with bushes on L. Thru gate then 265° uphill to gate, hedge gap and road. (GR511014).

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1.9 X road (*Hazard! - very busy road, bad sightline on right*), thru gate. Continue downhill on path. Continue on grassy path with bushes on left. (*Rathfinny Vineyard on right*). In 900yds AHD with wire fence on right. Thru gate. At finger post TR thru gate – Rathfinny Trail – and follow footpath. At fingerpost continue AHD.

1.10 At Rathfinny Boreholes continue on track, soon passing pumping station and boreholes, later uphill. At large gate TR, signed Rathfinny Trail and bridleway, downhill. At fingerpost BL. At top of hill, thru gate, and TR. Just beyond 4 way junction with inscribed bench (*to Paul Earl*), X stile in hedge on left beside waymark (GR488024).

1.11 Continue on footpath, initially 260°, soon downhill, to wire fence. Continue with wire fence on left. Where field ends TL and continue on FP between hedge/wire fences. Cross stile, continue ahead on grassy track. Where wire fence on right turns right, BR thru kissing gate. Continue AHD for 30yds thru kissing gate. Continue ahead along wide track to clip/waterpoint, Norton. (GR 470019).

### **LEG 2 - NORTON to FIRLE CP GR469070.**

**Open 1115 to 1430. 5.3 miles.**

2.1 Continue to tarmac road. TR and follow road marked Private. In 650yds, at the waterworks, when tarmac road becomes a track, continue AHD, later on enclosed path. In 1000yds, at cross track, waymark and clump of trees, continue AHD across field (360°). In 600yds at waymark (GR461035) continue AHD (10°) on wide grassy track. In 1500yds, at path junction and waymark, continue AHD towards masts. In 700yds AHD through gate. In 300yds thru gate (masts visible to the right).

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2.2 Follow path across field (340°). At cross track (SDW), thru gate beside cattle grid and continue AHD downhill on partially tarmaced track. In 1300yds, at foot of hill, continue AHD through gate. When track becomes tarmac lane continue AHD. In 600yds, at red letter box on left, TR into road (Preston Court) and continue AHD.

2.3 In 150yds, where concrete track turns right continue AHD towards metal farm gates. Immediately after gates X stile on left. Continue AHD (80°) to pass thru metal gate at corner of field. Continue AHD, thru wooden gate. Continue on footpath across field before turning left around right hand side of barn. TR onto double concrete track to reach road.

2.4 X road to entrance of Firle Place. Thru white pedestrian gate then immediately BR (170°) across grass to kissing gate. Continue across field (140°) to left of distant tennis court. Exit field via kissing gate. TR, go thru small gate into car park, TL thru white gate. TR onto track. Follow track to reach road junction with the Ram Inn on right - Firle Village. X road and TL along tarmac pavement to the Village Hall on right – Firle checkpoint.

### **LEG 3 - FIRLE to PLONK BARN GR523031**

#### **OPEN 1200 to 1615 4.7 miles**

3.1 Exit checkpoint and TR. Continue through village, soon passing War Memorial and Church on left. In 100yds, 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.

3.2 On reaching tree line TR onto bridleway through double farm gates (ignore footpath through trees). Continue AHD with trees on right and open fields on left, ignoring gates on right. In 500yds continue thru small wooden gate marked Access Land.

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3.3 Continue AHD uphill on path soon bearing left to climb steeply on chalky path. Approaching the ridge continue eastwards to reach small marker post on top of The Downs (GR479059). Continue in an easterly direction on SDW, along the top of The Downs, with wire fence on right, for 1 mile, passing a trig point on left (GR485059), to car park – *Bo Peep* - on left (GR493050).

3.4 Continue AHD on SDW thru 2 gates. In 800yds, at five finger marker post at fence corner (GR499044) continue AHD on SDW to next wooden gate. Thru gate and continue with fence now on left. In 800yds pass thru gate. In 500yds reach small wooden gate with track and 6 finger post beyond. (GR510034).

3.5 Thru gate and continue AHD on enclosed path (SDW). At fork continue AHD on track. In 1000yds continue AHD on tarmac road (Kings Ride). At X roads continue AHD (Star Lane) into Alfriston Village. At road junction TR. In 30yds TL down narrow alley signed St Andrew's Church etc.

Continue down narrow flint walled alley then AHD on path (SDW) to X white footbridge. Continue AHD. At finger post TL. In 20yds, just before gate, TR up embankment. Cross road with care to clip/waterpoint at Plonk Barn (GR523031).

### **LEG 4 PLONK BARN to EAST DEAN & FINISH GR557977**

**Closes 1900. 8.0 miles.**

4.1 Exit clip point on path thru trees. Follow path round buildings. At T junction TL. At waymark (*incorrectly signed SDW*) TL then TR to cross field (80<sup>0</sup>), passing thru hedge. Continue on path to X stile. TR and follow track (SDW) for 70yds to road.

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4.2 Cross road with care and continue uphill on track (SDW). In 600yds, continue through gate. In 200yds, at waymark, (Route leaves SDW here) BL onto parallel chalk track and continue uphill with wire fence on L, ignoring stile in fence.

4.3 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 thru gate and continue on path. Soon after Trig. Point go thru gate and TR. Follow faint path (150°) with fence on right, along top of ridge. In 900yds continue thru new looking gate, hard by wire fence. In 300yds follow fence, sometimes obscured in gorse, as it descends. Thru gate (*avoid very dodgy stile*) and BR to nearest stile in hedge (65°). Follow path through bushes. Descend with care onto track (*The Wealdway*) and TR.

4.4 Follow The Wealdway for 850yds, ignoring turning on left. By black barrier, where track joins from right, BL and continue on track. At road TR into Jevington, using the pavement/grass verge where possible.

4.5 Opposite the Eight Bells X road with care and ascend steps. Continue AHD between fences then with fence on right. At post follow wide track as it curves left. At waymark continue on left hand path. X stile. Follow wide grassy track (80°). X stile then between bushes. Continue on wide grassy track (80°), passing tumuli on left. Continue on grassy track (90°) towards 2<sup>nd</sup> tumuli visible between trees. Pass to right of tumuli, continue on grassy track downhill (130°).

4.6 In 200yds continue on double chalk track uphill. Continue AHD with fence on right. Thru kissing gate, continue AHD with fence on left. Thru kissing gate – car park on left. Follow double track (180°) away from car park.

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At fork keep right. At four way finger post continue thru gate towards East Dean.

4.7 In 700yds, at waypoint on left, continue AHD with wire fence on left. In 500yds, thru small gate, with disused building and finger post on L, continue AHD. In 800yds at fence follow path as it turns right. In 140yds TL thru small gate (GR 564995), waymarked East Dean 1 mile. Follow fence on left.

4.8 In 800yds, soon after comms. pole, at fingerpost in field corner, go thru right hand gate and follow footpath with wooden fence/houses on right. At tarmac continue AHD. In 50yds TL downhill. At T junction, bottom of Summerdown Lane, TL. Follow road downhill. At road, A259, TL along pavement. Cross road (*Hazard! major road*) using the traffic island. Continue AHD along Gilbert's Drive to East Dean Village Hall on right.

**WELL DONE!**