

Clubrun route 11th December 2011	km	km		
	Distance	Total Dist		
From Horse and Groom, Polegate	0.5	0.5		
TR at end of High St				
Turn 1st L and onto Cuckoo Trail				
Take 2nd R into Lane,				
TL at T to Hailsham				
TR at mini Rbt and 1st L at bridge				
TL at T and SO at mini rbt to T junc. (A271)				
TL to Boship rbt, SO to Golden Cross				
TL to Ringmer, TL @ mini rbt and R at Forge				
TL @T & imm R &R again to T at A26				
TR and 1st L to Barcombe Cross				
TL @ mini rbt to Galleybird Hall		23		
TL downhill to T junction with A275, where	3	26		
TR @ pub to South Chailey				
TL in village towards Burgess Hill	3.5	29.5		
TR @T, TL just after pub	3	32.5		
Stay on this road until rbt @ B2112, where	3	35.5		
Take 1st exit to Ditchling				
In Ditchling, TL @mini rbt B2116 to Westmeston	3	38.5		
Stay on B2116 to T junc. With A 275	8	46.5	Divert shorter ride	
TR to Lewes				
SO @ prison cross roads, down Winterbourne Hollow	3	49.5		
R @T (maybe 2nd exit at mini rbt)	0.5	50		
Over bridge over Lewes bypass to Kingston				
SO to Newhaven	9.5	59.5		
1st L into one way system and then on to Seaford	7	66.5		
Stay on coast road to East Dean	7	73.5		
TR onto Birling gap road and over Beachy head to	8	81.5		
Dukes Drive, descend to seafront and along to pier				
TL and over Cavendish Bridge				
Along Kings Drive and Polegate END	12	93.5		
This gives a ride of 58 miles ie just under 4hrs @15mph				
A shorter ride can go as far as A275, then		46.5		
TL to Cooksbridge				
TR after level crossing towards Barcombe	1			
TL @T, Take 1st R, bear R in Barcombe & R @ T	6			
onto A26 and 1st L to Ringmer				
TL and 2nd exit mini rbt to Laughton	4			
TR in Laughton and back via lanes	4			
to Hailsham and Polegate END	16	77.5		
49 miles @13 mph gives just under 4hrs				