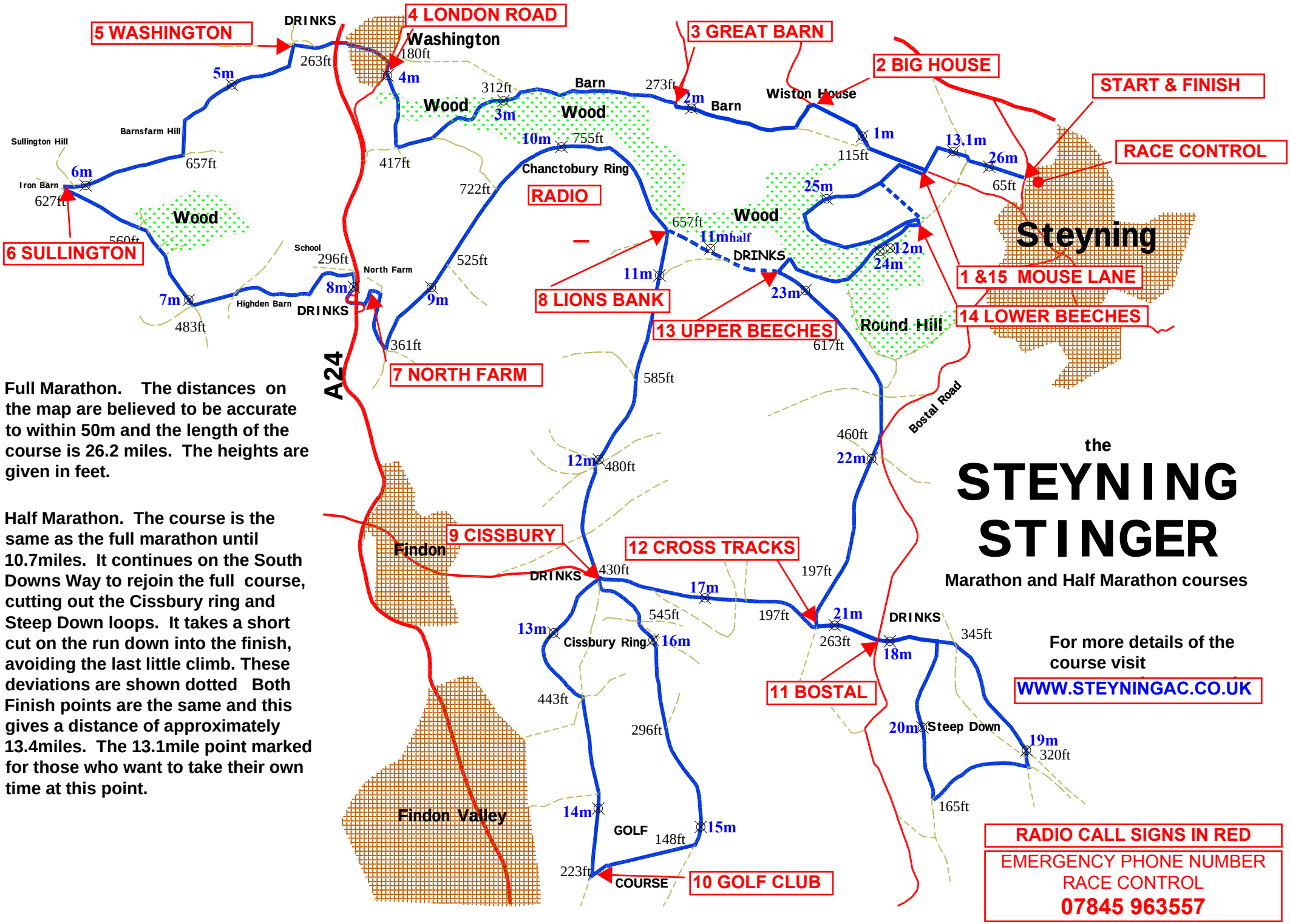

Full Marathon. The distances on the map are believed to be accurate to within 50m and the length of the course is 26.2 miles. The heights are given in feet.

Half Marathon. The course is the same as the full marathon until 10.7miles. It continues on the South Downs Way to rejoin the full course, cutting out the Cissbury ring and Steep Down loops. It takes a short cut on the run down into the finish, avoiding the last little climb. These deviations are shown dotted Both Finish points are the same and this gives a distance of approximately 13.4miles. The 13.1mile point marked for those who want to take their own time at this point.

the

STEYNING STINGER

Marathon and Half Marathon courses

For more details of the course visit

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RADIO CALL SIGNS IN RED

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