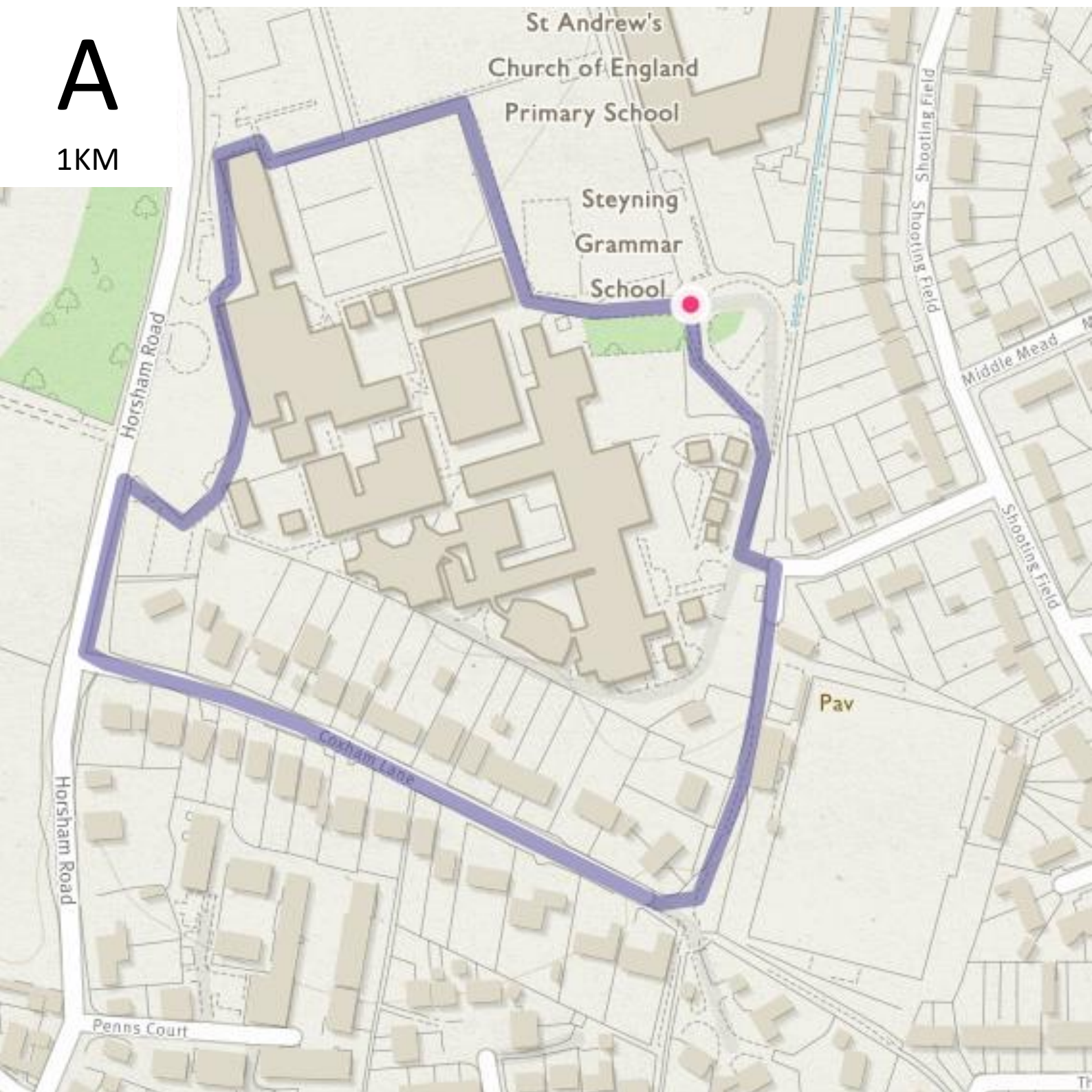


A

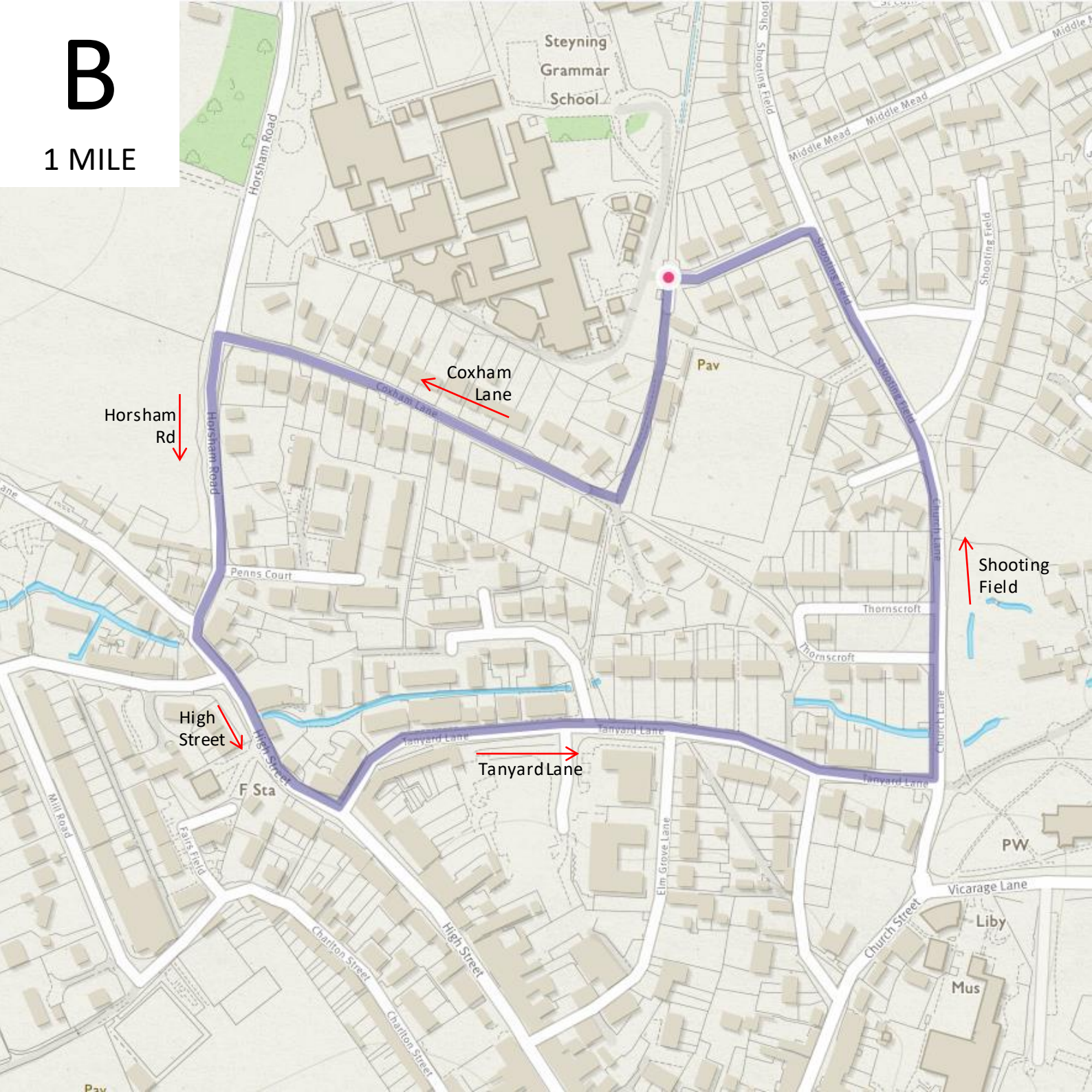
1KM





B

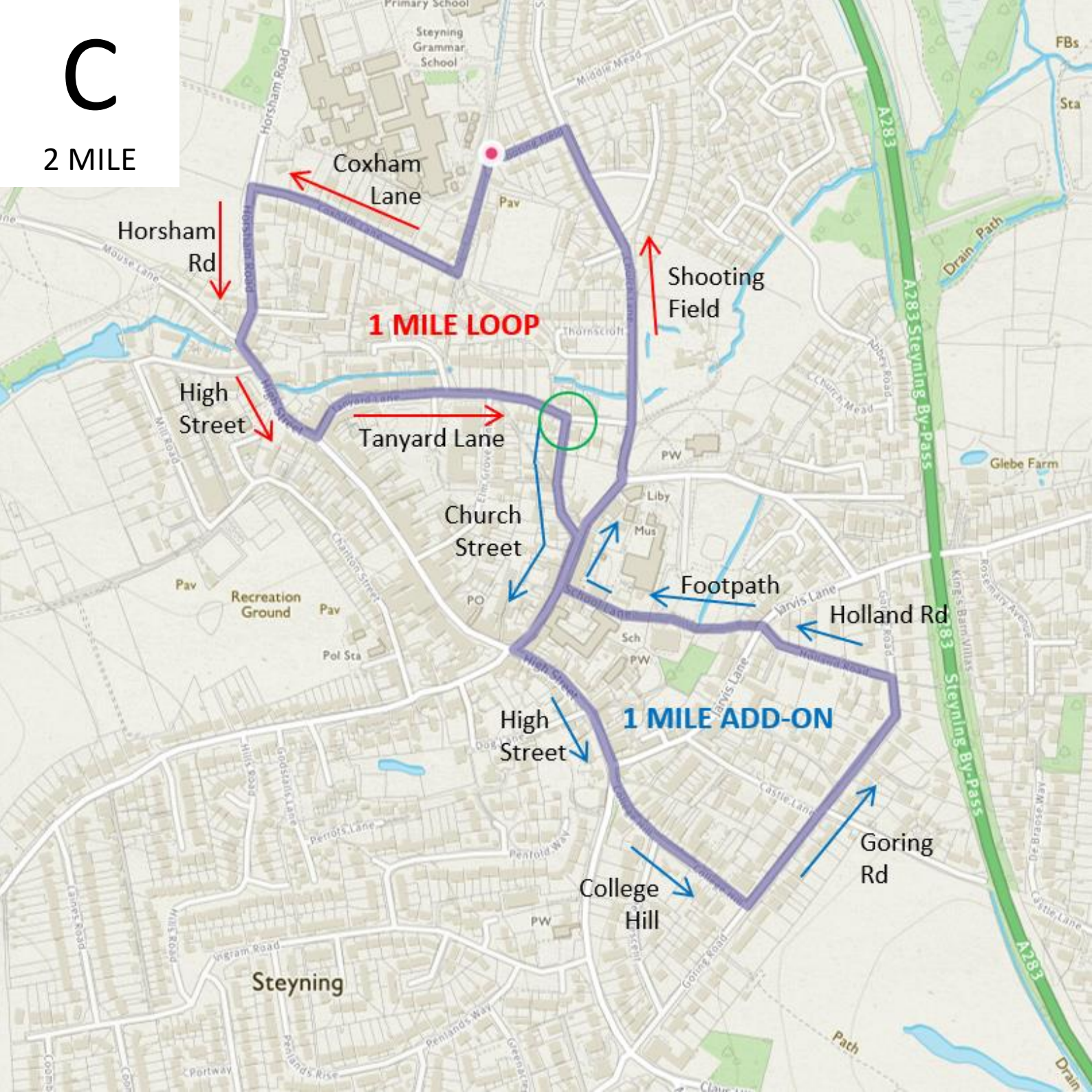
1 MILE





C

2 MILE





1.5 MILES

# Hills Road

Laines Road

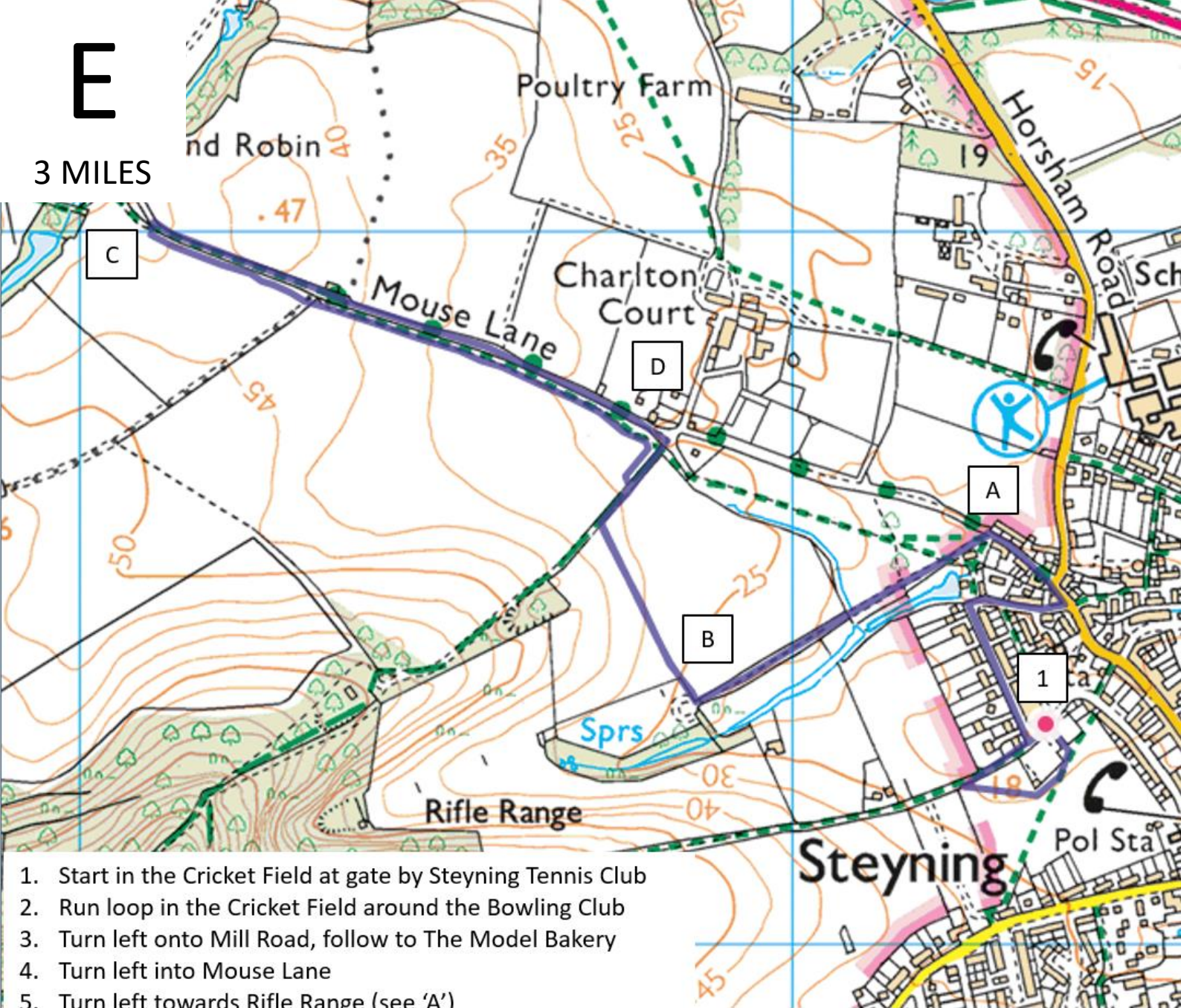
## tal Road

Bostal Road

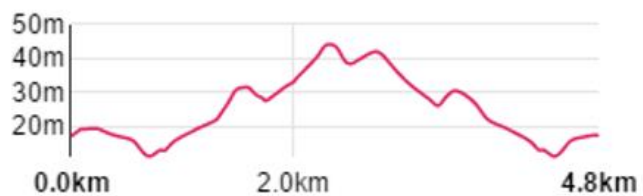


# E

3 MILES



1. Start in the Cricket Field at gate by Steyning Tennis Club
2. Run loop in the Cricket Field around the Bowling Club
3. Turn left onto Mill Road, follow to The Model Bakery
4. Turn left into Mouse Lane
5. Turn left towards Rifle Range (see 'A')
6. Turn right before reaching Rifle Range gate (B)
7. Cross path – stay in field heading to Round Robin
8. Leave field via path through hedge before Round Robin (C)
9. Head back along Mouse Lane to Charlton Court turn (D)
10. Back same way to Tennis Club (no lap of Bowls Club)





F

3 MILES

n Court  
tages

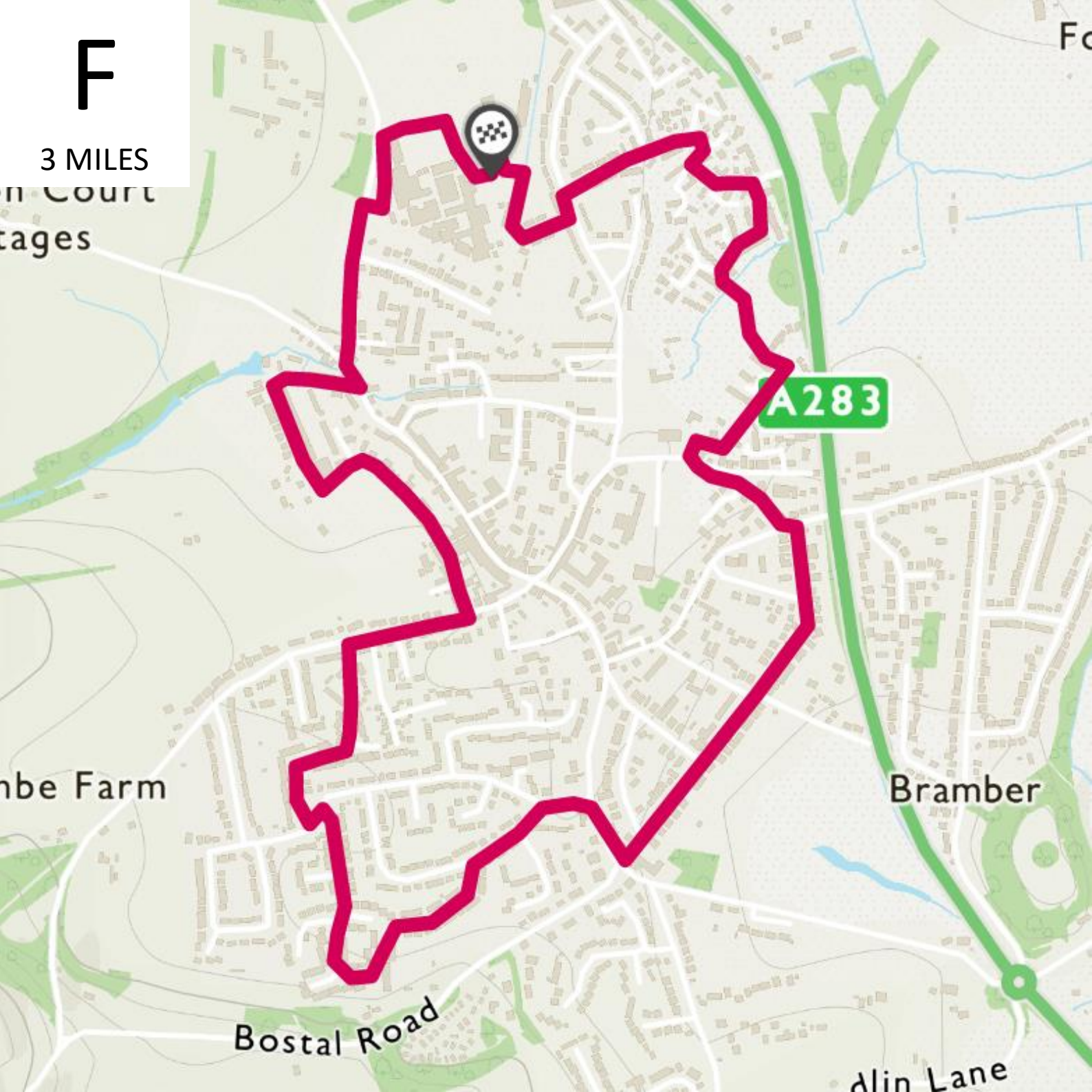
be Farm

Bostal Road

A283

Bramber

mlin Lane

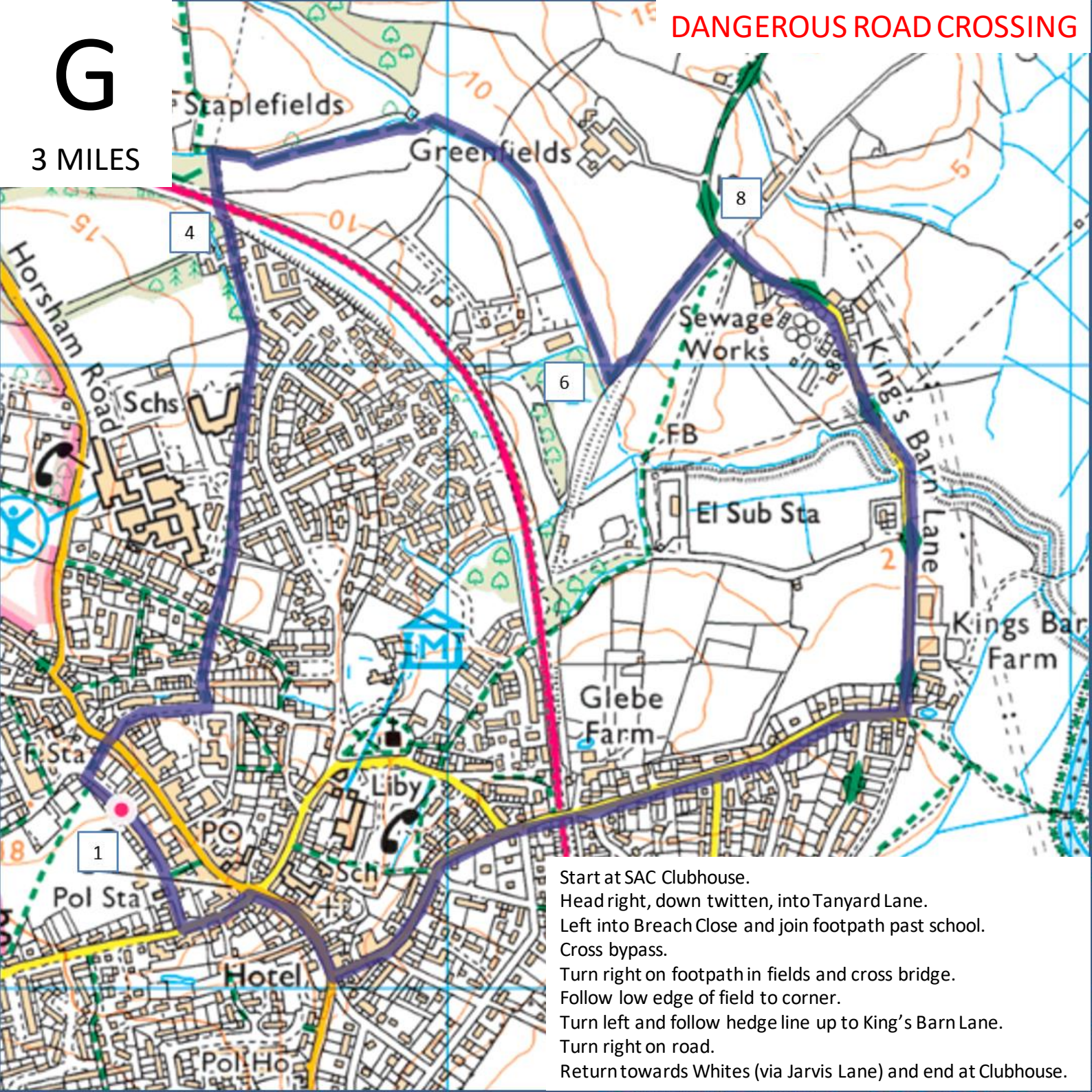




# G

3 MILES

**DANGEROUS ROAD CROSSING**



Start at SAC Clubhouse.  
Head right, down twitten, into Tanyard Lane.  
Left into Breach Close and join footpath past school.  
Cross bypass.  
Turn right on footpath in fields and cross bridge.  
Follow low edge of field to corner.  
Turn left and follow hedge line up to King's Barn Lane.  
Turn right on road.  
Return towards Whites (via Jarvis Lane) and end at Clubhouse.

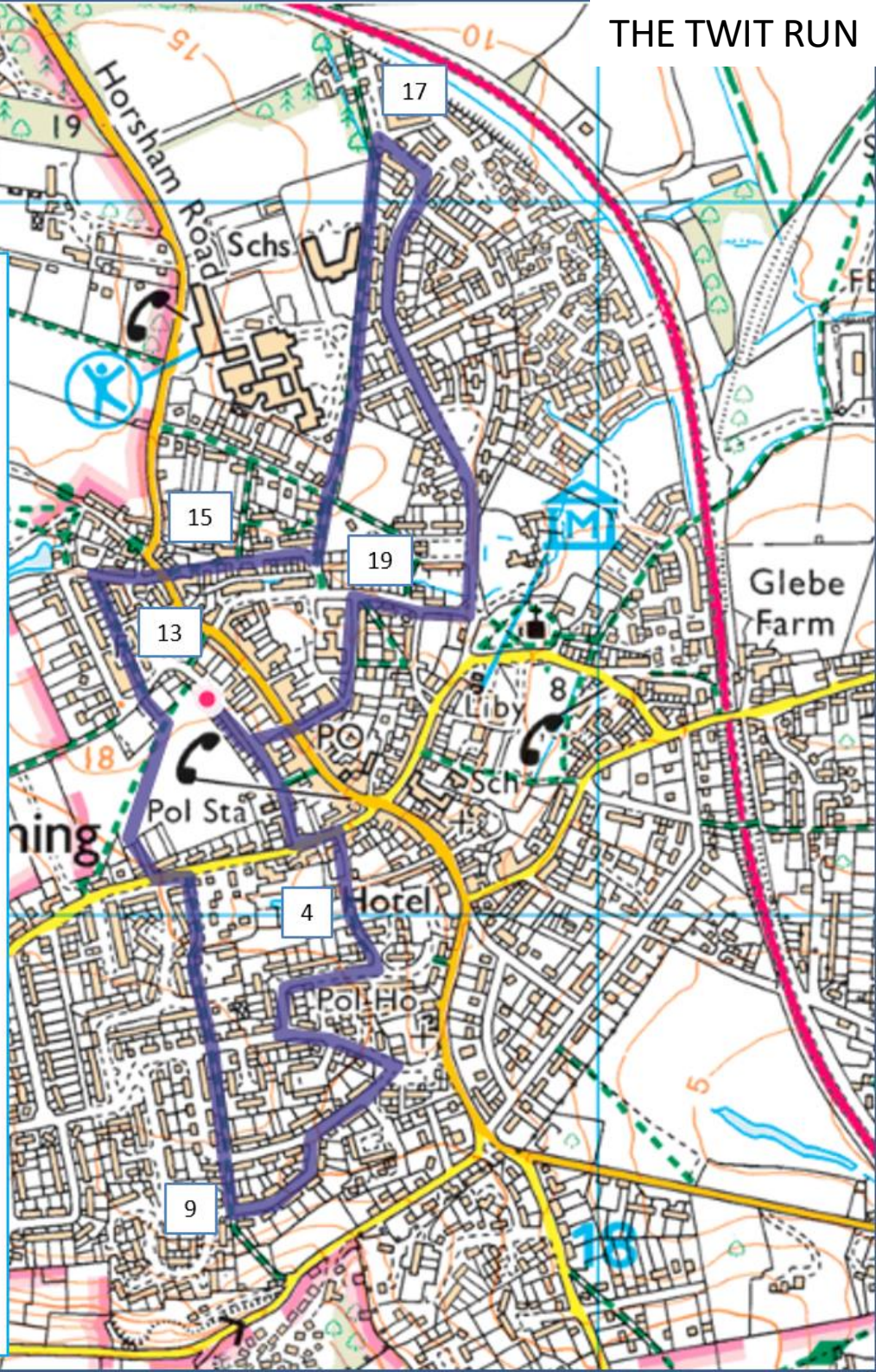


# H

## THE TWIT RUN

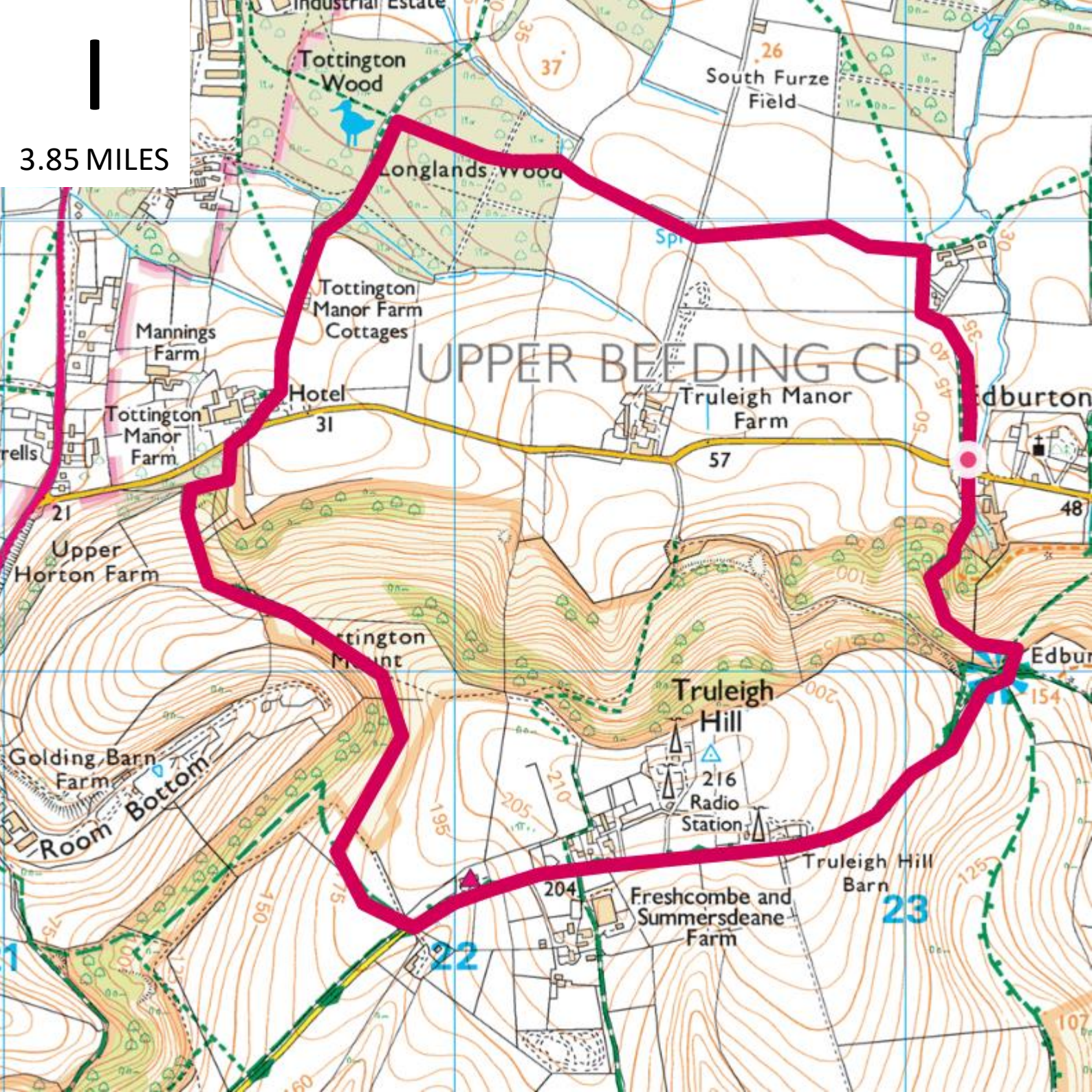
### 3.6 MILES

1. Start at SAC Clubhouse
2. South to Whites.
3. Right down Dog Lane.
4. Continue straight, up twitten to Twittenside.
5. Right at T with Penfold Way.
6. Left at T with Ingram Rd
7. Turn right onto Penlands Way.
8. Turn left onto Penlands Vale.
9. Turn right onto footpath before the Penlands Vale hills route.
10. Follow footpaths north, crossing Penlands Way, Ingram Rd, and back to Newham Lane.
11. Left then right to cut into park.
12. Exit park by Tennis courts.
13. Jink right, then left, to follow footpath parallel to Mill Rd.
14. Turn right on Mill Rd to bakery.
15. Cross High Street, go through The Star car park and on to Breach Close.
16. Before end of Breach Close turn sharp left onto footpath. Pass Steyning AFC, continue past both school entrances.
17. Turn right onto Reads Walk, and right again onto Shooting Field.
18. Follow right into Tanyard Lane.
19. Turn left up Elm Grove Lane.
20. Cross High Street.
21. Return to Clubhouse through CP.



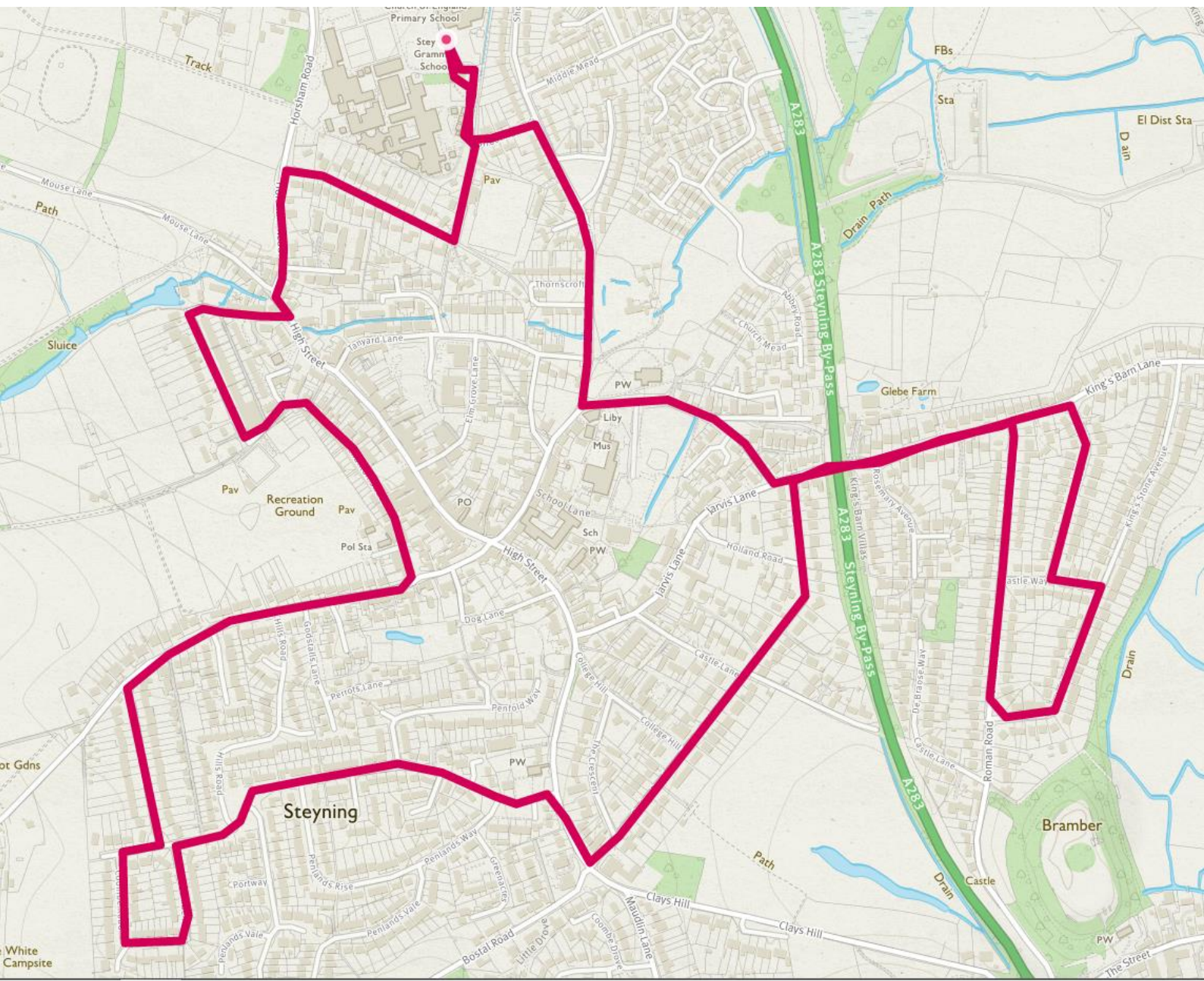


3.85 MILES





4 MILE





# 4 MILES

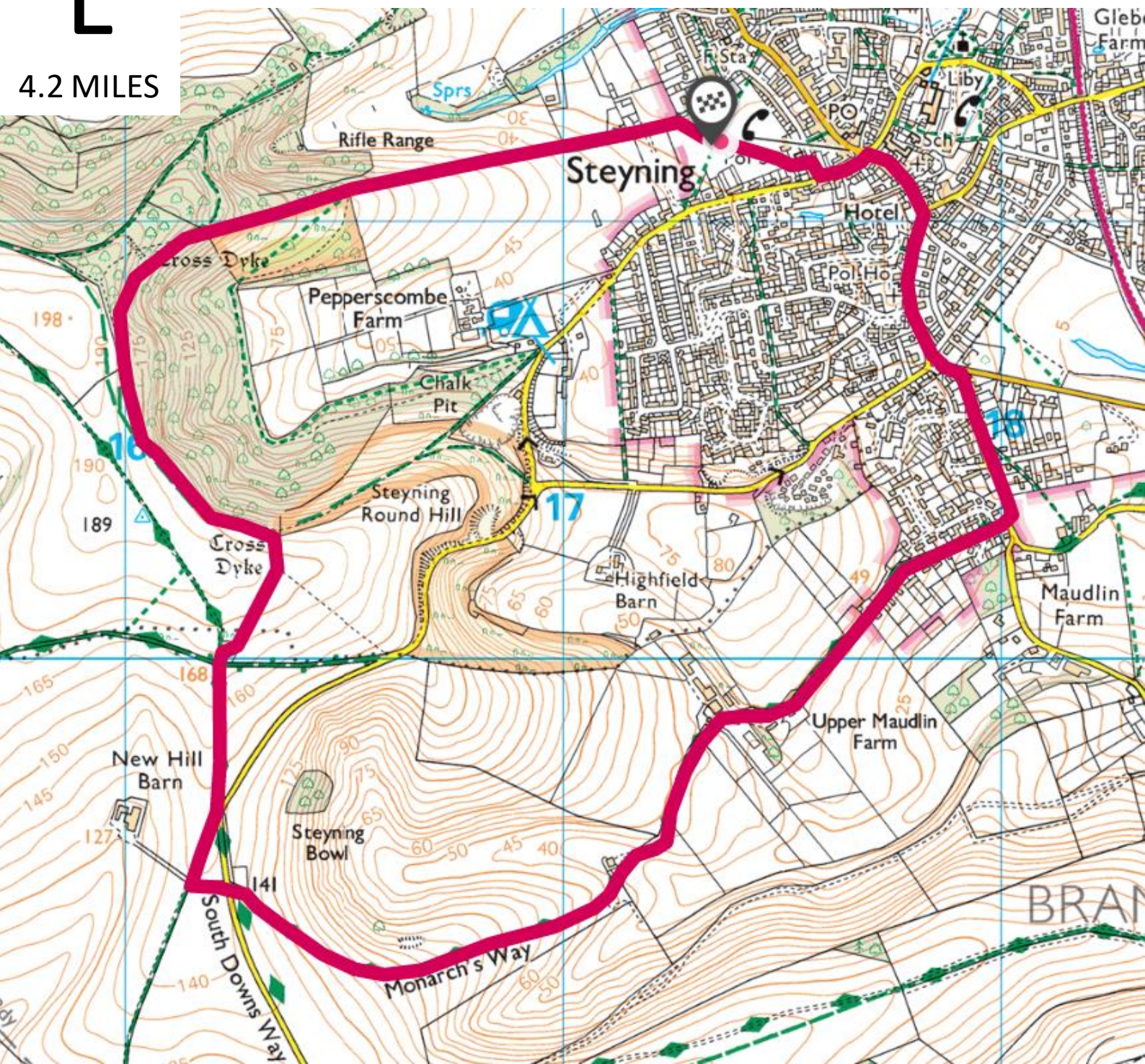
**K**  
4 MILES

WITH LOOPS OPTIONS

A detailed map of Steyning, West Sussex, featuring a prominent pink loop route. The route starts at a pink dot at the top center, near a school (Schs) and a public house (pub). It winds through the town, passing landmarks such as a police station (Pol Sta), a hotel, a library (Liby), and Glebe Farm. The map includes various symbols for a public house, a library, a school, and a police station. Topographical features like contour lines (e.g., 25, 30, 40, 45) and a river are also visible. The text 'WITH LOOPS OPTIONS' is in the top right corner, and a large 'K' with '4 MILES' is in the top left corner.



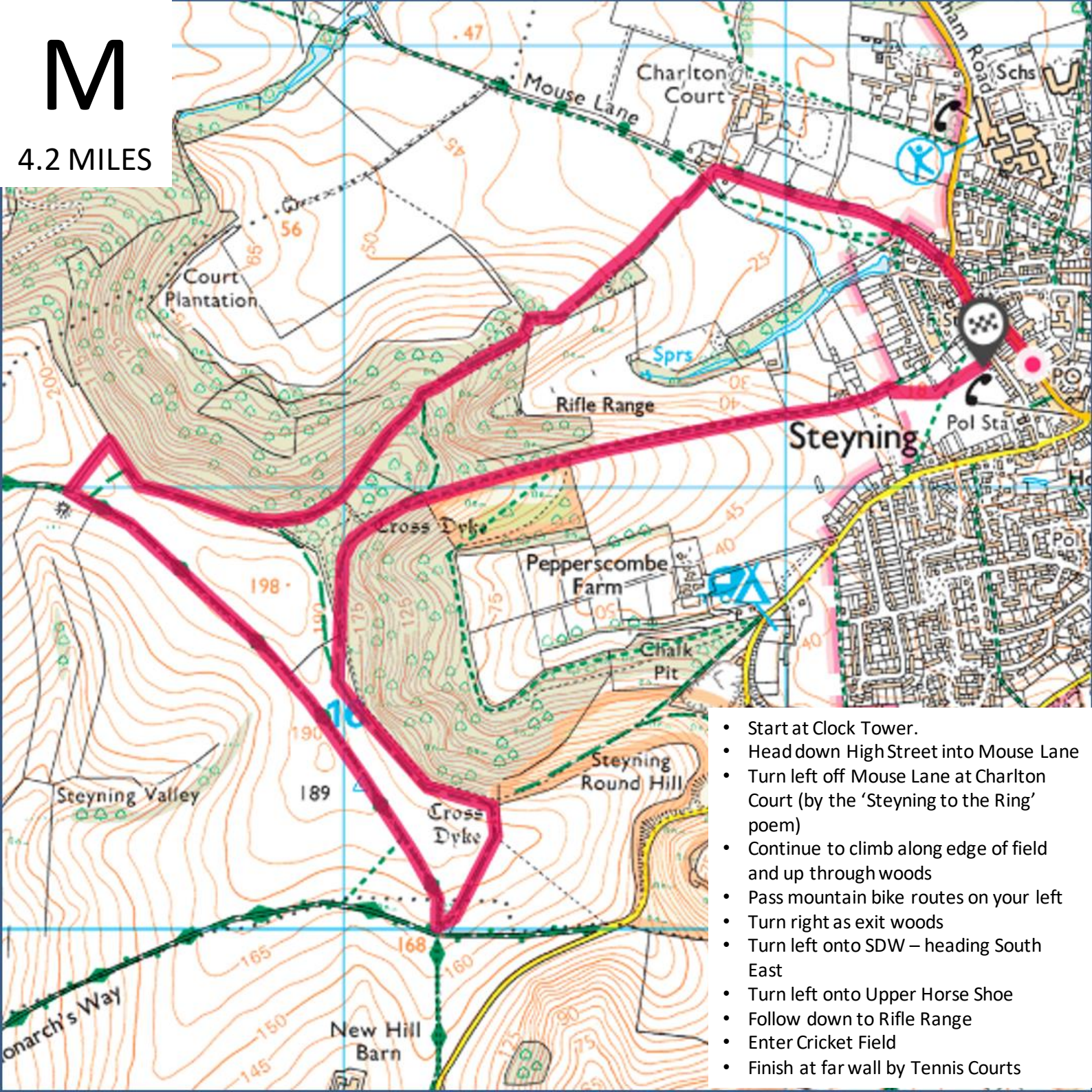
4.2 MILES





# M

4.2 MILES



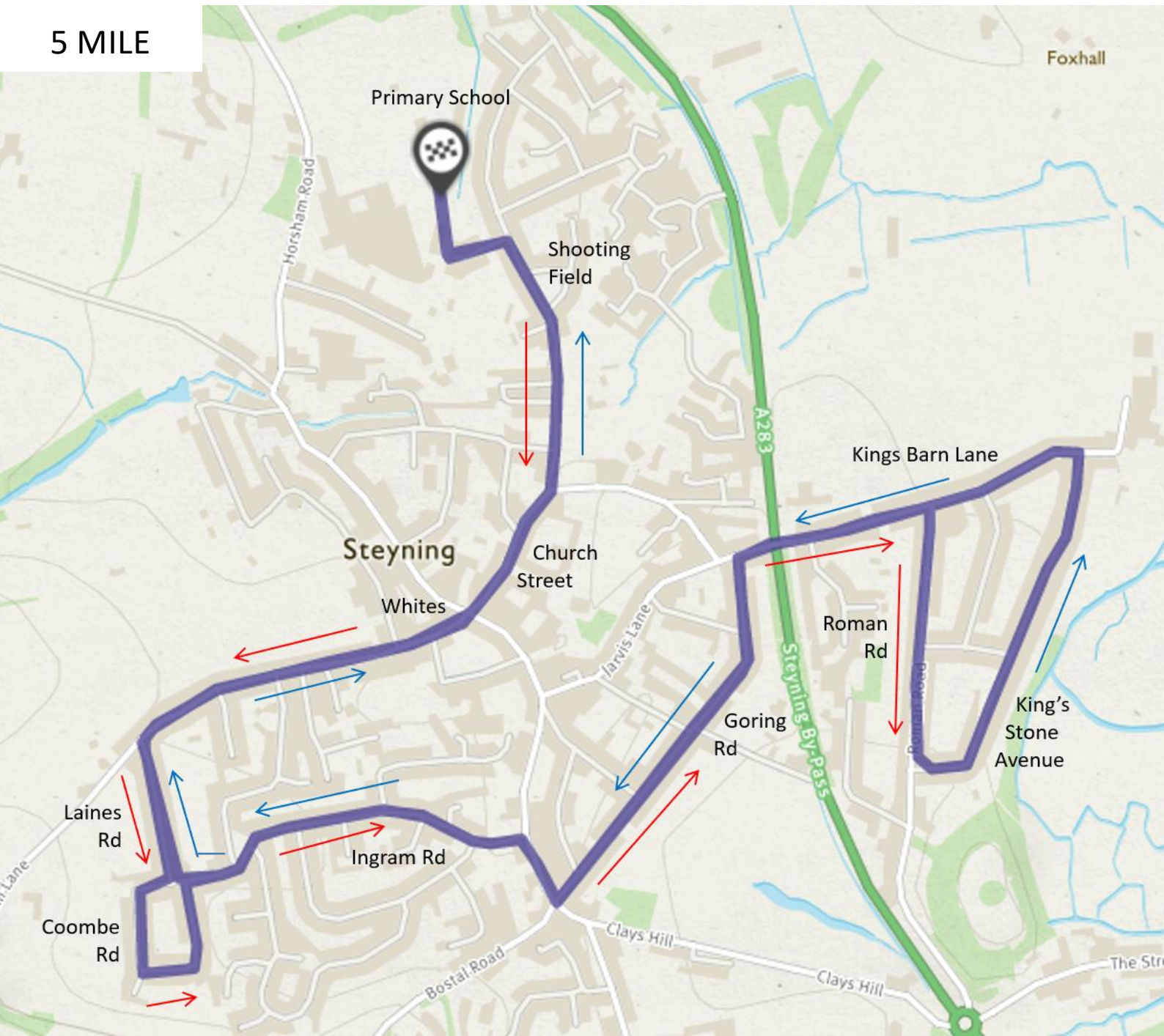
- Start at Clock Tower.
- Head down High Street into Mouse Lane
- Turn left off Mouse Lane at Charlton Court (by the 'Steyning to the Ring' poem)
- Continue to climb along edge of field and up through woods
- Pass mountain bike routes on your left
- Turn right as exit woods
- Turn left onto SDW – heading South East
- Turn left onto Upper Horse Shoe
- Follow down to Rifle Range
- Enter Cricket Field
- Finish at far wall by Tennis Courts



INCLUDES 5K WINTER TT ROUTE

N

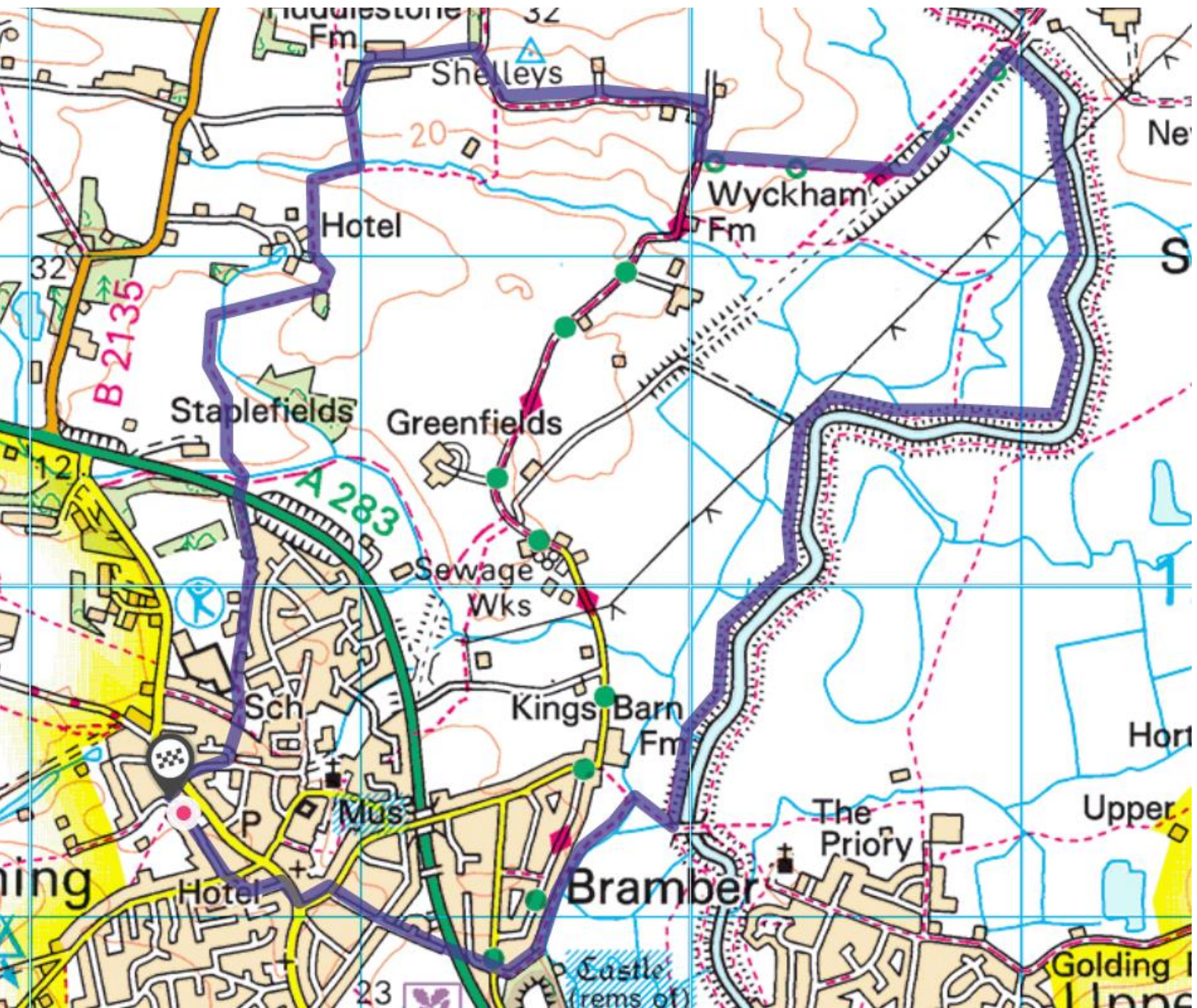
5 MILE





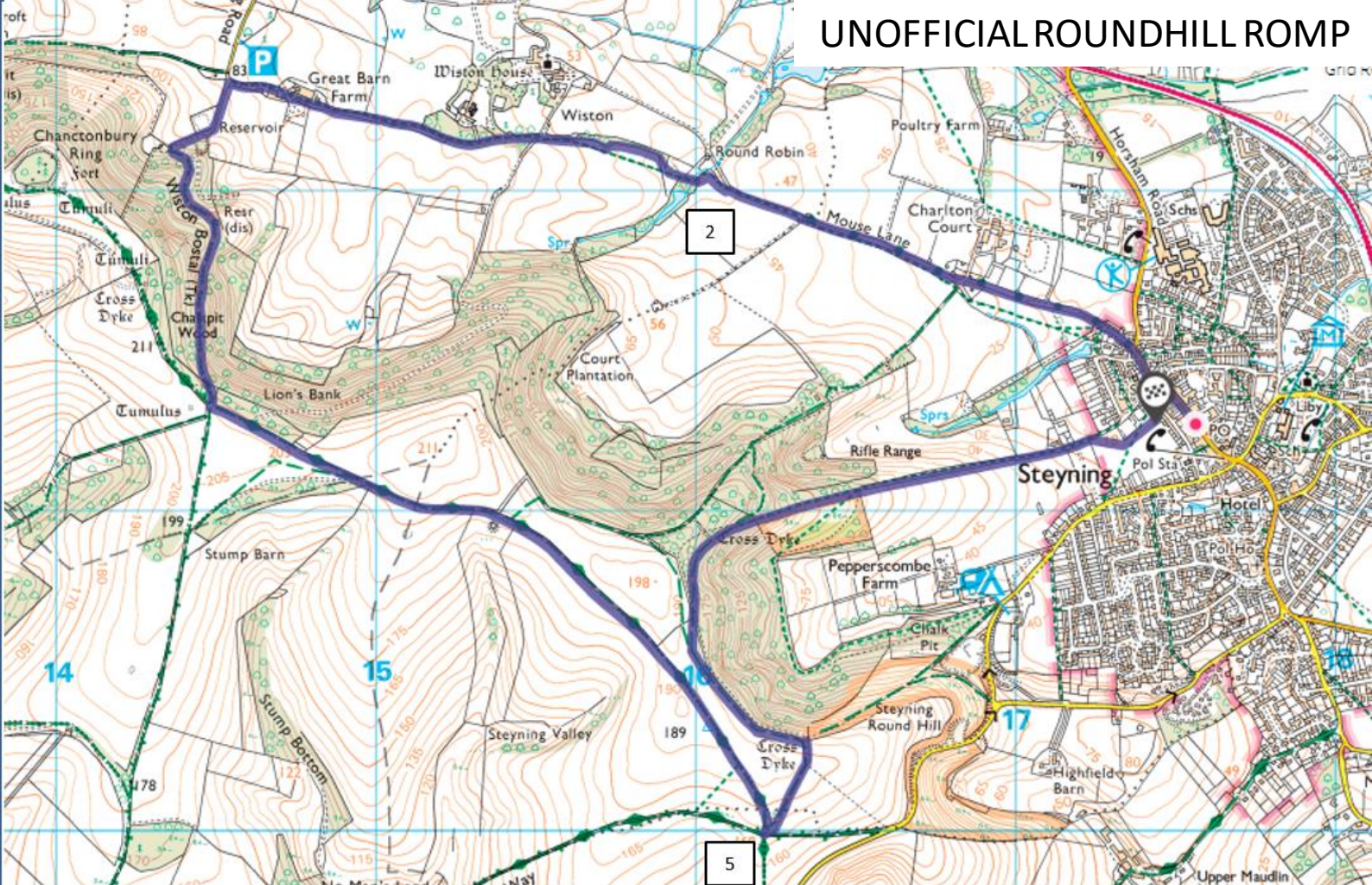
0

6 MILES





# UNOFFICIAL ROUNDHILL ROMP

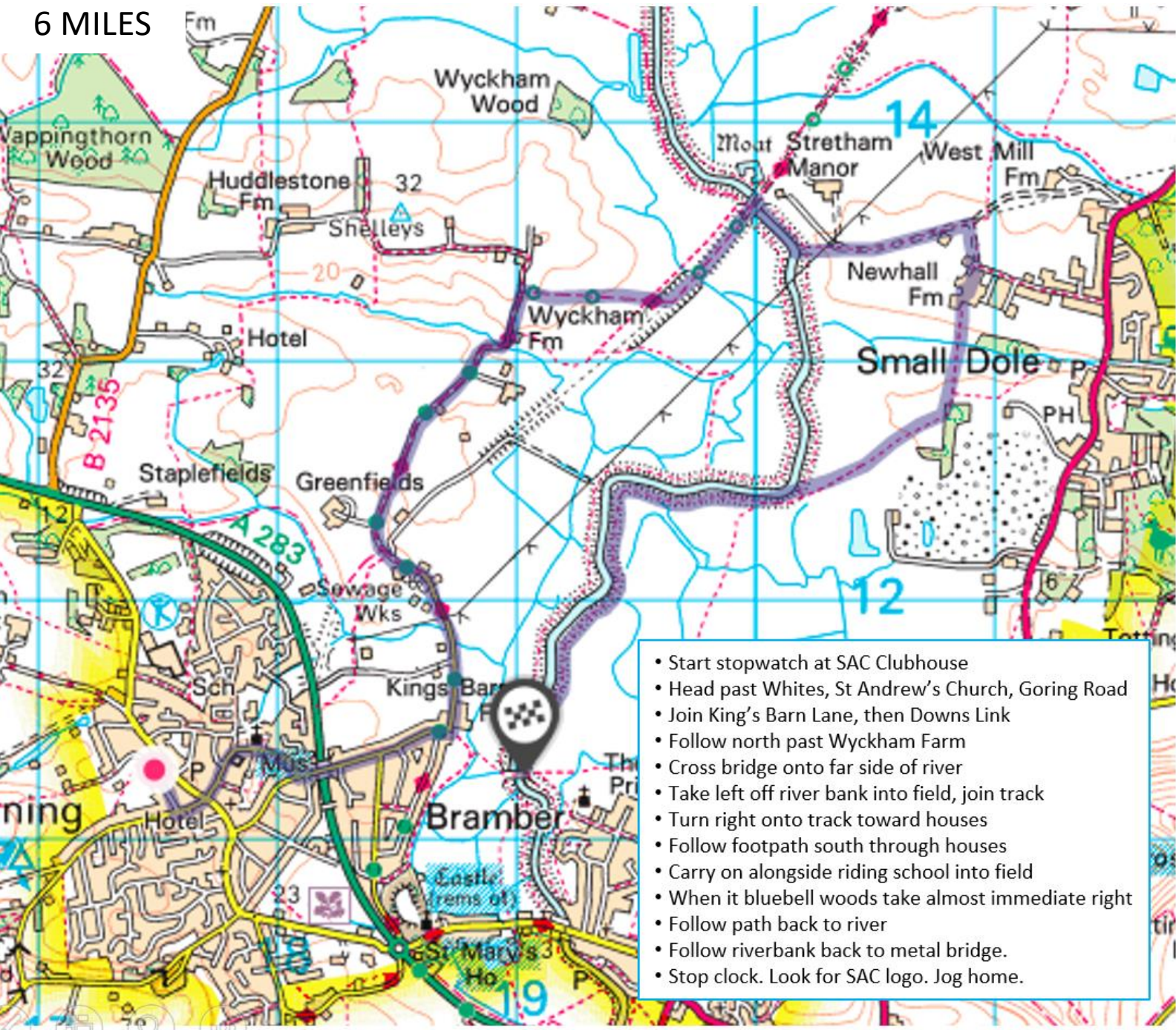


1. Start at Clock Tower in the High Street and head down into Mouse Lane.
2. Leave Mouse Lane at 1.65km (after 'Bends' sign). Turn left into field and follow edge of field to footpath through woods at 1.8km. There are 2 styles in this section.
3. Join road south of Wiston House and continue to left Chanctonbury turn at 3.3km.
4. Climb Wiston Bostal to South Downs Way at 4.5km. Take left turn heading South-East.
5. Take sharp left at 6.8km, before you pass the farmers' memorial at a 4-way junction.
6. Left again onto 'Upper Horseshoe' after short rocky descent.
7. Keep the woods on your right, take the right fork down and through Rifle Range. There are a few gates in this section.
8. Enter Cricket field on right at 9.25km
9. Finish at far side of Cricket field at 9.5km, having passed Tennis Courts on your left.



W

6 MILES

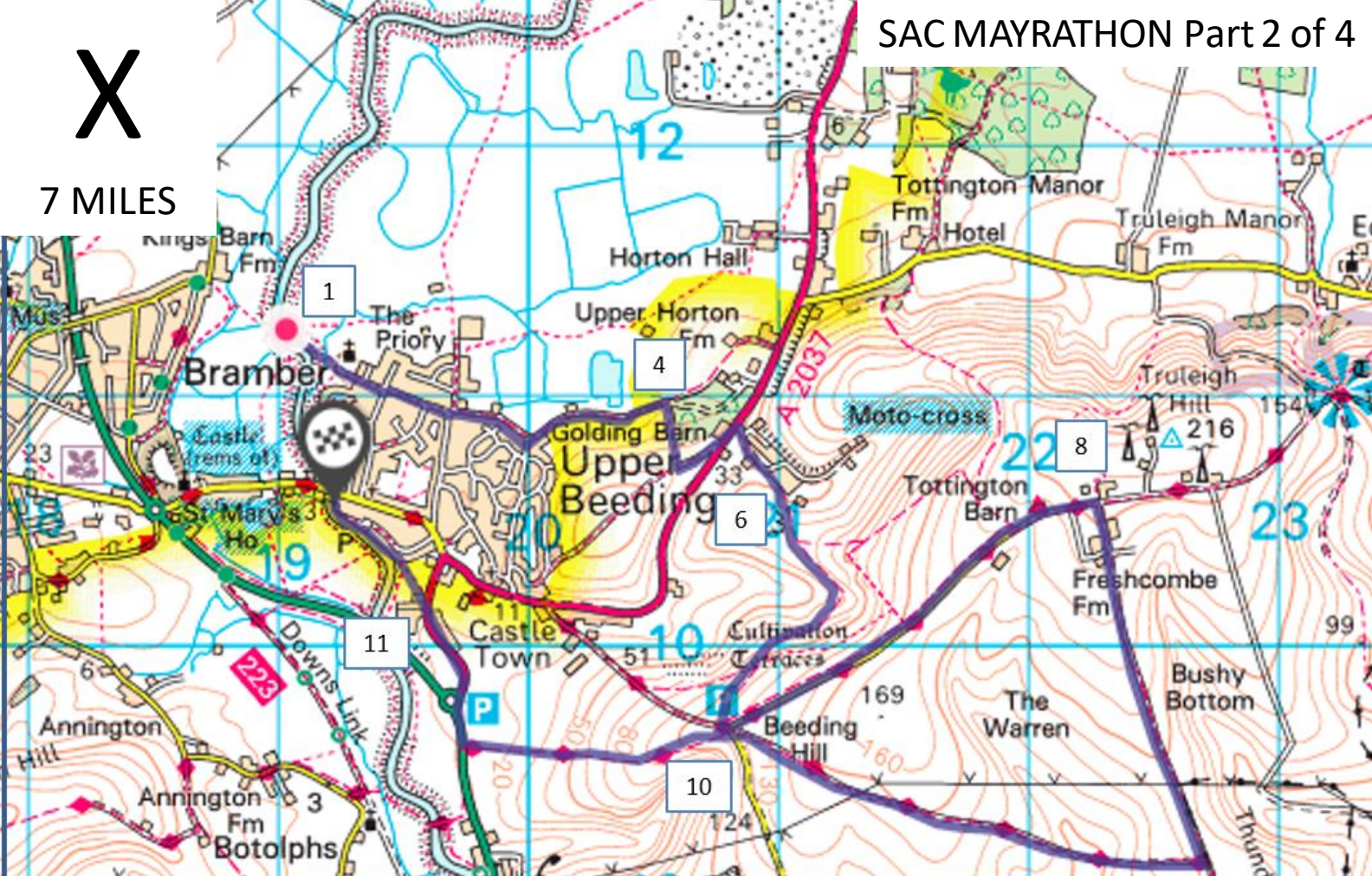


- Start stopwatch at SAC Clubhouse
- Head past Whites, St Andrew's Church, Goring Road
- Join King's Barn Lane, then Downs Link
- Follow north past Wyckham Farm
- Cross bridge onto far side of river
- Take left off river bank into field, join track
- Turn right onto track toward houses
- Follow footpath south through houses
- Carry on alongside riding school into field
- When it bluebell woods take almost immediate right
- Follow path back to river
- Follow riverbank back to metal bridge.
- Stop clock. Look for SAC logo. Jog home.



X

7 MILES

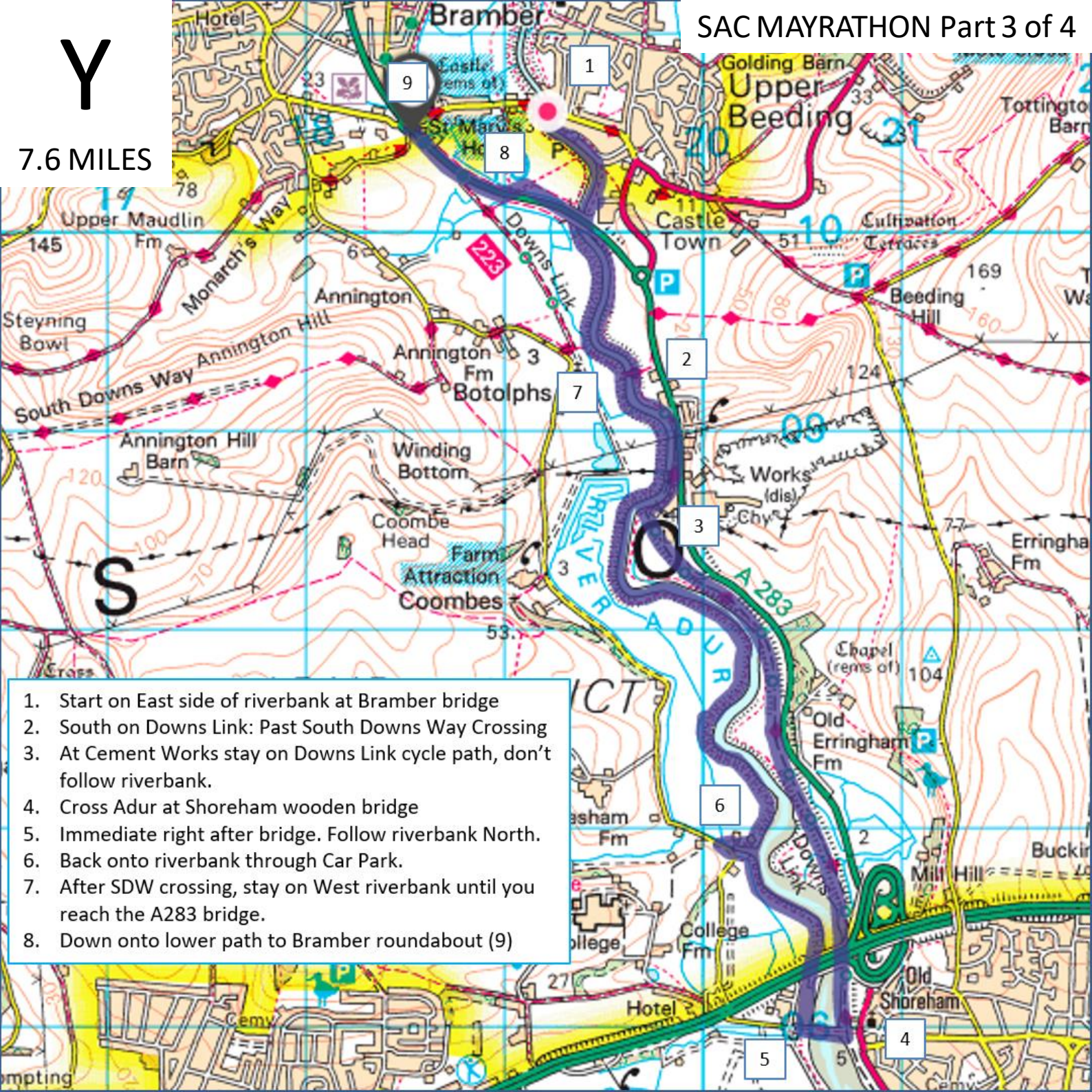


1. Start where Mayrathon pt 1 ended (metal bridge on Adur).
2. Briefly head South on the East bank of the Adur.
3. As the river bends right: leave the bank; head down to a small bridge; up the steps; past the Church onto Church Lane, Deacons Way and then Smugglers Lane.
4. Leave Smugglers Lane. Of 3 options, turn sharp right onto a uphill footpath.
5. Turn left at the stile toward the old garage. Cross A2037.
6. Follow footpath to right of Golding Barn estate. Stay right when it splits. Left is steep!
7. Stay on path to top of Beeding Hill. When you reach the car park, turn left onto road.
8. Follow road past Youth Hostel. Turn right at farm after horse field. It's signposted.
9. Pass under pylons by Bushy Bottom(!), then turn right back to Beeding Hill CP.
10. Go through gate to head down Truleigh Hill.
11. Turn right on pavement. Pass roundabout. Cross road past bungalows.
12. Turn left through gate to join footpath cutting through field to riverbank.
13. Follow riverbank back to Bramber bridge. Look for logo.



Y

7.6 MILES



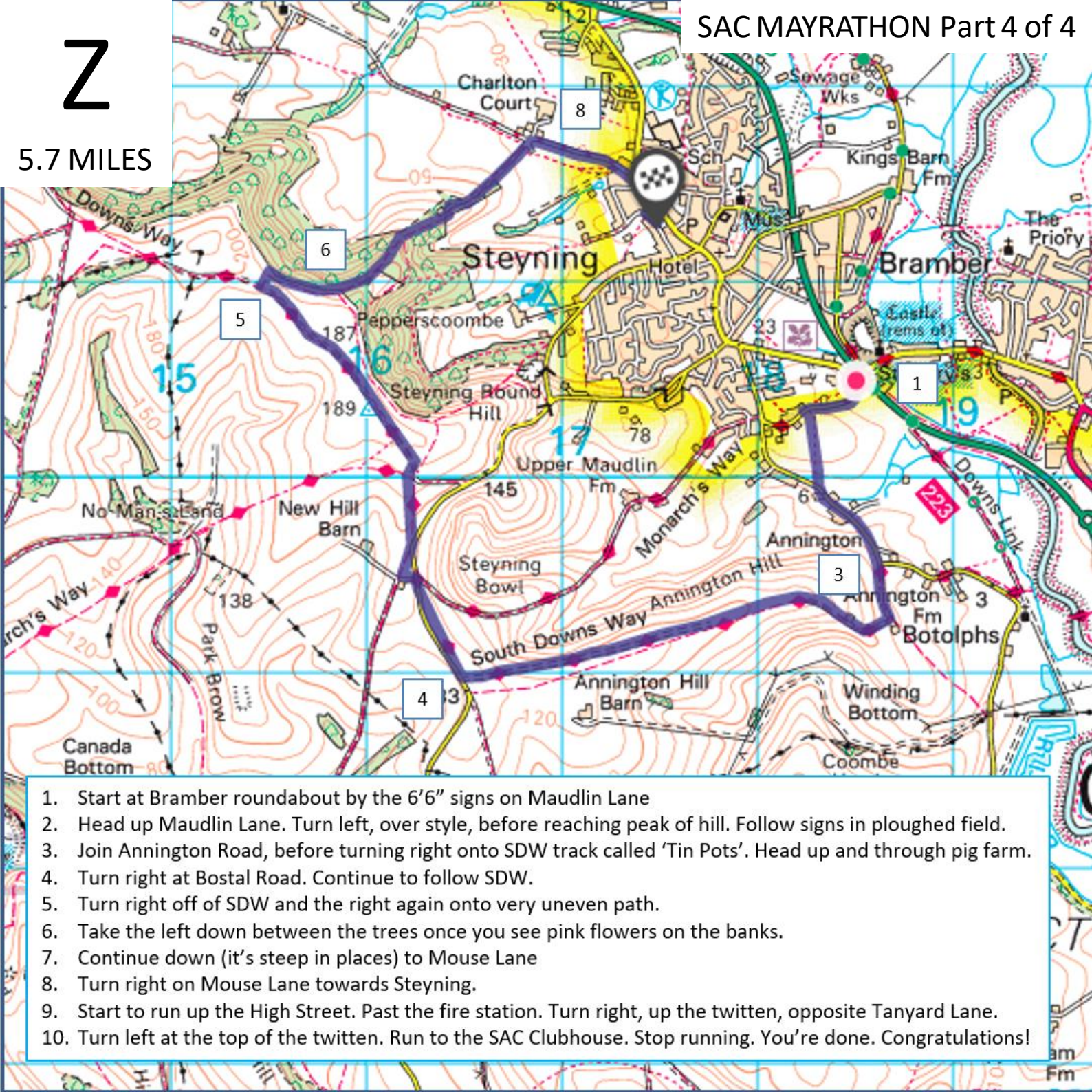
1. Start on East side of riverbank at Bramber bridge
2. South on Downs Link: Past South Downs Way Crossing
3. At Cement Works stay on Downs Link cycle path, don't follow riverbank.
4. Cross Adur at Shoreham wooden bridge
5. Immediate right after bridge. Follow riverbank North.
6. Back onto riverbank through Car Park.
7. After SDW crossing, stay on West riverbank until you reach the A283 bridge.
8. Down onto lower path to Bramber roundabout (9)



# Z

5.7 MILES

SAC MAYRATHON Part 4 of 4



1. Start at Bramber roundabout by the 6'6" signs on Maudlin Lane
2. Head up Maudlin Lane. Turn left, over style, before reaching peak of hill. Follow signs in ploughed field.
3. Join Annington Road, before turning right onto SDW track called 'Tin Pots'. Head up and through pig farm.
4. Turn right at Bostal Road. Continue to follow SDW.
5. Turn right off of SDW and the right again onto very uneven path.
6. Take the left down between the trees once you see pink flowers on the banks.
7. Continue down (it's steep in places) to Mouse Lane
8. Turn right on Mouse Lane towards Steyning.
9. Start to run up the High Street. Past the fire station. Turn right, up the twitten, opposite Tanyard Lane.
10. Turn left at the top of the twitten. Run to the SAC Clubhouse. Stop running. You're done. Congratulations!



- St Cuthman statue
- East along Vicarage Ln / Cripps Ln
- Left onto Kings Barn Lane
- Left following Downs Link
- Cross river Adur
- Right onto Hollands Road
- Left up Station Road
- Right onto Upper Station Road
- Left into Fabian's Way
- Right into Northcroft
- Left footpath to Leisure Centre
- Grace Wells memorial bench



**STEYNFIELD**



**START**



**FINISH**