

STEYNING ATHLETIC CLUB

75 MILE CHALLENGE

(120.7km)

The aim of the Challenge is for as many members as possible to complete 75 miles of walking or running before the party on 13th June 2026. Speed is not important – just to achieve the 75 mile distance.

Listed below are 10 routes of approximately 7.5 miles that you can use to reach the target of 75 miles. But you could reach the target in any way that you like, with your own routes of any distance as long as the routes end up totalling 75 miles.

RULES

- 1. Complete routes in any order and in any combination that total 75 miles.**
- 2. Log your walk or run on the 75 MILE CHALLENGE WhatsApp.**
(Attach a Strava pic if you can).
- 3. No times needed – just your name, the date, the route and the distance.**
(eg Cherry Neate, 15/03/26, Route 1, 7.5miles)
- 4. Complete by June 12th at the latest (the day before the party).**

(Note that the 75 MILE CHALLENGE WhatsApp group is **only for logging your routes**. Any other questions or messages should be direct messaged to Steve Gwilliam or Cherry Neate).

ROUTE 1 – BERRETTS FARM (out and back 7.5 miles)

Start just before the junction of Kings Stone Avenue and Kings Barn Lane. Follow the Downlink around the bend of Kings Barn Lane to Wyckham Lane and up the short sharp slope. Turn right to continue on the Downlink until almost in Henfield. On the left hand side is The Cabin at Berretts Farm. Optional coffee and cake. Then retrace your route back to the start.



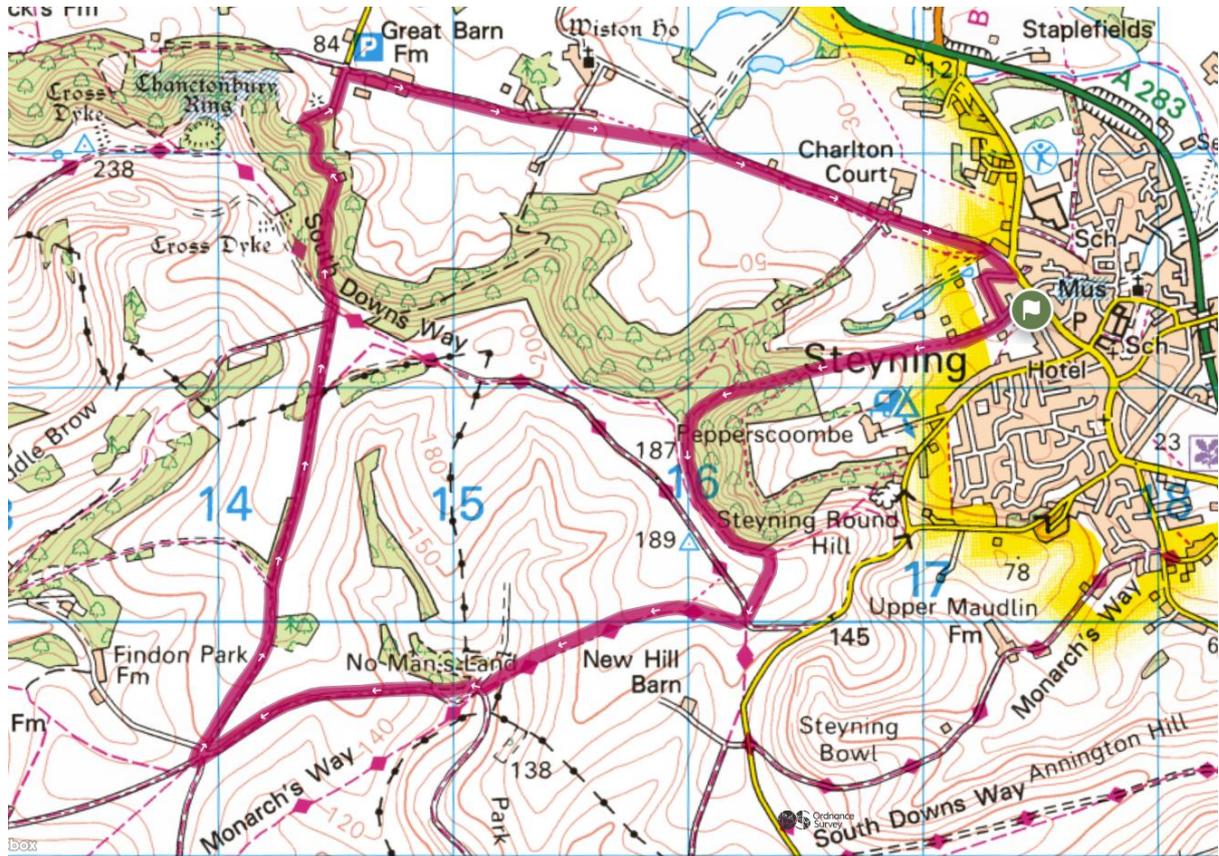
ROUTE 2 – SHOREHAM BEACH LANCING BEACH GREEN (out and back 7.48 miles)

Start at the parking spaces at the far end of Harbour Way. Walk towards the sea then turn left into Forthaven. Join the boardwalk and follow this towards Lancing. When the boardwalk ends join the road and the promenade. Continue past Widewater and the Perch to the far end of Lancing Beach Green. Optional coffee and cake. Then retrace your steps to the start.



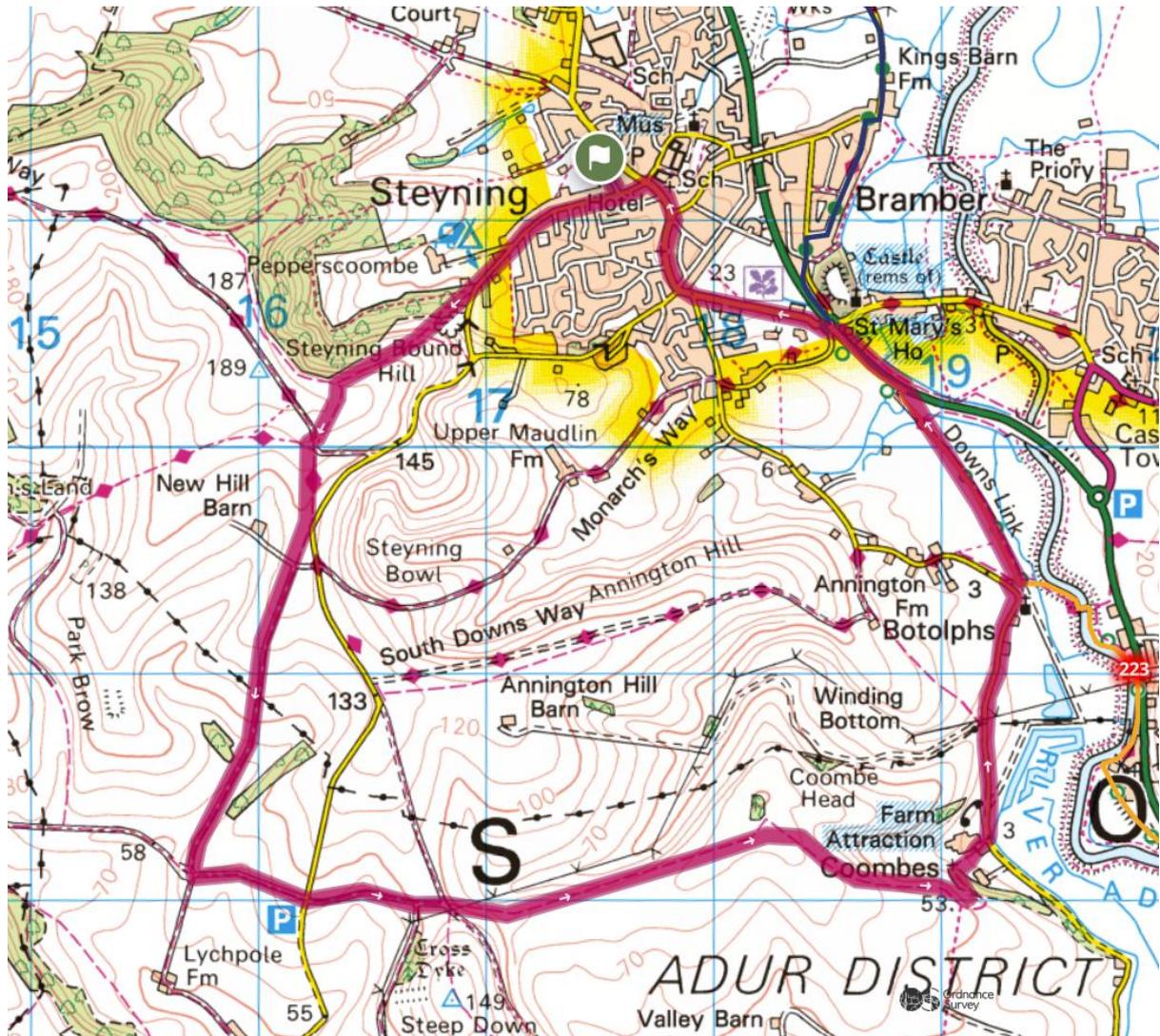
ROUTE 3 – UPPER HORSESHOE, MONARCHS WAY, ROMP ROUTE (circular route 7.35 miles)

Starting at SAC, head through the cricket field and out through the top gate towards the rifle range. Head up the Upper Horseshoe until you get to the Farmers Memorial on the SDW. Turn right onto Monarchs Way down the hill to the bottom and up the otherside until you get to the point where you turn right (about 45 degrees) and head towards the SDW towards Chanctonbury. When you meet the SDW, go straight across and down the Wiston Bostal following the Roundhill Romp route in reverse, turning right through Great Barn Farm, along to Charlton Court / Mouse Lane and back to the clubhouse.



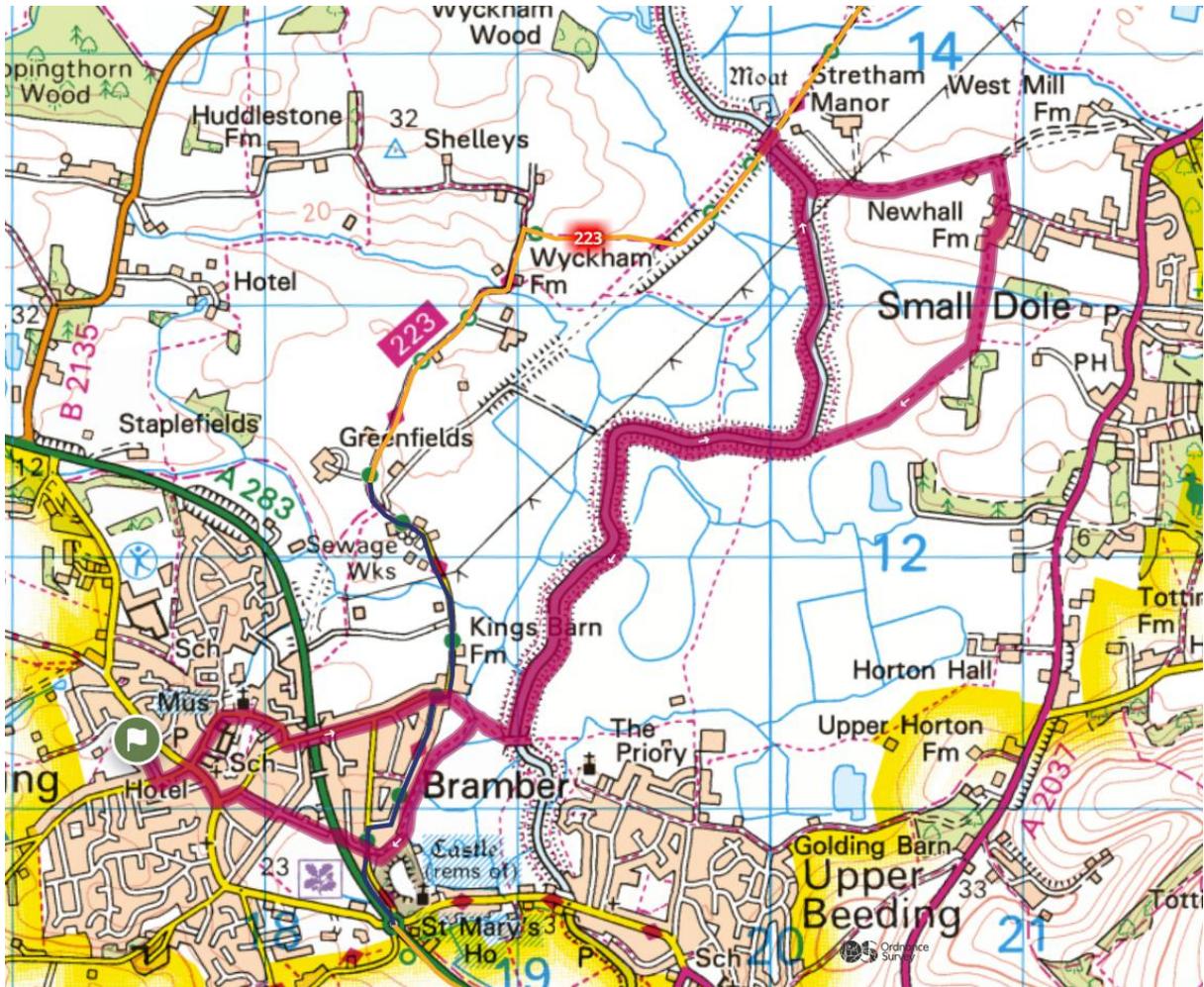
ROUTE 4 – BEGGARS BUSH, COOMBES AND BOTOLPHS (circular route 7.52 miles)

Starting at SAC, head up Newham Lane onto the Upper Horseshoe and up the hill to the Farmers Memorial. Carry straight on down the hill track keeping the Bostal Road / Titch Hill on your left until you get to Beggars Bush where you turn left towards the Bostal Road and head up to the road. Carefully cross the road, and carry straight on through towards Lancing. At the bottom of Steepdown, head through the new swing gate and follow the track until you get to Coombes Farm. Turn left onto the Botolphs / Coombes Road and follow until you reach Downslink. Follow the river back to St Mary's House, then to Bramber Roundabout, up Clays Hill to finish at the Clubhouse.



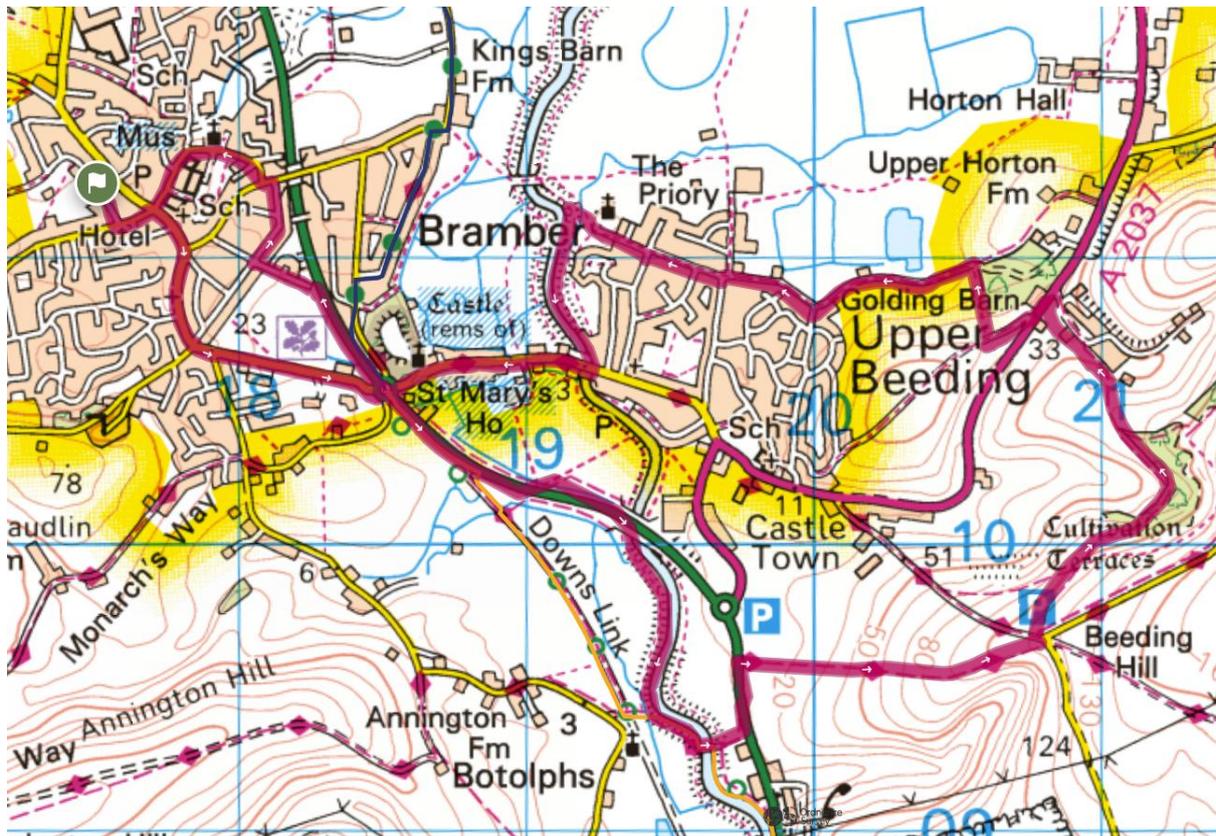
ROUTE 5 – RIVERBANK, SMALL DOLE AND BRAMBER (out & back route 7.57 miles)

From the clubhouse, head out to Kings Barn Lane across the river and turn left along the bank until you get to Stretham Bridge. Over the stile turn right across the bridge and right again picking up the riverbank back towards Upper Beeding. After approx 400m, turn left onto a path towards Small Dole. Turn right at Newhall Farm and follow the path back around to the river. At the river, turn left towards Upper Beeding. Cross over the footbridge towards Steyning but follow the path towards Bramber Castle picking up the Castle Lane twittern back to the clubhouse.



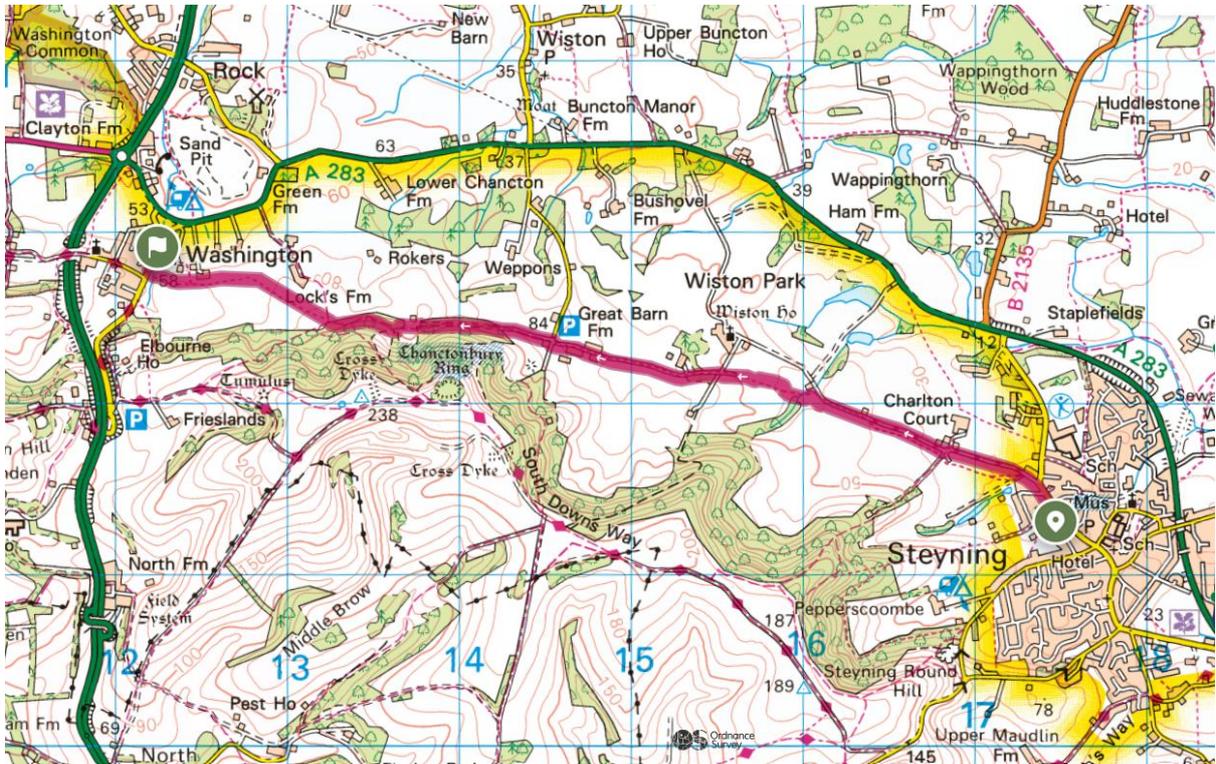
ROUTE 6 – BEEDING HILL (circular route 7.57 miles)

From the Clubhouse head out down Clays Hill to the roundabout picking up the Downslink to the footbridge. Cross the footbridge heading up to the A283, carefully crossing the road and heading up Beeding Hill to the top. Through the gate, take the 2nd path on the left down to Golding Barn until you get to Henfield Road. Carefully cross the road, heading left then immediately right on the short downhill track to Smugglers Lane. Follow to the end picking up Deacons Way and Church Lane following the path down to the river. Turn left along the riverbank to Bramber then right through Bramber to the roundabout. Up the 400m track along the bypass, carefully cross the road, up Castle Lane, right onto Goring Road, left to St Andrews Church / Church Lane finishing at the Clubhouse.



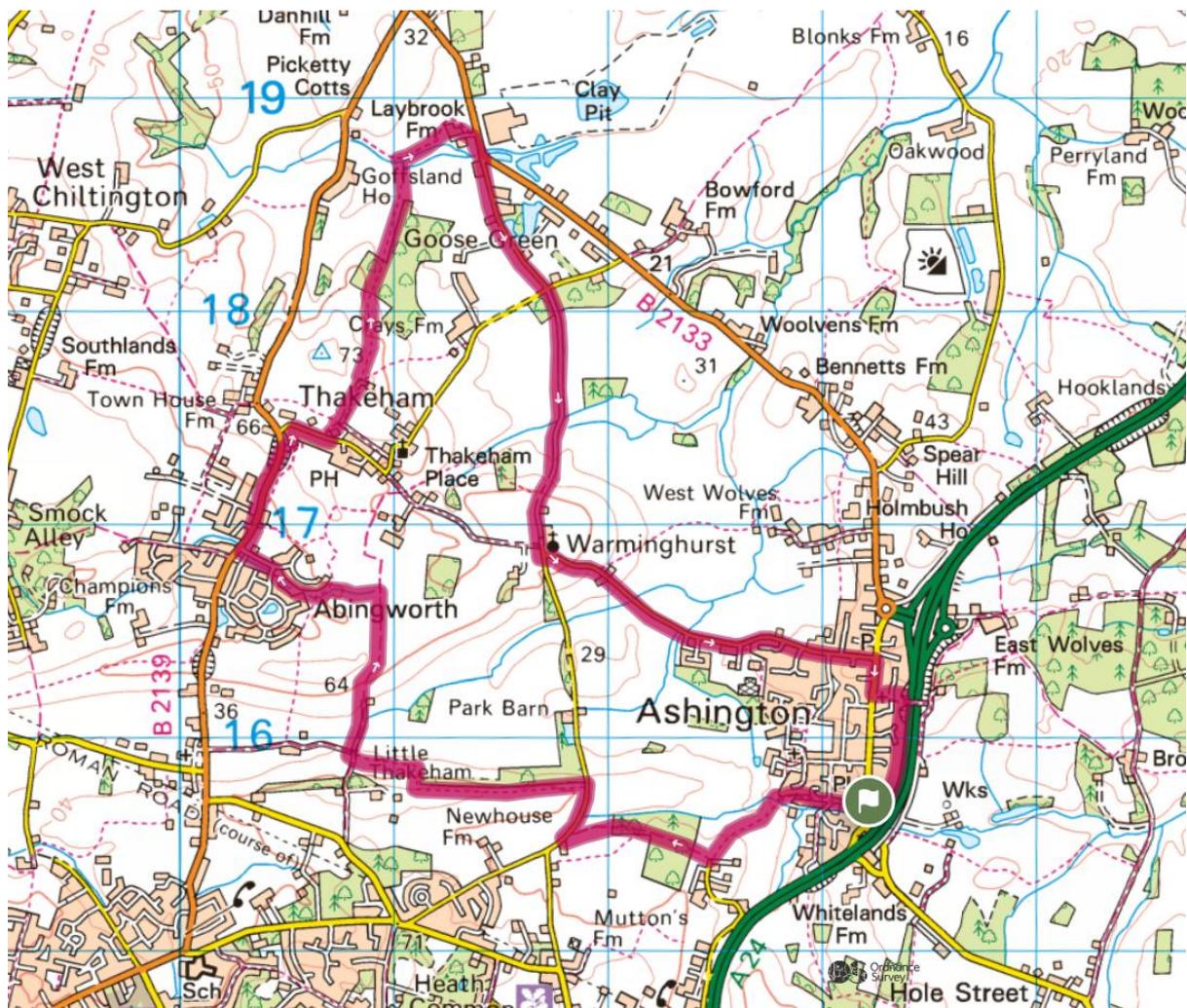
ROUTE 7 – FRANKLAND ARMS (out and back 7.42 miles)

Start at the SAC clubhouse in Charlton Street. Turn right out of the club then right to go down the steps into the High Street. Turn left along High Street into Mouse Lane. Continue along Mouse Lane and take the lefthand footpath behind Round Robin and Wiston House. After Great Barn Farm cross over Chanctonbury Ring Road and follow the underhill path. At about 3 miles (5km) turn right through the gate and then take the diagonal path across two fields. Follow the hedge line then down the steps to the road. Turn right and walk to the Frankland Arms. Optional coffee and cake. Then retrace your steps to the start.



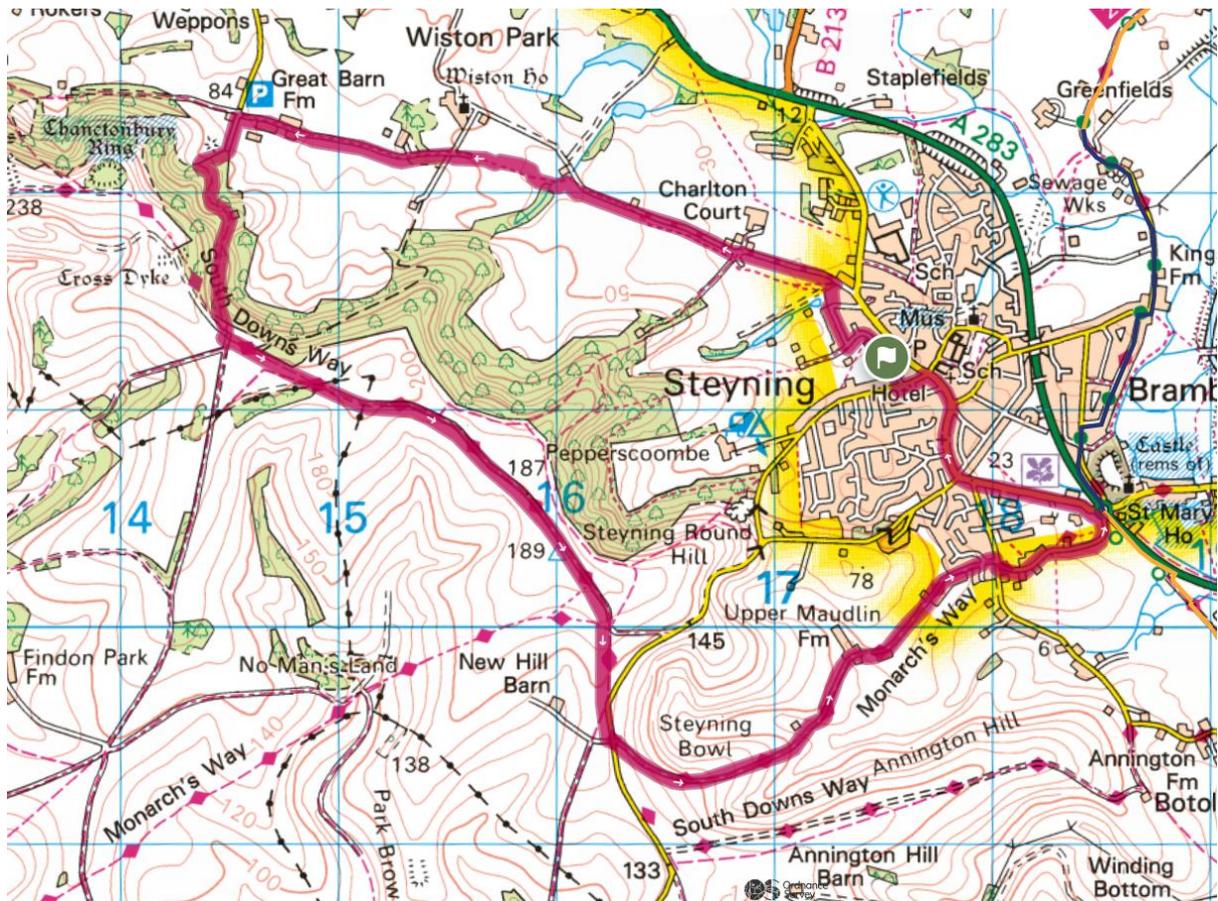
ROUTE 8 – ASHINGTON / THAKEHAM (circular 7.5 mile)

Starting at the Red Lion pub in Ashington, head out along Mill Lane that leads onto a footpath. Follow the footpath, turn left over the stream bridge and up the path until it meets tarmac, taking a right through the woods to Park Lane. Turn right. After 200 yards, take the footpath on your left up steps, through gate into field and follow for about 800 yards. Go through gate, turn right down steps, over stile, then after a further 100 yards turn left. Turn right onto Strawberry Lane at the crossroads and follow for about 800 yards up past the badger set, then turn left and follow the footpath into Thakeham. Keep going straight past the Meadow hall and cafe. Turn right onto B2139 and follow pavement, through the gate and up the hill. Bear right through swing gate onto The Street. After about 100 yards take the wooden steps to the left, along Glebe Field path, quick right then left onto gravel track through the gate and keep going straight through field and woods until metal gate over ditch. 90 degree right, pick up the footpath and follow across the fields, bearing round to right behind houses, until arriving at Goose Green. Through gate, pick up Goose Green Lane (B1233) for about 100 yards bearing right onto Peacock Lane. **CAUTION: This short section is against traffic on a blind bend. Walk on grass verge if necessary.** At the end of Peacock Lane join the footpath opposite all the way up to Warminghurst. At Warminghurst Church, turn left onto Rectory Lane to Ashington. **Listen/watch out for cars round the bends**, until picking up the pavement on the outskirts of Ashington, keep going straight to the Curry Lounge and turn right onto London Road. After 100 yards, cross the road and follow the path down the side of the old church nursery, crossing a residential road, bearing right up and straight down around the back of Ashington parallel to the A24. The path will bring you out opposite the Red Lion to complete the circuit.



ROUTE 9 – OLD ROMP CONCRETE ROAD AND BRAMBER ROUNDABOUT (circular 7.51 miles)

Start at the SAC clubhouse in Charlton Street. Turn right out of the club and follow road to far end of Mill Road. Go through the twitten and into Mouse Lane. Continue along Mouse Lane and take the lefthand footpath behind Round Robin and Wiston House. After Great Barn Farm turn left and follow the path up the hill to the South Down Way. Turn left onto the SDW and follow this until you reach the road crossing at the sharp bend. Cross carefully and continue right on SDW to reach the top of the concrete road. Go down the concrete road and into Maudlin. Turn right and follow Maudlin Lane to the Bramber roundabout. Turn left up Clays Hill and return to the clubhouse via High Street, Newham Lane and Charlton Street.



ROUTE 10 – BEEDING BRIDGE RICARDOS (circular – 7.51 miles)

Start on the eastern side of Beeding Bridge. Follow the east riverbank path then Downlink all the way to the wooden toll bridge by Ricardos in Shoreham. Cross the bridge. Optional coffee and cake. Then use the west riverbank to return to the Beeding Bridge.

