

WSFRL Race Venues

Beach Run Middleton is between Littlehampton and Bognor on the B2132 which is off the A259. Race HQ is at Shrubbs Field next to large car park on B2132 in Middleton.

Foxes Five Race HQ at Adur Outdoor Centre off A259 0.5m west of Shoreham-by-Sea center (across bridge).

Fittleworth Five From A29 Pulborough, take the A283 west. Follow signs and marshalls on reaching Fittleworth.

Hedgehoppers 5, Portslade From Worthing direction on A27, through the tunnel and off at the next exit turning right onto A293. Right at the roundabout onto Fox Way which becomes Chalky Road. The Community College is on the left.

Highdown Hike West Worthing Tennis & Squash Club, Titnore Way, Titnore Lane, Worthing, West Sussex. First left off A2700 heading S from A27.

Hangover Five, Worthing At the A27/A24 intersection, Broadwater roundabout, take Hill Barn Lane for 200 yards.

Hove Park 5k Hove Park, Old Shoreham Road, Hove

Lewes 10k From Brighton when on A27 leave at the first roundabout signed left to Lewes. Just past the prison on your left, turn right at the lights. At the junction turn left into Southover High Street. Continue until High Street bears left, when you carry straight on into the cul de sac Mountfield Road and the Leisure Centre.

Lido Start is on the Prom at Worthing, 100 yards west of the pier.

Plumpton Classic From A23 join A273. B2112 to Ditchling. B2116 to Plumpton. Left at Pub to Plumpton Green.

Seven Stiles, Henfield Take the A281 southwards from Horsham, Cowfold, or northwards from Brighton, or A2037 from Shoreham, Steyning. In village center, take Church Lane (narrow) following signs **for Leisure Centre**.

Steepdown Lancing Manor Leisure Centre adjacent to A27 at Lancing

Steyning Roundhill Starts at the Clock Tower, Steyning High Street

Tilgate 5 At K2 Leisure Centre, Crawley, off A23 turn, just north of junction with M23.

Trundle 10k Lavant Village Hall Pook Lane Lavant 2miles north of Chichester center via A286

Valentine's, Southwater Park at IBM car park, Southwater Business Park, off old A24.

Register at Village Hall, Church Lane. Start down the lane (10 min from car park).

Wivelsfield Wobble From the North take the B2112 from Haywards Heath; from the south take the B2112 off A273 at Clayton; eventually turning off into Wivelsfield Green. Then take first right to field and car park.