

## **Summer Handicap 2008**

### **Travelling Directions**

Travelling east from Lyons Farm Sainsburys along the A27 turn left at traffic lights (old Suzuki garage on right), up Halewick Lane, keeping the "Abbott of Sompting Pub" on your left. Park in the public car park on the right at the top of the road. There is an open area with children's swings and picnic benches.

### **Handicap Route (distance 8.4km (5.2miles) vertical climb 230m approx.)**

Commence handicap route on west side of road at bottom of footpath in front of gates to disused waste facility building further up road.

Proceed NW on wide earth path up hill for 900m to Cross Dyke. At Cross Dyke turn left into bottom of dyke and follow line of the dyke, continuing downhill to metal gate in fence line at bottom.

Through gate to crossing track and turn right on track to head N on a slightly uphill gradient on grassy track for 1300m. Pass under electric transmission lines and at path junction turn right through metal gate onto stony track. Follow track for 150m to reach second metal gate. At second gate continue E in same direction to wooden gate and right of way signpost opposite.

Through gate into grassland and follow grass path keeping close to fence line on your righthand side. Reach cattle grid after 1500m passing through wooden gate at side of grid. Follow track keeping close to fencing on righthand side, going gradually downhill to reach finger post and wooden gate 15 metres before the line of trees.

Go through wooden gate and head SW across grassy field gradually approaching fence line on righthand side. Path follows righthand edge of arable field. Cross stile and straight ahead on grassy path between fence lines. At metal gate, pass through gate to continue in same direction with hedge on your lefthand side. (Do not turn left on track at gate.) Path goes downhill to gate at concrete road. Pass through gate and cross road and continue downhill to reach rectangular sheepfold at Cowbottom. Pass in front of fold and over stile to rough grassy path between fences. Go uphill to reach stile and head SW on footpath across arable field, passing metal water tank 60 metres on your righthand side. Do not head for tank.

At edge of field over stile into rough grassy dip to second stile. Over stile onto stony path and turn right to go gradually uphill. Keep to stony track for 600m ignoring all paths to left, to pass trees of Lancing Clump on your left. Over brow of hill and then at the "Lancing Ring Local Nature Reserve" sign on your left, turn left to head SW.

At 70 metres pass to righthand side of right of way post and go downhill on grassy path into scrub area. Follow main earth path downhill through scrubby woodland as far as wooden post on righthand side in a small clearing. At this post turn sharp right to pass the wooden post on your lefthand side. (Do not go past seat behind you on left).

Pass two more wooden posts, to go downhill to finish in field before car park.