If the river bank is flooded you will be told to replace the first para with that at the bottom of Page 4
$\underline{00.0 \mathrm{M} \quad 163566}$ Leave car park by vehicle exit \& TR. Cross RD at traffic lights \& ahd along WATERWAY ROAD. In 220 Y , just before river bridge, TL to cross RD then down steps (Signed to: RIVERSIDE WALK). TL along concrete FP with river on your R. In 200Y, TsharpR to cross river. Immed after bridge parapet, TL to cross RD \& along gravelled FP (Signed to: NORBURY PARK). Keep to river on your L for 600 Y then thru barrier \& 10Y later, TL on tarmac drive over river.
$\underline{00.7 \mathrm{M} \quad 167558} \quad 9 \mathrm{Y}$ after bridge parapet ends (11Y before RD) TR (FiPo: Horse Margin). Keep between fences, parallel with RD on your L, for 900 Y , then bend L to RD. DO NOT CROSS. TR along pavement. In 35 Y , ignore gap in fence on your L but 20 Y later, just before YOUNG ST plinth, TL to cross RD via roundabout island. BL then BR on tarmac cycle TK to go alongside A24 (dual carriageway). In 650 Y , just before LH bend, TR along tarmac drive. In 300 Y , join TK from your R to pass NORBURY PARK FARM on your L.
01.9M $169540 \quad 25 \mathrm{Y}$ after passing entrance to MICKLEHAM PRIORY, TR to keep fence on your R for further 600Y then FL (ahead) off main drive (still uphill) thru barrier. In 100Y, TL on BW (FiPo: WEST HUMBLE). In 500Y, ignore $1^{\text {st }} \mathrm{TK}$ on L but 100 Y later, $\mathbf{T L}$ to $\mathbf{g o}$ along L edge of picnic area then ahd on TK between fences.
02.9M 161530 TK zig zags past LODGE FARM then keep to drive over river $\& 400 \mathrm{Y}$ later, at T junc, TR. In 150 Y , pass house on your R , thru KG then ease L over to railway. Keep ahd for $1 / 4 \mathrm{M}$ (with railway on your L ) thru KG, along encl FP, over river, along L edge of field \& along encl FP. At RD TL over railway \& along WESTHUMBLE STREET.
04.1M 171517 - At A24 TL down slope then TR thru subway. TL up slope \& follow pavement over river, then BR \& and BL to pass BURFORD BRIDGE HOTEL. [NB. The 20 ml and 30 ml routes split here!] When pavement ends, TR up $2 \frac{1}{2}$ steps on FP. In 14 Y keep ahd (i.e. ignore FP up steps on your R) on to open hillside and 15 yards later, FR. Keep ahd uphill on this path with vegetation on your R at first \& DO NOT wander to the FP which later appears on your R.
04.6M $\quad 175519$ Path becomes a grassy TK \& when this merges into the hillside, KEEP

ABSOLUTELY AHD over the grass for a further 130Y (i.e. ignore the TK which appears over to your R). As you approach the ridge, aim to the R of a large yew tree which gradually comes into view. Keep ahd on a feint path as it levels out over the top of the ridge to go thru bushes ahd \& pass the yew tree 10 yards on your L. In 40Y, ignore FR to go very steeply downhill. Over gravel X-TK then down ONLY 33 steps (ignore the rest). At fence post, TR. Descend, forking $L$ part way down to pass near to RD hairpin in valley bottom on your L . BL to keep road on your L .
$\underline{04.7 \mathrm{M} \quad 177518 \quad \text { In } 30 \text { yards pass NT PRIVATE ROAD sign immed on your } \mathrm{L} \text { then gradually ascend }}$ on path along hillside roughly parallel with RD down on your left. In 200 Y , bend R with the path away from the RD steeply uphill then up steps. BEWARE - DO NOT go down steep bank to RD at this point.
$\frac{04.9 \mathrm{M} \quad 176521}{\text { FOR BIKES \& CARS. Up steps opp to pass } 2 \text { posts. Ascend on grassy path. TL along gravel TK. In }}$

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40 Y , just before tower, TR along BW. In 100 Y , FL \& descend to $\mathrm{W} / \mathrm{M}$ post 8 then TR. In 60 yards, at unnumbered W/M post, TL. Descend steeply to go down 102 steps \& 80 Y later, TL on BW in valley bottom.
05.5M 177528 In 350Y (40Y before car park), TsharpR thru KG gate on FP uphill. In 60Y, FL \& 100 Y later, TL on FP going into trees. In 300 Y , over ST. In 180 Y , at W/M post, TL. FP winds thru wood for a further 100 Y then emerges to a fence \& field ahd. TR with FP (fence on your L). In 150 Y , over (or pass) ST \& along L edge of field. In 100Y, over ST (or thru gateway) \& uphill on gravelled TK. In 350 Y , when TK swings R, keep ahd on wide TK which soon descends steeply to crossing drive of BELLASIS HOUSE. Keep ahd on drive to HIGH ASHURST for 900 Y to go thru gateway.
06.7M 192533 Immed TL (NOT sharp L) on BW to pass LONG WALK W/M (dark blue arrow). In 250 Y , as the TK ahd ascends, TsharpL on BW going more steeply downhill. In 100 Y , join TK from barrier on your R. In 200 Y , TR thru gate, up 33 steps \& ahd on grassy TK. In 500 Y , ignore R fork to pass seat on your L. Cont ahd for 600Y then BL thru gate.
$07.6 \mathrm{M} \quad 198527$ Take the TK ahd ( $2^{\text {nd }}$ from L; $3^{\text {rd }}$ from R). Keep ahd for $1 / 4 \mathrm{M}$ going over 2 X-TKs. 8 Y after $2^{\text {nd }} \mathrm{X}-\mathrm{TK}, \mathbf{T L}$ thru gate. In $170 \mathrm{Y}, \mathbf{F L}$. In 240 Y , over minor X-TK for further 70 Y (bending R with main TK) then at wider X-TK, TL. Keep to main winding path for 450 Y then pass seat immed on your R (having passed a seat earlier away to your R). In 100 Y , thru gate \& 25 Y later, pass another seat on your R .
08.4M 198535 8Y after seat, TR on X-TK. In 30Y, electric fence ahd, go thru gate on your L but immed TR to cont on the same TK beyond the electric fence. In 200Y, ahd over X-TK to pass seat on your R. In 650 Y , ahd thru gate, over X-TK \& 50Y later BR then BL round bank corner to pass car park on your L. Thru barrier \& cross RD into secondary car park:

## CHIECKPOINT 1 - HEADLEY HEATH - OPEN 9.30 to 12.00

09.0M 206538 Leave car park to (in 100Y) pass practice nets \& cricket pavilion on your L then TL on tarmac drive. In 180 Y , cross lane \& ahd on TK (NT W/M). In 200Y, ignore RD on your L \& 50 Y later, swing R (SP: WEBBS FARM/MERRYDOWNS). In 40Y, pass red letter box on your R \& 20Y later, just before garden gate, TL. Over ST \& along R edge of field. In 170 yards, TR over ST then immed TL along L edge of next field. In 140Y, over ST \& ahd then over another ST to drop down on to a TK. TR \& in 80Y, TL over ST. Keep to the R edge of the field for 50 yards then cont with green webbing fence on your L for further 30 yards to go over ST.
09.5M 209542 BR over gravel TK, over ST \& along R edge of field. In 400Y, at field corner, TL to cont along R edge of field. In 300 Y , keep ahd into wood. In 200 Y , join BW from your R \& cont with fence on your R. In 400 Y , pass FRITH PARK FARM on your L then TR along drive over motorway \& along lane.
$10.4 \mathrm{M} \quad 221539$ In 350 Y , at T junc TR along pavement for 120 Y , then ahd across DORKING RD WITH CARE \& thru barrier. Keep ahd on BW for $1 \frac{1}{4} \mathrm{M}$ following FiPos to MOGADOR (noting GOLFERS WARNINGS as you emerge from trees to cross fairways after $1 / 2 \mathrm{M}$ ).

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11.8 M 239530 At end of BW TL to join lane from your R. In 100Y, pass THE SPORTSMAN pub on your R \& 50Y later, as lane ends, pass barrier \& notice board on your L then BR on BW. Keep along R edge of open area for 900 Y . BR thru gap (FiPo:HOGDEN BOTTOM) \& immed FL along L edge of next open area. In 300 Y , keep ahd (slightly L) into trees to emerge from them after 30 Y . TR along R edge of open area. Ignore TK after 30Y \& minor TK after another 130Y (both on your R) but 20Y later, TR on wide TK thru old gate posts (BCC PERMISSIVE RIDE).
12.7M 239545 In 140 Y, FL. In 250 Y , between old gate posts \& 5Y later, at X-TK, TR. In 35Y, join TK from your L \& 150Y later, BL to emerge from trees. Take the R of 2 faint grassy TKs across open area passing near to post with $8 \mathrm{~W} / \mathrm{Ms}$ (4 each side) on your R. In 200Y, FL (ahd) (as you pass close to trees jutting out on your R) \& 25 Y later, ahd over X-TK. In 150 Y , at 6 TK junc, TR (NOT sharp R) along L edge of open area. In 250 Y ( 30 Y before seat) $\mathbf{T L}$ into trees. In 30 Y FR \& 100 Y later, ahd across RD WITH CARE via 2 barriers.
13.5M 235554 Keep ahd on BW for 900Y over all X-TKs etc - in particular ignoring a FL after 500 Y . At RD T junc (by pond), TR to cross WALTON STREET \& along tarmac. In 25 Y , keep ahd on drive to pass WITHYBED CORNER sign on your L. In 450Y, pass THE BELL (pub) \& cont on FP (FiPo:MOTTS HILL LANE). In 100Y, thru barrier \& 6Y later, FR (fence on L). In 150 Y , pass WHITE COTTAGE \& ahd along restricted BY. In 80Y, TL to pass BRIDLE COTTAGE on your R.
14.5 M 225560 Keep ahd on encl BW for approx $3 / 4 \mathrm{M}$. At end of gardens on your R, ignore path ahd and BL with BW (W/M). In 25 Y , ignore lower track and BR up $B / W(W / M)$, passing broken notice board on your L. After 25 Y, FR on BW (FiPo: EPSOM LANE NORTH). Emerge from trees to join TK from your L. You are now entering Epsom Downs - PLEASE GIVE WAY TO HORSES. In 500Y, where the TK hairpins (just after end of white training rails on your L), keep ahd for 25 Y to go thru gap \& BL across grass. Thru gate to cross race course (it would seem at the other side you have to squeeze thru gap in rails or duck underneath them) then TR along grass between race course and tarmac. In 500 Y , TR to cross race course again \& immed TR again into:

## CHECKPOINT 2 - TATTENHAM CORNER - OPEN 11.30 to 15.00

16.0 M 223584 About turn to re-cross the race course again but when tarmac swings L, keep ahd on TK across downs. In 750 Y , cross race course (one last time) \& in further $1 / 2 \mathrm{M}$, just before entrance to house, TL. In 70 Y , swing R with TK then keep ahd for 600 Y during which you emerge from trees \& go back in trees again to emerge onto a wide TK (at a notice board) on which TR.
17.6M 209571 In 300Y, pass house on your R \& 150Y later, after going between farm buildings, $\mathbf{T} 1 / 2 \mathrm{~L}$ on FP uphill across field aiming for what at first looks like a small clump of trees to the R of a pylon. In 280 Y , thru gate and TL along BW parallel to RD. In 600 Y , BL to cross RD then TR to cont on BW for further 40 yards. TL along SHEPHERDS WALK. In 500Y, pass THIRTY ACRE BARN on your $L$ then keep ahd (ignore 2 TKs on your $R$ ). In $1 / 4 \mathrm{M}$, keep ahd over staggered X -TK.

## The route now follows THAMES DOWN LINK (TDL) for nearly $3 \sqrt[3]{4}$ M

18.7M 193566 Keep ahd for nearly a further $13 / 4 \mathrm{M}$ (following TDL W/Ms) then TR (FiPo; DOWNS ROAD) to keep square wire fence on your R passing a gate after 20Y. Keep ahd for just over 1 M (still following TDL W/Ms) then TR along RD for 20Y. At T junc, ahd across RD WITH CARE, thru gap in hedge \& TL on encl FP. In 270Y down 13
 steps \& cont along pavement for further 650Y to pass RYKERS CAFE, \& TOILETS on your L . [ 20 ml and 30 ml routes rejoin here to the finish]

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22.1M 172520 At BURFORD BRIDGE HOTEL, TL to cross RD then TR along opp pavement. BR \& BL to go over river \& down slope. TR thru underpass \& TL up slope. Ahd across WESTHUMBLE STREET \& along verge of A24.

## The route leaves TDL but follows NORTH DOWNS WAY (NDW) for next 2M.

$\underline{22.3 \mathrm{M} \quad 170517}$ In 500Y, TR. Keep ahd on main TK for just over $1 \frac{1}{2} \mathrm{M}$ following NDW W/Ms \& FiPos \{after nearly 1M come into the open, climbing above vineyard on your L \& go thru 2 green (side) gates $\}$. Just before silver gate, TR. In 200Y TL \& in 50 Y ahd along verge by RD. After passing church (opp lychgate) BR (to leave NDW) into trees then keep ahd to emerge on verge. Cross RD WITH CARE to NT car park and

## CHECKPOINT 3 - DENBIES / STEER'S FIELD NT CAR PARK OPEN 11.00 to 17.00

$\underline{24.7 \mathrm{M}} \quad 141503 \quad$ Cross RD WITH CARE \& TL along verge. Ahd over 2 gravel X-TKs to pass cottages on your R \& immed TR on $3^{\text {rd }}$ Gravel X-TK. Thru barrier on TK with hedge on your R for 30Y then FL. In 1300Y reach ALAN BLATCHFORD memorial seat and Tanners Hatch YH.
25.9M 140515 BR to pass hostel grounds immed on your L. Keep to BW ignoring all R turns for $11 / 4 \mathrm{M}$. Cross RD WITH CARE \& TR on BW.
$\underline{27.2 \mathrm{M} \quad 139531 \text { In } 250 \text { Y cross RD WITH CARE then ahd on BY for 2000Y. Join BW from your R to }}$ cont on BY for a further 200Y then pass car park on your L. Ahd over BOCKETTS FARM tarmac drive \& along gravelled TK for 5 Y then TR along BW between RD on your $\mathrm{L} \&$ drive on your R . In 500 Y , fence ahd, TL on concrete TK.
$\underline{28.9 \mathrm{M} \quad 156550}$ In 60 Y , cross busy A246 WITH CARE to go thru metal posts \& ahd along BW. In 700 Y , TR (FiPo: GIMCRACK HILL) downhill with chain link fence on your L. In 200 Y , bend L thru gateway \& 3Y later, FL to short cut across grassy area. Cross waterworks drive, pass gate \& over railway. In 300Y, at X-TK, TL along tarmac FP. Pass MOLE BARN \& ahd on RD. Cross main RD WITH CARE then TR on pavement with railway up on your L. At traffic lights, cross RD, TR \& then TL into car park.

Registration marshal will be at the finish from 14.30 to 18.00 approx. If you arrive earlier, please note time on card ( 24 hour clock) and place in metal tool box chained to the post of pay machine. If you arrive later, please phone or text 07929274169 after 19.00 to register your finishing time, giving your name, event number and finishing time.

## Flood route - you will be told to substitute $1^{\text {st }}$ para on page 1 with the following if appropriate:

00.0M 163566 Leave car park by vehicle exit \& TR. Cross RD at traffic lights \& ahd along WATERWAY ROAD. In $1 / 4 \mathrm{M}$ ( 20 Y after RD islands) TL to cross main RD \& along minor RD (SP: LEISURE CENTRE). When RD bends R keep ahd to pass MOLE BARN. TL along wide X-TK \& ahd for $1 / 4 \mathrm{M}$.
$00.7 \mathrm{M} 167558 \quad 9 \mathrm{Y}$ after bridge parapet ends........................(as $2^{\text {nd }}$ para on Page 1)

