

Thrash Route (11.5 Miles)

1. Start by gate to Festival Theatre at top part of Northgate car park.
2. Run past Festival Theatre and up through Oaklands Park to top right-hand corner by Rugby Club.
3. Exit Oaklands Park through car park for Rugby Club and turn right into Wellington Road.
4. Turn left into Summersdale Road with wall on left.
5. At fork in road bear right onto Fordwater Road.
6. At bottom of hill continue over River Lavant and turn left onto footpath running by side of the river bed.
7. Follow path and then track until reaching main road.
8. Turn left (TAKE CARE) and run-down road towards Lavant.
9. Turn right into Lower Road.
10. Proceed up hill to where Lower Road meets Pook Lane at top end of Lavant Village.
11. Turn right.
12. After about 200 metres turn left into Chalk Pit Lane, the long track going up to the Trundle.
13. At top of track by car parks turn left along footpath leading to a large house.
14. Just past the house take the right-hand track down past the boundary wall for West Dean Estate.
15. At reaching wood on left turn sharply left onto footpath.
16. Proceed through two gates and then turn right through another gate (opposite the steep grass track back up to the Trundle).
17. Go through another gate crossing the bridge over the new part of the Centurion Way and continue up the footpath to the main road (A286).
18. Turn right and then cross over road after about 50 metres (TAKE CARE) and go up Binderton Lane.
19. At top bear left and follow lane down to main road (B2141 – Lavant/Chilgrove Road).
20. Turn right and cross over road (TAKE CARE) and take the footpath on left going up to Kingley Vale.
21. Where this footpath crosses another footpath turn left.
22. Follow this path up to Stoke Clump and then down other side to road.
23. Turn right and cross over (TAKE CARE) and then take road on left by grass triangle.
24. Go up road past Oldwick Stables/Wellies on left and drop down to junction.
25. Cross over (TAKE CARE) and continue up the slope until reaching the B2178 (Funtington Road).
26. Turn left back towards Chichester and cross over (TAKE CARE) to the path on right of road.
27. Once over the bridge look for a gap in hedge on left.
28. Take extreme care and cross over, go through gap and then turn right down and up across the field of East Broyle Estate.
29. Once at top of field turn left into Norwich Road.
30. Follow Norwich Road to bottom (back of Nuffield Hospital) and take footpath on the right.
31. Follow footpath round to the main road.
32. Cross over (TAKE CARE) turning right to follow footpath down the side of Oaklands Park.
33. Take the service road into the Festival Theatre to return to the finish. Well done!