

## COMPTON TWENTY/FORTY ROUTE DESCRIPTION

Competitors are reminded to exercise extreme caution when crossing or emerging onto roads. Obey the Highway Code and run on the right in road sections with no pavement, facing on-coming traffic.

These directions are intended for use by those competitors who like to reconnoitre the route prior to the event. (One small section is not public right of way; pre-race alternative given as well as the actual route.) The whole of the route is within the area of OS Landranger Map No 174. Grid references are given and can be used to confirm points for those wishing to produce their own route-map. On the day **YOU ARE RECOMMENDED TO NAVIGATE USING THESE DIRECTIONS.** *FORTY MILE ROUTE (SECOND LAP) DISTANCES & TIMES IN ITALICS.*

**START TO CP 1 (White Hart H' Norreys) - 4.4 Miles (CPs 4 to 5)** [opens 09:25, closes 10:35/15:00]

Alternative Pre-race Route: From Downs School gate TURN LEFT onto road. Continue on road up hill. Just over brow TURN RIGHT into open gateway. Continue as at \* below.

### **Actual Route on Race Day:**

From Start run 2 anti-clockwise laps of lower field to exit up bank into wood. Follow paths through wood. At farm drive go HALF RIGHT onto road verge.

After 80yds \* TURN RIGHT across road into open gateway. TURN RIGHT (hedge to right) 50yds. TURN LEFT through gate into wood. Follow path to single gate at wood edge. STRAIGHT ON downhill across field to second gate. Thru' gate to TURN LEFT then RIGHT to follow fence-line along field edge STRAIGHT to gate and road. TURN LEFT.

Up hill for 150yds, TAKE TRACK ON RIGHT at bend.

Continue ahead until track drops steeply to track T-Junction, TURN LEFT (503785).

After 600yds TAKE PUBLIC BRIDLEWAY ON LEFT (503778). **Please keep to edge of field.**

Stay on this marked route for approximately 2 miles, passing Banterwick Farm and Rainsworth Cottages to emerge on road at house called "Five Ways" (527768).

Carefully cross road onto grass and down steps in front of house, then TURN RIGHT on road.

After 1/4mile TURN LEFT into Scottalls Lane. At end of lane, ahead on footpath across field.

When path climbs small bank onto track, TURN RIGHT (531765).

Pass ramshackle farm buildings on right to CP 1 at side of White Hart pub.

**Total: 4.4 (24.3) Miles**

**CP 1 TO CP 2 (Wood Farm) - 5.6 Miles (CPs 5 to 6)** [opens 09:50, closes 12:40/16:30]

From White Hart go up hill for 30yds on pavement, TURN LEFT up footpath.

Keep to left-hand path between hedges to emerge through gap in fence into garden. Cross garden through gap in fence to field. Straight ahead along edge of field, keeping hedge on left.

Path emerges onto track near bungalow (536765).

Maintain direction on track for 200yds to TURN HALF-RIGHT at Footpath sign into wood.

Follow path up through wood and straight ahead across open fields to maintain direction on tarmac track, which passes Haw Farm buildings on right.

Follow right of way signs to keep trees on right, until reaching road, TURN RIGHT.

Pass road junction. At Bridleway post (by Horse and Rider road sign) TURN LEFT (551769).

Stay on main track for 1200yds, passing pig and dairy farms, to metal gate.

Through gate onto concrete road, TURN LEFT (560766).

After 400yds at footpath sign TURN RIGHT through gate towards church.

Cross field and 2 gates into churchyard.

Follow path between graves to gate onto road, TURN LEFT.

At road junction TURN RIGHT.

Pass playing field on right and continue through Ashampstead village for 450yds to footpath sign on left as road bends right, TURN SHARP LEFT (570767).

After just 30yds at path junction TURN RIGHT.

Follow path along bank through trees to drop down left handed to road, TURN RIGHT.

After 200yds, at junction (576767) TURN LEFT up hill.

Road becomes track. Maintain direction on track, but, when track bears right up hill, GO STRAIGHT ON across open grass areas guided by waymarks (yellow arrows) and into wood.

Follow clear path through trees to road, TURN LEFT (584776).

At junction KEEP RIGHT to continue ahead on road for 100yds.

When road bends left, maintain direction by taking footpath on right (584779).

Keep to edge of field - bushes on right.

Path drops steeply into trees, with shooting ground on right.

Just before bottom of dip, TURN LEFT at signpost. **(Easy to miss!!)**

Follow footpath thru' bushes up steep hill to stile.

Over stile maintain direction straight ahead, aiming for middle chimney of distant house (field drops down then climbs back up to gateway on left and road). At road TURN RIGHT (585786). Stay on road to pass Bennetts Wood Farm on right.

As road drops down hill and swings right, TAKE SIGNED BYWAY ON LEFT to CP 2 at Wood Farm (584794).

**Total: 10 (29.9) Miles**

**CP 2 TO CP 3 (Bower Farm) - 5.1 Miles (CPs 6 to 7)** [opens 10:15, closes 15:00/16:30]

Leave CP 2, TURN RIGHT along road for 300yds

At footpath sign immediately before wooden fence, TURN LEFT (587796).

Follow path round house and over stile, STRAIGHT ON up steep hill to stile.

Over stile MAINTAIN DIRECTION with fence line on right.

KEEP AHEAD to kissing gate (590803).

Through kissing gate AHEAD for 60yds to cross paths, TURN LEFT **up 5 steps**

**DO NOT GO DOWN GRASS HILL!!!**

Follow main path through trees to path T-junction at wooden fence.

TURN LEFT up steep path and steps to tarmac path, TURN RIGHT.

At end of tarmac path carefully CROSS ROAD, and BEAR RIGHT into Car Park (583806).

Leave car park via gate to left, head along top of hill for 700yds.

At fence corner, TURN LEFT thru' gate near trigpoint (588811).

Ahead down hill (aim for white gabled house) to emerge through gate onto road, TURN LEFT.

Stay on road for 3/4mile, to footpath sign by house named "Wynders", TURN LEFT (576814).

Pass metal gate and stay on main marked path for 1¼miles (passing cottage on right, before steep uphill levelling before farm buildings).

At farm buildings (567797) TURN RIGHT into field then LEFT keeping fence to left for 300yds.

At end of bungalow garden TURN LEFT 30yds to track.

TURN RIGHT along track (signed By-way [red arrows]) for 1240yds to bear LEFT through metal gate in trees. (556805)

Continue ahead on grass through second and third metal gates.

TURN LEFT towards thatched house and TURN RIGHT to CP 3 in Bower Farmyard.

**Total: 15.1 (35) Miles**

**CP 3 TO Finish – 4.8 Miles (CP 7 to Finish)**

[opens 10:55, closes

17:00/19:00]

Continue through farmyard to TURN LEFT on grass under trees keeping fence and barn to right. At corner of fence (by water tank) TURN RIGHT through kissing gate.

Continue on signed footpath with fence on right to kissing gate.

From gate follow path down to road. At road TURN RIGHT (553801)

Continue up road for 440yds to TURN RIGHT onto track. After 160yds track bears left.

Stay on track for ½ mile to T-junction with Ridgeway (549813), TURN LEFT along Ridgeway. Ridgeway drops downhill to X tracks. Stay on Ridgeway through this junction and for further 700yds.

TURN sharp LEFT off Ridgeway at first track (534819). Continue downhill.

Track then leads uphill between bushes to trees, and is joined after a further 300yds by tracks from left.

MAINTAIN DIRECTION on chalk track for 60yds, to TAKE SIGNED BRIDLEWAY TO RIGHT, (533805) between wooden post and ivy clad tree.

Stay on this path until it drops steeply down to old railway bridge (524803), TURN LEFT under bridge, TURN LEFT along road. Follow road to T-Junction.

TURN LEFT along narrow pavement to T-Junction. At stones TURN LEFT along pavement for 80yds to cross to metal railings and continue on short footpath to bridge.

TURN RIGHT into recreation ground. TURN LEFT keep hedge and swings etc. to your left.

At corner TURN RIGHT up side of playing field to leave via footpath in corner to road.

Cross road HALF LEFT up steps onto path leading to school field.

STRAIGHT across field to TURN RIGHT before buildings to FINISH **Total: 19.9 (39.8) Miles**

**OR STRAIGHT across field to TURN LEFT before buildings to CP 4**