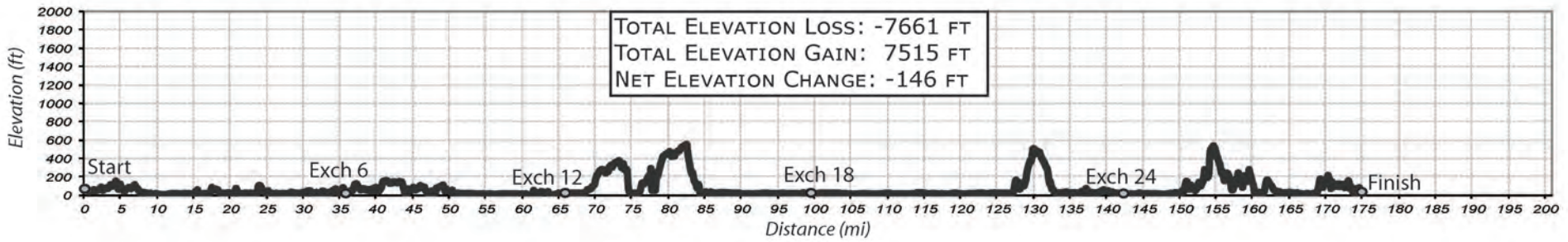
# Course Overview -- 177.4

Reebok RAGNAR WHITE CLIFFS

# Course Profile




Reebok RAGNAR WHITE CLIFFS

# Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

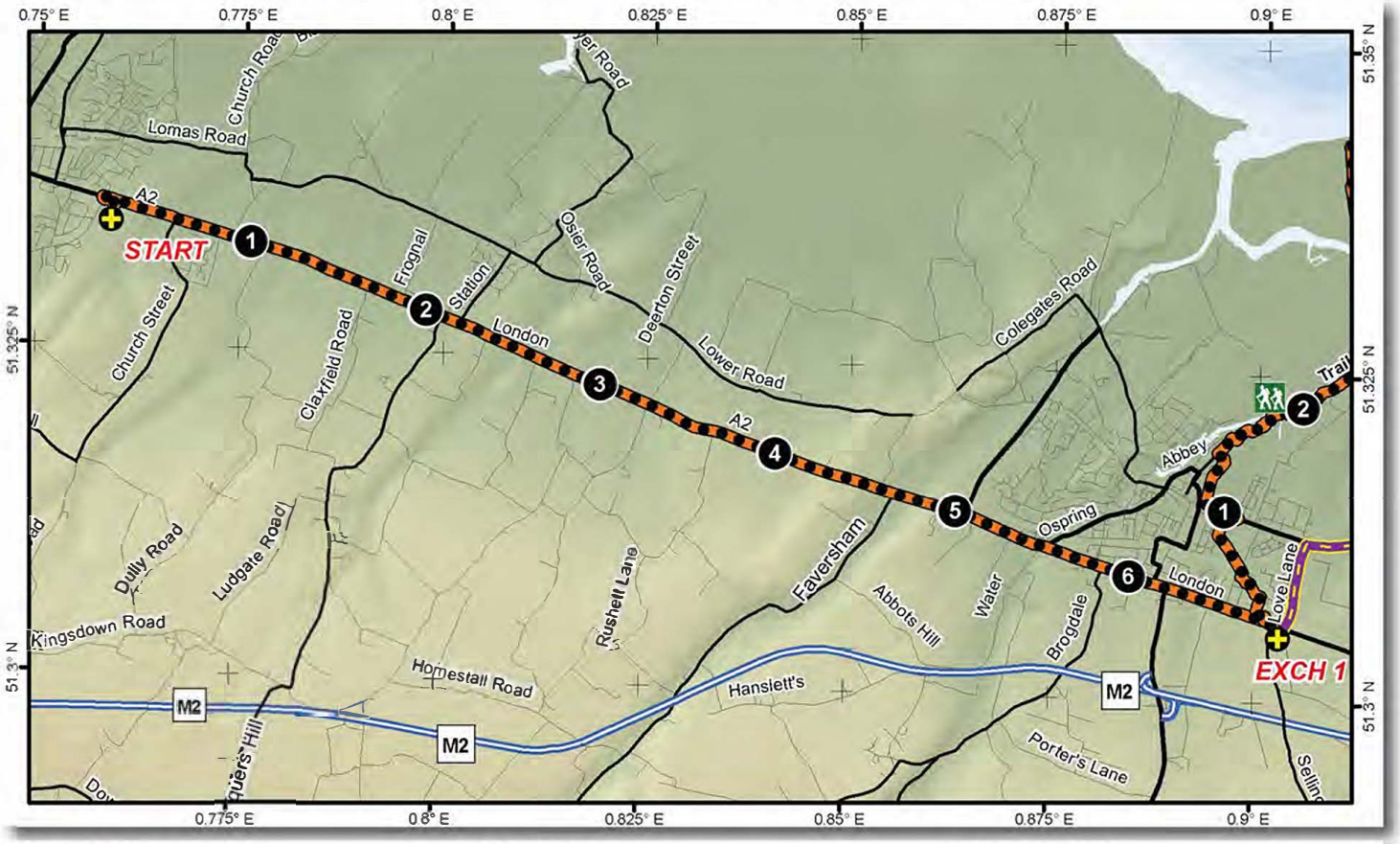
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

# LEG 1 -- 6.9 MILES -- HARD -- NO VAN SUPPORT




LEG 1 -- 6.9 MILES -- HARD

Start Line
Sittingbourne Community College
Swanstree Ave, Sittingbourne ME10 4NL
51°20'4.56"N, 0°45'32.27"E

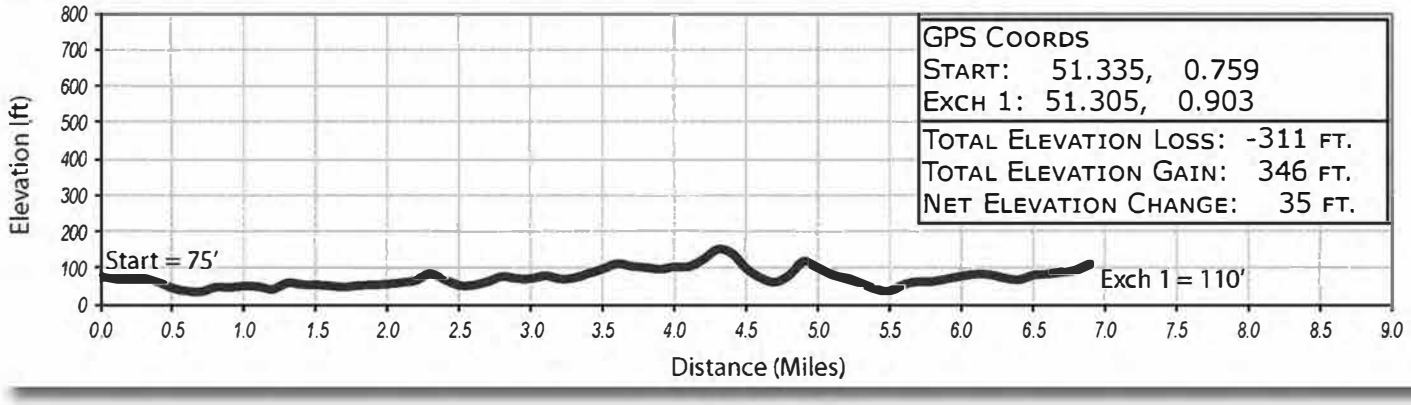
Exchange 1
Macknades Fine Foods
Selling Rd, Faversham ME13 8XF
51°18'17.89"N, 0°54'10.68"E

LEG LEGEND:

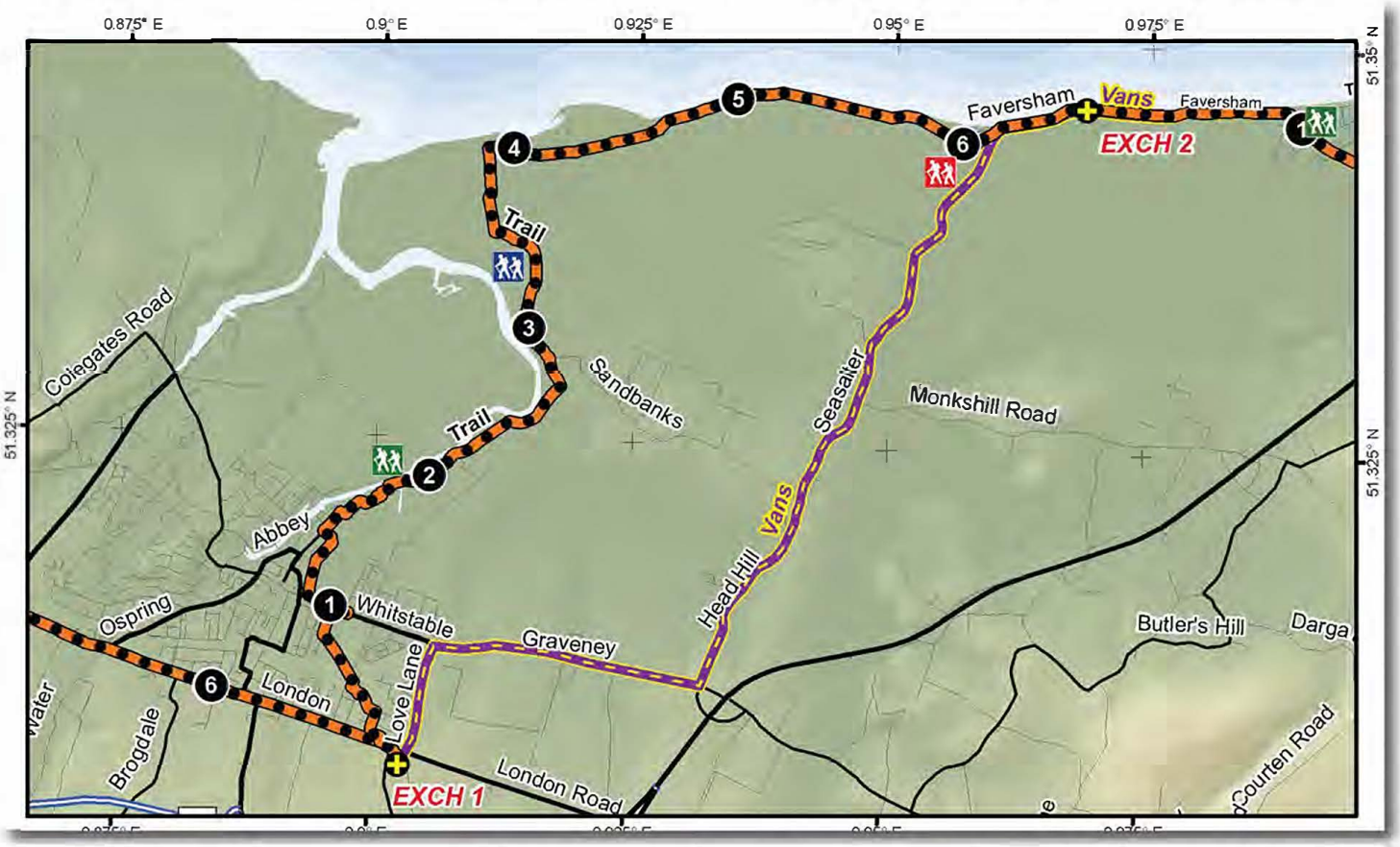
| | |
|---|---|
| 0.0 | Depart Start line on footpath A259 Westbound. |
| 0.2 | Turn Right and cross A2, then turn right and follow footpath |
| 6.8 | Eastbound Turn right and cross A2, enter footpath |
| 6.9 | Arrive at exchange 1 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Start onto Swanstree Avenue |
| 0.1 | Turn onto A2 |
| 6.8 | Turn on Selling Road |
| 6.9 | Arrive at Exchange 1 |



# LEG 2 -- 6.5 MILES -- HARD -- PARTIAL VAN SUPPORT




LEG 2 -- 6.52 MILES -- HARD

Exchange 2
Seafront Parking
Faversham Road, Seasalter,
Whitstable CT5 4BW
51°20'46.25"N, 0°58'7.16"E

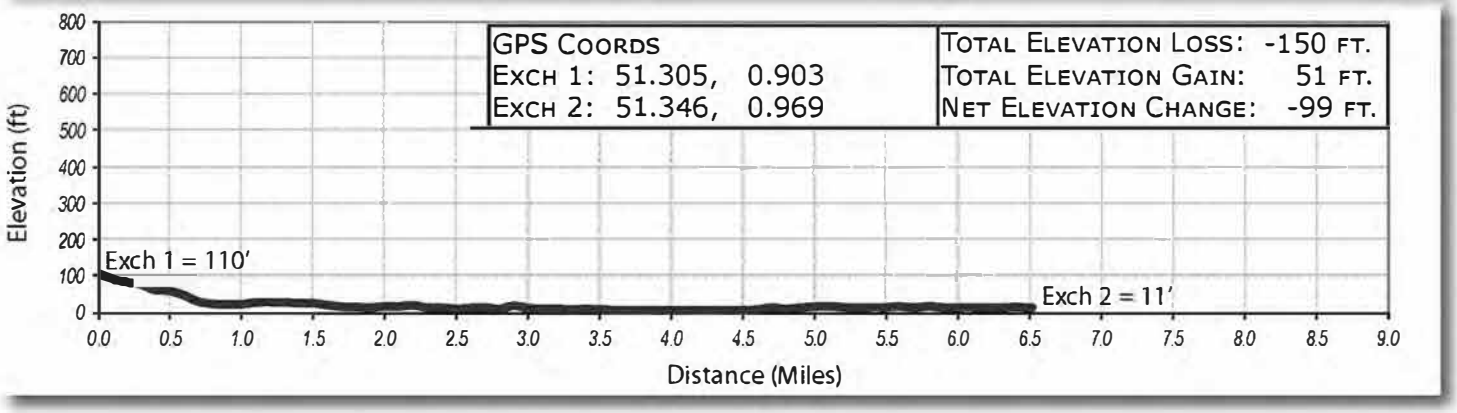
LEG NOTES:
A portion of this leg is on public footpaths through fields. Expect uneven trail on footpath.

LEG LEGEND:
0.0 Cross A2 & Head West

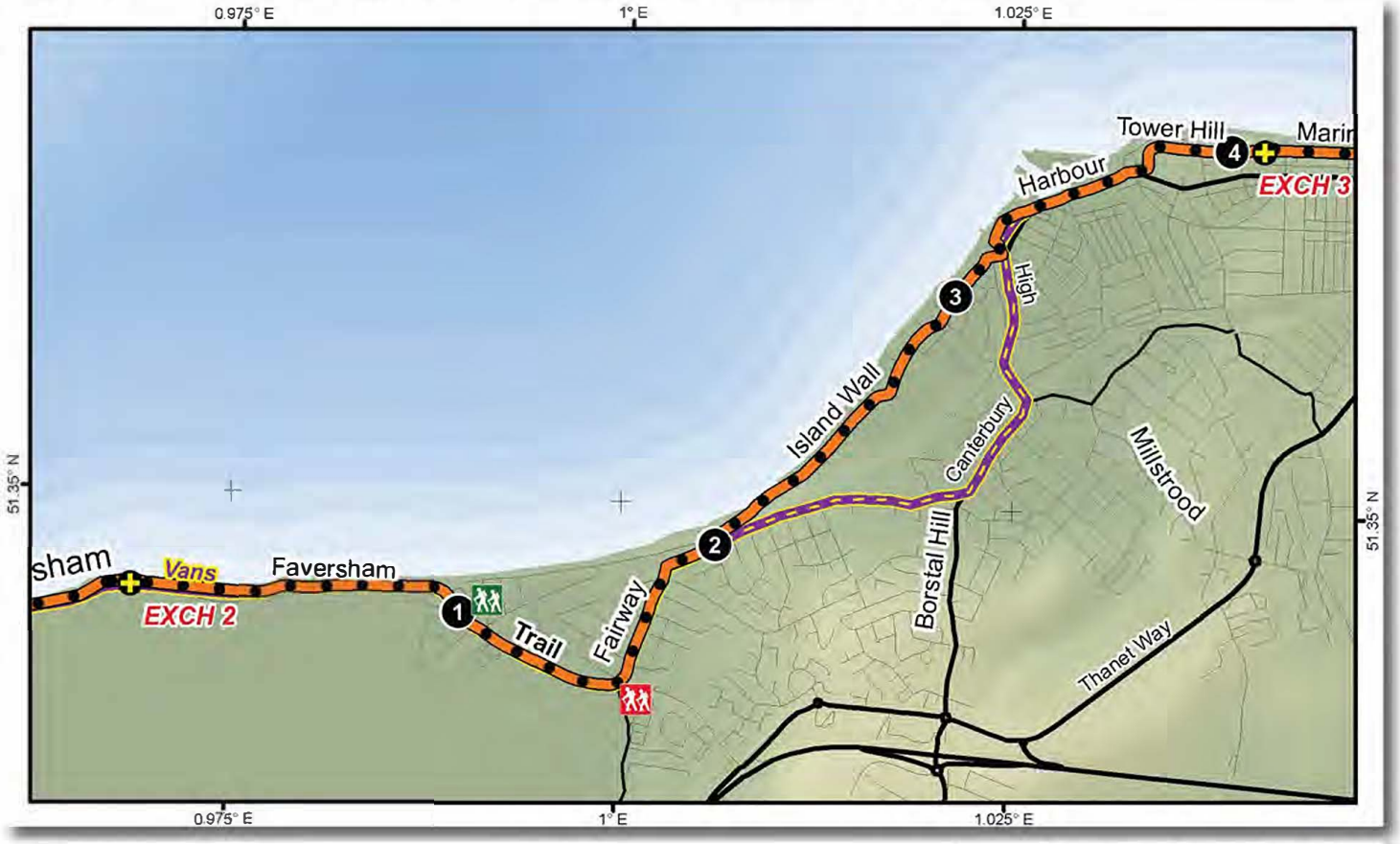
| | |
|---|---|
| 0.1 | Turn right onto footpath, then left onto Blenheim Avenue |
| | Turn left onto Bramley Avenue |
| 0.2 | Turn Right onto footpath and cross railway bridge |
| 0.3 | Turn right onto Park Road |
| 0.5 | Turn Right onto Whitstable Road, then cross road and head West |
| 0.6 | Turn Right onto Church Road |
| 1.0 | Turn Left onto Abbey Place then Turn Right onto Abbey Road |
| 1.8 | Continue (north) on Sandbanks Rd |
| 2.0 | Continue straight on Saxon Shore Way |
| 3.4 | Turn right to continue on Saxon Shore Way footpath |
| 6.0 | Footpath meets Faversham Rd |
| 6.5 | Arrive at Exchange 2 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 1 heading east on A2 |
| 0.1 | Turn left on Love Ln/B2040 |
| 0.6 | Turn right on Graveney Rd |
| 1.4 | Turn left on Head Hill Rd |
| 2.7 | Head Hill Rd become Seasalter Rd |
| 4.2 | Seasalter Rd becomes Faversham Rd |
| 6.8 | Arrive At Exchange 2 |



# LEG 3 -- 4.1 MILES -- EASY -- VAN SUPPORT




LEG 3 -- 6.2 MILES -- HARD

Exchange 3
Tankerton Slopes
Marine Parade, Whitstable CT5 2BQ
51°21'52.77, 1° 2'26.22"

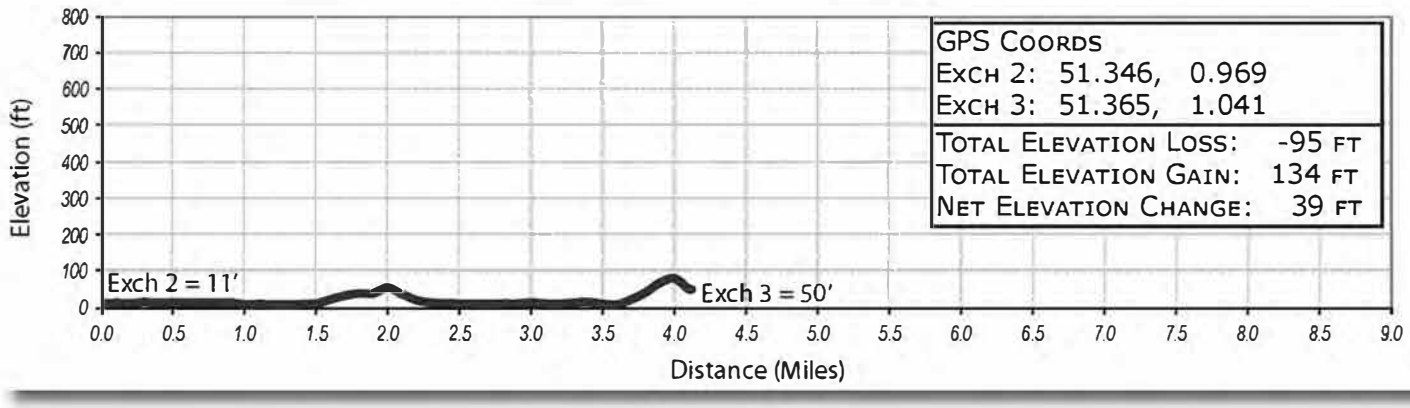
LEG NOTES:
A portion of this leg is on public footpath.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue east on Saxon Shore Way footpath |
| 0.5 | Continue straight on Faversham Rd |
| 1.5 | Turn left |
| 1.6 | Turn right onto Seasalter Beach |
| 1.8 | Continue straight to public footpath |
| 2.0 | Continue straight onto Island Wall Rd |
| 2.8 | Turn left on Horsebridge Rd |
| 2.9 | Turn right on Sea Wall Rd |
| 3.0 | Continue straight onto Harbour St |
| 3.2 | Harbour St becomes Tower Parade |
| 3.4 | Continue straight on Tower Hill |
| 4.1 | Arrive at Exchange 3 |

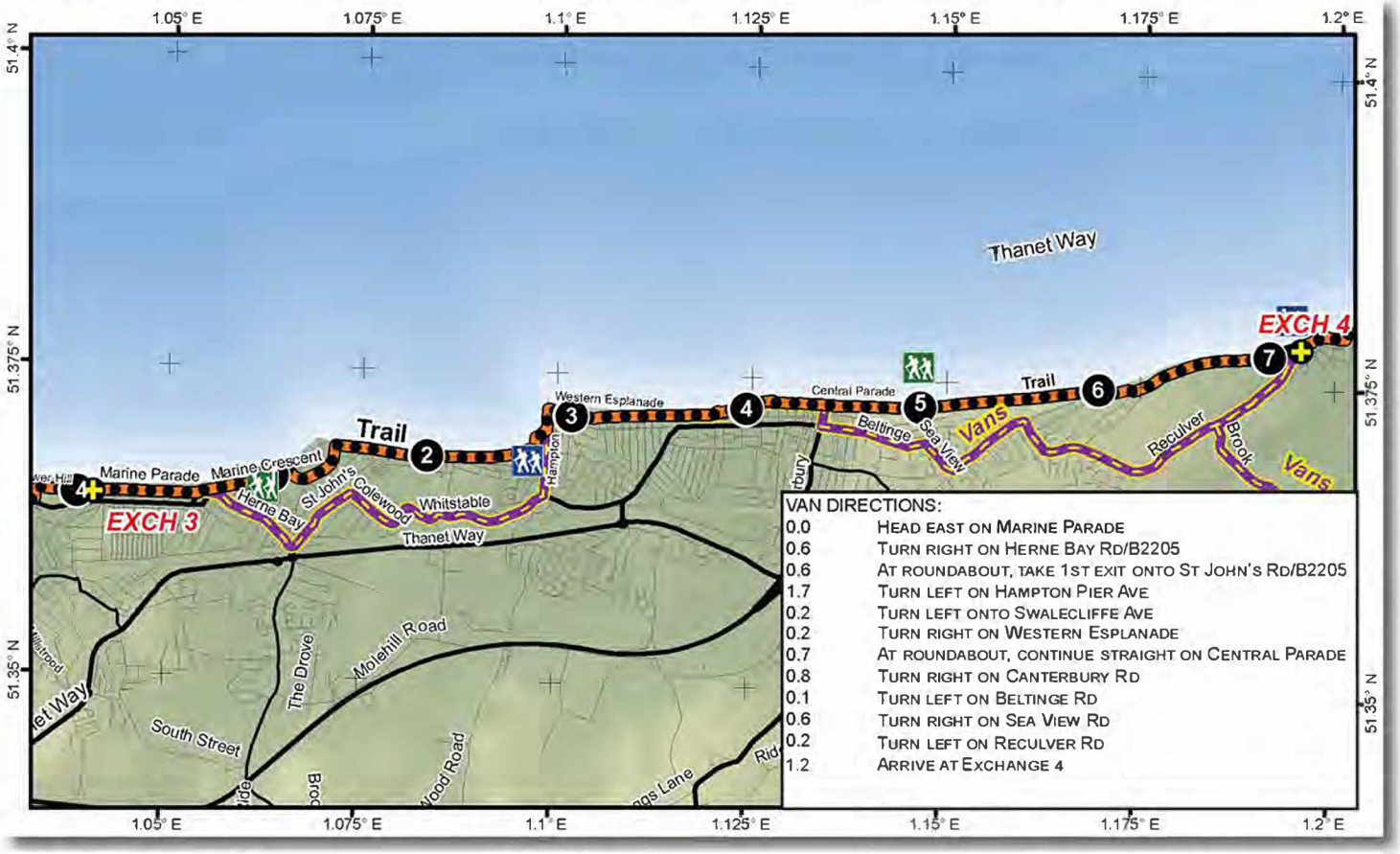
VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Continue east on Faversham Rd |
| 1.8 | Turn right on Joy Ln |
| 0.9 | Turn left on Canterbury Rd/B2205 |
| 1.2 | Slight left onto Tower Hill |
| 0.2 | Turn left to stay Tower Hill |
| 0.2 | Arrive at Exchange 3 |




| GPS COORDS | |
|---|---|
| EXCH 2: | 51.346, 0.969 |
| EXCH 3: | 51.365, 1.041 |
| TOTAL ELEVATION LOSS: | -95 FT |
| TOTAL ELEVATION GAIN: | 134 FT |
| NET ELEVATION CHANGE: | 39 FT |

# LEG 4 -- 7.1 MILES -- HARD -- NO VAN SUPPORT




LEG 4 -- 6.7 MILES -- HARD

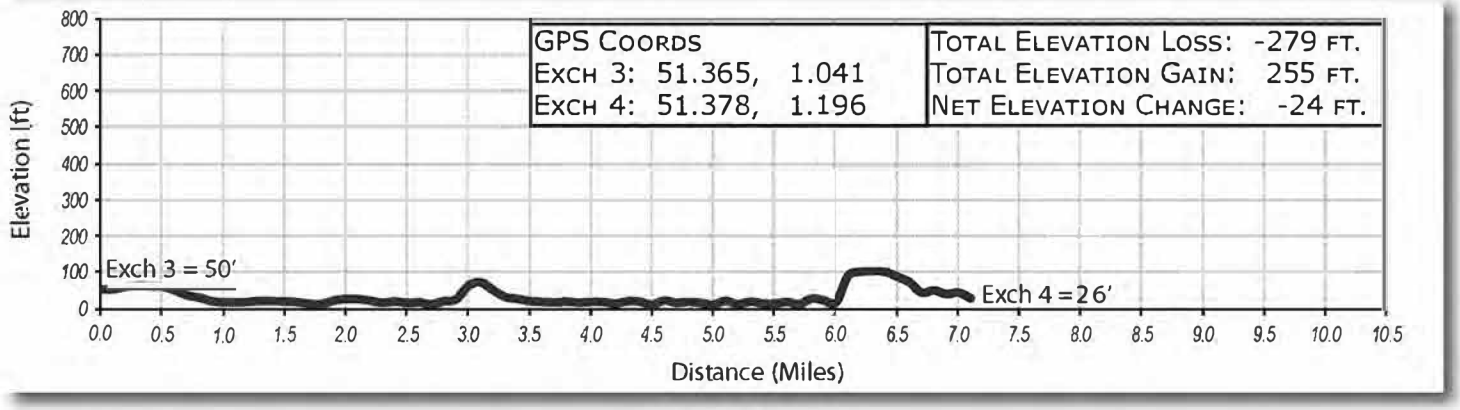
Exchange 4
Reculver Country Visitor Centre,
Reculver lane, Canterbury CT6 6SS
51.378279, 1.195238

LEG NOTES:
A portion of this leg is on public footpath. Expect uneven trail on footpath.

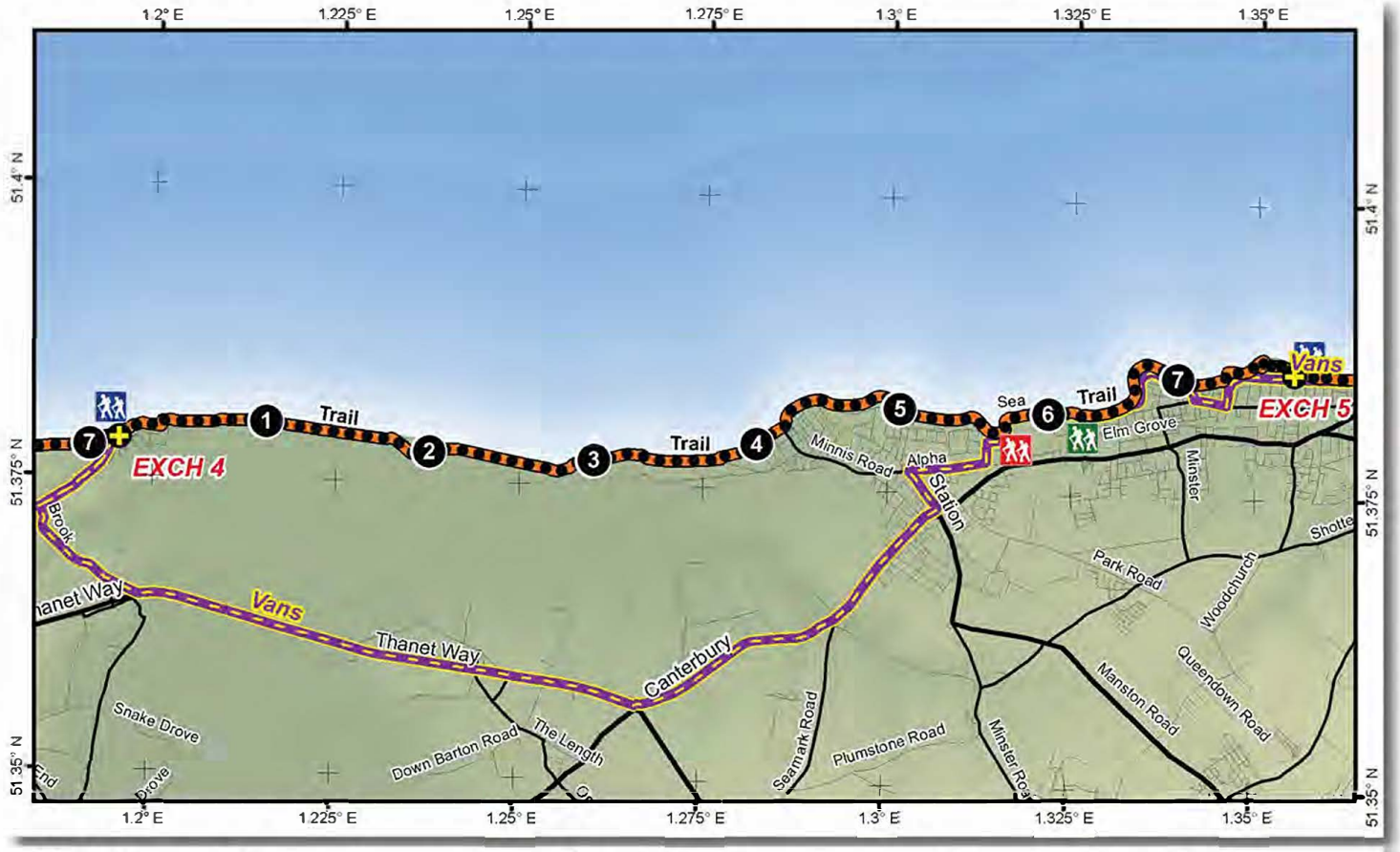
This is a no van support leg. Please follow van directions.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue east on Marine Parade |
| 0.5 | Continue straight on Marine Crescent |
| 0.9 | Turn left on footpath |
| 0.9 | Turn right to continue east on coastal footpath |
| 1.1 | Turn right on footpath |
| 1.2 | Continue straight on footpath |
| 1.5 | Turn right on footpath |
| 3.1 | Continue northeast on coastal footpath |
| 3.3 | Turn left on Hampton Pier Ave |
| 3.4 | Turn right on Western Esplanade |
| 4.6 | Continue straight on Central Parade, remain on footpath |
| 5.0 | Continue straight on coastal footpath |
| 5.3 | Turn right to follow cliff stairs, use caution |
| 5.5 | Turn left on public footpath |
| 7.1 | Arrive at Exchange 4 |



# LEG 5 -- 7.7 MILES -- VERY ~~HARD~~ NO VAN SUPPORT




LEG 5 -- 3.8 MILES -- EASY

Exchange 5
Royal Esplanade, Margate CT9 5EG
51.386679, 1.354112

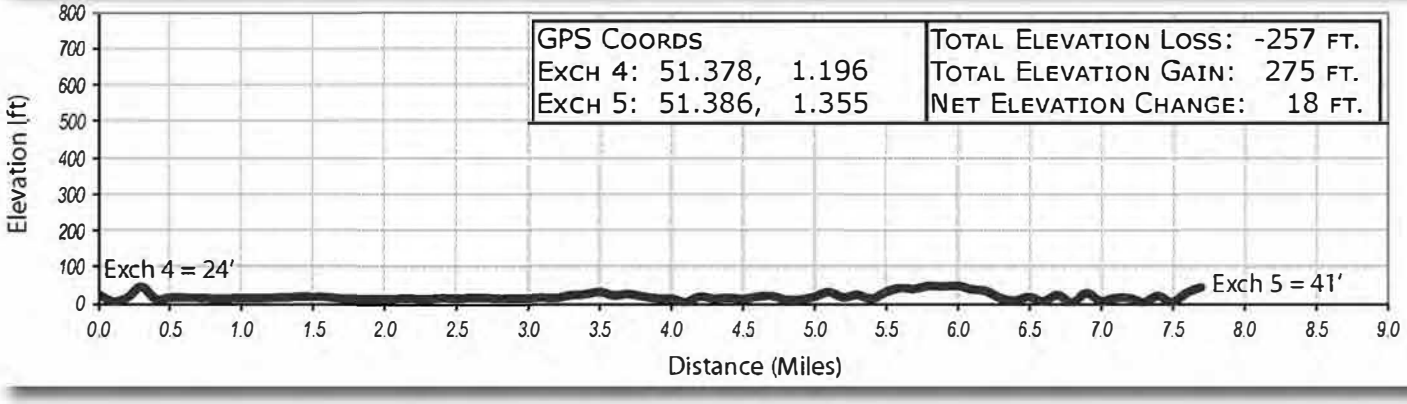
LEG NOTES:
Majority of this leg is on the coastal footpath and hard to support.

LEG LEGEND:

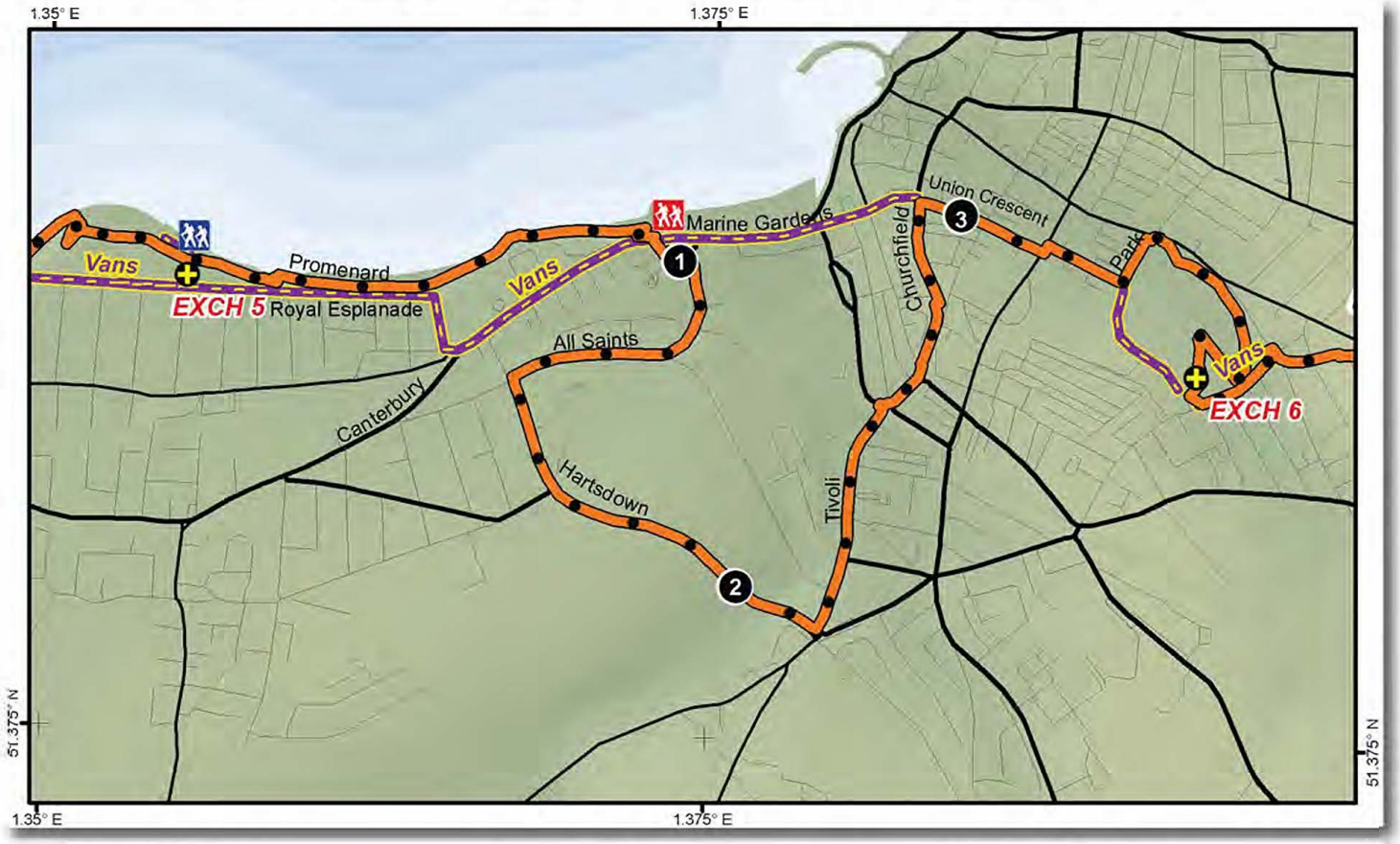
| | |
|---|---|
| 0.0 | Follow public footpath around Reculver Towers |
| 0.4 | Continue straight on coastal footpath |
| 5.6 | Turn left on Sea Rd |
| 6.2 | Turn left to meet coastal path |
| 7.6 | again Turn right up steps towards Royal Esplanade |
| 7.7 | Arrive at Exchange 5 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 4 heading south on Reculver Ln |
| 1.2 | Turn left on Brook Ln |
| 0.8 | Turn left on Thanet Way/A299 |
| 3.0 | At roundabout, take 2nd exit onto Canterbury Rd/A28 |
| 2.2 | Turn left on Station Rd |
| 0.2 | Turn right on Alpha Rd |
| 0.5 | Turn left on Epple Rd |
| 0.1 | Turn right on Epple Bay Ave, continue onto Sea Rd |
| 1.6 | Turn left on Westgate Bay Ave |
| 0.1 | Turn left on Royal Esplanade |
| 0.5 | Turn left, Arrive at Exchange 5 |



# LEG 6 -- 3.8 MILES -- EASY -- VAN SUPPORT




LEG 6 -- 3.88 MILES -- EASY

Exchange 6
Dane Park, Park Rd, Margate CT9 1RN
51°23'1.40", 1°23'35.55"

LEG NOTES:
A portion of this leg is on public footpath.

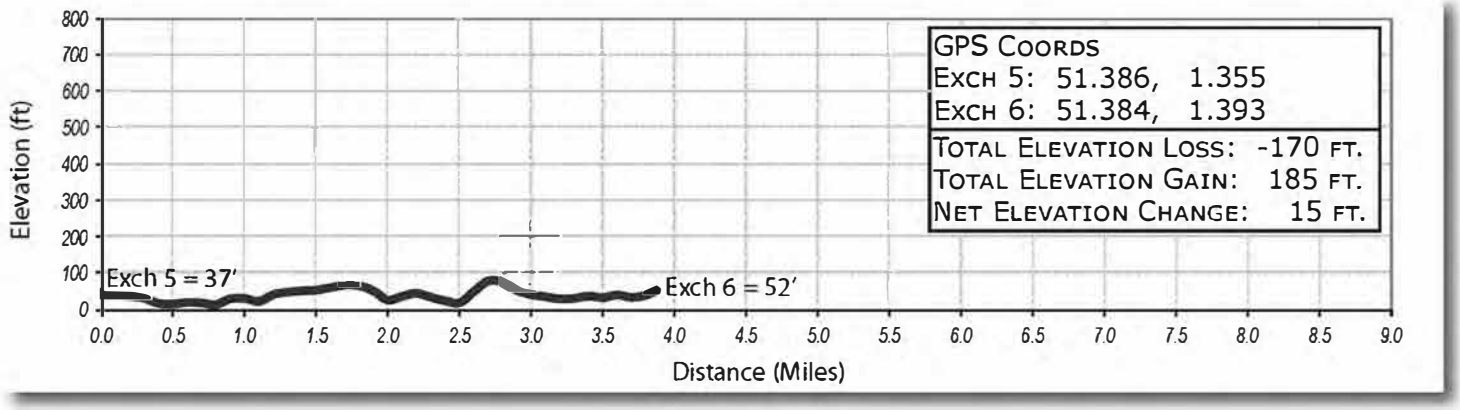
This is a no van support leg. Please follow van directions.

| | |
|---|---|
| 0.1 | Turn Left onto promenade |
| 1.2 | Turn Right and cross Canterbury Road & Station Approach |
| 1.3 | Turn Right onto All Saints Avenue |
| 1.5 | Turn Right onto Hartsdown Road |
| 2.1 | Turn Left onto Tivoli Road |
| 2.8 | Continue onto Churchfield Place |
| 2.9 | Turn Right onto Union Crescent |
| 3.2 | Turn Left onto Park Road |
| 3.3 | Turn Right into Dane Park |
| 3.8 | Arrive at Exchange 6 |

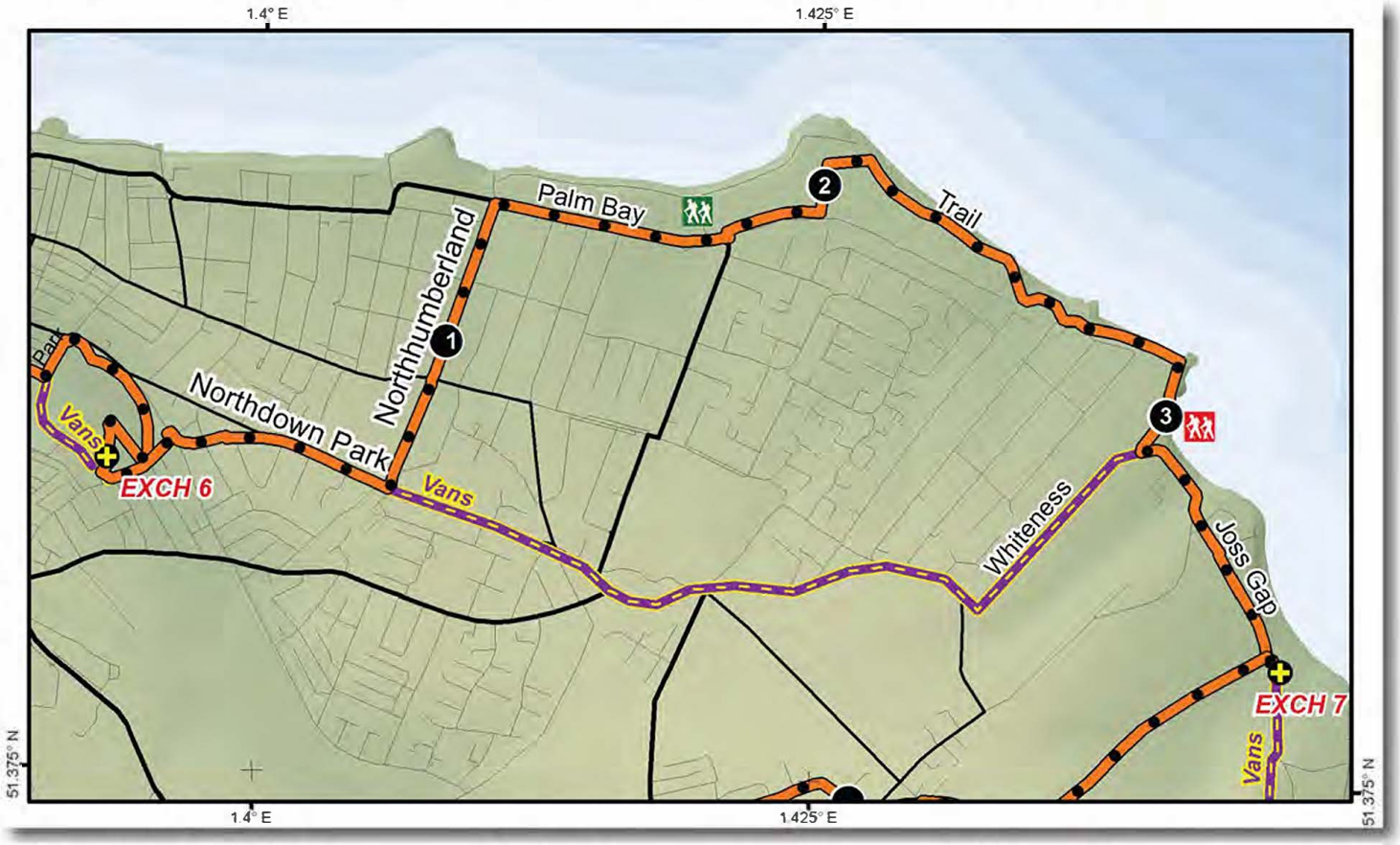
VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Continue east on Royal Esplanade / Westbrook Avenue |
| 0.6 | Turn Left onto A28 |
| 0.2 | Continue straight onto Marine Gardens |
| 0.1 | Continue Straight onto Union Crescent, then Addington Road, then Thanet Road |
| 0.2 | Turn Right onto Park Crescent Road |
| 0.1 | Arrive at Exchange 6 |

LEG LEGEND:
0.0 Leave exchange 5



# LEG 7 -- 3.6 MILES -- MODERATE -- VAN SUPPORT




LEG 7 -- 3.74 MILES -- MODERATE

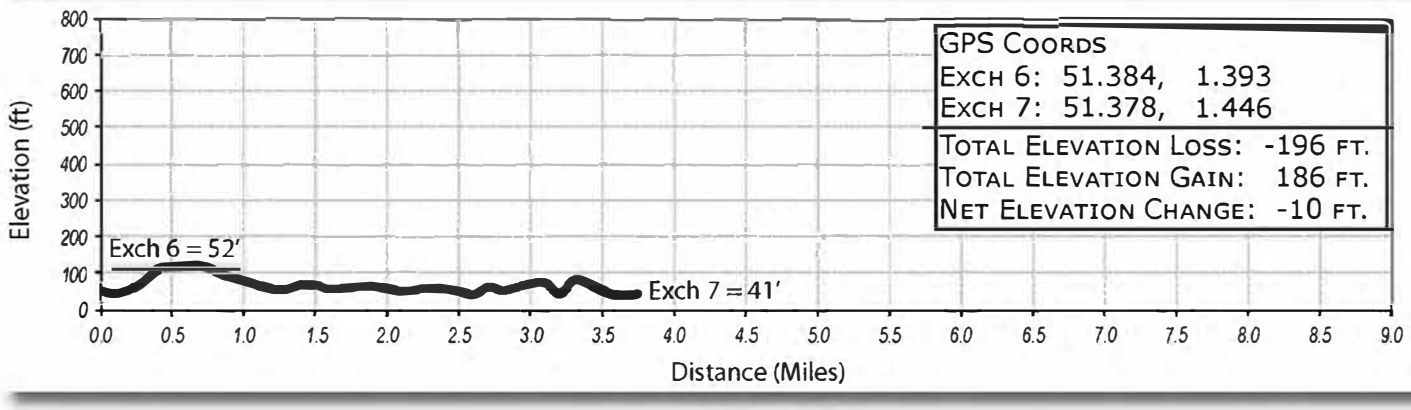
Exchange 7
Joss Gap Car Park
Joss Gap Rd, Broadstairs CT10 3PG
51°22'42.07", 1°26'45.76"

LEG LEGEND:

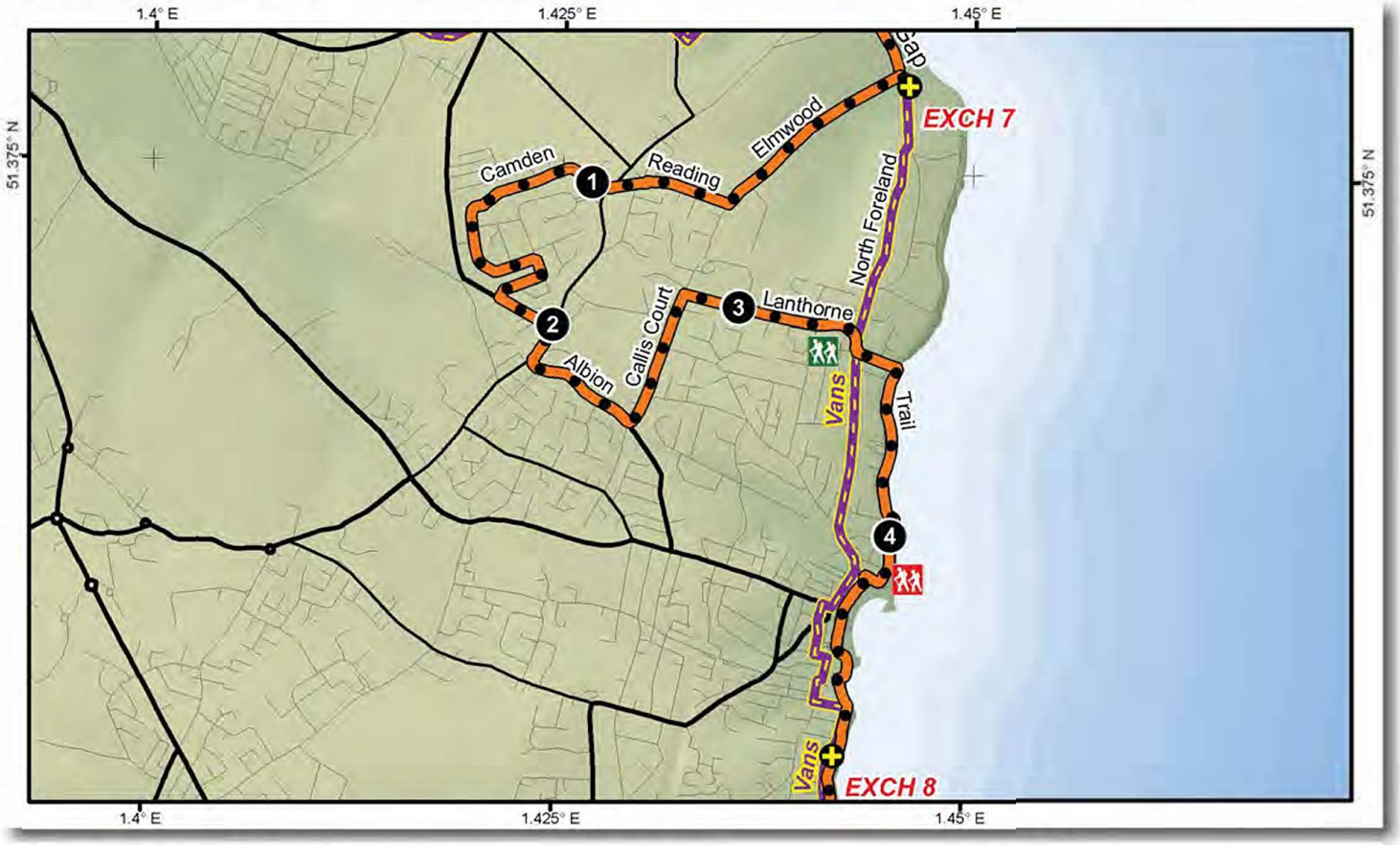
| | |
|---|---|
| 0.0 | Leave exchange 6 on Addiscombe Road heading North |
| 0.1 | Continue Straight onto North Down Park Road |
| 0.8 | Turn Left onto Northhumberland Avenue |
| 1.6 | Turn Right onto Palm Bay Avenue |
| 1.7 | Continue straight onto footpath |
| 3.0 | Exit footpath and turn left onto Kingsgate Bay Road |
| 3.2 | Contiue straight onto Joss Gap Road |
| 3.6 | Arrive at Exchange 7 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart ex 6 heading North on Addiscombe Road |
| 0.1 | Head Straight onto Northdown Park Road |
| 0.8 | Continue Straight onto Whiteness Road |
| 1.0 | Arrive at Exchange 7 |



# LEG 8 -- 4.7 MILES -- MODERATE -- VAN SUPPORT




LEG 8 -- 4.73 MILES -- VERY HARD

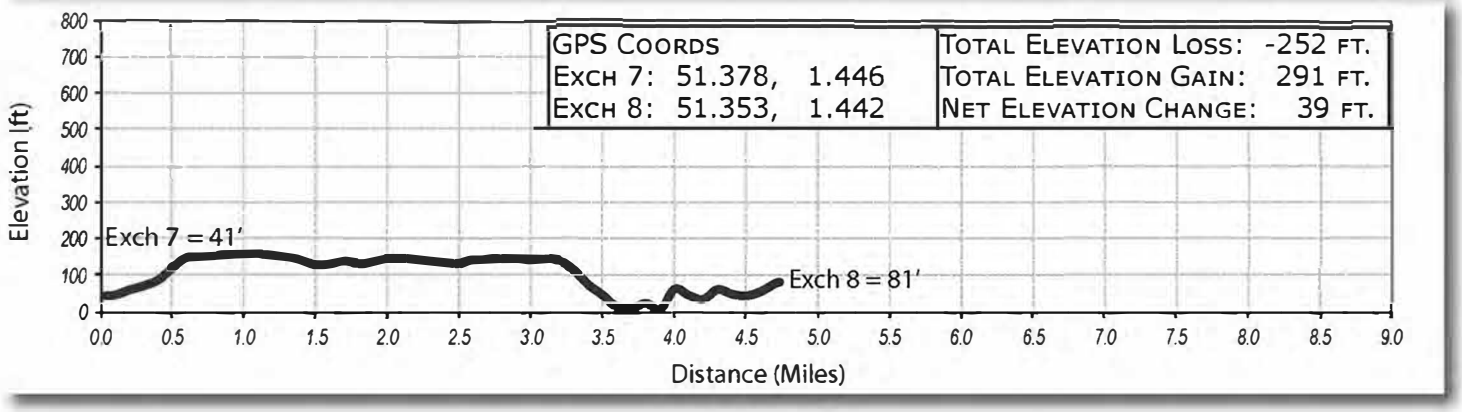
Exchange 8
Western Esplanade
7 Western Esplanade, Broadstairs CT10 1TG
51.352707, 1.441935

LEG LEGEND:

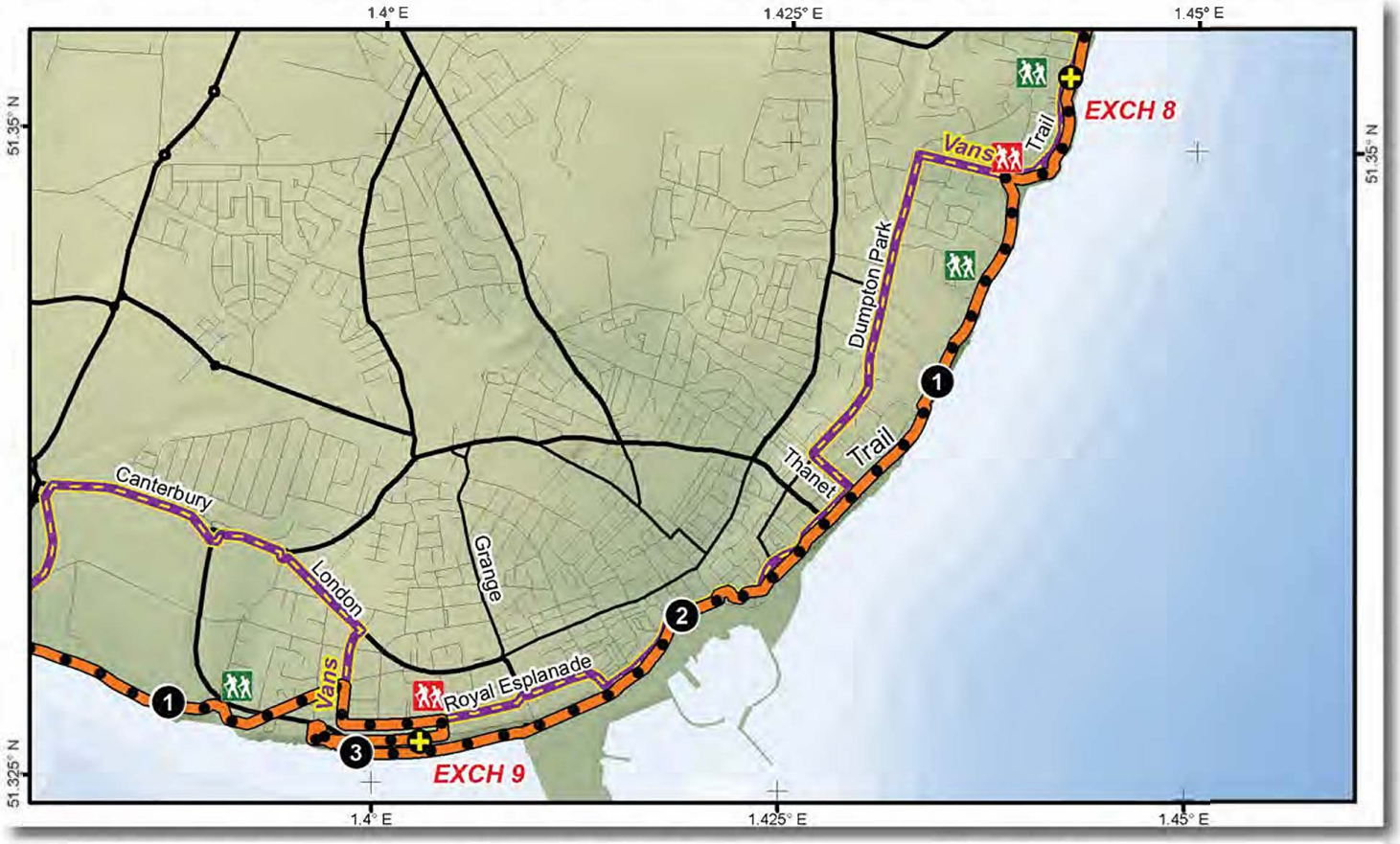
| | |
|---|---|
| 0.0 | Follow Elmwood Avenue South West |
| 0.1 | Turn Right into Reading Street |
| 0.8 | Slight Left onto Balliol Road |
| 0.9 | Straight onto Footpath and Grafton Road |
| 1.0 | Continue Straight on Camden Road |
| 1.6 | Turn Right onto Prince Charles Road, then Right onto Westover Gardens |
| 1.7 | Turn Left onto Westover Road, then Right onto Beacon Road |
| 1.8 | Continue Straight onto Albion Road |
| 2.4 | Turn Left onto Callis Court Road |
| 2.8 | Turn Right onto Lanthorne Road |
| 3.2 | Turn Right onto Stone Road, then cross left onto Footpath and continue straight |
| 3.9 | Turn Right onto Ramp, then continue straight on footpath then Fort Road |
| 4.1 | Cross Harbour Street and enter Eldon and Hugin Avenue |
| 4.7 | Arrive at Exchange 8 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 7 heading south on B2052/ North Foreland Road |
| 1.5 | Turn left on Charlotte Street |
| 0.1 | Turn Left onto John Street then Right onto Victoria Parade |
| 0.1 | Turn Left onto Westcliffe Avenue, then left onto West Cliff Road |
| 0.1 | Arrive at Exchange 8 |



# LEG 9 -- 3.5 MILES -- EASY -- VAN SUPPORT




LEG 9 -- 3.49 MILES -- HARD

Exchange 9
Royal Esplande
Royal Esplanade, Ramsgate CT11 0GE
51°19'35.83, 1°24'10.58"

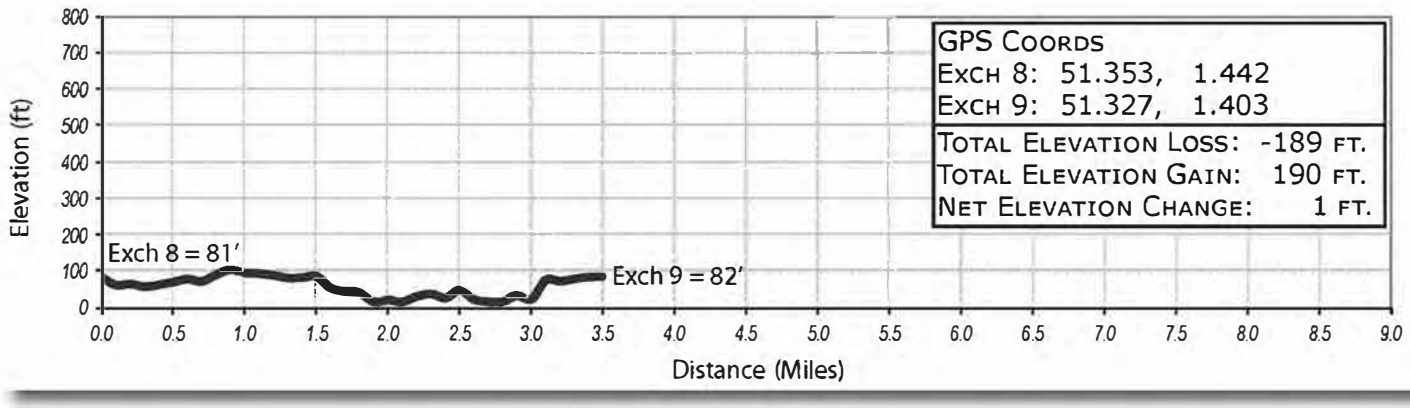
LEG NOTES:
Majority of this leg is on the coastal footpath and often parallels road.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Depart Ex 9 heading south on footpath |
| 0.4 | Turn left to follow footpath |
| 0.4 | Path ends, run on grass. Follow hedge/fence line |
| 0.7 | Footpath begins again, continue straight |
| 1.0 | Turn left, then right to follow footpath |
| 1.7 | Continue straight to follow footpath, path parallels B2054 |
| 1.9 | Continue straight on path paralleling military Rd |
| 3.3 | Turn right to follow footpath to clifftop |
| 3.4 | Turn Right and arrive at Exchange |

VAN DIRECTIONS:

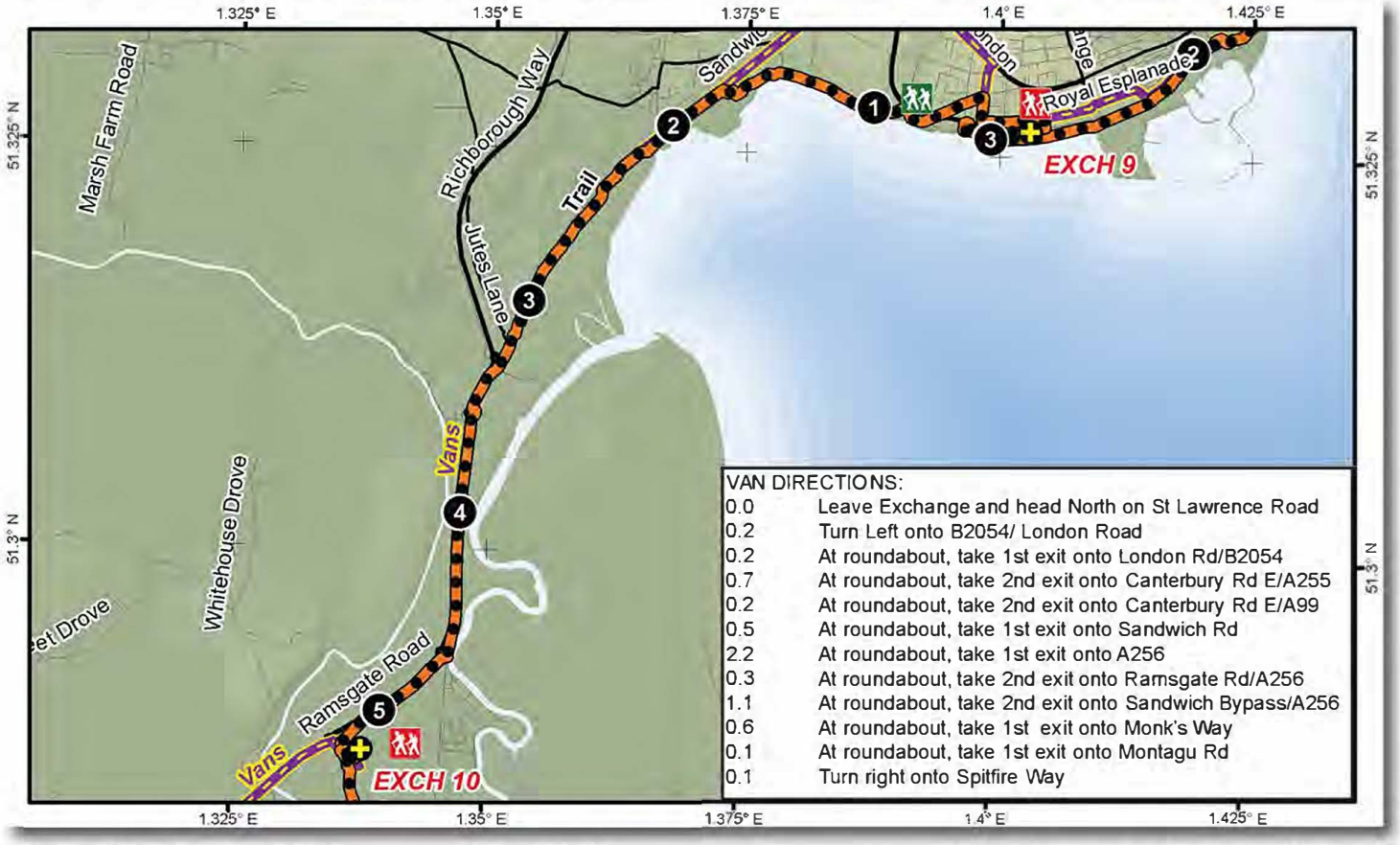
| | |
|---|---|
| 0.0 | Depart Ex 9 heading South on Western Esplanade |
| 0.4 | Continue onto Dumpton Gap Road |
| 0.2 | Turn left on Dumpton Park Dr |
| 0.9 | Turn left onto Thanet Rd |
| 0.1 | Turn right on Victoria Parade |
| 0.2 | Continue onto Wellington Cres/B2054, |
| 0.1 | At the Roundabout take the 2nd exit onto Royal Parade |
| 0.1 | Continue straight onto St Augustine's Road |
| 0.1 | Turn Left onto Royal Esplanade |
| 0.1 | Arrive at Exchange 9 |




GPS COORDS
EXCH 8: 51.353, 1.442
EXCH 9: 51.327, 1.403

TOTAL ELEVATION LOSS: -189 FT.
TOTAL ELEVATION GAIN: 190 FT.
NET ELEVATION CHANGE: 1 FT.

# LEG 10 -- 5.4 MILES -- MODERATE -- NO VAN SUPPORT



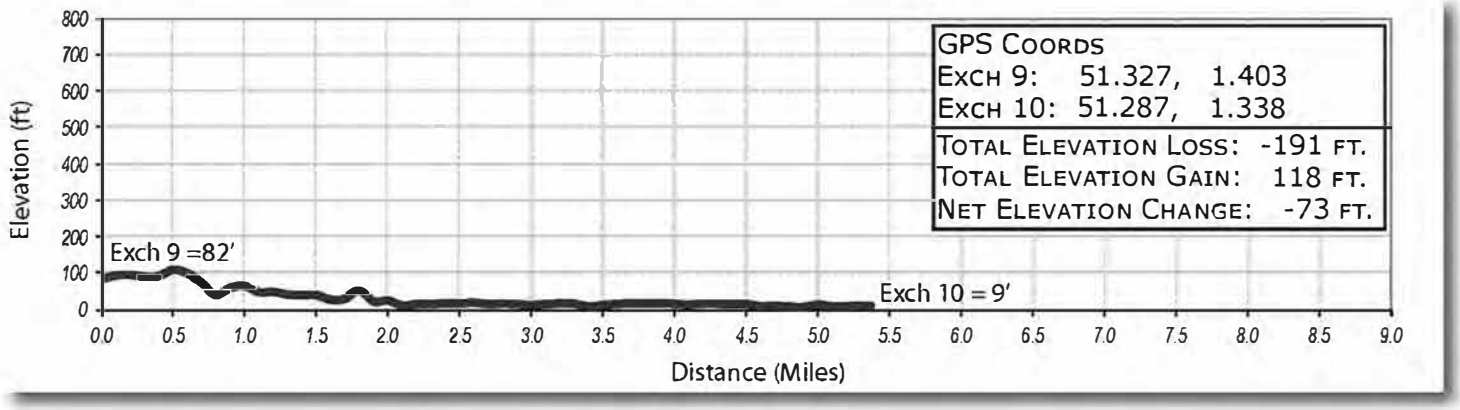

LEG 10 -- 5.37 MILES -- MODERATE

Exchange 10
Discovery Park
Innovation House
Ramsgate Rd, Sandwich CT13 9FF
51.287853, 1.338693

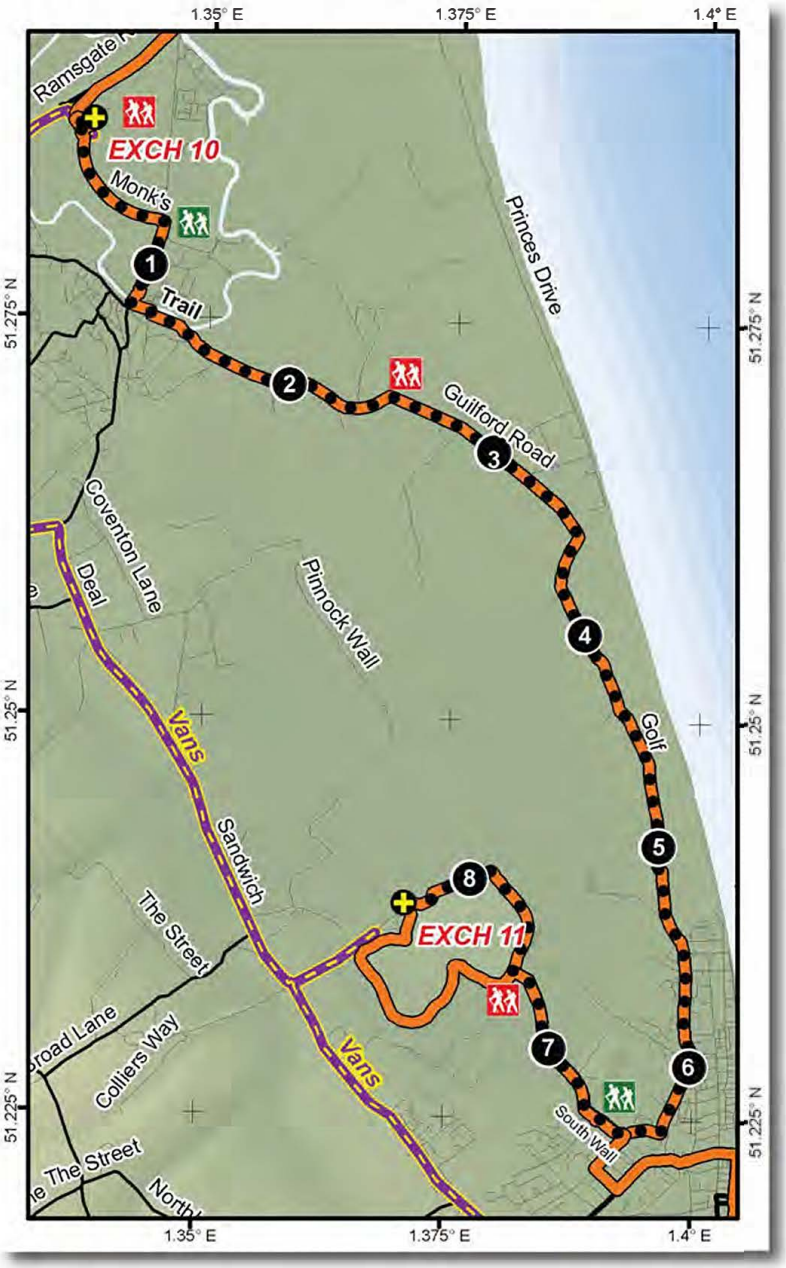
LEG NOTES:
Majority of this leg is on the coastal footpath and often parallels road. For a brief section, the footpath is on uneven terrain.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Turn left onto Royal Esplanade |
| 0.1 | Turn left on Pegwell Rd |
| 0.8 | Turn left on public footpath, Coastguard Cottages |
| 1.0 | Continue on footpath, terrain uneven |
| 1.4 | Turn left on paved footpath |
| 1.6 | Turn right, near bridge, to follow footpath through Viking Ship park |
| 1.7 | Turn left to follow footpath paralleling Sandwich Rd |
| 3.3 | Continue straight past roundabout |
| 3.5 | Continue straight thru roundabout, path parallels A256 |
| 4.5 | Continue straight thru roundabout, path parallels Sandwich Bypass (A256) |
| 5.1 | Turn left |
| 5.4 | Arrive at Exchange 10 |



# LEG 11 -- 8.3 MILES -- VERY HARD -- NO VAN SUPPORT




LEG 11 -- 8.33 MILES -- VERY HARD

Exchange 11
Betteshanger Park
Sandwich Road, Deal, CT14 0BF
51°14'18.43", 1°22'14.56"

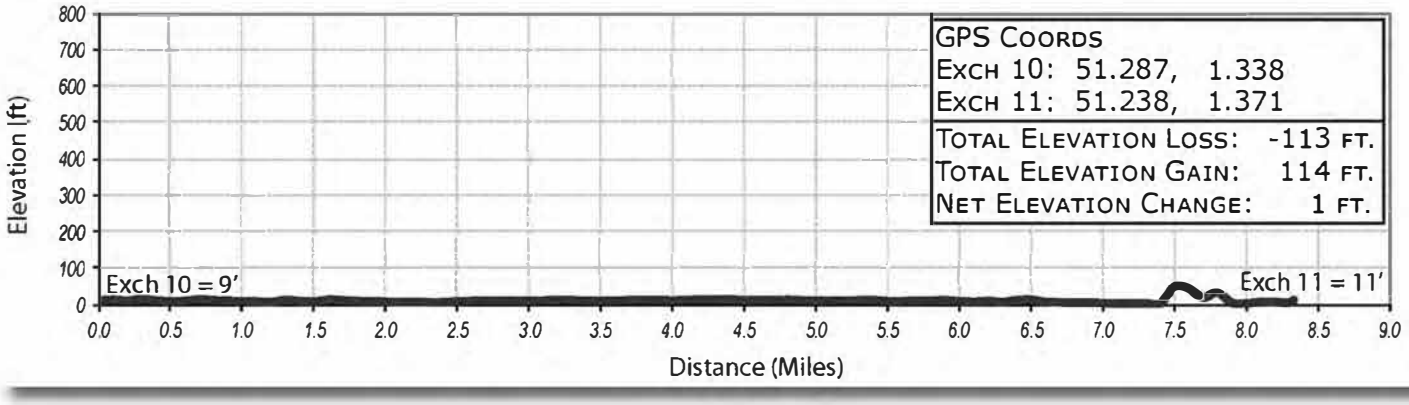
LEG NOTES:
A portion of this leg is on coastal and public footpaths. Expect uneven terrain on public footpath.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Depart Ex 10 heading south on Monk's Way |
| 0.8 | Turn right on Ramsgate Rd, onto footpath |
| 1.2 | Turn left to follow footpath |
| 1.5 | Turn left on Green Wall Rd, following footpath |
| 1.6 | Continue Straight on Sandown Road |
| 2.2 | Continue Straight on Guilford Road |
| 4.3 | Continue Straight on Golf Road |
| 6.2 | Turn Right Middle Deal Road |
| 6.4 | Turn Right onto South Wall Road |
| 6.6 | Turn Right onto Footpath |
| 7.3 | Enter Betteshanger Park, and turn Right |
| 8.3 | Arrive at Exchange 11 |

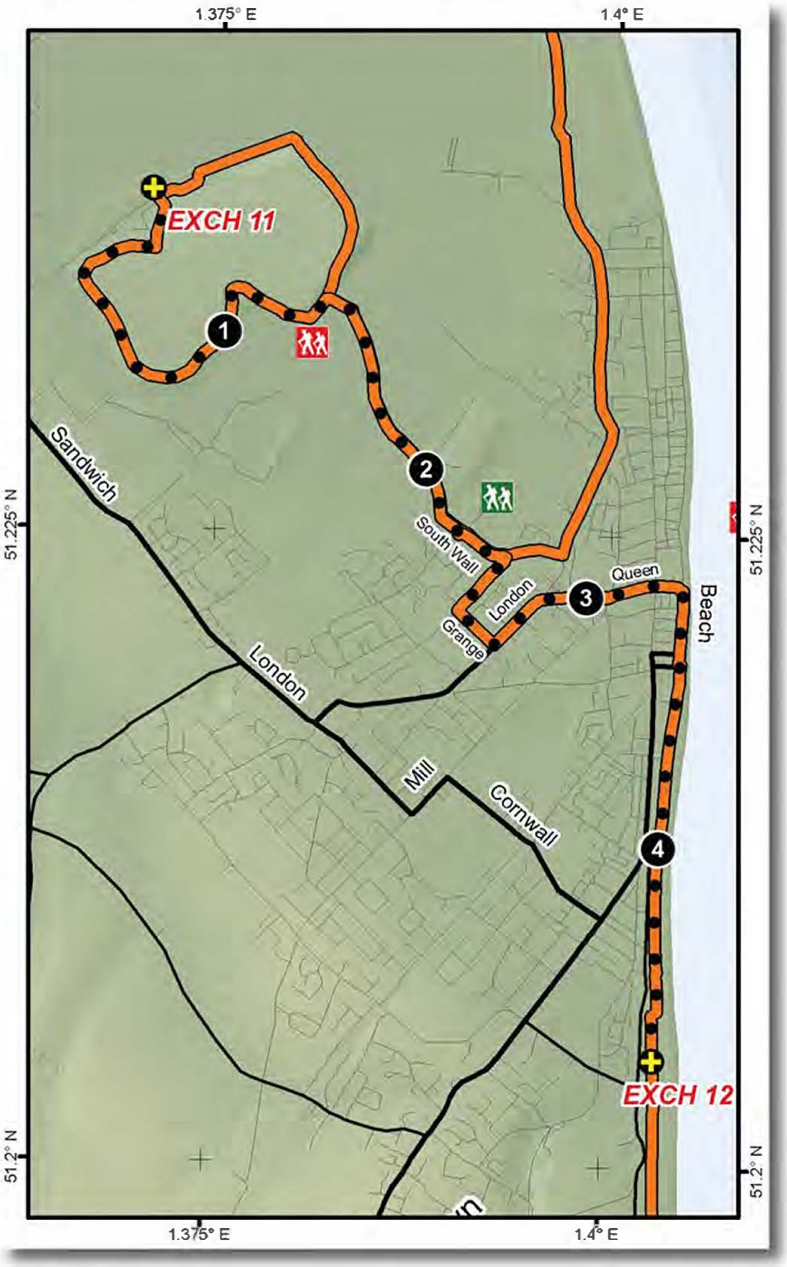
VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 10 heading southwest on Monk's Way |
| 0.2 | At roundabout, take 1st exit onto Sandwich Bypass/A256 |
| 2.2 | At roundabout, take 1st exit onto Deal Rd/A258 |
| 0.3 | At roundabout, take 2nd exit to stay on Deal Rd/ A258 |
| 2.3 | At roundabout, take 2nd exit onto Sandwich Rd/ A258 |
| 1.5 | At roundabout, turn Right and arrive at Exchange 11 |




| GPS COORDS | |
|---|---|
| EXCH 10: | 51.287, 1.338 |
| EXCH 11: | 51.238, 1.371 |
| TOTAL ELEVATION LOSS: | -113 FT. |
| TOTAL ELEVATION GAIN: | 114 FT. |
| NET ELEVATION CHANGE: | 1 FT. |

# LEG 12 -- 4.6 MILES -- MODERATE -- VAN SUPPORT




LEG 12 -- 4.58 MILES -- MODERATE

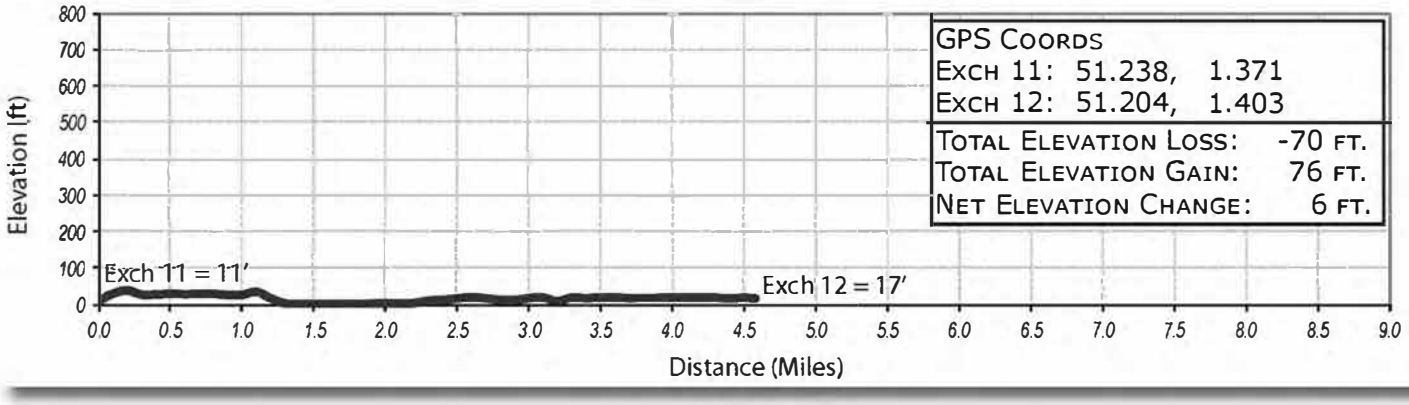
Exchange 12
Walmer Seafront Car Park
56 Kingsdown Rd, Walmer, Deal CT14 7LH
51.204482, 1.402415

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue on footpath in Betteshanger Park |
| 1.3 | Turn Right and enter footpath |
| 2.1 | Turn Left onto Southwall Street |
| 2.3 | Turn Right onto Middle Deal Road |
| 2.5 | Turn Left onto Grange Road |
| 2.6 | Turn Left onto London Road / A258 |
| 3.0 | Continue Straight onto Queen Street then Broad Street |
| 3.2 | Turn Right onto Beach Street and continue Straight |
| 4.6 | Arrive at Exchange 12 |

VAN DIRECTIONS:

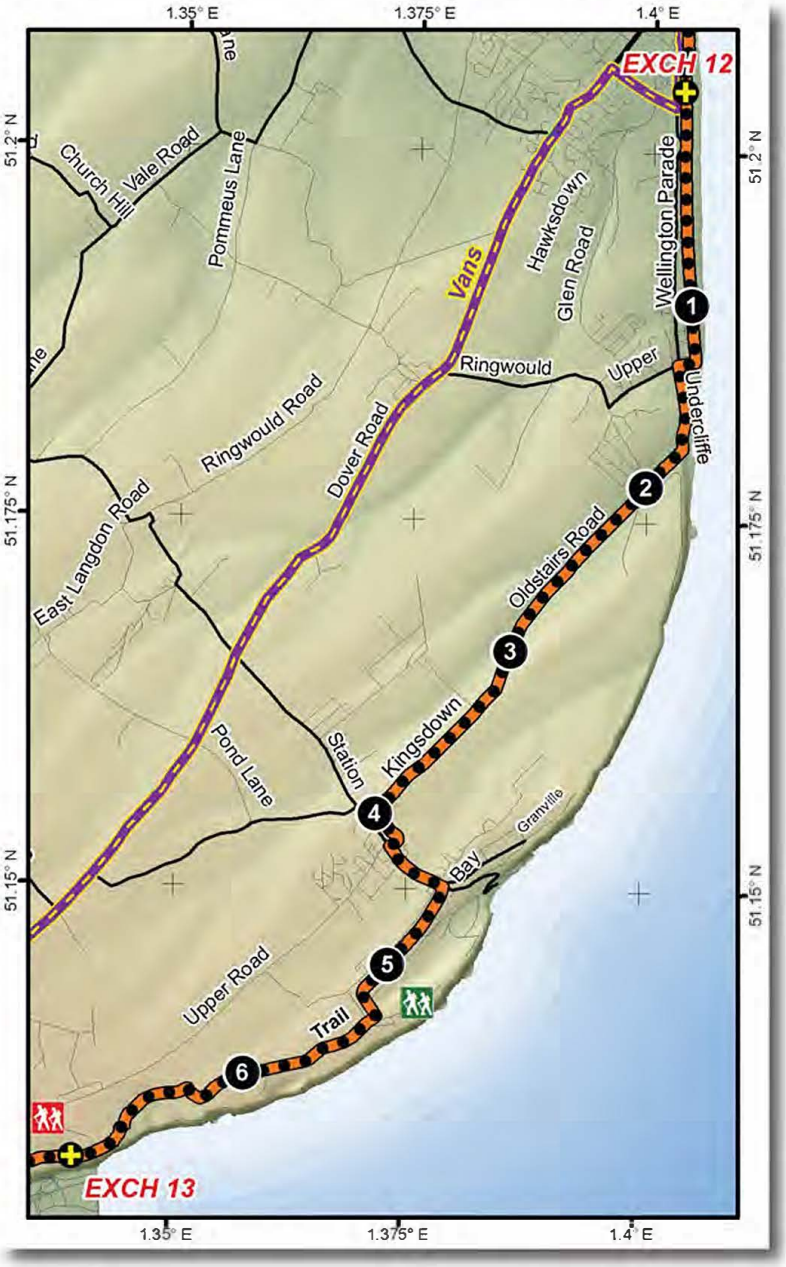
| | |
|---|---|
| 0.0 | Depart Bettesanger Park and Turn Left onto Sandwich Road |
| 1.9 | Continue Straight at Roundabout |
| 0.1 | Turn Left onto Mill Road then Right onto Hamilton Road |
| 0.2 | Turn Right onto the beach |
| 0.4 | Arrive at Exchange 12 |




| GPS COORDS | | |
|---|---|---|
| EXCH 11: | 51.238, | 1.371 |
| EXCH 12: | 51.204, | 1.403 |

| | |
|---|---|
| TOTAL ELEVATION LOSS: | -70 FT. |
| TOTAL ELEVATION GAIN: | 76 FT. |
| NET ELEVATION CHANGE: | 6 FT. |

# LEG 13 -- 7.0 MILES -- HARD -- NO VAN SUPPORT




LEG 13 -- 7.0 MILES -- HARD

Exchange 13
National Trust Cliffs
Langdon Cliffs, Upper Rd, Guston, Dover CT16 1HJ
51.131428, 1.337176

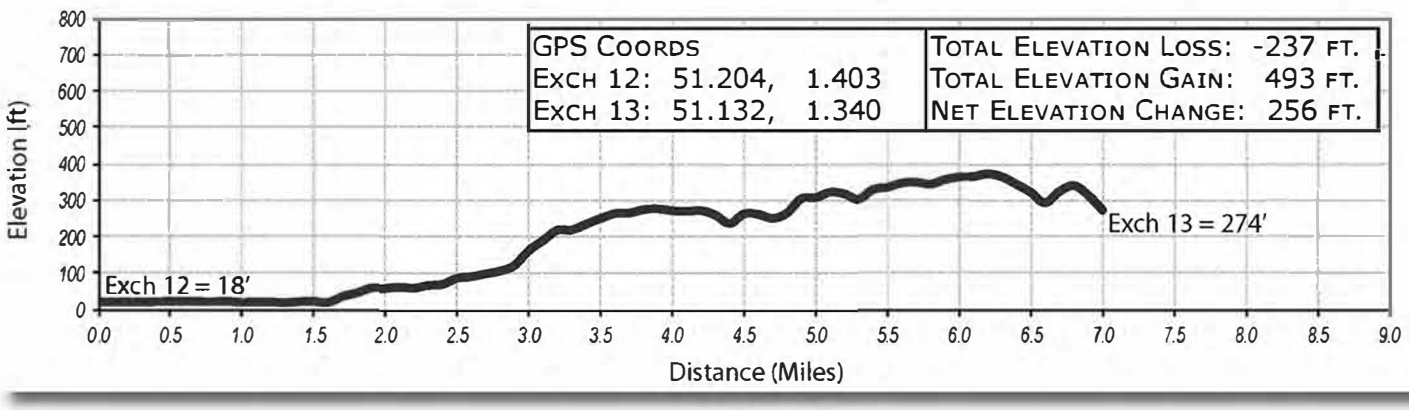
LEG NOTES:
Part of this leg is on public clifftop footpath, terrain may be uneven.

LEG LEGEND:

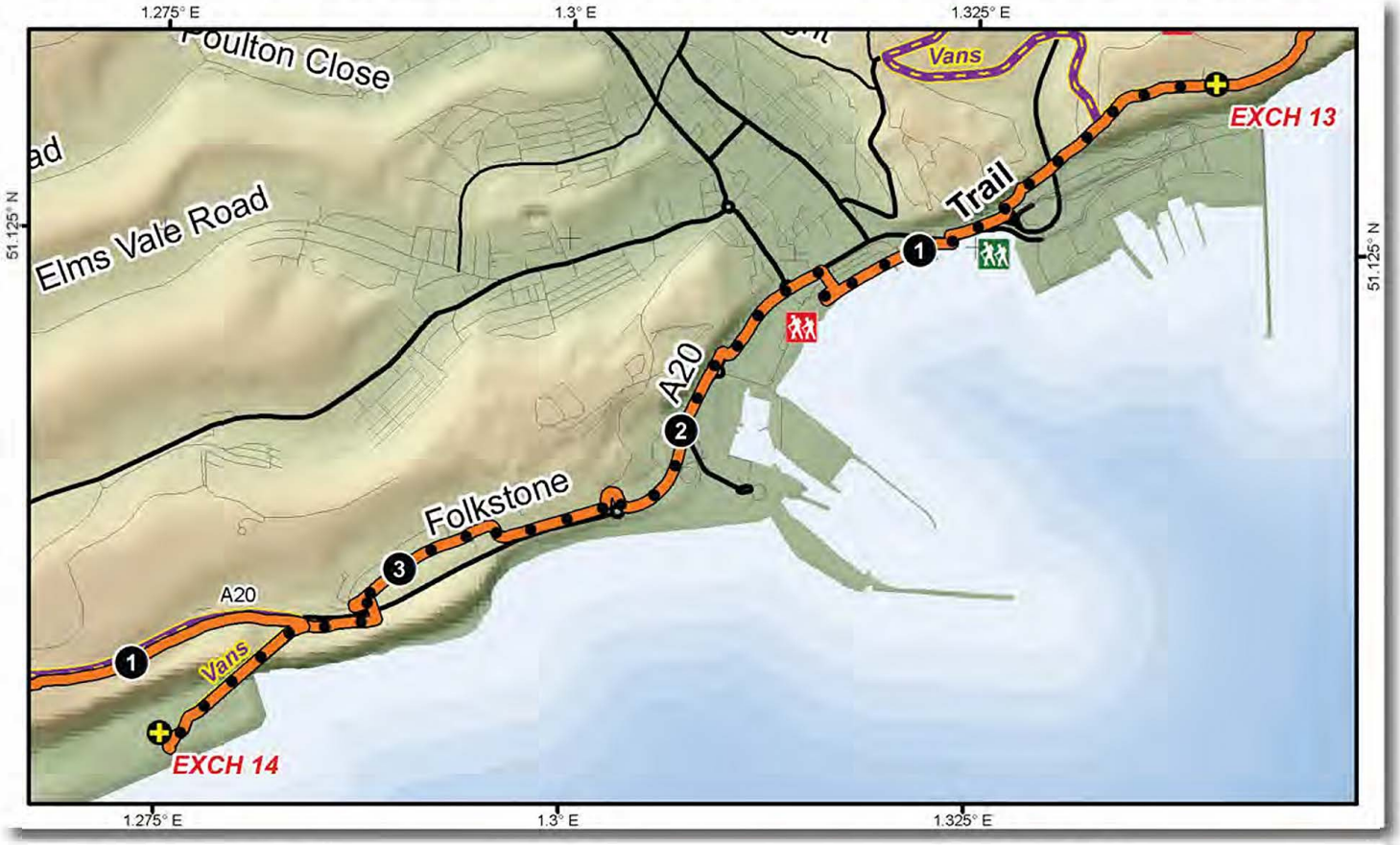
| | |
|---|---|
| 0.0 | Leave Ex 12 and run West on Wellington Parade |
| 1.2 | Turn Right onto South Road |
| 1.3 | Turn Left onto Undercliffe Road |
| 2.8 | Turn Right on Oldstairs Road |
| 3.6 | Continue Straight onto Kingsdown Road |
| 3.9 | Turn Left onto Chapel Lane |
| 4.1 | Turn Left onto Sea Street |
| 4.5 | Turn Right onto St Margaret's Road then continue Straight onto Sea View Road |
| 5.2 | Turn Right onto Footpath |
| 6.3 | Turn Left onto Footpath |
| 7.0 | Arrive at Exchange 13 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart heading West on Kingsdown Road |
| 0.1 | Turn right onto Granville Road |
| 0.1 | Turn left on Dover Road |
| 5.1 | At the Roundabout continue Straight |
| 0.9 | Turn Left onto Upper Road |
| 0.2 | Arrive at Exchange 13 |



# LEG 14 -- 4.0 MILES -- MODERATE -- NO VAN SUPPORT




LEG 14 -- 3.96 MILES -- MODERATE

Exchange 14
Samphire Hoe
Samphire Rd, Dover CT17 9FL
51° 6'19.62, 1°16'31.26

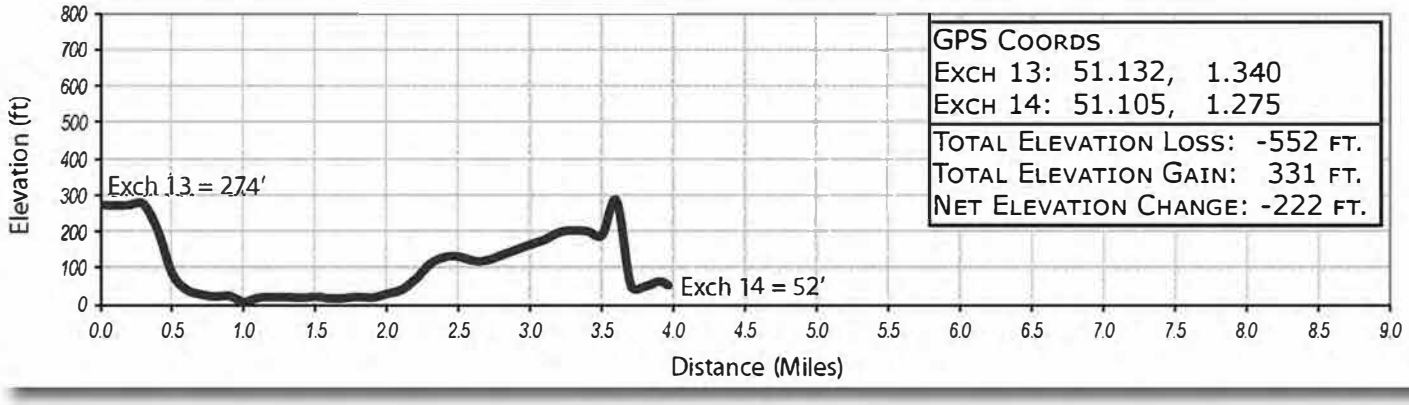
LEG NOTES:
First half mile is on public foot path, terrain may be uneven. Use caution.
The remainder of the leg is on paved footpath. Entrance to exchange through Tunnel runners and vehicles advised to proceed with caution.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue southwest on Upper Rd |
| 0.2 | Continue on footpath |
| 0.4 | Stairs, use caution |
| 0.6 | Turn left on Marine Parade |
| 0.8 | Use pedestrian crossing to cross A20 |
| 0.8 | Turn right on National Cycle Route 2 footpath |
| 1.2 | Turn left on Wellesley Rd |
| 1.3 | Turn left on A20 |
| 2.3 | Continue straight on Old Folkestone Rd |
| 3.8 | Turn left onto Samphire Road |
| 4.0 | Arrive at Exchange 14 |

VAN DIRECTIONS:

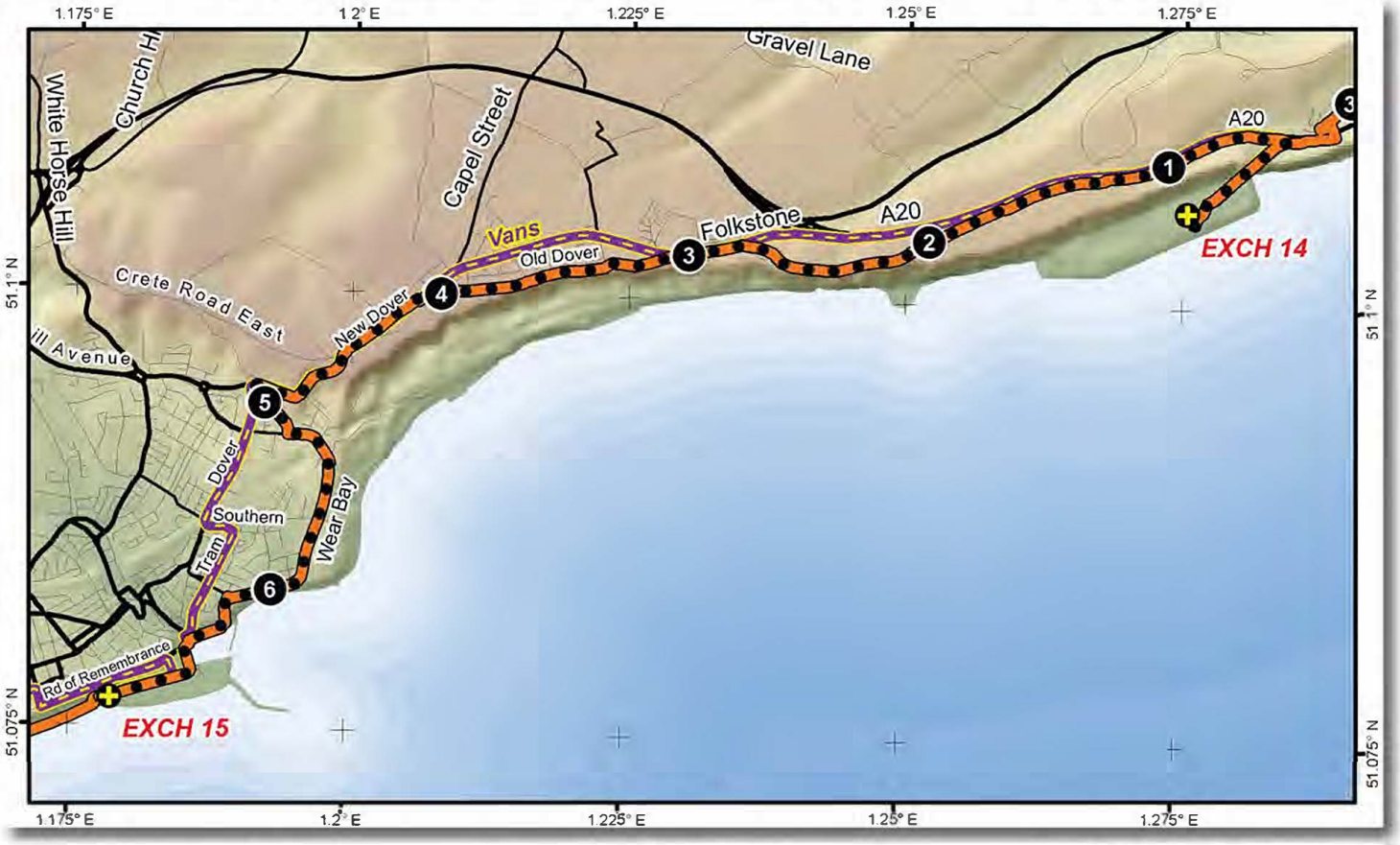
| | |
|---|---|
| 0.0 | Depart Ex 13 heading north/west on Upper Rd |
| 1.0 | Turn left on Castle Hill Rd/A258 |
| 0.6 | Turn left on Maison Dieu Rd/A256 |
| 0.1 | Use the right 2 lanes to turn right onto Townwall St/A20 |
| 0.7 | At roundabout, take 2nd exit onto Limekiln St/A20 |
| 0.3 | At roundabout, take 1st exit onto Archcliffe Rd/A20 |
| 0.5 | Take exit for Samphire Hoe |




GPS COORDS
EXCH 13: 51.132, 1.340
EXCH 14: 51.105, 1.275

TOTAL ELEVATION LOSS: -552 FT.
TOTAL ELEVATION GAIN: 331 FT.
NET ELEVATION CHANGE: -222 FT.

# LEG 15 -- 6.9 MILES -- HARD -- NO VAN SUPPORT




LEG 15 -- 6.95 MILES -- HARD

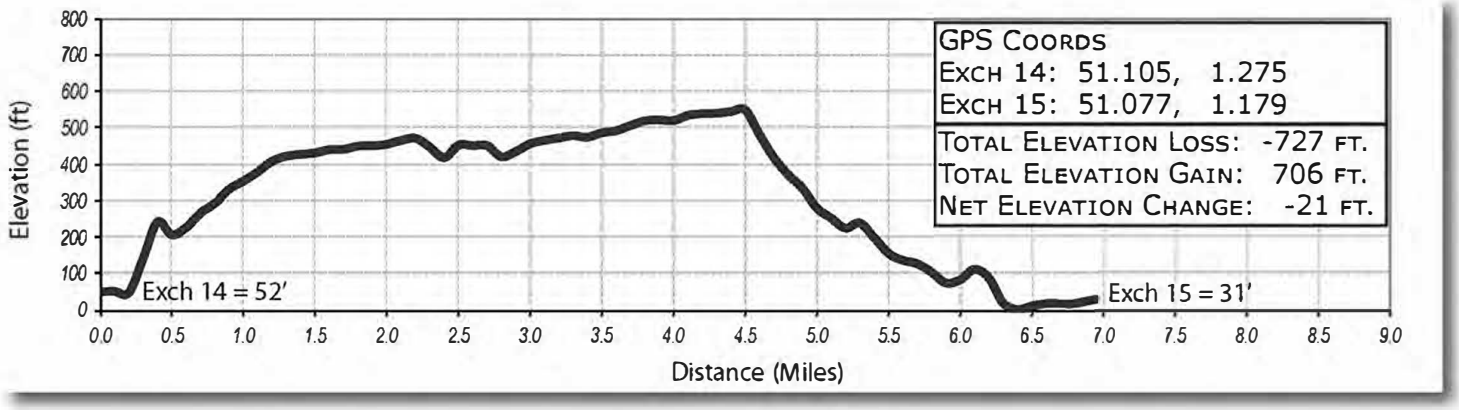
Exchange 15
Folkstone - Seafront Car Park
Lower Sandgate Rd, Folkestone CT20 2DR
51.076632, 1.177920

LEG LEGEND:

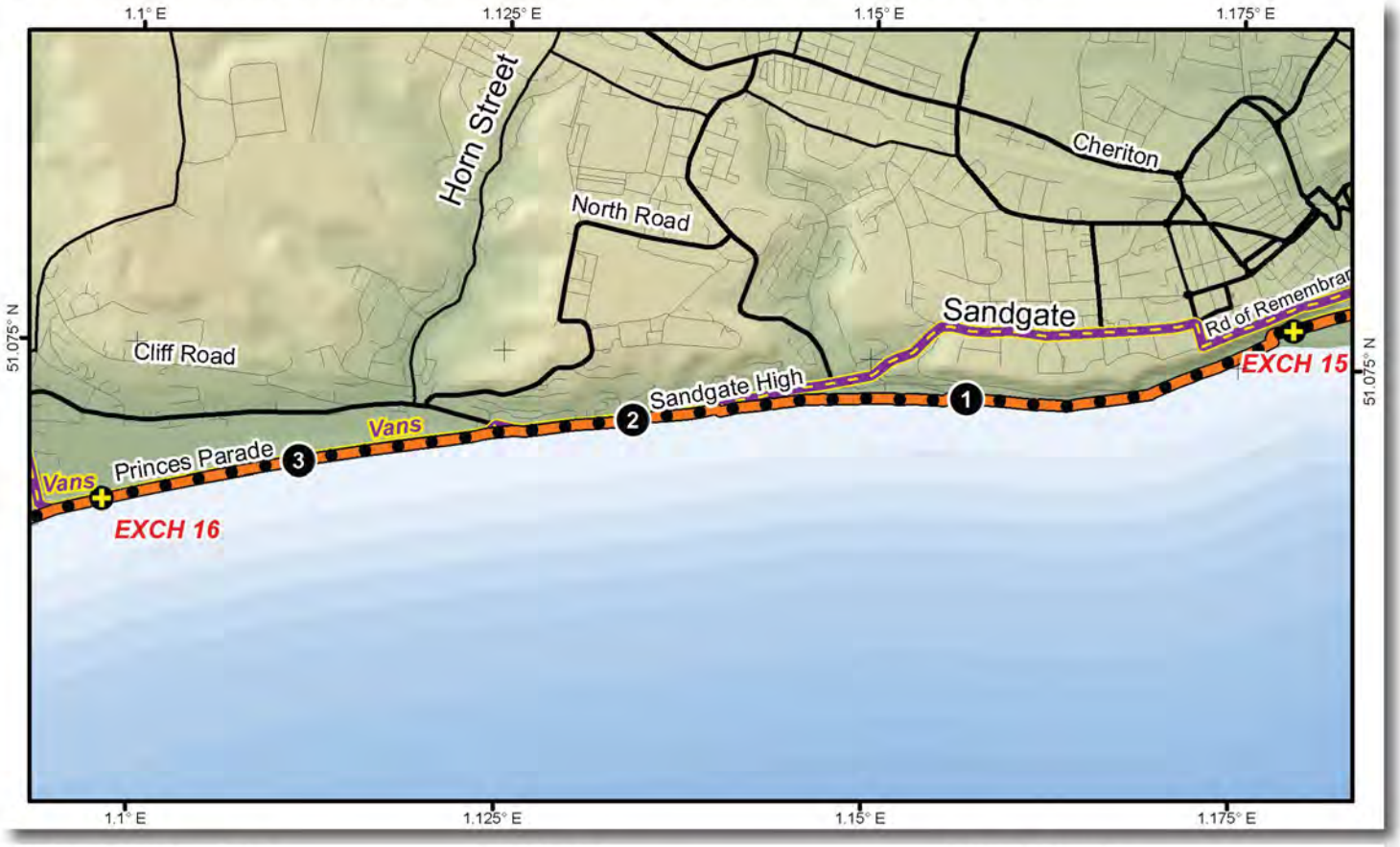
| | |
|---|---|
| 0.0 | Exit Exchange 14 and turn Left onto National Cycle Route 2 |
| 3.7 | Turn Left onto New Dover Rd |
| 3.9 | Continue west on Old Dover Rd |
| 4.3 | Turn left on New Dover Rd |
| 4.4 | Continue Straight onto Dover Hill |
| 4.9 | Turn left onto Dover Road |
| 5.0 | Turn left to follow footpath and continue straight on Stanbury Crescent |
| 5.1 | Turn Left onto Wear Bay Road |
| 6.1 | Turn Left onto Footpath |
| 6.2 | Turn left on Folkestone Promenade |
| 6.3 | Turn right on Marine Parade |
| 6.9 | Arrive at Exchange 15 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 14 and head West on A20 |
| 2.3 | Take exit for Capel-le-Ferne |
| 0.1 | At Roundabout take exit for Folkstone Road, then go straight on New Dover Road |
| 2.0 | Take exit for Town Centre A2033 |
| 0.5 | At Roundabout take 1st Exit |
| 0.1 | Turn Right onto Tram Road |
| 0.1 | Turn right onto Tram Rd/A260 |
| 0.2 | Turn left onto Harbour St |
| 0.1 | Harbour St becomes Marine Parade |
| 0.2 | Continue onto Lower Sandgate Rd |



# LEG 16 -- 3.6 MILES -- EASY-- VAN SUPPORT




LEG 16 -- 3.6 MILES -- EASY

Exchange 16
Princes Parade - Street Parking
Princes Parade, Hythe CT21 6AE
51.068412, 1.099027

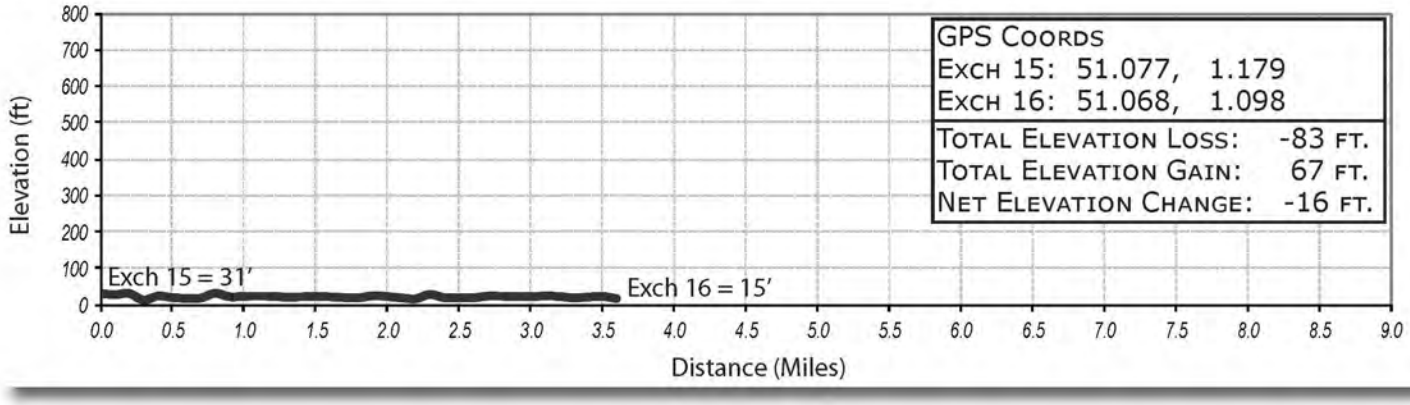
LEG NOTES:
This leg is entirely on paved coastal footpath.!

LEG LEGEND:

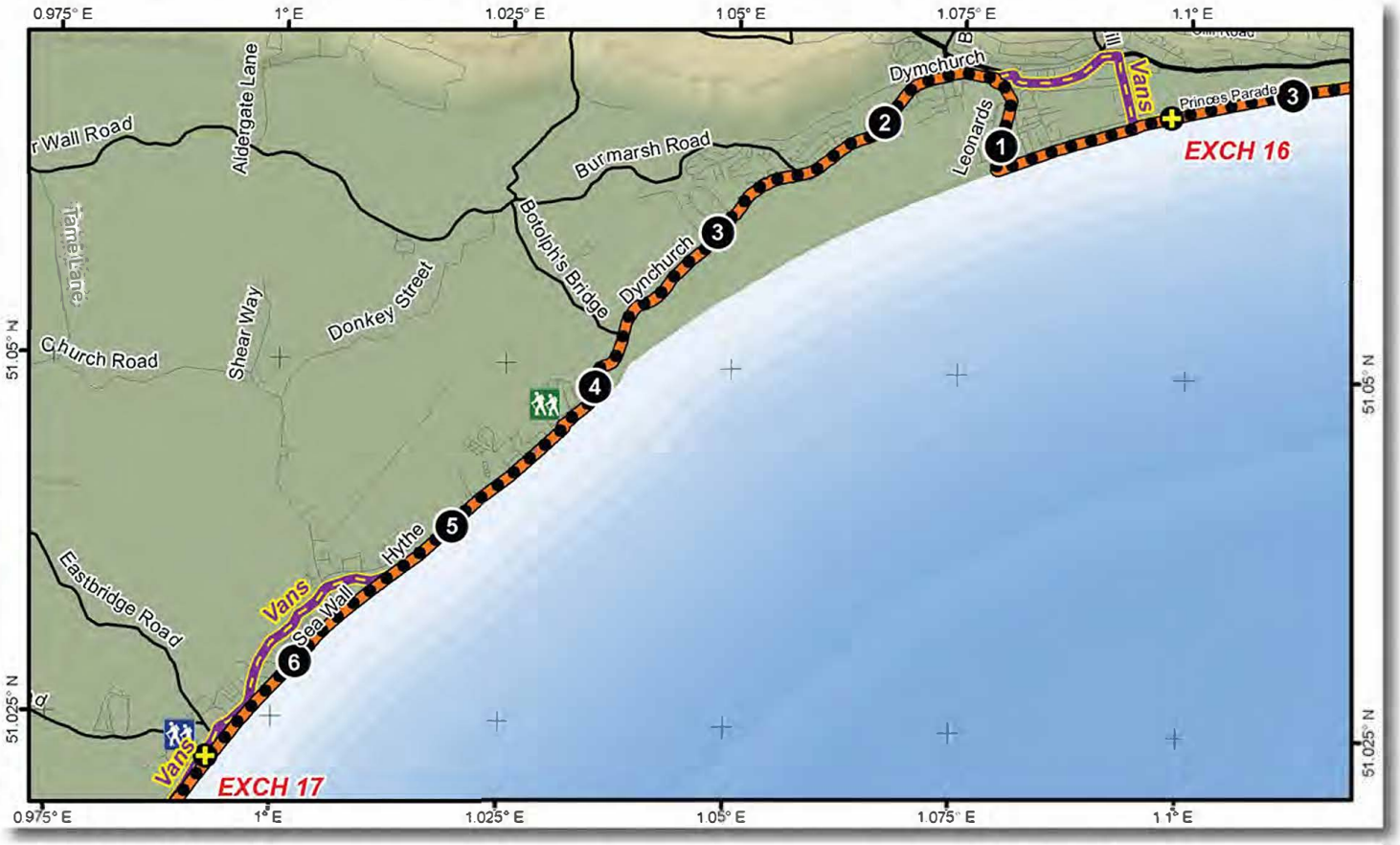
| | |
|---|---|
| 0.0 | Follow footpath to coastal footpath |
| 3.6 | Arrive at Exchange 16 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 15 heading east on Folkestone Promenade |
| 0.3 | Turn left on Marine Terrace |
| 292ft | Turn left on Road of Remembrance |
| 0.1 | At the roundabout take the 1st exit |
| 0.5 | Turn right on Clifton Gardens |
| 417ft | At roundabout, take 1st exit onto Sandgate Rd/A2033 |
| 0.8 | Continue straight onto Sandgate Hill/ A259 |
| 1.4 | Turn left on Princess Parade |



# LEG 17 -- 6.6 MILES -- HARD -- VAN SUPPORT




LEG 17 -- 6.6 MILES -- HARD

Exchange 17
Martello Tower No. 25
A259, Dymchurch, Romney Marsh TN29 0PX
51.022535, 0.993251

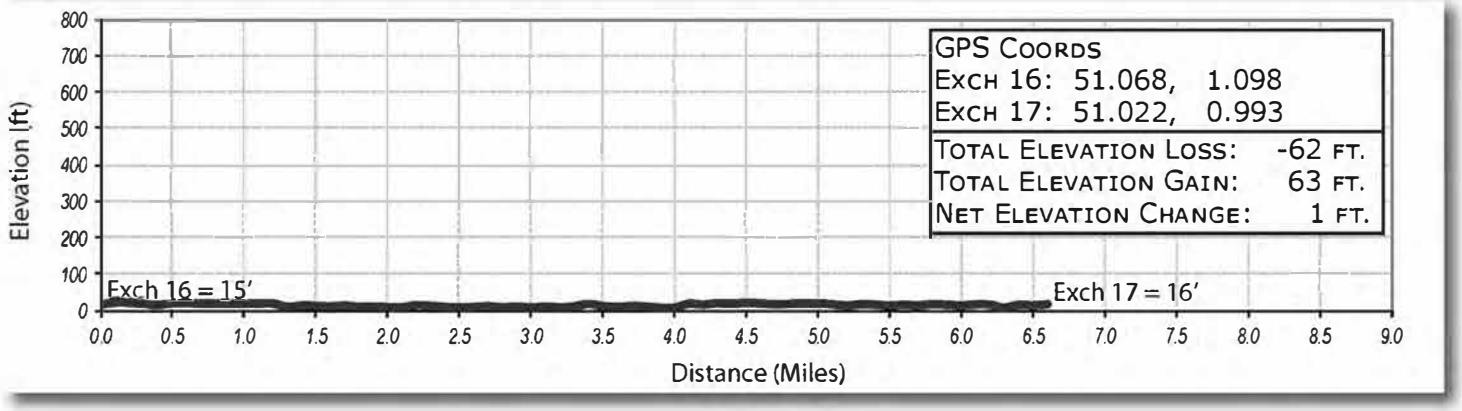
LEG NOTES:
This leg is entirely on paved public or coastal footpath.

LEG LEGEND:

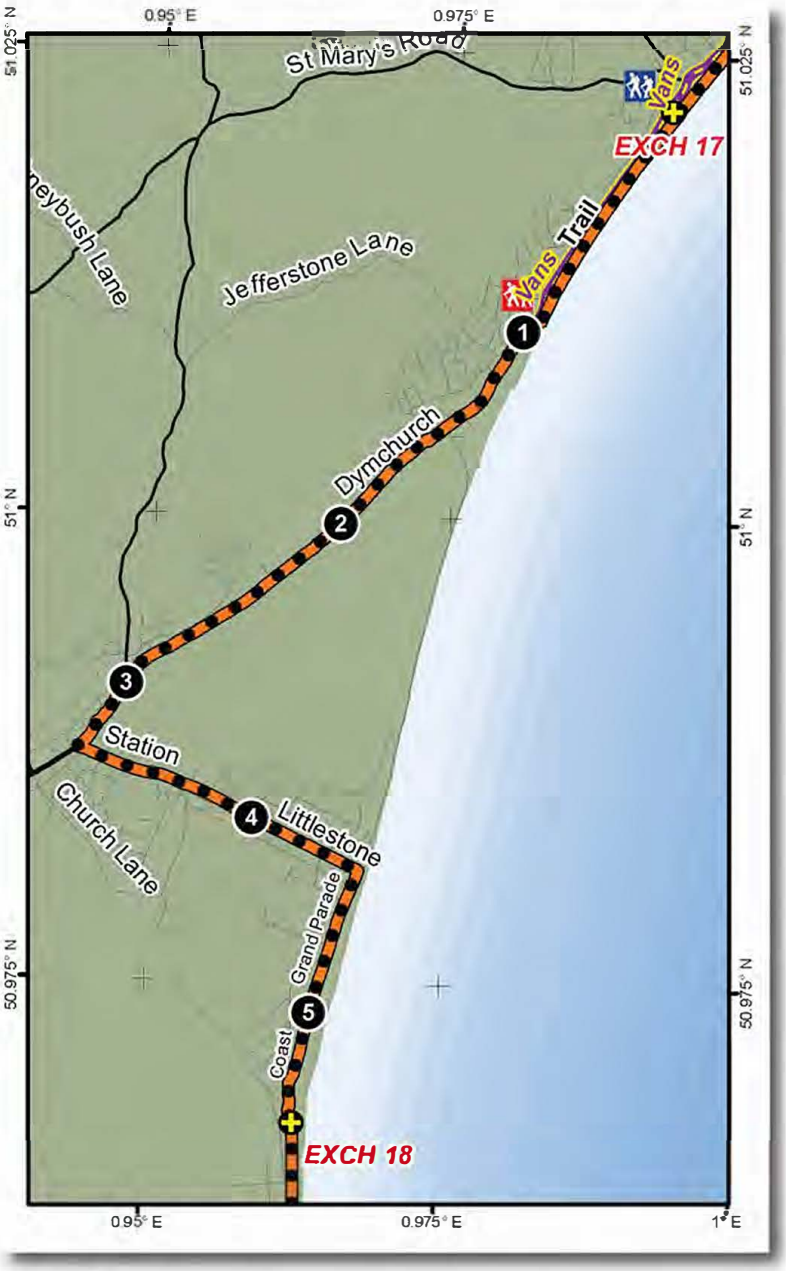
| | |
|---|---|
| 0.0 | Depart Ex 16 on coastal footpath and continue straight on Marine Parade |
| 0.9 | Turn right on St. Leonards Rd |
| 1.2 | Continue straight thru park footpath |
| 1.3 | Turn left on Portland Rd |
| 1.4 | Turn left on Dymchurch Rd |
| 4.2 | Cross Dymchurch Rd and continue southwest on coastal footpath |
| 6.6 | Arrive at Exchange 17 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 16 heading southwest on Princess Parade |
| 0.2 | Turn right on Twiss Rd |
| 0.3 | Turn left on East St/A259 |
| 5.8 | At roundabout, take 1st exit onto Prospect Rd/A259 |
| 0.1 | At roundabout, take 1 exit onto Dymchurch Rd/A259 |



# LEG 18 -- 5.4 MILES -- MODERATE -- VAN SUPPORT




LEG 18 -- 5.3 MILES -- MODERATE

Exchange 18
Jolly Fisherman Car Park
Greatstone, New Romney TN28 8ST
50.967922, 0.962911

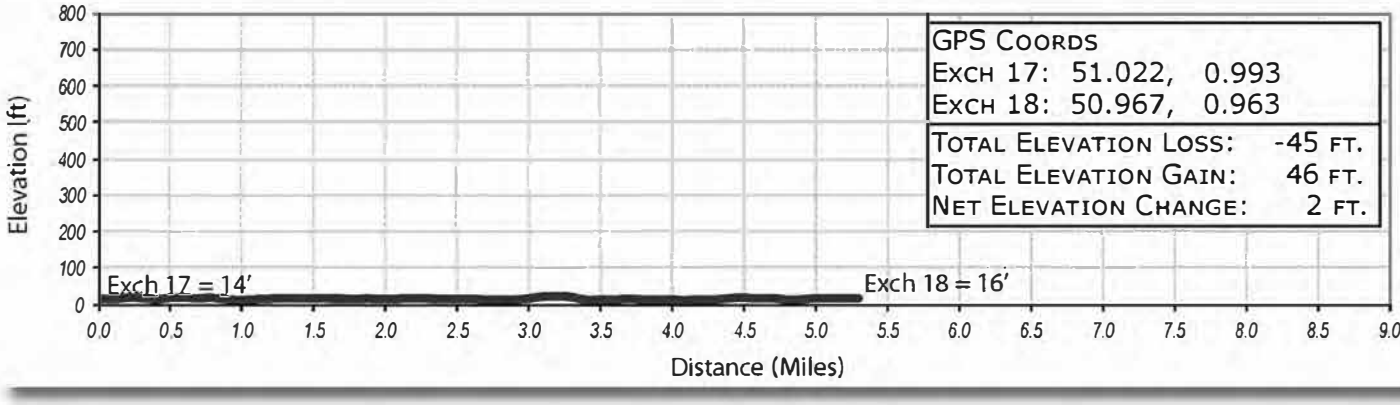
LEG NOTES:
Portions of this leg are on public footpath.
Terrain may be uneven.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Leave Ex 17 heading south on coastal footpath |
| 0.9 | Turn right to leave coastal footpath onto Dymchurch Rd |
| 3.3 | Turn left on Station Rd |
| 3.8 | Station Rd becomes Littlestone Rd |
| 4.4 | Turn right on Grand Parade |
| 4.7 | Grand Parade becomes Coast Dr |
| 5.4 | Arrive at Exchange 18 |

Van Directions:

| | |
|---|---|
| 0.0 | Depart Ex 17 heading south on Dymchurch Rd |
| 3.3 | Turn left on Station Rd/B2071 |
| 1.1 | Turn right on Grand Parade |
| 0.3 | Continue onto Coast Dr |
| 0.6 | Continue onto The Parade |




| GPS COORDS | | |
|---|---|---|
| EXCH 17: | 51.022, | 0.993 |
| EXCH 18: | 50.967, | 0.963 |

| | |
|---|---|
| TOTAL ELEVATION LOSS: | -45 FT. |
| TOTAL ELEVATION GAIN: | 46 FT. |
| NET ELEVATION CHANGE: | 2 FT. |

# LEG 19 -- 6.9 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT

LEG 19 -- 6.91 MILES -- VERY HARD

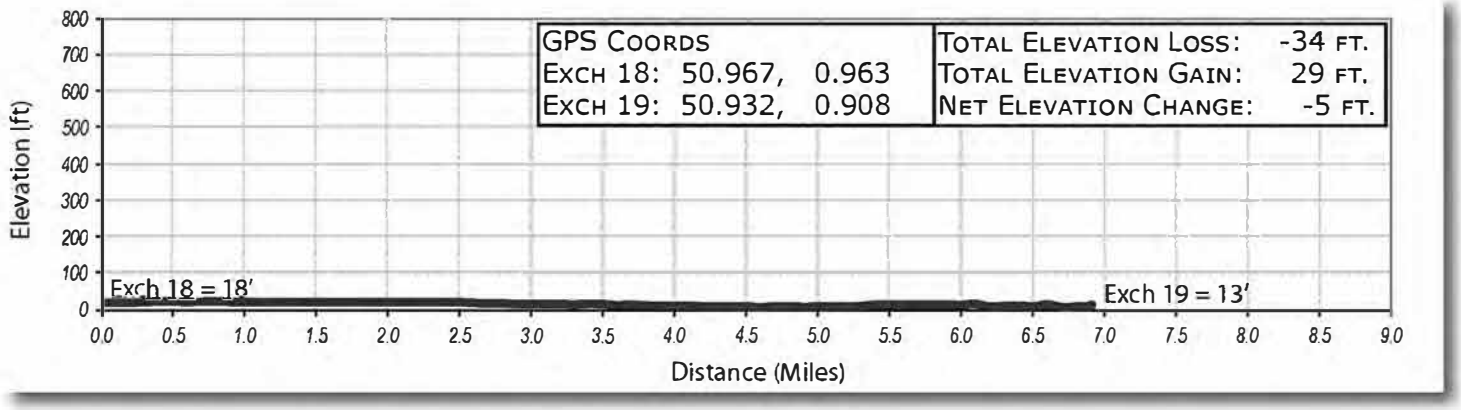
Exchange 19
Heron's Park
Dengemarsh Road, Lydd, Romney Marsh, Kent
TN29 9JH
50.931693, 0.907994

LEG LEGEND:

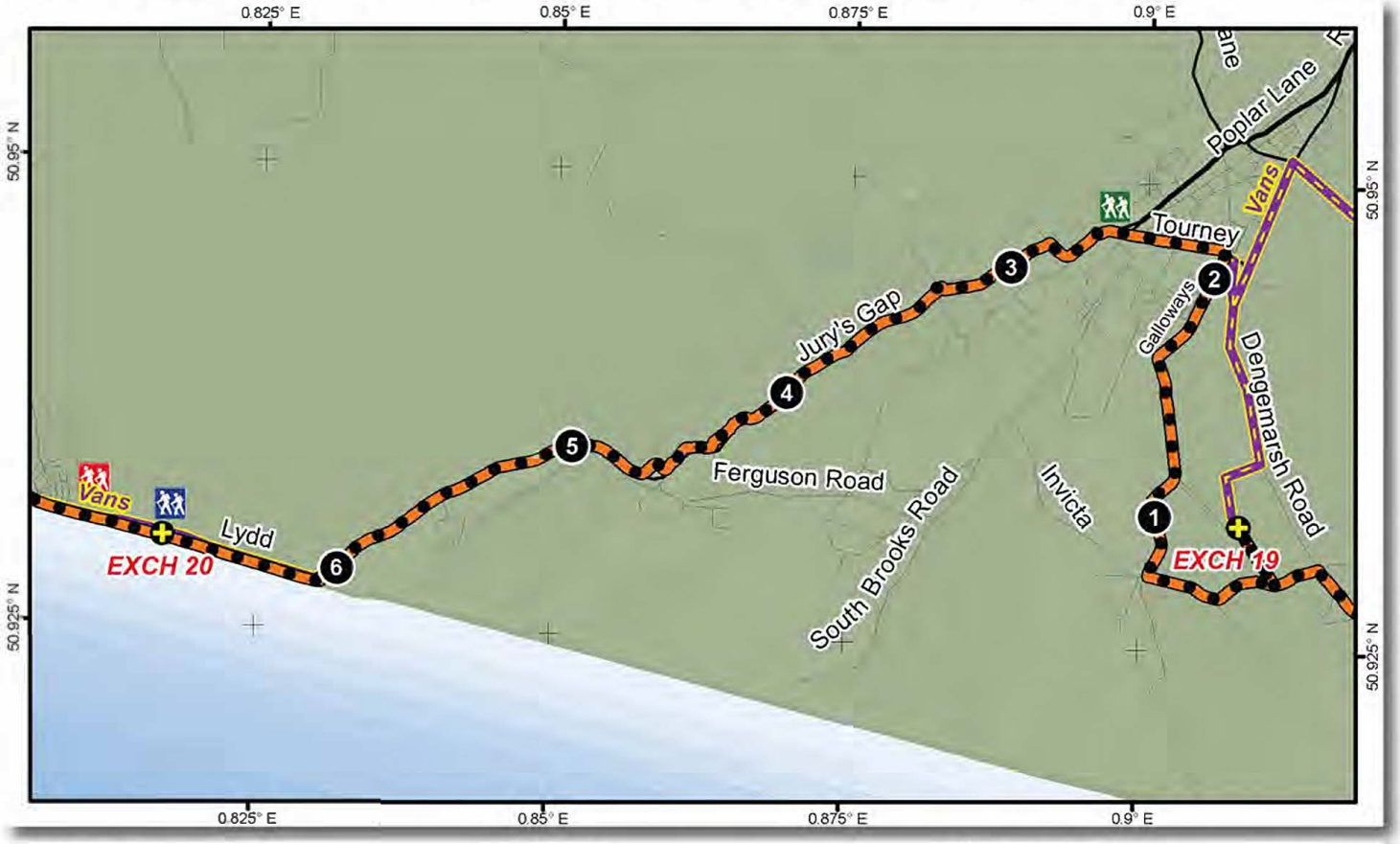
| | |
|---|---|
| 0.0 | Continue south on Coast Dr/The Parade |
| 2.8 | Turn right on Dungeness Rd |
| 5.2 | Turn left to Robin Hood Lane |
| 5.9 | Continue Straight onto Dengemarsh Road |
| 6.5 | Turn Right and enter Heron's Park |
| 6.9 | Arrive at Exchange 19 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 18 heading South on The Parade |
| 1.3 | Continue onto Coast Dr |
| 1.4 | Coast Dr turns right and becomes Battery Rd |
| 0.1 | Turn right onto Dungeness Rd |
| 3.0 | At roundabout, take 1st exit onto Robin Hood Ln |
| 0.4 | Slight left to stay on Robin Hood Ln |
| 0.2 | Continue straight onto Dengemarsh Rd |
| | Turn right into Heron's Park, arrive at Exchange 19 |



# LEG 20 -- 6.7 MILES -- HARD -- NO VAN SUPPORT




LEG 20 -- 6.71 MILES – HARD

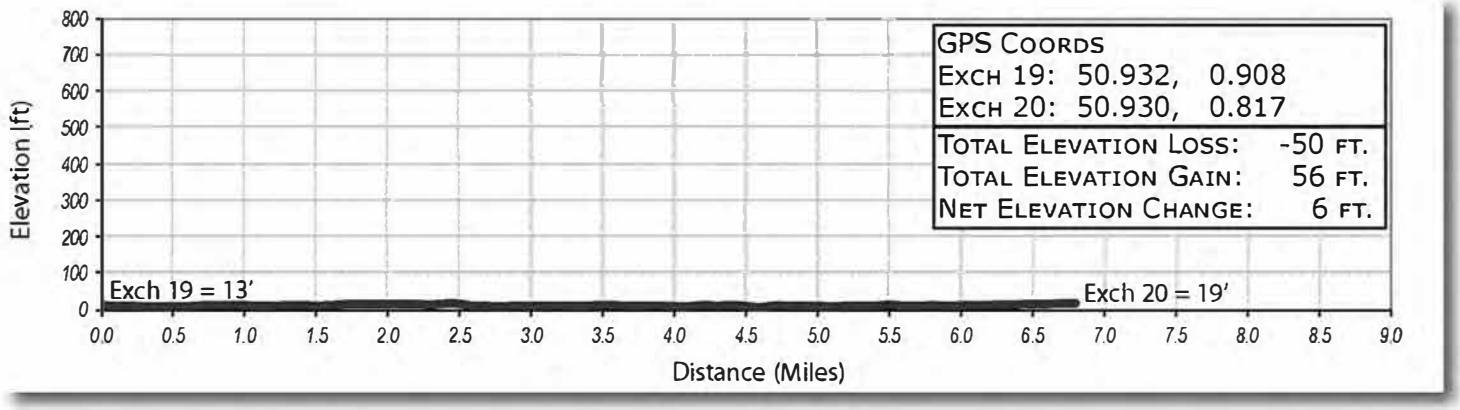
Exchange 20
Broomhill Car Park
Broomhill Sands Car Park, Camber, Rye TN31 7SB
50.930246, 0.814285

LEG LEGEND:

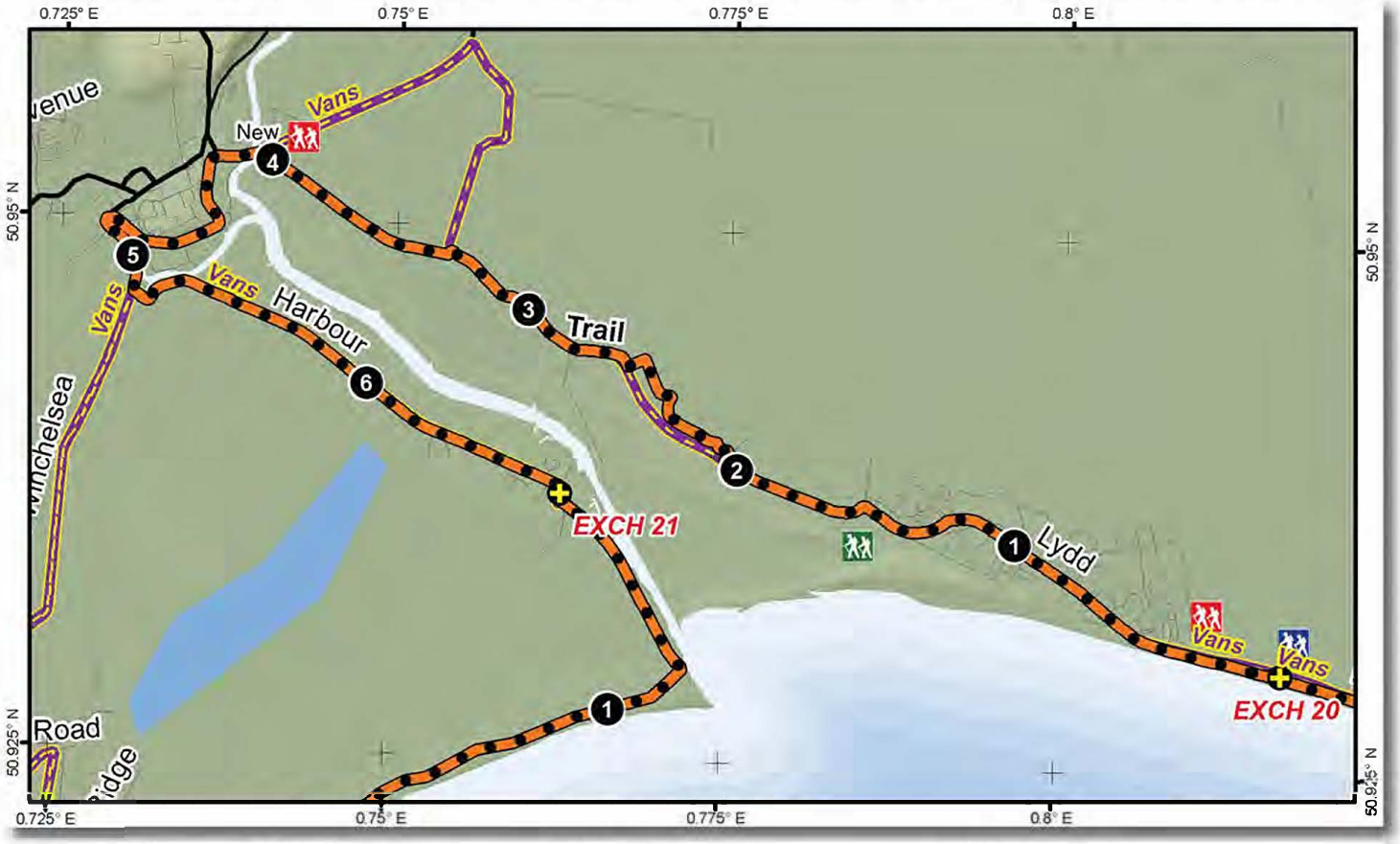
| | |
|---|---|
| 0.0 | Depart Ex 19 heading southeast |
| 0.2 | Turn right |
| 0.8 | Turn right |
| 1.6 | Turn right on Galloways Rd |
| 2.1 | Turn left on Tourney Rd |
| 2.6 | Continue straight on path paralleling Jurys Gap Rd |
| 6.0 | Cross Lydd Rd to enter coastal footpath |
| 6.7 | Arrive at Ex 20 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Depart Ex 19 by following the park road north to Dengemarsh Rd |
| 0.2 | Turn left on Dengemarsh Rd |
| 1.0 | Turn left on Tourney Rd |
| 0.5 | Turn left on Jury's Gap Rd |
| 3.3 | Jury's Gap Rd becomes Lydd Rd, continue straight |
| 0.9 | Arrive at Exchange 20 |



# LEG 21 -- 6.7 MILES -- VERY HARD -- NO VAN SUPPORT




LEG 21 -- 6.75 MILES -- VERY HARD

Exchange 21
Rye Harbour Car Park
Harbour Road, Rye TN31 7TY
50°56'14.96", 0°45'45.63"

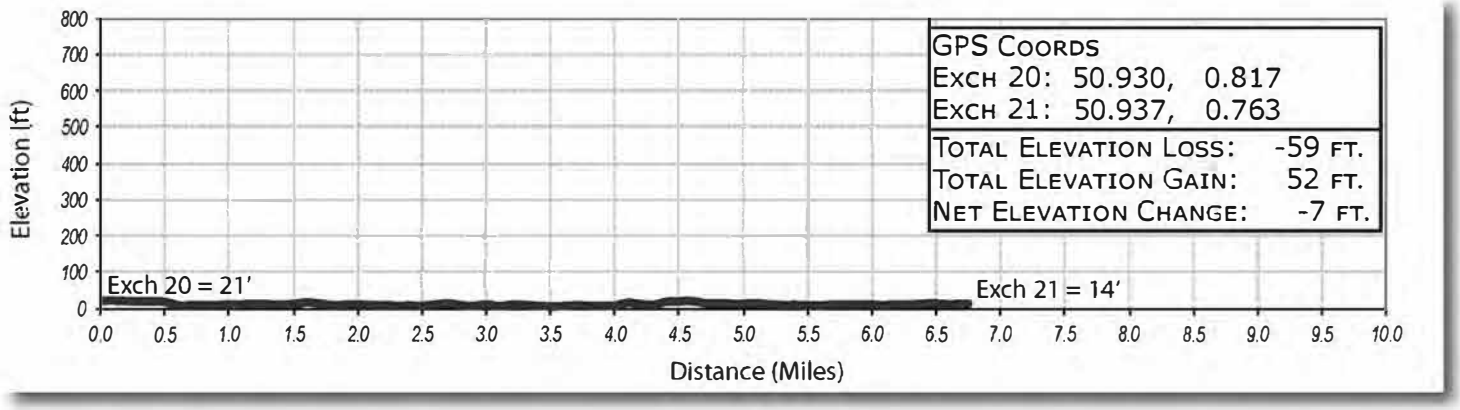
LEG NOTES:
Portions of this leg are on public footpath.
Terrain may be uneven.

LEG LEGEND:

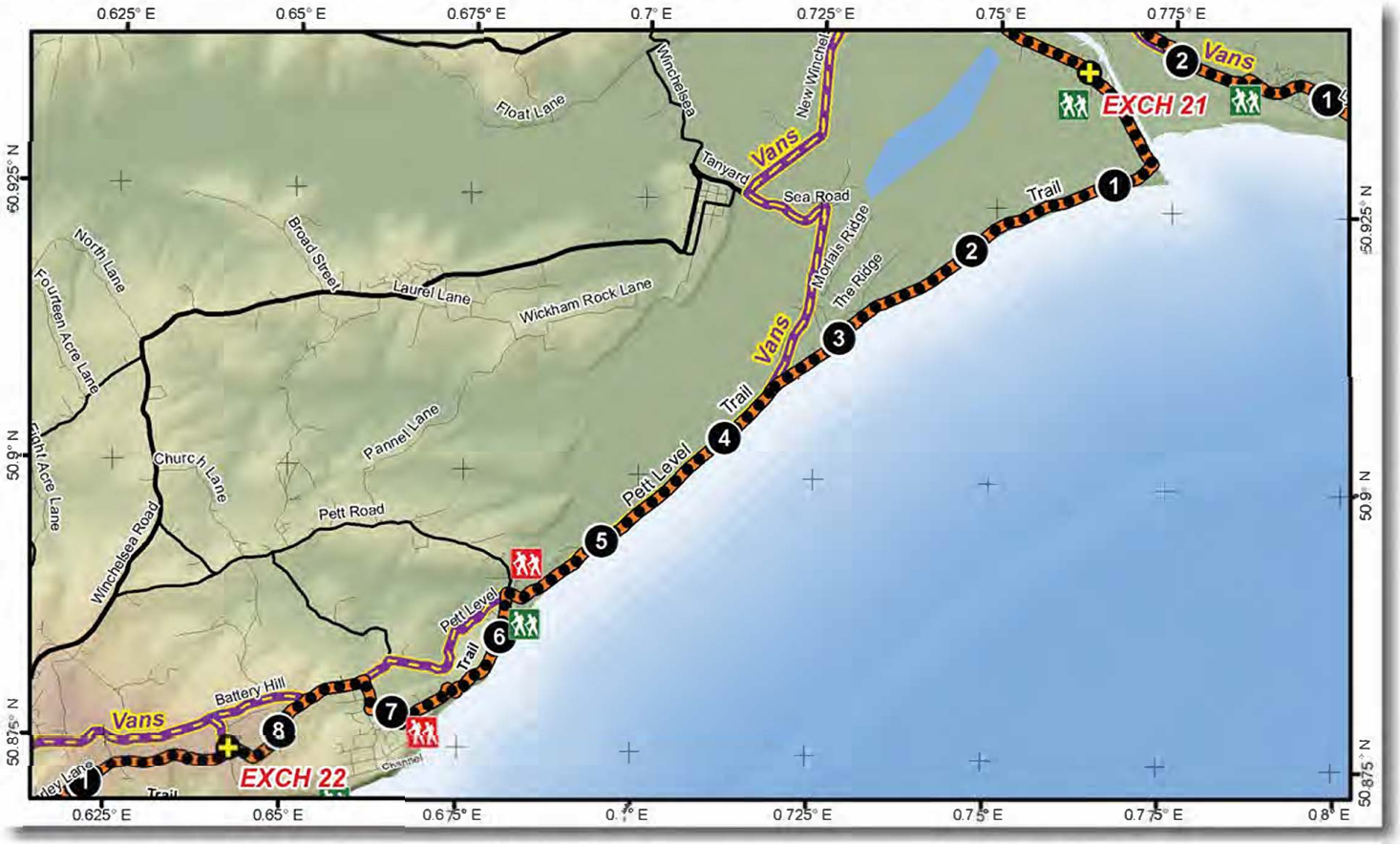
| | |
|---|---|
| 0.0 | Continue west on coastal footpath |
| 0.3 | Exit Coastal footpath to continue straight on Lydd Rd |
| 1.4 | Continue straight on footpath paralleling Camber Rd |
| 3.1 | Turn left to cross road and continue on footpath |
| 3.8 | Turn left on New Rd |
| 4.0 | Turn left on Fishmarket Rd |
| 4.2 | Turn right on S Undercliff |
| 4.7 | Continue on Winchelsea Rd |
| 4.9 | Turn left on Harbour Rd |
| 6.7 | Arrive at Exchange 21 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head west on Lydd Rd toward Broomhill |
| 1.0 | Continue onto New Lydd Rd |
| 0.5 | Continue onto Camber Rd |
| 2.5 | Turn left onto Guldeford Rd/A259 |
| 0.9 | At roundabout, take 1st exit onto Fishmarket Rd/A259 |
| 0.6 | At roundabout, take the 1st exit onto Winchelsea Rd/A259 |
| 0.5 | Turn left on Harbour Road |
| 2.0 | Arrive at Exchange 21 |



# LEG 22 -- 8.4 MILES -- VERY HARD -- NO VAN SUPPORT




LEG 22 -- 8.43 MILES -- VERY HARD

Exchange 22
Hastings Country Park
Lower Coastguard Ln, Fairlight, Hastings TN35 4AD
50°52'27.41", 0°38'33.54"

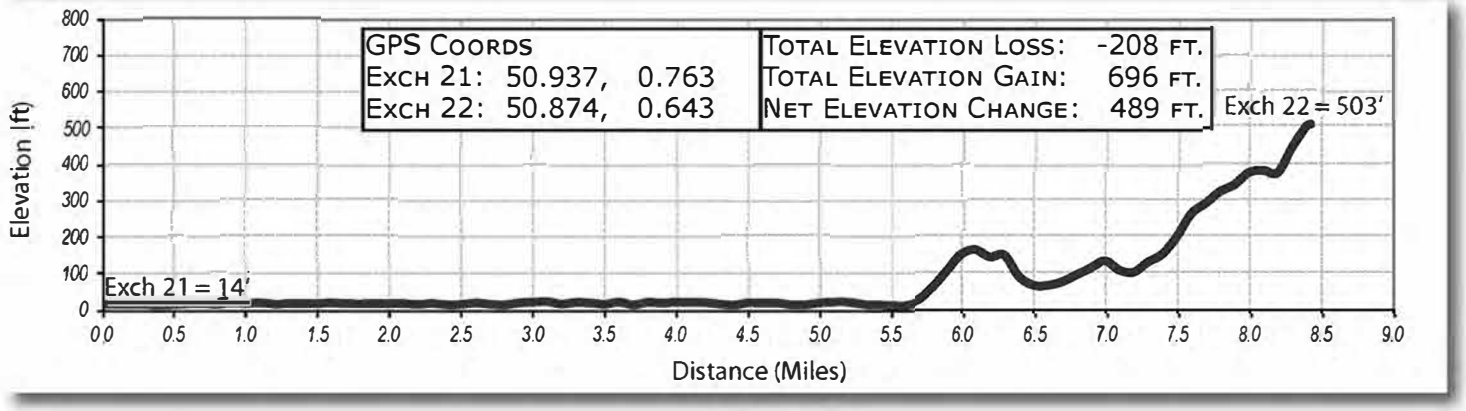
LEG NOTES:
Portions of this leg are on public footpath trails along clifftop. Terrain may be uneven. Use caution

LEG LEGEND:

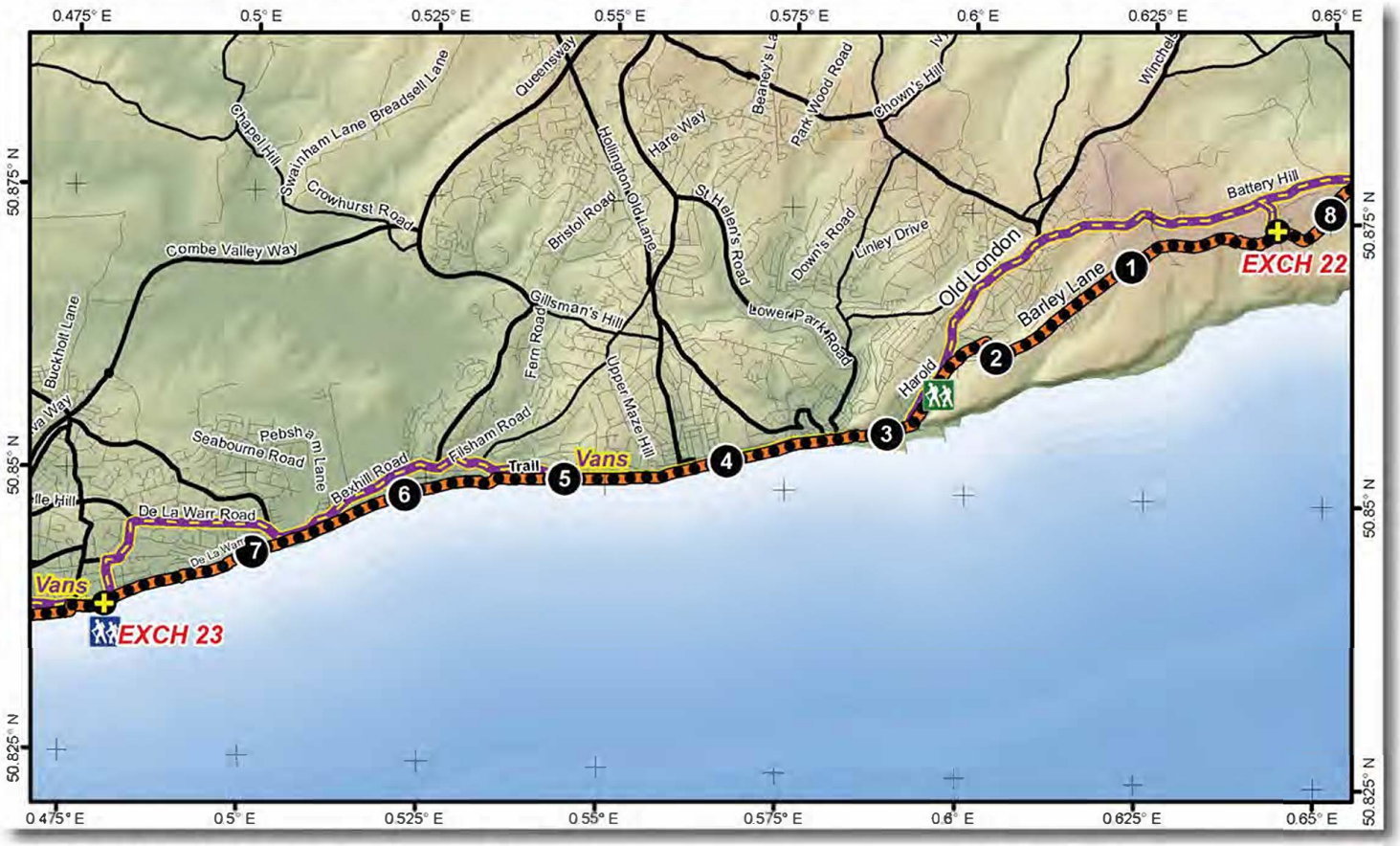
| | |
|---|---|
| 0.0 | Leave exchange 21 and enter footpath |
| 0.9 | Turn Right and stay on Footpath |
| 3.6 | Continue south on footpath paralleling Pett Level Rd |
| 5.6 | Turn right onto Pett Level Rd |
| 5.8 | Turn left to access footpath |
| 6.4 | Exit footpath onto Lower Waitress Ln |
| 6.6 | Turn Right onto Broadway |
| 7.1 | Turn Right onto Waites Lane |
| 7.3 | Turn Left onto Battery Hill |
| 7.7 | Turn Left on Warren Road |
| 8.4 | Turn Right & arrive at Exchange 22 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head North on Harbour Road |
| 1.7 | Turn Left onto New Winchelsea Road |
| 1.2 | Turn Left onto Sea Rd |
| 3.8 | Continue on Pett Level Road |
| 1.2 | Turn left onto Battery Hill |
| 1.2 | Turn left onto Coastguard Lane and Arrive at Exchange 22 |



# LEG 23 -- 8.0 MILES -- VERY HARD -- VAN SUPPORT




LEG 23 -- 7.98 MILES -- VERY HARD

Exchange 23
De la Warr Parade Street Parking
10 De La Warr Parade, Bexhill-on-Sea TN40
50.838087, 0.480925

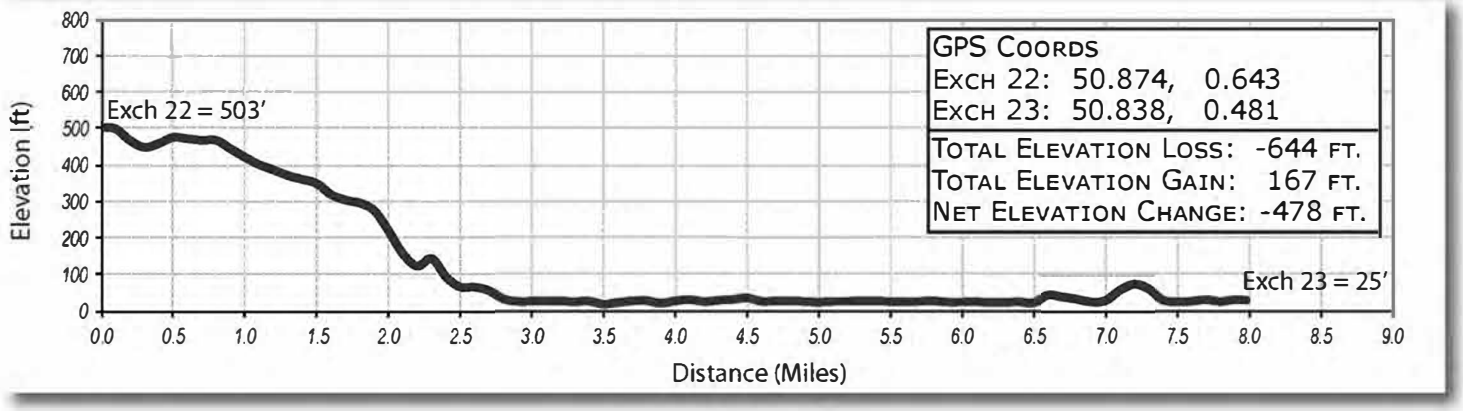
LEG NOTES:
Portions of this leg are on public footpath.
Terrain may be uneven. Use caution

LEG LEGEND:

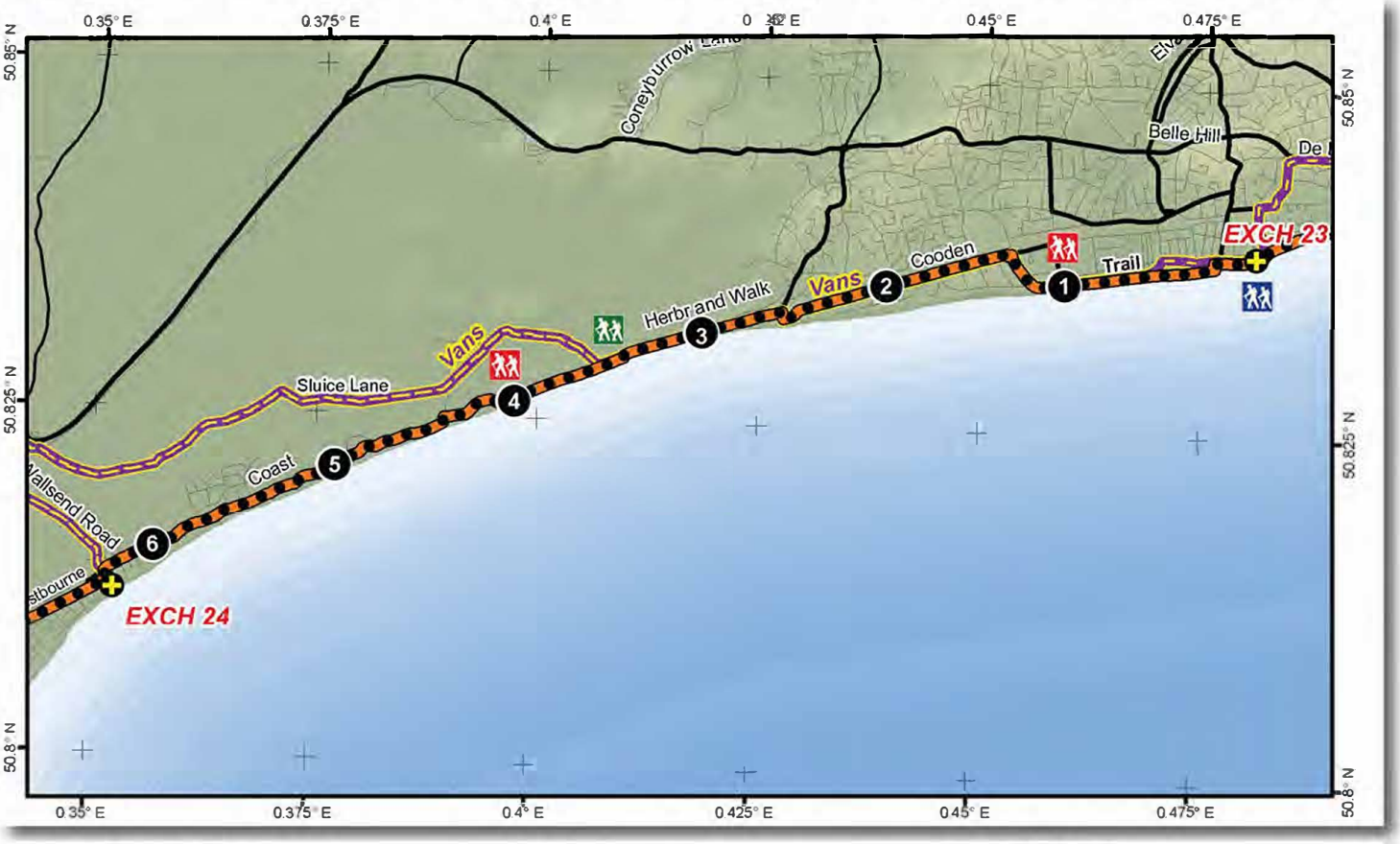
| | |
|---|---|
| 0.0 | Depart Exchange 22 and enter footpath heading West |
| 1.2 | Continue Straight on Barley Lane |
| 1.9 | Turn Right onto Gurth Rd |
| 2.0 | Turn Left onto Harold Rd |
| 2.6 | Continue Straight onto All Saints Street |
| 3.1 | Turn Right onto Rock-a-nore rd the follow costal path |
| 8.0 | Arrive at Exchange 23 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Exit exchange 22 and turn left Fairlight Rd |
| 1.5 | Turn left onto Old London Rd/ A259 |
| 6.3 | Stay on A259 for 6.3 miles |
| 0.1 | Turn left onto Dorset Road |
| 384ft | Turn Left onto Bolebrooke Rd |
| 0.2 | Turn right onto De La Warr Parade |



# LEG 24 -- 6.3 MILES -- HARD -- PARTIAL NO VAN SUPPORT




LEG 24 -- 6.3 MILES -- HARD

Exchange 24
Sea Road Car Park
Pevensey Bay, Pevensey BN24 6EH
50.812288, 0.352350

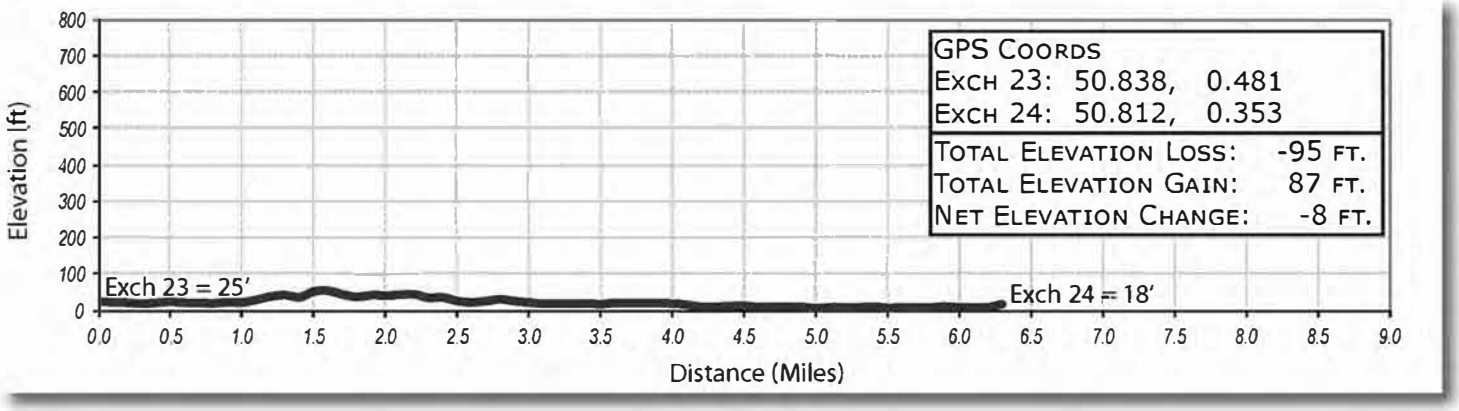
LEG NOTES:
A portion of this leg is on public footpath along the beach. Terrain through this section is uneven and a mix of gravel, sand, and hard packed path. Please use caution.

LEG LEGEND:

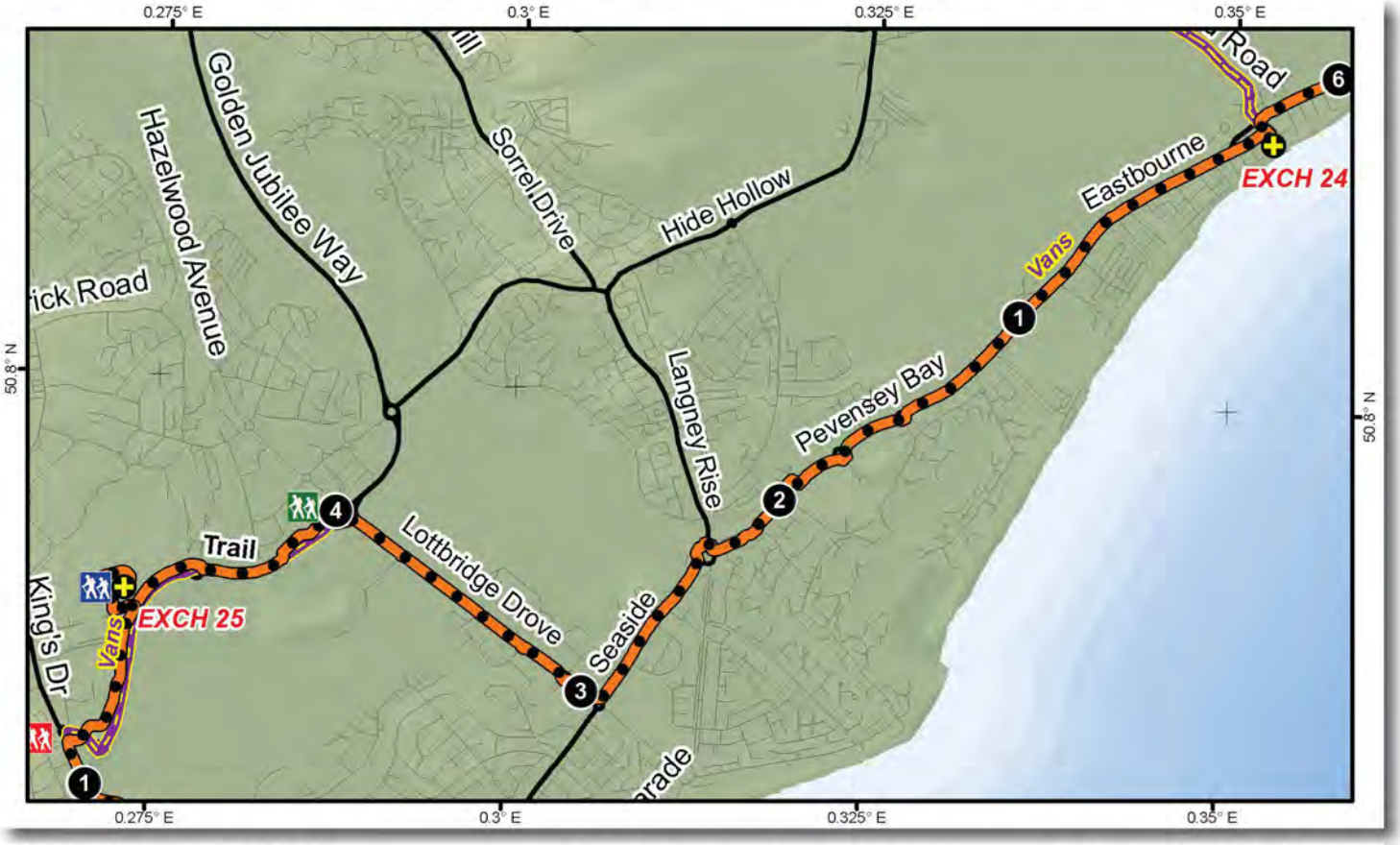
| | |
|---|---|
| 0.0 | Continue west on coastal footpath |
| 1.0 | Exit footpath to continue on W Parade |
| 1.3 | Turn left on Cooden Dr |
| 2.5 | Turn right on Cooden Sea Rd |
| 2.6 | Turn left on Herbrand Walk |
| 3.4 | Turn left off road to access beach trail. Warning- terrain is a mix of gravel and sand |
| | Continue straight to access road |
| 4.0 | Turn right to follow road |
| 4.1 | Turn left on Coast Rd |
| 4.3 | Turn left on Sea Rd |
| 6.3 | Arrive at Ex 24 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head southwest on De La Warr Parade toward Brassey Rd |
| 0.2 | Continue on B2182. |
| 7.5 | Take Herbrand Walk, Sluice Ln and A259 to Warminster Rd in Pevensey Bay |



# LEG 25 -- 4.8 MILES -- MODERATE -- NO VAN SUPPORT




LEG 25 -- 4.8 MILES -- MODERATE

Exchange 25
Eastbourne Sports Park
Ecat House, Cross Levels Way, Eastbourne
BN21 2UF
50.789504, 0.272875

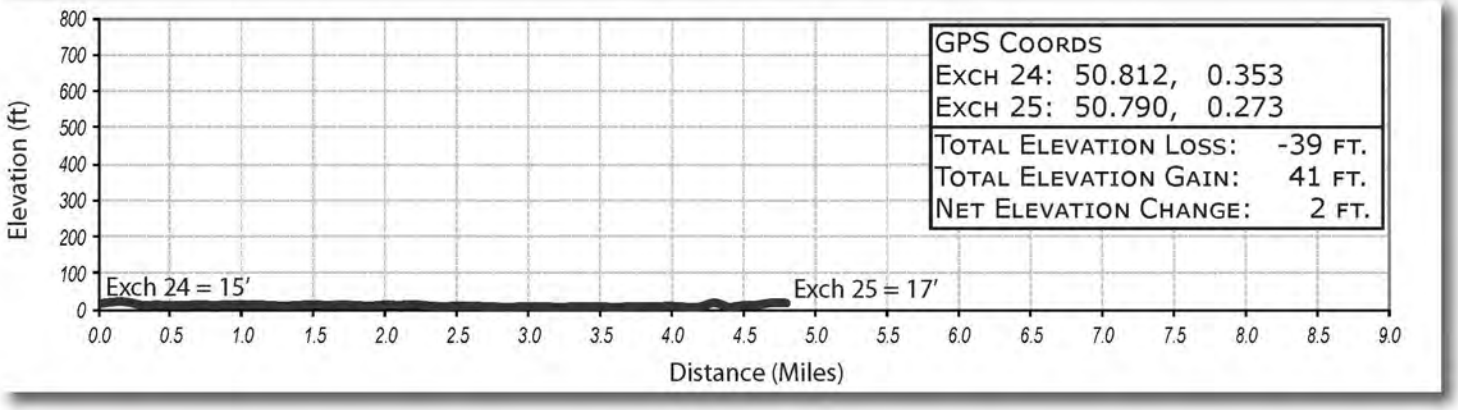
LEG NOTES:
This leg follows paved public footpath.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Depart ex 24 heading south on Sea Rd then turn left on Eastbourne Rd |
| 1.1 | Continue straight onto Pevensey Bay Rd |
| 2.3 | Follow footpath around roundabout and continue on St. Anthony's Ave/ Seaside |
| 2.9 | Turn right on Lottbridge Drove |
| 4.0 | Turn left to follow footpath that parallels Cross Levels Way |
| 4.8 | Arrive at Exchange 25 |

VAN DIRECTIONS:

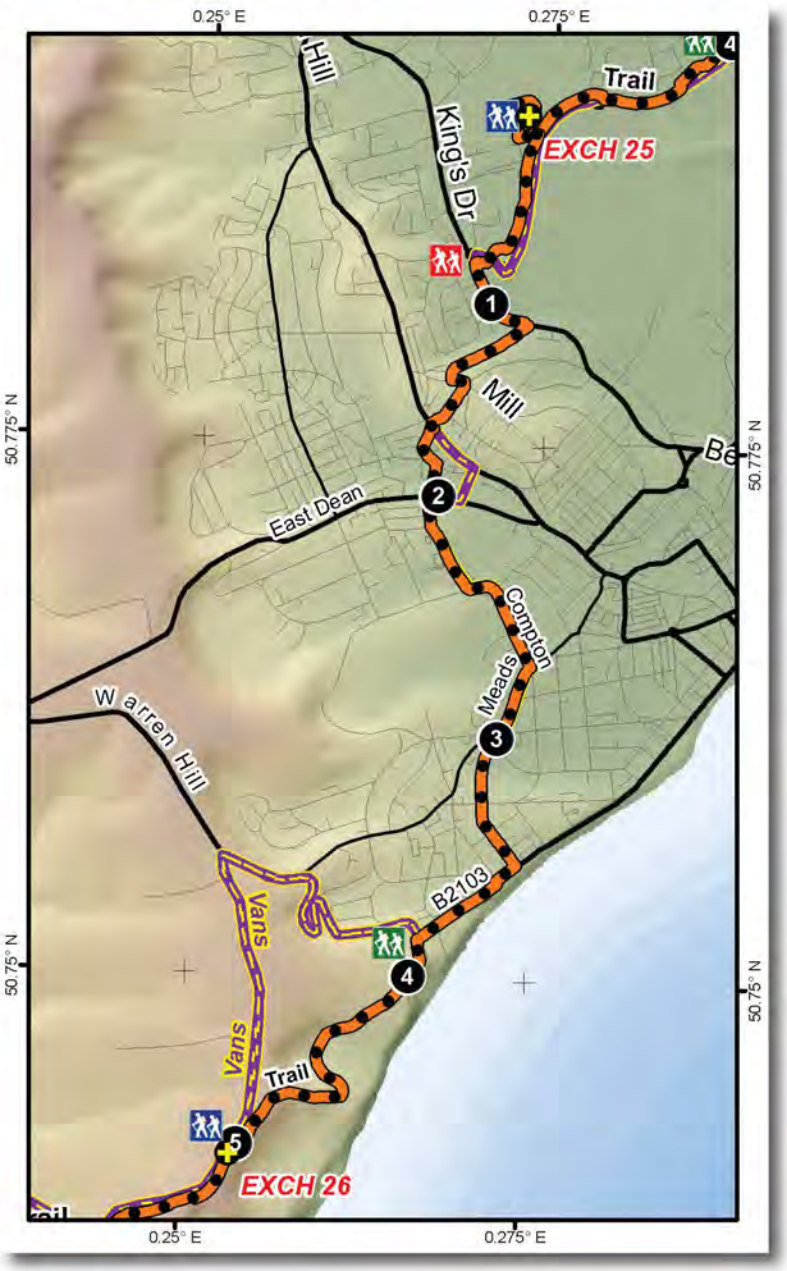
| | |
|---|---|
| 0.0 | Depart on Sea Rd turns left and becomes Eastbourne Rd/A259 |
| 1.4 | At the roundabout, take the 2nd exit onto Pevensey Bay Rd/A259 |
| 0.2 | At the roundabout, take the 2nd exit to stay on A259 |
| 0.5 | At the roundabout, take 2nd exit to stay on A 259 |
| 0.6 | At the roundabout, take 3rd exit onto Lottbridge Drove/A2290 |
| 1.0 | At the roundabout, take the 1st exit onto Cross Levels Way/A2280 |
| 0.5 | At the roundabout, take the 1st exit to stay on A2280 |
| 0.2 | At roundabout, take 1st exit to stay on A2280 |




GPS COORDS
EXCH 24: 50.812, 0.353
EXCH 25: 50.790, 0.273

| | |
|---|---|
| TOTAL ELEVATION LOSS: | -39 FT. |
| TOTAL ELEVATION GAIN: | 41 FT. |
| NET ELEVATION CHANGE: | 2 FT. |

# LEG 26 -- 4.7 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT




LEG 26 -- 4.7 MILES -- MODERATE

Exchange 26
Beachy Head
Beachy Head Road Beachy Head, Eastbourne BN20 7YA
50.741649, 0.253748

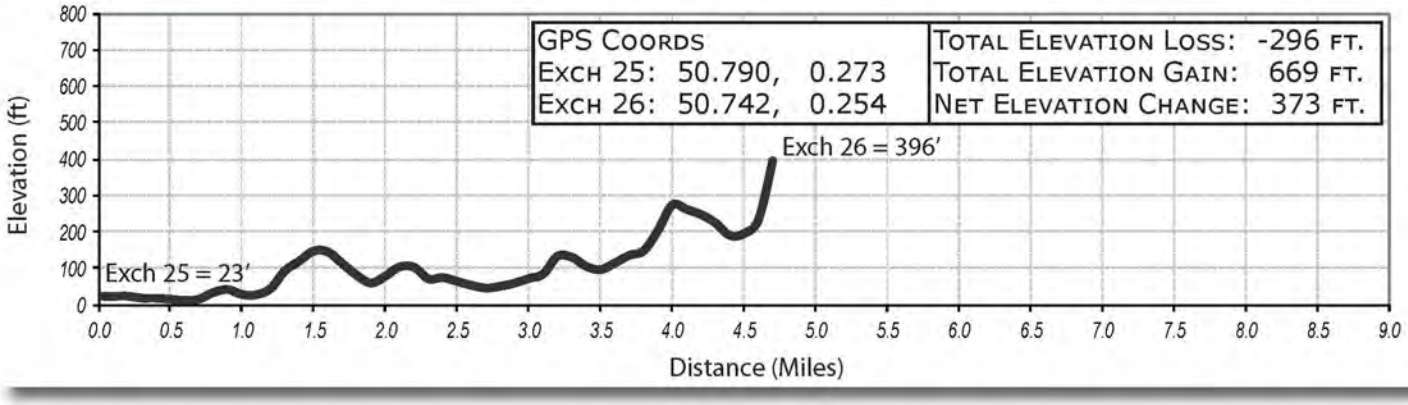
LEG NOTES:
Majority of this leg follows paved public footpath. The last mile is on public footpath trails that climb Beachy Head.

LEG LEGEND:

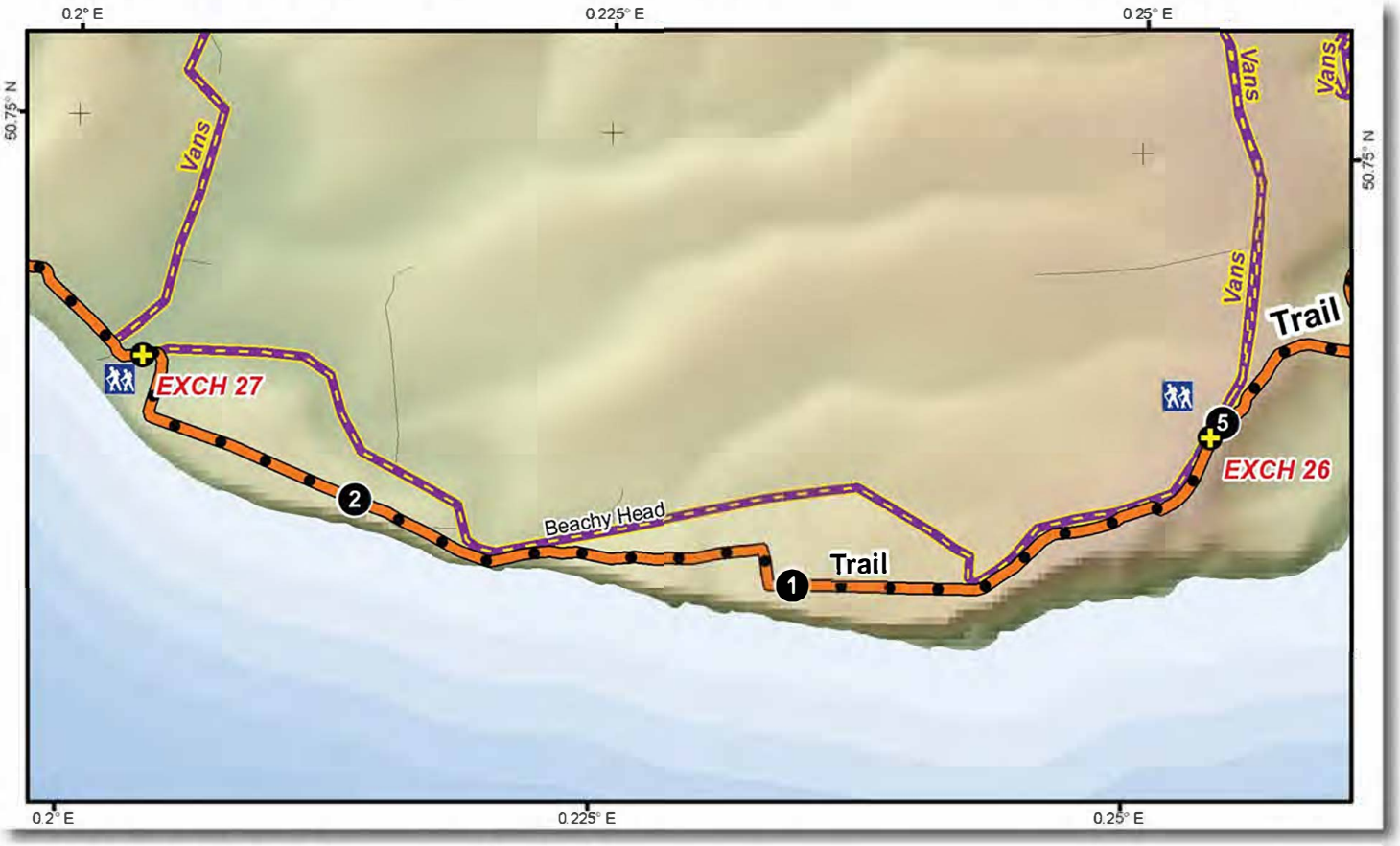
| | |
|---|---|
| 0.0 | Continue south on footpath |
| 0.6 | Turn left on King's Dr |
| 0.8 | Turn right on King's Ave |
| 1.2 | Turn left on Mill Rd |
| 1.2 | Turn right on DeRoos Rd |
| 1.3 | Turn right on Selwyn Rd |
| 1.4 | Continue straight on Ocklynge Rd |
| 1.6 | Turn right to stay on Ocklynge Rd |
| 1.7 | Continue straight on Borough Ln |
| 1.8 | Borough Ln becomes Compton Place Rd |
| 2.4 | Turn right on Meads Rd |
| 2.7 | Continue straight on Fairfield Rd |
| 3.2 | Turn right on King Edward's Parade (B2103) |
| 3.6 | Enter footpath and turn left to follow path towards Whitbread Hole |
| 4.7 | Arrive at Exchange 26 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head northeast toward Cross Levels Way/A2280 |
| 0.4 | Turn right onto Cross Level Way/A2280 |
| 0.2 | At roundabout, take 1st exit to stay on A2280 |
| 0.3 | At roundabout, take 1st exit onto King's Drive/A2021 |
| 0.3 | Turn right on King's Ave |
| 259ft | Turn left on Mill Rd |
| 0.1 | Turn right onto De Roos Rd |
| 262ft | Turn right onto Selwyn Rd |
| 0.2 | Turn left onto Upperton Rd/A2270 |
| 0.1 | Turn right onto Moatcroft Rd |
| 0.1 | Turn right onto High St/A259 |
| 0.1 | Turn left onto Borough Ln |
| 0.5 | Continue onto Compton Pl Rd |
| 0.2 | Turn right onto Meads Rd |
| 121ft | Turn left onto Silverdale Rd |
| 0.2 | Turn right onto Fairfield Rd |
| 0.2 | Continue onto Staveley Rd |
| 1.3 | Turn right onto King Edwards's Parade/B2103 |
| 0.1 | Slight left onto Beachy Head Rd |
| 1.0 | Turn left to stay on Beachy Hd Rd |
| | Arrive at Ex 26 |



# LEG 27 -- 2.6 MILES -- MODERATE -- NO VAN SUPPORT




LEG 27 -- 2.62 MILES -- MODERATE

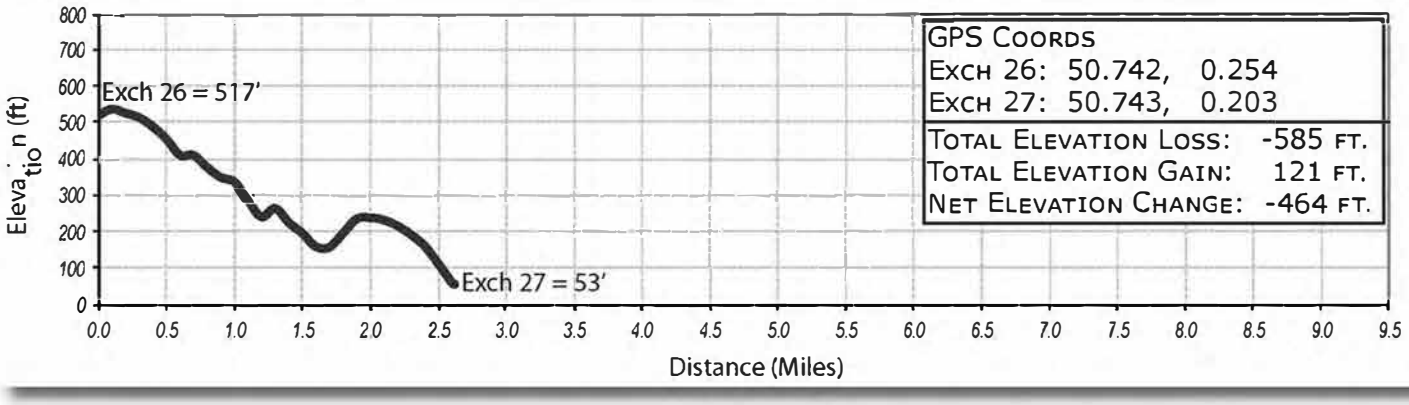
Exchange 27
Birling Gap
Beachy Head Road, BN20 0AB
50°44'34.46" 0°12'12.53"

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue south on public footpath (South Downs Way) |
| 2.6 | Arrive at Exchange 27 (Birling Gap) |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head southwest on Beachy Head Rd |
| 2.6 | Arrive at Birling Gap |




GPS COORDS
EXCH 26: 50.742, 0.254
EXCH 27: 50.743, 0.203

TOTAL ELEVATION LOSS: -585 FT.
TOTAL ELEVATION GAIN: 121 FT.
NET ELEVATION CHANGE: -464 FT.

# LEG 28 -- 6.6 MILES -- VERY HARD -- NO VAN SUPPORT

LEG 28 -- 6.6 MILES -- VERY HARD

Exchange 28
Martello Fields
21 College Rd, Seaford BN25 1JD
50.765892, 0.107069

LEG NOTES:
Reebok Ragnar leg! Be prepared to take on the most challenging leg on the course.

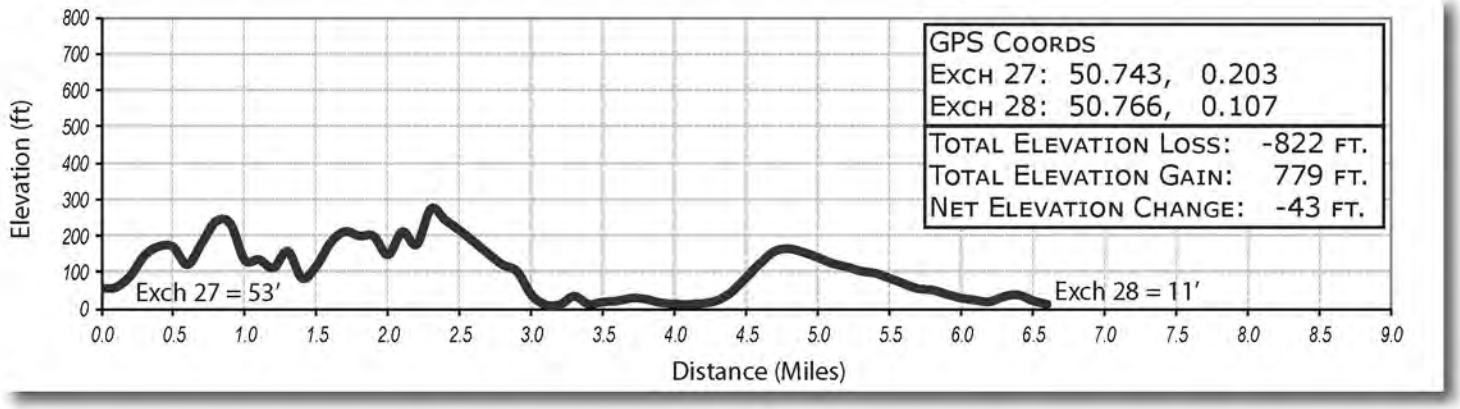
Majority of this leg is on clifftop public footpath. Terrain will be uneven, use caution.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Leave exchange and follow footpath West |
| 3.9 | Turn left on Dean Rd (A259) |
| 4.2 | Cross bridge and continue west on A259, run on footpath paralleling road |
| 4.9 | Turn left on Chyngton Ln |
| 5.4 | Turn right on Chyngton Way |
| 5.7 | Turn left on Chyngton Rd |
| 6.2 | Turn left on Southdown Rd |
| 6.3 | Turn right on Corsica Rd |
| 6.6 | Arrive at Exchange 28 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head North on Birling Gap Road |
| 0.7 | Continue onto Gilberts Dr |
| 0.6 | Turn left onto Eastbourne Rd/A259 |
| 4.1 | Turn left onto Sutton Ave (Go thru 3 roundabouts) |
| 0.6 | At the roundabout, take the 1st exit onto Southdown Rd |
| 0.2 | Turn right onto Corsica Rd |
| 0.2 | Continue onto Cliff Gardens<br>Arrive at Exchange 28 |



# LEG 29 -- 4.6 MILES -- MODERATE -- VAN SUPPORT

LEG 29 -- 4.59 MILES -- MODERATE

Exchange 29
Newhaven West Beach, BN9 9DS
50°46'55.18, 0° 3'19.95"

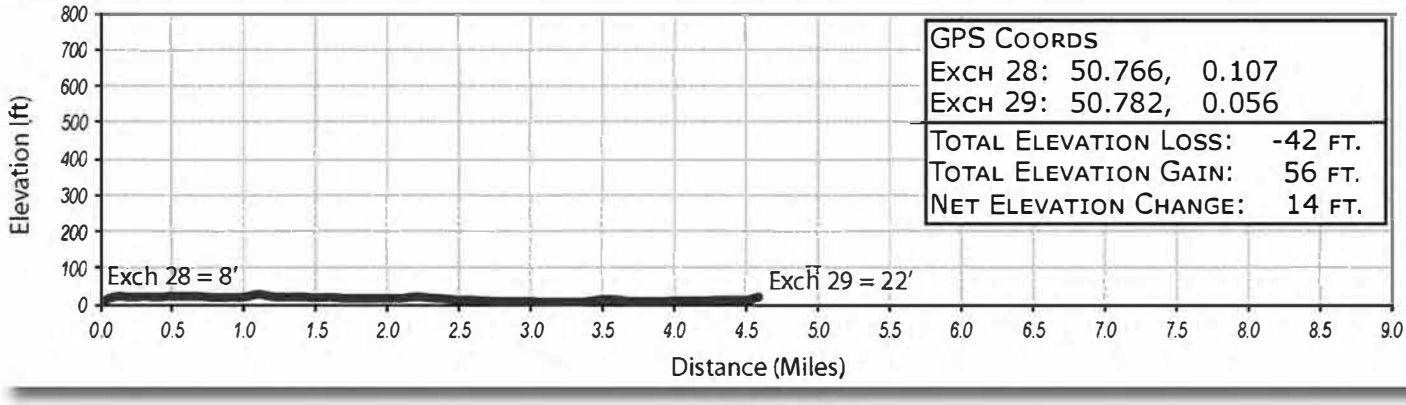
LEG NOTES:
This leg follows paved public footpath with a small portion of trail.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Continue northwest on coastal footpath |
| 1.6 | Continue straight on Marine Parade |
| 2.4 | Turn right to follow footpath |
| 2.7 | Cross footpath bridge |
| 2.9 | Continue straight on Beach Rd |
| 3.4 | Turn left on Drove Rd |
| 3.5 | Turn left on South Way |
| 3.6 | Continue straight on Riverside N |
| 4.1 | Turn left on Fort Rd |
| 4.3 | Turn right on Fort Rise |
| 4.6 | Arrive at Exchange 29 |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head southwest on Cliff Gardens toward Esplanade |
| 0.1 | Turn right onto Esplanade |
| 1.1 | Continue onto Marine Parade |
| 1.6 | Turn left onto Newhaven Rd/A259 |
| 0.2 | At the roundabout, take 1st exit to The Drove/A259 |
| 0.5 | At the roundabout, take 3rd exit onto A259 |
| 0.1 | Turn left onto South Rd |
| 0.3 | Continue onto Fort Rd |
| 0.2 | At the roundabout, take the 2nd exit and stay on Fort Rd |
| 0.1 | Stay on Fort Rise |
| | Arrive at Exchange 29 |




| GPS COORDS | |
|---|---|
| EXCH 28: | 50.766, 0.107 |
| EXCH 29: | 50.782, 0.056 |
| TOTAL ELEVATION LOSS: | -42 FT. |
| TOTAL ELEVATION GAIN: | 56 FT. |
| NET ELEVATION CHANGE: | 14 FT. |

# LEG 30 -- 8.6 MILES -- VERY HARD -- VAN SUPPORT

LEG 30 -- 8.6 MILES -- VERY HARD

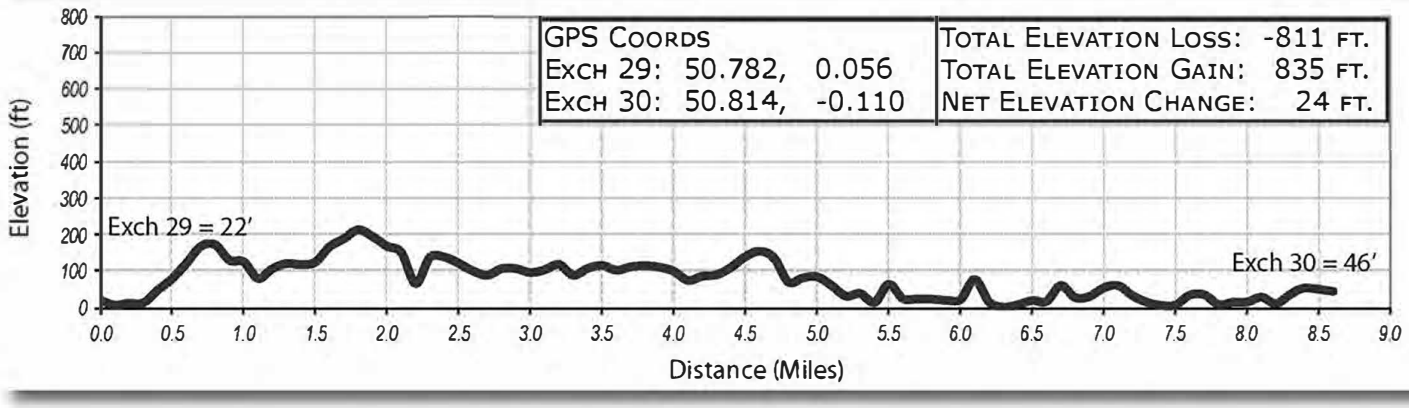
Exchange 30
Blackrock Car Park
Brighton BN2 1GA
50.814273, -0.109801

LEG NOTES:
This leg follows paved public and coastal path to the finish.

This leg follows paved public footpath with a small portion of trail.

LEG LEGEND:

| | |
|---|---|
| 0.0 | Leave Ex 29 on public footpath and follow along |
| 1.7 | clifftop Continue straight on The Promenade |
| 2.0 | Continue straight on public footpath |
| 2.3 | Continue straight on The Promenade |
| 3.1 | Turn right on Hoddern Ave |
| 3.2 | Turn left on S Coast Rd |
| 4.9 | Turn left to follow footpath to Undercliff Walk |
| 8.6 | Arrive at Finish Line |

VAN DIRECTIONS:

| | |
|---|---|
| 0.0 | Head north toward Fort Rise |
| 0.1 | Turn left onto Fort Rise |
| 0.1 | At the roundabout, take the 2nd exit and stay on Fort Rd |
| 0.3 | Continue onto South Rd |
| 0.3 | Turn left onto Brighton Rd/A259 |
| 7.7 | Turn left onto Duke's Mound |
| 0.3 | Turn left onto Madeira Dr |
| 0.2 | Arrive at the Finish Line |