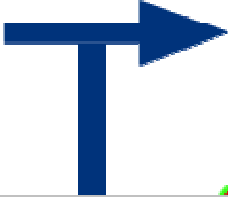
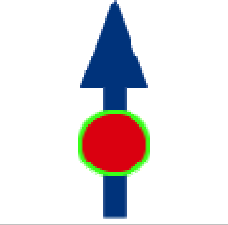
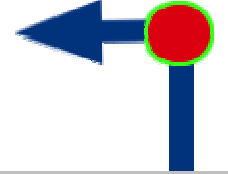
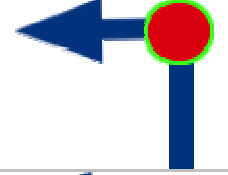
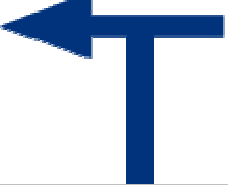

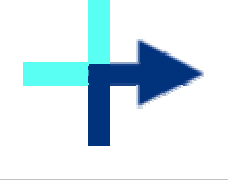
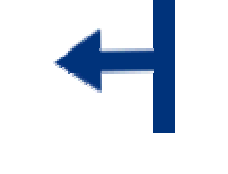
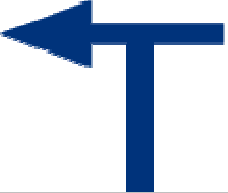

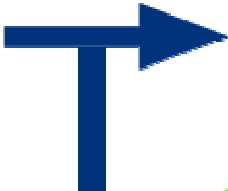



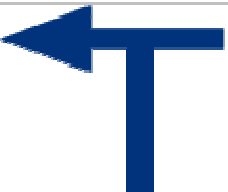

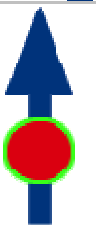
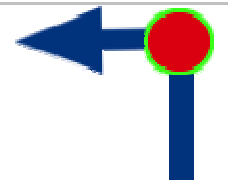
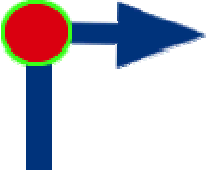

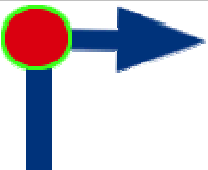
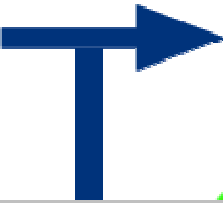

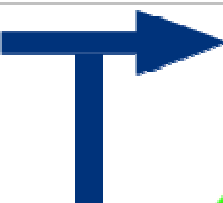

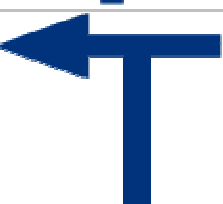

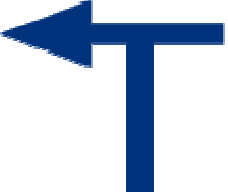


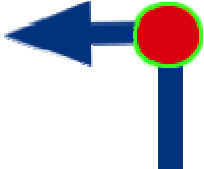





Date 12<sup>th</sup> March 2006 Start time 07.20 prompt  
 from Pease Pottage Services J11 M23 Sussex

<b>Start.</b>	<b>Trip meter</b>	<b>Junction type</b>	<b>Go towards</b>	<b>Notes</b>
	00.0	Turn Right out of Pease Pottage Service Station	Handcross B2114	Set trip to zero here
	00.1	Mini Roundabout	Straight over	Easy so far, isn't it
	1.0	Roundabout	Turn left towards Handcross on B2110	
	1.9	Roundabout	Turn left Towards Handcross	Nice twisty for next 3 miles or so
	5.4	T junction	Turn left to Worth <b>Then 300metres</b>	<b>XXX300mXXX</b> <b>Only</b>
	<b>5.5</b>	<b>Junction</b>	<b>Turn Rt</b> <b>To Worth B2110</b>	<b>By Cowdry Arms</b> <b>Stay on this rd the next 3 miles ish</b>
	8.1	x roads	This is Turners Hill, turn right at the cross roads to Ardingly- Lindfield	We stay B2028 for the next 6/7 miles, Soouth of England Show ground @11.4 miles
	<b>15.1</b>	<b>Turn left</b>	turn left to Scaynes Hill, not sign posted, in Lindfield opp Somerfield	You will go through Lindfield, beautiful village

	16.6	T junction	turn left to Scaynes Hill A272	Stay on this road for just over 2 miles
	<b>18.8</b>	<b>Turn right</b>	Towards Chailey Heritage	One of my Favourite stretches
	19.7	T junction	Head right to Lewes A275	Wow was that the perfect Elise road or what?
	<b>24.8</b>	Turn Right	Head to Plumpton/Ditchling B2116	Fab bends for the next 6miles  20mph zone watch out speed bumps
	30.1	Turn left at cross roads in Ditchling	Head towards Clayton, & Ditchling Beacon	
	<b>30.2</b>	<b>Turn left to</b>	Ditchling beacon (Beacon Road)	Very steep hill, you wouldn't want to Cycle up it, very twisty uphill.
	34.3	T junction	Turn left to Lewes	<b>**** only for 500m***</b>
	<b>34.5</b>	<b>Turn left to</b>	A27 to Lewes	Dual Carriage way to Lewes
	38.8	Roundabout	Straight over to Lewes / Eastbourne	Dual Carriage way to Lewes
	40.9	Roundabout	Turn left to  T Wells & E Grinstead A26	Go through Cuilfail tunnel

	41.7	Roundabout	Turn right toward Uckfield / T Wells	This is at the end of the tunnel
	<b>42.4</b>	<b>Fork right</b>	Towards Ringmer on B2192	Go through Ringmer till you get to ...
	45.0	Mini roundabout	Turn right towards Laughton/Golden Cross B2124	Nice open road with sweeping corners for nearly 5 miles
	49.7	T Junction	Turn right towards Eastbourne on A22	<b>**We only stay on the A22 just over 1 mile**</b>
	<b>51.1</b>	<b>Turn right</b>	<b>Look out for 50 MPH sign</b>	Nice straightish rd towards Michleham priory
	52.3	Turn right	Turn toward Alfriston / Seaford	Fab road for nearly 4 miles
	55.8	Roundabout	Straight over to Alfriston	Go through very pretty village of Alfriston, then twisty hilly to Seaford
	60.4	T junction	Turn left towards Eastbourne/ Friston A259	Some of the most spectacular scenery, not to mention some serious bends
	<b>64.8</b>	<b>Turn right</b>	Opposite Empty garage forecourt Go towards Birling gap	This my Stelvio pass in East Sussex. More twists and turns than that.

	69.7	T junction	Turn left towards Seaford	Nice short open road for the next mile
	70.6	T Junction	Turn left towards Seaford / Brighton	We are now back on the A259
	77.0	Mini Roundabout	Take the 2 <sup>nd</sup> exit which is effectively straight on	Still on A259, once out of the 30 zone opens to nice wide sweeping bends
	79.6	Roundabout	Turn left towards Newhaven	Get in right hand lane
	79.8	Roundabout	3 <sup>rd</sup> Exit Stay on road to Town Centre & West Quay	This takes you over the bridge and the River, into the Newhaven, Keep in the LEFT HAND LANE
	<b>80.3</b>	<b>Turn Left</b>	Look for Newhaven Fort / West beach (South Road)	Turn into South Road, can you nearly smell the Bacon
	<b>80.8</b>	<b>Turn Left</b>	By great big Yellow Pub 'Sheffield Arms'	Breakfast at the 'Coral Cabin Café' is on the right as you turn in. Go just past and park up. See you for a No 2 breakfast & Coffee
THE END				
IT'S Breakfast TIME				