



## The 10k “Double Back” 18<sup>th</sup> to 21<sup>st</sup> February 2021

So called because the route contains 2 out and back sections, it also has three of the club’s favourite Tuesday Training Areas, namely Wealden Way, Victoria Park and Haywards

Road, and a brilliant hill training opportunity down / up Copyhold Lane. If you can drive within government guidelines for travel to exercise, parking is at Beechurst. If you have any questions or would like to have a guide to run with you, we can help!

**Strava Segment and map:** <https://www.strava.com/segments/27237969>

Reminder: Start / stop your watch about 30m before / after the start and finish points □. Only suitable for daytime running!

### Course summary

The course starts on Bolnore Road at the junction with Beechcroft, heading north east before turning down our favourite hill, Wealden Way. This route then follows the footpath through Ashenground Woods turning left over the railway bridge and first left into Sunnywood Drive. Almost at the top of Sunnywood Drive, turn left into Drummond Close with its narrow access to Victoria Park. One lap of the park and a turn back into Sunnywood Drive, up Park Road and a right turn into Haywards Road, then right into Ashenground Road. Retrace the first part of the course through Ashenground Wood and up Wealden Way. Turning left at the top, head back along Bolnore Road, pretty soon you’re back where you started.....that’s the first loop!

There now follows an out and back from Bolnore Road to Copyhold Lane. Run past the entrance to Ashton House onto a short narrow footpath protected by bollards at each end, where it turns sharp right onto Bolnore Farm Lane. Another short section and the path turns left through a slightly larger number of bollards with a fine view of a pelican crossing. With your “I’m a sensible grown up” safety minded hat on, cross over and you’ll see the route is marked “Cuckfield” and takes you up Chownes Mead Lane. At the end, more bollards lead onto a pavement. Less than 100m before a left turn into Copyhold Lane.

After approx. 1.25k, the lane turns to the left past a private house on your right, and shortly after there’s a white sign saying PRIVATE in red. This is the turn point. Cross over the imaginary line (to record the segment) and retrace your run to Bolnore Road. The finish line is on Bolnore Road, opposite a footpath on the right shortly after Joan Nightingale House.

### Safety

There are the usual traffic hazards when sharing roads with others, and 3 points to note:

- Social distancing throughout - at the railway crossing at the bottom of Ashenground Road (popular for train spotters), the southern entrance to Victoria Park and the park footpath
  - Pelican crossing at Isaac’s Lane
  - Copyhold Lane is wide enough only for one vehicle – give way and stop on the verge
- Please be sensible on the course and do the right thing for your own and others’ safety.

### The course in pictures

#### 1. Bolnore Road / Wealden Way / Ashenground Railway Bridge



Start line on Bolnore Road opposite Beechcroft

The start is on Bolnore Road by the sign to Beechcroft – start your watch and start running about 30m before this. Head down Bolnore Road as it curves round and take a sharp **RIGHT** down Wealden Way. Run on the right, watching out for cars. At the bottom, follow the pavement on the left as the road levels out there’s a single bollard which marks the way onto a gravel footpath which takes you right and then left

A slight rise and with houses on your right, head down along a block paviour road which then enters Ashenground Woods, you’ll see a sign, pictured here on the right.



Ashenground Woods and sign



Path up steps left towards railway bridge

The pathway is a made up of sandstone with wooden edging – passing pedestrians may be tricky but it’s wide enough for 2. Follow this path for a couple of hundred metres, until you reach a set of steps heading up to the **LEFT**, picture left. This path takes you over the railway bridge.

It may be busy here – trainspotters, parked cars and dog walkers may all be out in force.



## 2. Sunnywood Drive / Victoria Park / Haywards Road / Ashenground Road and back to Wealden Way / Bolnore Road



Can't think of the name for this road

Take the first **LEFT** onto Sunnywood Drive, and here's your first bit of uphill, run on the left of the road, passing the tree in the roundabout and head up the other side. As you get close to the top, turn **LEFT** into Drummond Close.

Follow the road round to the right and a few metres ahead of you'll see the access to Victoria Path, shown here on the right. On the day of this photo, someone has cleverly left their bin for you to jump onto, leaping onto the shed roof and a quick vault over the fence. Sadly, in your dreams, so wait your turn to get through the green barriers and follow the left footpath up towards the South Road entrance for a clockwise lap of the park.



Assault course entrance / exit to VP



"The sun always shines in Victoria Park"

At the top turn **RIGHT** at the Flagpole and follow the diagonal path - see pic here on the left.

Passing the childrens' playground, café, tennis courts all on your left, the path winds back down to the green barriers. Exit now back onto

Drummond Close, bear **LEFT** and cross onto Park Road, then turn **RIGHT** into Haywards Road. Beware of the HUGE red post box in the middle of the pavement, as you run all the way to the bottom where you turn **RIGHT** into Ashenground Road. Cross the railway bridge and **RIGHT** onto the steps to retrace your run back up Wealden Way, turning **LEFT** onto Bolnore Road.

## 3. Bolnore Road / Bolnore Farm Lane / Chownes Mead Road / Copyhold Lane and return to finish



Footpath to Bolnore Farm Lane

Running past the start, take the narrow footpath, marked by bollards, by the entrance to Ashton House. After less than 100m, you'll reach Bolnore Farm Lane, where you turn **RIGHT** signposted Cuckfield. Another 100m or so and the lane ends, turn **LEFT** down the hill and onto the path marked by bollards leading to the pelican crossing.



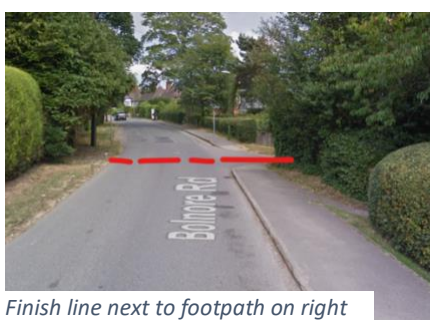
More bollards - Bolnore Farm Lane to pelican

Follow the highway code to cross over Isaacs Lane at the pelican, head **up** Chownes Mead Lane which is helpfully still signposted towards Cuckfield. When you reach the bollards at the end of this road, bear **LEFT** onto the footpath which runs alongside Tylers Green. After less than 100m turn left into Copyhold Lane. **Caution:** the lane is just wide enough for one vehicle and the verges are soft – listen for cars, pull over to the right of the road and stop if necessary. Enjoy the downhill – 1.25k in total - and the daffodils at Copyhold Lodge.

Follow the road as it turns **LEFT**, ignoring the public footpath and run past a house with a large metal gate called Crabtree, and just after a driveway you'll see a white sign with **PRIVATE** written in red. This is your turn point. Run a couple of metres past this sign and turn back to capture the segment.



Copyhold Lane turn point



Finish line next to footpath on right

As you turn round you suddenly realise it's not a Lane it's a Hill... so remember your training and dig in for the next 1.25k. You're returning by the same route, but you need to concentrate so here's a reminder. Turn **RIGHT** at the top of Copyhold, down Chownes Mead Lane and turn **LEFT** up the hill after the pelican crossing. Through the bollards turn **RIGHT** onto Bolnore Farm Road then **LEFT** signposted "Town Centre". Pass the bollards at Ashton House and head down Bolnore Road. Shortly after Joan Nightingale House on your right, a footpath marks the finish, so run past here for 30m then stop your watch. Congratulations, job done ☐ ☐