



Summary: 32.4 miles (37 minutes)

Mile	Instruction	For
0.0	Depart Eastbourne on Terminus Road (East)	32 yds
0.1	Road name changes to Langney Road	0.4 mi
0.4	Turn LEFT (North) onto A259 [Seaside]	1.1 mi
1.6	At roundabout, take the FIRST exit onto Lottbridge Drove	1.0 mi
2.6	At roundabout, take the THIRD exit onto Highfield Link	0.4 mi
3.0	At roundabout, take the SECOND exit onto A22	1.8 mi
4.8	At roundabout, take the FIRST exit onto A27	1.7 mi
6.4	At roundabout, take the SECOND exit onto A27 [Polegate By Pass]	0.6 mi
7.0	Road name changes to Local road(s)	65 yds
7.0	Road name changes to A27 [Lewes Road]	3.4 mi
10.4	At roundabout, take the SECOND exit onto A27	15.0 mi
25.4	Keep STRAIGHT onto Ramp	0.2 mi
25.6	At roundabout, take the FIRST exit onto Local road(s)	0.2 mi
25.8	At roundabout, take the THIRD exit onto A23 [London Road]	1.7 mi
27.5	Keep LEFT onto Ramp	0.5 mi
28.0	Keep STRAIGHT onto A273	3.7 mi
31.7	At roundabout, take the THIRD exit onto A273 [London Road]	0.5 mi
32.2	Turn RIGHT (East) onto Station Road	0.3 mi
32.4	Turn Right into Oakmeeds College	