

ROAD/LOCATION	Time 1st Runner	Time Last runner	Fully Open (non-steward)
	Arrives (5 min/mile)	Arrives (16 min)	
	Road will be closed 10 mins prior		
Marine Parade/Library Place			
Marine Parade/South Street Roundabout			
Marine Parade/Montague Place			
START - MARINE PARADE/NEW STREET	9.00	12.50	13.30
Marine Parade/W Buildings	9.00	12.51	13.30
Marine Parade/West Street	9.01	12.52	13.30
Marine Parade/Western Place	9.01	12.52	13.30
Marine Parade/Queens Rd	9.02	12.55	13.30
West Parade/Thorn Rd	9.02	12.55	13.30
West Parade/Wordsworth Rd	9.02	13.10	13.30
West Parade/Heene Rd	9.03	13.10	13.30
West Parade/Sea View Rd	9.03	12.20	12.30
West Parade/Grand Avenue	9.03	12.20	12.30
West Parade/Rye Cl	9.03	12.20	12.30
West Parade/Wallace Av	9.04	12.15	12.30
West Parade/Anscombe Rd	9.04	12.15	12.30
Anscombe Rd/Latimer Rd	9.05	10.20	12.30
Wallace Av/Latimer Rd	9.05	10.20	12.30
Wallace Avenue/nr Romney Rd			
Latimer Rd/Bernard Rd	9.05	12.15	12.30
Bernard Rd/West Parade	9.05	12.15	12.30
West Parade/George V Avenue U TURN	9.06	12.15	12.30
West Parade/service rd entrance (opp h	9.08	13.10	13.30
West Parade ROLLS INTO Marine Parade			
W Buildings/Augusta Place	9.10	9.45	10.30
W Buildings/Montague St	9.12	9.45	10.30
W Buildings ROLLS INTO Crescent Rd	9.13	9.45	
Crescent Rd/Shelly Rd	9.14	9.45	10.30
Shelly Rd/Gatwicke Rd (N) one way sou	9.14	9.51	10.30
Shelly Rd/Gatwicke Rd (S) one way sou	9.14	9.51	10.30
Shelly Rd/Eriswell rd one way north	9.15	9.51	10.30
Shelly Rd/Tennyson one way north	9.15	9.51	10.30
Shelly Rd/Byron Rd (N) one way south	9.15	9.51	10.30
Shelly Rd/Southey Rd one way south	9.16	9.51	10.30
Shelly Rd/Shakespeare Rd	9.16	9.51	10.30
Shelly Rd/Wordsworth Rd	9.16	9.51	10.30
Shelly Rd/Heene Rd	9.16	9.51	10.30
Heene Rd/Winchester Rd	9.17	9.52	10.30
Heene Rd/St Michael's Rd	9.17	9.55	10.30
St Michael's Rd/Highgrove Grdns	9.17	9.55	10.30
St Michael's Rd/Manor Rd	9.17	9.55	10.30
Manor Rd/St Michaels Ct	9.18	9.55	10.30
Manor Rd/Manor Cl	9.18	9.55	10.30
Manor Rd/Heene Way	9.18	9.55	10.30

Heene Way/Downview Rd	9.18	10.10	10.30
Downview Rd/St Michael's Rd	9.18	10.10	10.30
Downview Rd/Lansdowne Rd	9.19	10.10	10.30
Lansdowne Rd/Grand Avenue	9.20	10.10	10.30
Lansdowne Rd/Lansdowne Pl	9.20	10.10	10.30
Lansdowne Rd/Lansdowne Cl	9.20	10.10	10.30
Lansdowne Rd/West Avenue	9.20	10.10	10.30
Lansdowne Rd/Soutview Drive	9.20	10.10	10.30
Lansdowne Rd/Hurst Avenue	9.20	10.10	10.30
Lansdowne Rd/St Raphael Rd	9.20	10.10	10.30
Lansdowne Rd/Ardale Close			
Hurst Avenue/Hailsham Rd	9.20	10.10	10.30
Wallace Av/Hailsham Rd			
Hailsham Rd/Southview Grdns	9.22	10.10	10.30
Hailsham Rd/Southview Drive	9.22	10.10	10.30
Southview Drive/Pevensey Rd	9.22	10.10	10.30
Dover Rd/Pevensey Rd	9.21	10.10	10.30
Pevensey Rd/Pevensey Grdns	9.22	10.11	10.30
Pevensey Rd/Grand Avenue	9.23	10.12	10.30
Pevensey Rd ROLLS INTO Boundary Rd	9.23	10.12	10.30
Boundary Rd/St Valerie Rd	9.23	10.13	10.30
Boundary Rd/Downview Rd	9.23	10.14	10.30
Boundary Rd/The Acre Cl	9.23	10.15	10.30
Boundary Rd/Boundary Cl	9.24	10.14	10.30
Boundary Rd/Manor Rd	9.24	10.15	10.30
Boundary Rd/Heene Rd	9.24	10.18	10.30
Heene Rd/Rowlands Rd	9.24	10.18/10.32	11.00
Rowlands Rd/Bowers Ct	9.24	10.18	11.00
Rowlands Rd/Heene Pl	9.24	10.19	11.00
Rowlands Rd/Wordsworth Rd North	9.24	10.19	11.00
Rowlands Rd/Wordsworth Rd South	9.24	10.19	11.00
Rowlands Rd/Milton Rd	9.25	10.20	11.00
Rowlands Rd/Thorn Rd	9.25	10.20	11.00
Rowlands Rd/Byron Rd (one way south)	9.25	10.20	11.00
Rowlands Rd/Queens Rd	9.25	10.21	11.00
Rowlands Rd/Western Place	9.25	10.22	11.00
Rowlands Rd/Eriswell Rd (one way North)	9.25	10.22	11.00
Rowlands Rd ROLLS INTO Montague St	9.25	10.22	11.00
Montague St/Gatwicke Rd (one way south)	9.25	10.24	11.00
Montague St/West Street	9.25	10.25	11.00
West Street/Marine Parade	9.26	12.50	
Heene Rd/Heene Terrace	9.28	10.44	11.00
Heene Rd/Brunswick Rd	9.29	10.45	11.00
Heene Rd/Bath Rd	9.29	10.45	11.00
Rowlands Rd/Ivy Pl	9.29	10.32	11.00
Rowlands Rd/Manor Rd	9.29	10.33	11.00
Rowlands Rd/private rd	9.29	10.35	11.00

Rowlands Rd/St Valerie Rd	9.30	10.36	11.00
Rowlands Rd/Grand Avenue	9.30	10.38	11.00
Grand Avenue/Bath Rd	9.30	10.40	11.00
Bath Rd/St Valerie Rd	9.31	10.40	11.00
Bath Rd/Private Rd 1		10.41	11.00
Bath Rd/Seaview Rd		10.42	11.00
Bath Rd/Private Rd 2		10.42	11.00
Bath Rd/Manor Rd		10.43	11.00
Bath Rd/Ariadne Rd		10.44	11.00
Heene Rd/Abbey Rd	9.32	10.45	11.00
George V Avenue/Eirene Rd	9.37	12.12	12.30
Eirene Rd/Eirene Ave	9.37	12.11	12.30
Eirene Rd/The Waterfront	9.37	12.11	12.30
Eirene Rd/Sea Pl	9.37	12.10	12.30
Marine Cres/Alinora Cres	9.37	12.08	12.30
Marine Cres/Beachside close	9.38	12.07	12.30
Marine Cres/Marine Cres car park	9.38	12.06	12.30
Marine Cres/Seafield Avenue	9.38	12.05	12.30
Marine Cres/Patricia Avenue	9.38	12.04	12.30
Marine Cres/Alinora Avenue	9.38	12.03	12.30
Marine Cres/St Johns Avenue	9.41	12.02	12.30
Marine Cres/Fairview Avenue	9.41	12.02	12.30
Marine Cres/Banstead Close	9.41	12.01	12.30
Marine Cres/Alinora Crescent	9.41	12.01	12.30
Marine Cres/Sea Ln	9.42	12.00	12.30
Marine Drive/Chelwood Ave	9.43	11.57	12.30
Marine Drive/Petworth Ave	9.43	11.55	12.30
Marine Drive/Arlington Avenue	9.44	11.54	12.30
Arlington Avenue/Roundabout East	9.45	11.22	11.30
Arlington Avenue/Roundabout West	9.45	11.33	11.30
Arlington Avenue/Amberley Drive East	9.46	11.25	11.30
Arlington Avenue/Amberley Drive West	9.46	11.32	11.30
Arlington Avenue/roundabout 2	9.48	11.29	11.30
Arlington Avenue/Ashurst Drive	9.48	11.29	11.30
Marine Drive/Withdean Ave	9.49	11.49	12.30
Marine Drive/Aldsworth Ave	9.49	11.48	12.30
Marine Drive/dead end road	9.51	11.47	12.30
Dead End Rd/Amberley Dr	9.51	11.38	12.30
Amberley drive LEFT	9.51	11.41	12.30
Amberley Drive/Marine Drive	9.54	11.45	12.30
George V Avenue to W Parade west side	10.02	12.15	12.30
opposite Queen's Rd - esplanade	10.06	12.50	13.00
Crossing into lido facility	10.06	12.50	13.00
Finish Line	10.06	12.50	13.00