

Regal relay legs and estimated times

Leg No.	Changeover location	GR	Time	km		Leg time	Cum. Time
1	Buriton Church	740 200	08:00	5.5	H	00:37	00:37:57
2	Harting Hill	791 181	08:37	3.5	M	00:22	01:00:00
3	Buriton Farm	820 178	08:52	7.0	M	00:44	01:44:06
4	Hill Barn	875 167	09:34	9.0	M	00:56	02:40:48
5	Littleton Farm	951 145	10:21	9.5	M	00:59	03:40:39
6	Houghton Lane	017 118	11:04	6.0	H	00:41	04:22:03
7	Springhead Hill	069 124	11:36	5.5	E	00:30	04:52:51
8	A24 south Washington	121 120	12:05	6.0	M	00:37	05:30:39
9	Steyning Bowl	162 095	12:37	4.5	E	00:25	05:55:51
10	A283 south Bramber	197 095	13:00	6.5	H	00:44	06:40:42
11	Devil's Dyke road	258 107	13:39	4.5	M	00:28	07:09:03
12	Pyecombe church	292 126	14:03	5.0	H	00:34	07:43:33
13	Ditchling Beacon	333 130	14:34	8.0	E	00:44	08:28:21
14	Housedean Farm	368 093	15:14	9.0	M	00:56	09:25:03
15	Rodmell	418 058	16:26	7.5	H	00:51	10:16:48
16	Firle Beacon CP	468 058	17:00	6.5	E	00:36	10:53:12
17	Alfriston	518 030	17:51	6.0	M	00:37	11:31:00
18	Jevington church	562 525	18:21	4.5	H	00:31	12:02:03
	Eastbourne Golf Club	585 986					

John Harvey Tavern, Lewes 19:00 H 00:06:54 11 min/mile
M 00:06:18 10 min/mile
E 00:05:36 9 min/mile

Teams: 3-18 members (or just join in on the day)

Start: Buriton church, 8am

Finish: Eastbourne Golf Club ~ 6:20pm

After party: John Harvey Tavern pub, Lewes from 7pm.