

## Tuff Fitty Triathlon Club Corona Classic Virtual 21km

Start/Finish point – Arundel: Lido carpark entrance east side of the road.

- Head north and turn right after crossing the River Arun Bridge towards Swanbourne Lake with the museum on your right and castle on your left
- Run down to Swanbourne Lake and turn in along the small walking path
- Run to the far end of the lake and take a sharp left to the big gate (be sure not jump over the first style in the left corner)
- Follow the track for a short way until you reach the left hair pin at Crawfords Hill of doom
- Climb the hill until you reach the gate at the top of Crawfords Hill and treeline, which is the turn around point - do not enter the woods or climb over any styles here
- Enjoy the view from here and the joyful descent back to the hair pin, turn right and go back through the gate you came through and carry straight on towards Swanbourne Lake café
- Exit the lake near the café turning left and continue running down toward the Black Rabbit Pub
- Follow the road as it bends round to the left up a slight hill to the T-junction top and fork left along the road
- The road will bend slightly to the left and then go round to the right at the large horse topped gateposts (do not go through these, keep them to your left)
- Keep running down to South Stoke and follow the road as it forks left
- At the end of this road there is a gate in front of you and a dusty track to the right; this is your turn around point



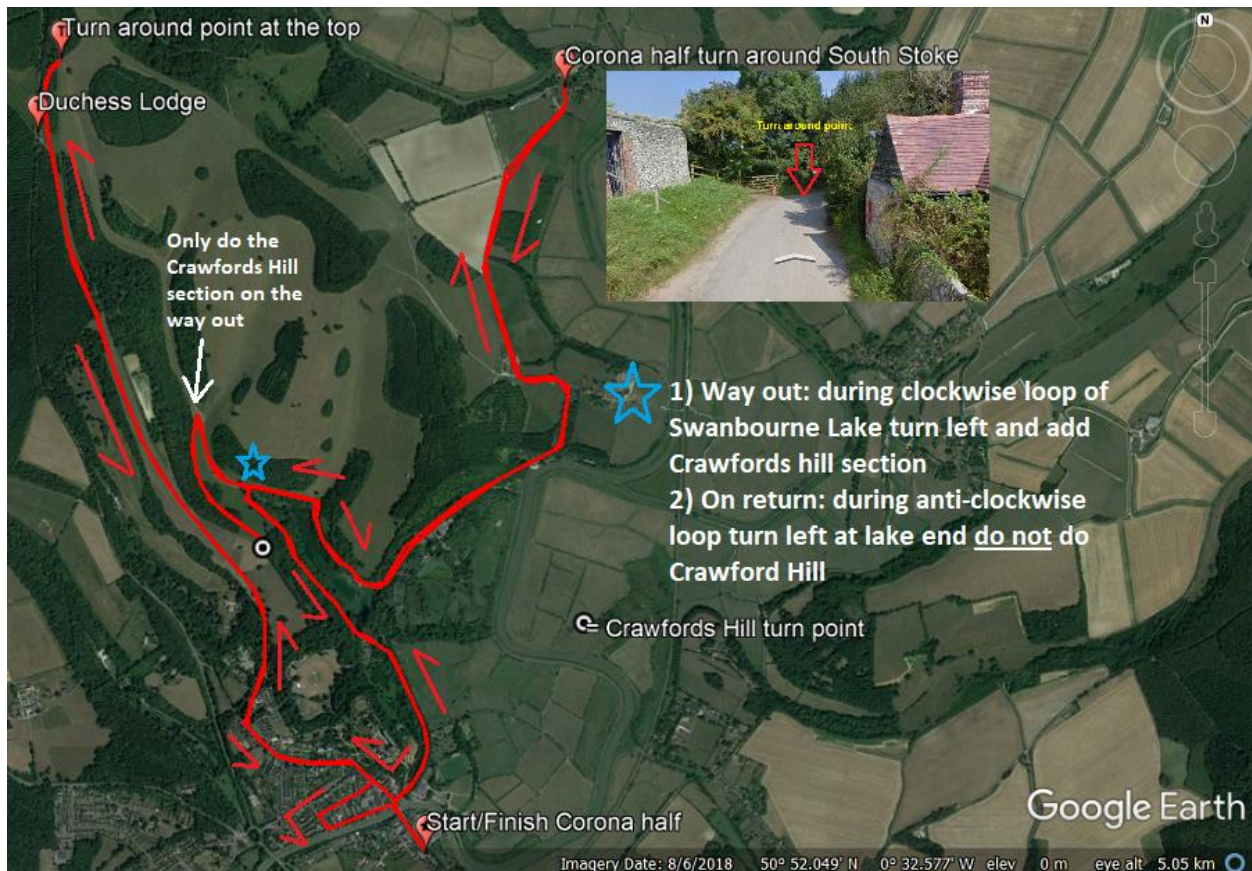
- Turn around 180 degrees at the gate/dusty track and retrace your tracks to Swanbourne Lake
- At Swanbourne Lake enter near the café and complete one anti-clockwise loop around the lake sticking to the main path (do not repeat the Crawfords Hill section)

- Exit the lake via the small path onto the main road, turn right and head back towards Arundel using the path as soon as you can
- When you get back to the roundabout next to the bridge (on the left) and post office (on the right) turn right and safely cross the road
- Run up the High Street hill following the road (but stick to the pavement) to the top
- Follow the road round to the left turning a very slight right to take London Road
- If you stay on the right side of London Road the large stone wall will be to your right shoulder as you pass the cathedral (on your left)
- Keep going along the pavement and turn right into the cathedral grounds opposite the school - be sure not to take the short cut across the grass
- Follow the red sign on your left that reads "All cricket traffic" and "Fire service access"
- Keep to the main through road until you arrive at a red gated area and a "Dead slow" sign; go through the gate (with the gate house to your right) and continue up the hill
- Pass Hiorne tower which should be on your right (and take your mind off the hill for a moment)
- Follow the road up past the Duchess lodge which forks to the left, carry on to the very very top where it slowly drifts to the right
- Approximately 400m pas the Duchess Lodge fork there will be a gate on your right to fields and a grassy area; this is your turn around point





- Turn around 180 degrees at the gate and retrace your tracks all the way back down the hill
- Head back down the way you came and breathe a sigh of relief as you look forward to over 3k's of descent back to London Road by the school
- Turn left, keep the stone wall to your left, cathedral to your right
- As you reach the top of the High Street and the beautiful castle gate turn right and go down the hill until Tarrant Street on your right – opposite the Norfolk Arms on your left
- Crossing the road safely run down Tarrant Street (the entrance will have the Motte and Bailey café on your left and a green windowed Italian restaurant on your right)
- Follow Tarrant Street until you come to a crossroads where the Kings arms will be across the way to your right, take a left at these crossroads down Arun Road
- Follow Arun Road down to the bottom and turn left again on to River Road (caution it is narrow)
- Follow River Road back into town with Arundel Brewery on your right
- When you make it back to the Post Office roundabout turn right over the bridge and run back down to the Lido car park – your finish point!
- Jump with joy, cry in pain and bag that time, or come back another day to try again!? Would you?
- Submit your time (and distance) via the Tuff Fitty Facebook group or email [clive.harvey@tinyworld.co.uk](mailto:clive.harvey@tinyworld.co.uk)



Time/Record your run with any gadget you have; GPS watch, phone, handheld tracker... we would be happy to consider an honest stopwatch time too so that everyone can be included. If needed socially distance and time each other.

Your time will be saved and calculated against the Masters timing calculation to be entered into the leader board. But don't worry – everyone's a winner!

Good luck, have fun, be safe on the road section please and also take extra care on any loose sections around the lake.

Please be considerate of other path/area users and bring your own water/refreshments/fuel as these are unmarshalled routes.