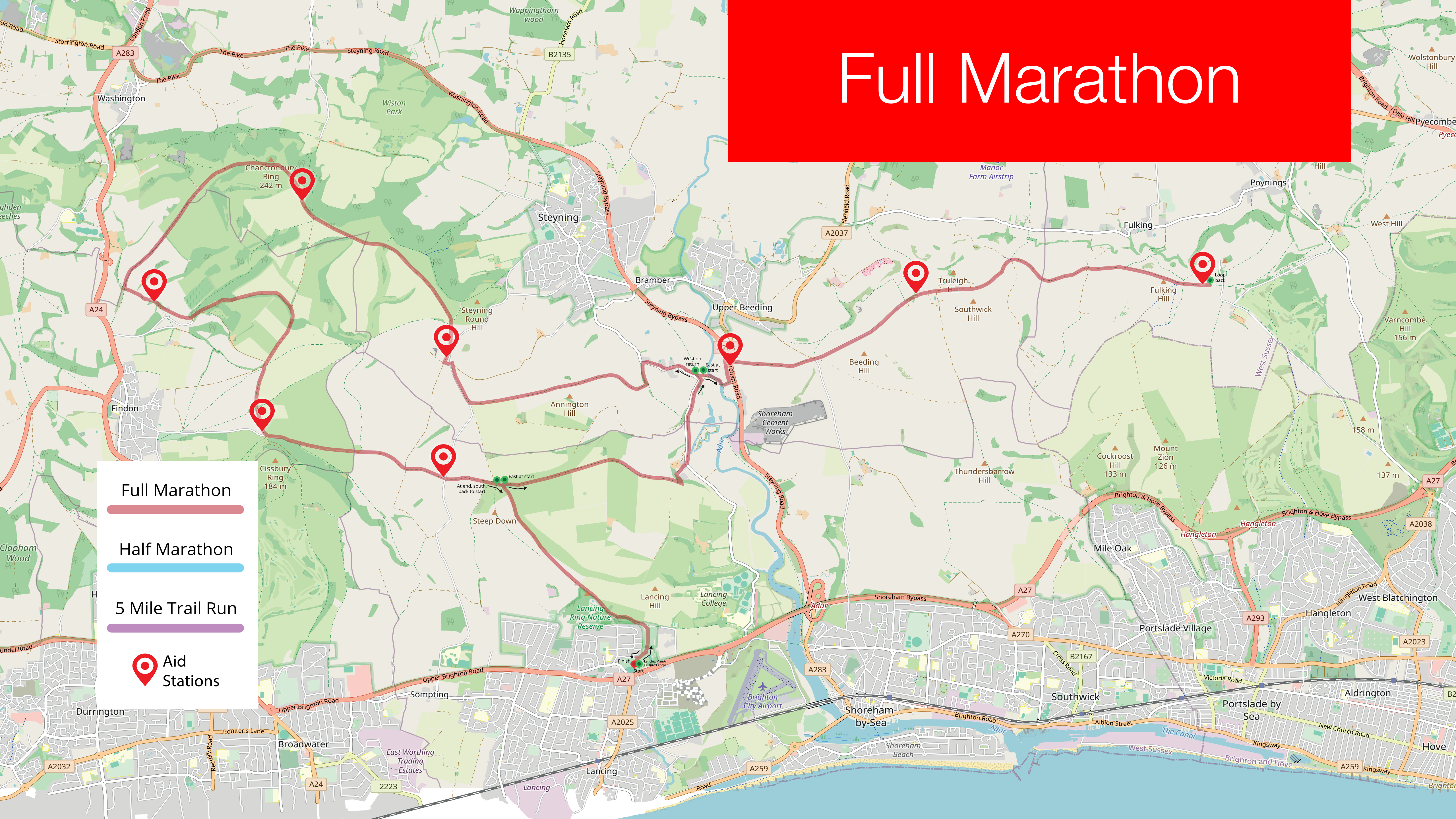


Full Marathon



Full Marathon

Half Marathon

5 Mile Trail Run

 Aid Stations

Full Marathon

Half Marathon

5 Mile Trail Run

 Aid Stations

Full Marathon

Half Marathon

5 Mile Trail Run

 Aid Stations

Full Marathon

Half Marathon

5 Mile Trail Run

 Aid Stations

Half Marathon

Full Marathon

Half Marathon

5 Mile Trail Run

Aid Stations

The map displays three running routes starting and finishing at the Lancing Manor Leisure Centre in Lancing. The Full Marathon route (pink) is a loop around the Steyning and Shoreham area. The Half Marathon route (blue) is a shorter loop. The 5 Mile Trail Run route (purple) is a trail run through the Lancing Ring Nature Reserve. Aid stations are marked with red location pins along the routes. The map also shows various roads, including the A283, A27, and A2037, and landmarks such as Steyning, Shoreham-by-Sea, and Brighton City Airport.

5 Mile Trail Run

Full Marathon

Half Marathon

5 Mile Trail Run

