

100 Miles in 8 / 10 Hours Sunday 18th
September 2011
Start 09.00 from Kingskerswell Arch

1. Over Haldon Hills.

TL from start and go down Main Street
R/B 1st exit Xrds TR
TL (SP Decoy Ind Estate)
R/B 2nd exit Tlts TL
Tlts SO and go to RH lane marked TOWN
Continue pass Rail Station
TR (SP Other Routes)
R/B 2nd exit (SP Ashburton)
R/B 1st exit (SP Ashburton)
R/B 2nd exit (SP Bovey Tracey)
TR (SP Teigngrace)
Tlts TL
Continue along B3193 for 3 miles through
Clay Works and over D/C
TL (SP Teign Valley)
After Quarry workings TR (SP TRUSHAM)
Continue through village and climb to
top of hill. TJ TL (SP EXETER)
Steep descent (CARE) through
DUNCHIDEOCK to bottom of hill.
At start of climb
TR (SP CLAPHAM).
TJ TL (SP SHILLINGFORD)

2. The Flat, Twisty Bit.

Cross D/C to double R/B TL
R/B 1st exit (SP Taunton)
Tlts TR and TL (SP EXWICK)
Tlts TL (SP EXWICK). SO at all Tlts
Continue to R/B 2nd exit (no SP)
TJ TL (SP Crediton A377)
At 2nd road on right
TR into Langford Road (SP LANGFORD)
Xrds TL (SP Newton St Cyres)
TJ TL (SP CREDITON)
TJ TL (SP CREDITON)
On left hand bend TR (SP Sandford)
Xrds SO (SP Yeoford)
TJ TR (SP Barnstaple A377)

3. The A377

Continue along the A377 for 11 miles
Through COPPLESTONE, MORCHARD
ROAD, LAPFORD (Refreshments available
at Garage on right) to EGGESFORD.
TL (SP WEMBWORTHY) crossing Railway
Lines and River
TR (SP WEMBWORTHY) and climb hill
(Refreshments available at the Lymington
Arms Pub on right at Lym Cross)
Continue to WINKLEIGH
At WINKLEIGH SO (SP MONKOAKHAMPTON)

4. The Lumpy Section

Continue into/through WINKLEIGH
On right hand bend go SO into Hatherleigh Road (SP All Through Routes)
Continue through INGLEIGH GREEN to MONKOAKHAMPTON.
TJ TL (SP MONKOAKHAMPTON)
In village TR (SP HATHERLEIGH) and climb to Monument.
Decend into HATHERLEIGH to TJ TL
R/B 1st exit (SP Okehampton)
On right hand bend TL onto B3216 (SP Winkleigh). Through JACOBSTOWE and continue to EXBOURNE.
At Exbourne Cross TR onto B3217 (SP BRIGHTLEY)
Continue on this road to OKEHAMPTON

Abbreviations;-

TL/TR=Turn Left/Right. SO= Straight On.

SP =Sign Post.

TJ=T Junction.

Tlts=Traffic Lights. DC=Dual Carriageway.

Xrds=Cross Roads.

R/B=Roundabout.

FL/FR = Fork Left/Right.

5. Running for Home

In OKEHAMPTON TL into Link Road
R/B 2nd exit (SP Other Routes)
Tlts TL (SP Other Routes)
Over D/C through STICKLEPATH to WHIDDON DOWN
R/B 1st exit (SP Exeter)
Through village, TL (SP Exeter)
Over D/C TL (SP CROCKENWELL)
Continue through CROCKENWELL to CHERITON BISHOP
TR beside Old Thatch Inn [SP DUNSFORD]
TJ TR into DUNSFORD
TL opposite Royal Oak Pub (no SP)
TJ TL (SP Exeter)
TR (SP Christow)
Continue down Teign Valley to TJ
TR (SP Chudleigh Knighton)
Continue over D/C and through Clay Works & SO at Tlts to TJ TR
R/B 2nd exit (SP NEWTON ABBOT)
R/B 2ND exit.
Continue past Racecourse & Tesco to R/B 1st exit. Continue down the Avenue keeping left at War Memorial
Finish is 200 yards on left at THE RAILWAY INN. by the Rail Station