

Spring Handicap: Sunday 3rd June Finish Time 12.00 Noon

The start and finish of this year's Spring(ish) handicap is the Toilets / Beach Huts at Meon Shore.

The Handicap is open to all members of the club, the length of the course is nearly 10k, okay just over its approx 6.5miles and of various terrain.

The usual rules apply, which means you can start running or walking anytime you like but you can't use a watch or any other means of time keeping!

With the winner being the person who crosses the winning line nearest to 12 noon.

This is an event that all members of the club can participate on an equal basis, start running anytime you like, just aim to be at the finish at 12pm.

There are parts that would get muddy if we have any wet weather. Any issues/queries please get in touch with [Simon Gibbon](#)

Start by the Toilets on Meon Shore.

Cross the road and take to canal path towards Titchfield, go through the gate.

After about half a mile go left over the bridge.

Follow the track up the incline and continue straight ahead for about a mile towards Titchfield.

When the main path bends to the right, keep going straight ahead on the grassy path towards a stile.

Go over the stile, cross the small road (slightly right) then over a second stile into the field (careful of the horses).

Follow the tree line on your left and keep following it as it turns to the left until you reach a stile in the corner which takes you onto Posbrook Lane.

Go over the stile, cross the road and head away from Titchfield.

Turn right into Great Posbrook Farm; go through the gate,

Up the slight incline then left at the 'grey pump feature' and continue through the field past a series of white tyres.

Continue straight until you reach the hedge then turn right and follow the hedge line until you come to a gate.

Go through the gate and turn right on Brownwich Lane, continue for about 300 yards or so until just before some shacks then go left over a small boardwalk and down a marked footpath.

Follow the path down through a wooded area, over a much larger boardwalk then up onto the Chilling path.

Turn left and follow the path to Chilling field and continue straight on until you arrive on the beach.

Turn left and go over one of the wooden bridges, follow the path along the beach edge then go up onto the cliff path.

Continue straight ahead until the path splits into three, turn sharp left here (90°) and follow the path away from the sea.

At the end of the path go over the stile and turn right, continue around the edge of the field until it dips down sharply. At the bottom of the dip turn left, Meon Shore road will be in front of you.

Turn right and follow the small road down to the beach.

Once on the beach turn left and sprint to the **finish by the Toilets.**