

- **Start**  
Start and finish area.
- 1 **The Sloosh**  
A giant mud puddle.
- 2 **The Drop**  
You need to 'go down' for this 1.5m drop.
- 3 **The Dunker**  
You will get dunked!
- 4 **The Pipe**  
You can't smoke it just go over it.
- 5 **The Quarry**  
Climb your way to success.
- 6 **The Dip**  
Soggy dip in the ground.
- 7 **The Tiring**  
These wheels won't help you get around.
- 8 **The Zig Zag**  
Agility is the key. Stay in focus.
- 9 **The Grim Roper**  
Kiss the dirt.
- 10 **The Hump**  
Don't get humped.
- 11 **The Backwash**  
It's official. You are allowed to backwash.
- **Finish**  
Congratulations you are a S.O.Dasher!

1 lap: 5km

2 laps: 10km



Ardingly Showground

SELSFIELD ROAD

B2028

**THE SUSSEX OBSTACLE DASH**