

## Cambridge Diss'd Clare 200

### 1 Cambridge city centre to Barrow 36km

Get a receipt from Cambridge city centre – cafés, ATMs, etc.; use the same at the end, or close by

From NatWest Bank, L opposite John Lewis head up Emmanuel St (the bus station) and bear R then imm L @ RBT no \$

Thru rising bollards CARE! and R @ RBT no \$ 7.5T

SO @ all TLs and RBTs to Cambridge Airport \$ NEWMARKET A1134 becomes A1303

SO @ RBT after P+R and runway approach 5.3

L \$ Stow cum Quy NCN51, through underpass then R 6.6

Follow NCN \$ Bottisham A1303 and rejoin road or cont on shared path

Cont A1303 to Newmarket (SO @ 1x RBT)

fold second

In Newmarket R @ TL no \$ opp Memorial Hall [The Avenue] 21.1

L ON RHB eff SO in Ashley \$ DALHAM 27.3

Soon R on LHB eff SO \$ DALHAM

Descend to R @ T (GT) \$ DALHAM 29.6

Cross bridge in Dalham and bear sharp R then imm L \$ BARROW

L @ X in Barrow \$ Higham 36.3

### CONTROL Barrow 36km

Chippy and Premier on LHS in 50m, Costcutter 150m

### 2 Barrow to Diss 49km

R from Premier to imm SO @ X by memorial \$ Bury St Edmunds

Soon L on RHB \$ RISBY [Sharpe's Hill]

Soon R @ T \$ RISBY

Cross railway & A14 then R @ T \$ All Routes 3.7

After weighbridge L \$ RISBY, Saxham 5.0

SO @ STGX in Flempton \$ WEST STOW

L @ T \$ INGHAM and thru West Stow

R @ T eff SO, soon L on RHB \$ INGHAM 12.8

SO \$ X by The Cadogan PH in Ingham \$ AMPTON, GT LIVERMERE 14.8

In 1km L @ T \$ 7.5T & thru Ampton

R @ T (GT) \$ LIVERMERE

L @ T in Gt Livermere \$ TROSTON 20.0

R @ T \$ HONINGTON

SO @ X in Honington \$ SAPISTON, NCN13 24.8

Thru Sapiston to Barningham where ...

R @ X imm SO @ STGX (R, L) \$ HEPWORTH 31.1

In 1.5km L @ [x] \$ Market Weston 32.7

1st R \$ Thelnetham [Beck St] 33.3

R @ T \$ Thelnetham 35.5

2nd R \$ Hinderclay 36.6

R @ T imm L on RHB eff SO \$ Redgrave 37.8

Soon L @ T eff SO \$ DISS

SO @ X over B1113 \$ DISS [Fen St]

L @ T and over bridge \$ DISS 47.9

R @ T imm L @ mrbt \$ Town centre

R after zebra xing \$ Town centre

**CONTROL Diss 85km 48.8**

Shops, cafés, ATMs

**3 Diss to Debenham 22km**

Continue thru town to R @ T (market, more shops) opp church

Imm bear L on RHB into market square  
!CARE pedestrians!

L @ T *imm* SO @ RBT no \$ (A1066)

SO @ 2x mrbt (Shell garage on LHS) and under railway *then ...*

R \$ Bury St Edmunds B1077 (by 'Roy Humphrey Vargas') 1.9

SO @ RBT \$ STUSTON B1077 and thru Stuston

R @ T in Brome, *imm* L \$ EYE, still B1077

Thru Eye and bear R \$ DEBENHAM, OCCOLD, still B1077

L on RHB in Occold \$ Bedingfield [*Church St*]11.1

fold second

*Thru Occold, Dublin, Bedingfield St to Kenton where ...*

R \$ DEBENHAM after thatched cottage on RHS [*Church Ln*] 18.0

L @ T \$ DEBENHAM (B1077 again)

**CONTROL Debenham 107km 21.8**

*Co-op on RHS behind Abbots (ATM – check receipt!), Vanilla café on LHS, other shops*

**4 Debenham to Elmswell 23km**

Cont on main rd to R into Gracechurch St \$ WC, cycle route

R on LHB \$ MICKFIELD and thru Mickfield 3.1

SO @ STGX (R, L) \$ MENDLESHAM GN 6.7

In 2km 1st R \$ MENDLESHAM GN 8.8

Thru Mendlesham Gn to L @ STGX \$ OLD NEWTON

R @ T (GT) \$ OLD NEWTON (\$ missing) 11.9

In Old Newton, SO @ X by Shoulder of Mutton PH \$ HAUGHLEY [*Station Rd*] 16.2

In Haughley, R @ T \$ WETHERDEN, BURY ST EDMUNDS 18.6

Soon L @ GT by PO \$ WETHERDEN, ELMSWELL

*Haughley Castle (moat) on RHS after church*

L @ T in Wetherden \$ Elmswell

Soon R @ X opp The Maypole PH no \$ 21.0

In Elmswell, R @ [x] \$ Library [*Cooks Rd*] 22.9

R @ T no \$ [*New Rd*] and *imm ...*

**CONTROL Elmswell 130km 23.4**

*Co-op, PO on RHS, station on LHS; L opp Co-op for fire station (a brave PoP!) and chippy*

**5 Elmswell to Clare 40km**

L from Co-op (to partly retrace) then SO @ X  
\$ BORLEY GN [Warren Ln]

L @ T imm R \$ Buxhall [Warren Ln]

Over A14 to Borley Gn where ...

L @ T (GT) eff SO \$ Buxhall 3.1

In 2km R on LHB by GT \$ RATTLESDEN 5.2

*Thru Rattlesden and Felsham to Cockfield  
where ...*

L @ gn / cricket pitch \$ Lavenham 15.3

R @ T \$ Bury St Edmunds A1141 18.0

2nd L \$ WINDSOR GREEN

L @ T \$ Sudbury (A134)

1st R \$ LAWSHALL 21.0

In 2km sharp L \$ Shimpling 22.8

L @ T (GT) \$ STANSTEAD 25.6

fold second

R @ T in Stanstead \$ Boxted 30.7

Soon 1st L \$ GLEMSFORD (B1065)

In Glemsford pass school on RHS then ...

R on LHB by gn with village \$ opp The  
Cherry Tree PH 33.1

R @ T in Cavendish no \$ (A1092) 35.7

Cont on A1092 to Clare where ...

Bear sharp L by The Bell PH to ...

**CONTROL Clare 170km 40.1**

*Co-op, ATM, pubs, cafés*

**6 Clare to Cambridge 41km**

Return to The Bell PH and L on RHB no \$ ???  
[Church St] – church on LHS shortly

L on RHB eff SO in Chilton St \$ KEDINGTON2.6

L on RHB \$ KEDINGTON 3.9

In Kedington R @ T no \$ 8.8

SO @ stgd X (R & L) over A143 \$ GT  
WRATTING B1061

In Gt Wrattling L on RHB by church  
\$ WITHERSFIELD 11.0

In Withersfield L @ T \$ Horseheath

Soon R \$ CAMBRIDGE opp village  
\$ [Church St]

Soon R opp Balham's PH (*formerly The White  
Horse Inn*) \$ West Wrattling

In 3km L @ [x] \$ WEST WICKHAM 18.7

In West Wickham R @ T \$ BALSHAM

fold first

In Balsham L @ T eff SO 24.0

*Excellent pubs in Balsham; shops too*

Descend to Fulbourn where ...

SO @ 2x mrbt \$ CAMBRIDGE 33.3

*Optional cycle path on RHS after Fulbourn*

Bear L @ RBT (1E) \$ CAMBRIDGE,  
Trumpington 35.6

SO @ TL \$ City Centre

SO @ RBT no \$ [Cherry Hinton Rd]

SO @ 2x TL to ...

R @ TL \$ City centre [Hills Rd] and over  
railway bridge 39.0

SO @ all TLs to City Centre

**ARRIVÉE Cambridge 211km 40.9**

*Shops, cafés, ATMs; be sure to lock your bike  
securely! Get a receipt from the same place you  
got your first one, or very close by*

**Key****Distances measured from start of each stage**

R, L, RHS, LHB—*Right, Left, Right/Left-hand side/bend*

SO—*Straight on* @—*At*

thru—*Through* cont—*Continue*

opp—*opposite* IMM—*Immediately*

T—*T-junction* GT—*Green Triangle* gn—*Green*

X—*Crossroads (give way)* STGX—*Staggered X*

[x]—*Crossroads (in your favour, easy to miss)*

RBT (3E)—*Roundabout, third exit* mrbt—*Mini RBT*

TL—*Traffic lights*

\$ London—*Sign to London*

\$ ARKESDEN—*Sign to and go to/through Arkesden*

[Moorfield Rd]—*Signed street name*

NCN51—*National Cycle Network route 51*

LC—*Level crossing*

xing—*Crossing* pedx—*Pedestrian crossing*

PH—*Public house* PB—*Post box* TB—*Telephone box*

NSL—*National Speed Limit sign*

fold first

fold second

**Organised by Nick Wilkinson, 07500 787785.**

This AUK permanent event can be ridden in either direction starting at any control. If you wish to start at a point between controls, please check with organiser first.

**You must notify the organiser of your intent to start before you set off.**

Write shop names and control times on brevet and send with receipts/proofs of passage to:

Nick Wilkinson  
42 Dodford Lane  
Girton  
Cambridge  
CB3 0QE

*nick@camaudax.uk*

This event is run under the governance of Audax UK and is undertaken as a private excursion on public roads. Remember: this route is advisory.