

Cambridge Diss'd Clare 200

1 Cambridge city centre to Barrow 36km

i 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 "bus gate" then 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

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

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

Cont A1303 to Newmarket (SO @ 1× RBT)

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In Newmarket R @ TL ASHLEY opp Memorial Hall [*The Avenue*]

L on RH-bend eff SO in Ashley \$ DALHAM

Soon R on LH-bend eff SO \$ DALHAM

Descend to R @ T (GT) \$ DALHAM

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

L @ X in Barrow \$ Higham

CONTROL Barrow 36km

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



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
1 Church Path
Saffron Walden
CB10 1JP

nick@camaudax.uk

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

For more audax events around Cambridge, visit our website at www.camaudax.uk.

(updated 14 June 2021 10:01 am)

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Key to symbols and abbreviations

Distances in kilometres 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 JCN—Junction

\$ Bottisham—Sign to Bottisham

\$ NEWMARKET—Sign to and go to/thru Newmarket

[*The Avenue*]
—Signed street name

NCN51—National Cycle Network route 51 (blue signs)

PH—Public house pedx—Pedestrian crossing

i — information or note

More here: www.camaudax.uk/audax/routesheet **ca**

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*]

R @ T \$ RISBY

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

After disused weighbridge, L \$ RISBY

SO @ STGX in Flempton \$ WEST STOW

L @ T \$ INGHAM and thru West Stow

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

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

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

R @ T (GT) \$ LIVERMERE

L @ T in Gt Livermere \$ TROSTON

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R @ T \$ HONINGTON

SO @ X in Honington \$ SAPISTON, NCN13

Thru Sapiston to Barningham where ...

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

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

1st R \$ Thelnetham [*Beck St*]

R @ T \$ Thelnetham

2nd R \$ Hinderclay

R @ T IMM L on RHB eff SO \$ Redgrave

Soon L @ T eff SO \$ DISS

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

L @ T and over bridge \$ DISS

R @ T IMM L @ mrbt \$ Town centre

R after zebra xing \$ Town centre

CONTROL Diss 85km

i 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 LH-side) and
under railway then ...

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

SO @ RBT \$ STUSTON B1077 and thru Stuston

R @ T in Brome, IMM L **no sign?** (used to be
B1077)

L @ T \$ EYE, B1077 (again)

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

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

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

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

L @ T \$ DEBENHAM (B1077 again)

CONTROL Debenham 107km

*i Co-op on RHS behind Abbots (ATM – check
receipt!), Deben Coffee House 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

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

In 2km 1st R \$ MENDLESHAM GN

Thru Mendlesham Gn to L @ STGX \$ OLD
NEWTON

R @ T (GT) \$ OLD NEWTON

In Old Newton, SO @ X by Mandarin
\$ HAUGHLEY [Station Rd]

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

Soon L @ GT by PO \$ WETHERDEN, ELMSWELL

i Haughley Castle (moat) on RHS after church

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L @ T in Wetherden \$ ELMSWELL

Soon R @ X opp The Maypole PH \$ ELMSWELL

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

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

CONTROL Elmswell 130km

*i 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

In 2km R on LHB by GT \$ RATTLESDEN

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

L @ gn / cricket pitch \$ Lavenham

R @ T \$ Bury St Edmunds A1141

2nd L \$ WINDSOR GREEN

L @ T \$ Sudbury (A134)

1st R \$ LAWSHALL

In 2km sharp L \$ Shimpling

L @ T (GT) \$ STANSTEAD

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R @ T in Stanstead \$ Boxted

Soon 1st L \$ GLEMSFORD (B1065)

In Glemsford pass school on RHS then ...

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

R @ T in Cavendish no \$ (A1092)

Cont on A1092 to Clare where ...

Bear sharp L by The Bell PH to ...

CONTROL Clare 170km

i 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 \$ KEDINGTON

L on RHB \$ KEDINGTON

In Kedington **R @ T** no \$

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

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

In Withersfield **L @ T** \$ Horseheath

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

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

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

In West Wickham **R @ T** \$ BALSHAM

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In Balsham **L @ T eff SO**

i Excellent pubs in Balsham; shops too

Descend to Fulbourn where ...

SO @ 2x mrbt \$ CAMBRIDGE

i Optional cycle path on RHS after Fulbourn

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

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SO @ TL \$ City Centre

SO @ RBT no \$ [Cherry Hinton Rd]

SO @ 2x TL to ...

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

SO @ all TLs to City Centre

ARRIVÉE Cambridge 211km

*i 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*