

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

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 @ 1x RBT)

fold second

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

L ON RHB eff SO in Ashley \$ DALHAM

Soon R on LHB 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

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

After weighbridge L \$ RISBY, Saxham

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

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

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')

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]

fold second

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

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
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 (\$ missing)

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

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

Soon L @ GT by PO \$ WETHERDEN, ELMSWELL

Haughley Castle (moat) on RHS after church

fold first

L @ T in Wetherden \$ Elmswell

Soon R @ X opp The Maypole PH no \$

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

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

CONTROL Elmswell 130km

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

fold second

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

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

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

In West Wickham R @ T \$ BALSHAM

fold first

In Balsham L @ T eff SO

Excellent pubs in Balsham; shops too

Descend to Fulbourn where ...

SO @ 2x mrbt \$ CAMBRIDGE

Optional cycle path on RHS after Fulbourn

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

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

*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.