

# The Cambridge Spring Dash 100

16 March 2019 – 110km – 3h02 to 8h05

## 1 Cambridge to Meesden 44km

L from *départ* in Girton towards Cambridge

SO @ mrbt no \$ then L @ T \$ CAMBRIDGE 1.7

*i Excellent, smooth cycle lane on LHS :)*

SO @ all TLs to descend *Castle Hill* to ...

SO @ TL, SO @ mrbt, thru restriction to R @ T/X  
opp Round Church no \$ [*St John's St*] 4.3

SO thru bollards by Gt St Mary's Church

*i King's College & Chapel on RHS*

L @ T eff SO [*Trumpington Rd*]

SO @ double-mrbt \$ Ring Road, Haverhill 5.9

SO @ TL \$ Ring Road

*i Bus & cycle lane on LHS for 1.2km*

SO @ TL \$ TRUMPINGTON

*i Rubbish cycle lane on LHS :(*

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SO @ TL, past Shell Garage on RHS then ...

L @ TL \$ THE SHELFORDS 9.1

Soon SO @ TL \$ THE SHELFORDS

In 2km R \$ WHITTLESFORD [*High St*] 11.9

In Little Shelford, bear sharp L 13.2

*Thru Whittlesford to ...*

SO @ STGX (R+L) \$ DUXFORD [*Moorfield Rd*]  
CARE BUSY! 18.7

*Cont thru Duxford to Ickleton where ...*

R on LHB/[x] in Ickleton's 20 zone, \$ ELMDON,  
and climb *Grange Rd* 23.0

In Elmdon R @ T (GT) \$ HEYDON 28.0

L @ T then R on LHB \$ HEYDON 29.7

*Thru Heydon to Gt Chishill, highest point in  
Cams, where ...*

SO @ X \$ BARKWAY [*May St*] 33.1

In 2km L \$ NUTHAMPSTEAD 35.4

In Nuthampstead, R @ T IMM L \$ MEESDEN

L @ T in Anstey \$ MEESDEN 41.0

*Cont to Meesden where Village Hall is on LH-  
side, opp phone box on the green*

CONTROL Meesden Village Hall 43.8

## 2 Meesden to Withersfield 35km

L from control and in 500m L on RHB by GT, PB  
\$ LANGLEY 0.6

In Langley cross ford to L @ T IMM R by *The Bull  
PH* \$ LANGLEY UPPER GREEN 2.9

In Langley Upper Green L by bus shelter  
\$ DUDDENHOE END, cross cricket pitch

In 2km 1st R into Duddenhoe End 6.5

L @ T \$ Wenden

R @ T soon L \$ LITTLEBURY GRN \$ missing? 8.5

Thru Littlebury Gn to R @ X \$ AUDLEY END

Under M11, railway to L @ T \$ Gt Chesterford

Soon R \$ SAFFRON WALDEN TOWN CTR

3 *i Ignore R turn and go ahead 50m for a fine view*

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*of Audley End House! Then return to junction*

SO @ 3x mrbt in Saffron Walden to ...

R @ TL \$ Haverhill 16.5

*i Bicicletta 'coffee con velo' café on LHS by pedx*

Bear L @ mrbt and climb to R @ mrbt  
\$ ASHDON

Cont SO to Ashdon where R \$ The Camps 24.1

R @ T \$ Castle Camps \$ missing? 26.8

In 1.5km 1st L \$ SHUDY CAMPS

L @ T \$ Mill Gn, Horseheath 29.9

R @ T \$ Haverhill A1307 CARE BUSY! 32.0

In 1.2km L on RHB \$ WITHERSFIELD 33.2

Soon *The White Horse Inn* PH on RHS

CONTROL *The White Horse Inn, Withersfield*  
80km 34.9

*i The White Horse PH, open for coffee, beer and  
lunch*

**3 Withersfield to Girton 31km**L from PH IMM R \$ West Wrattling [*Skippers Lane*]

In 3km L @ [stgx] \$ WEST WICKHAM 3.3

R @ T \$ BALSHAM in West Wickham 5.7

*Cont to Balsham where ...*

L @ T eff SO \$ FULBOURN 8.6

*i Enjoy the long descent(s) to Fulbourn where ...*SO @ double-mrbt no \$ [*Cambridge Rd*] 18.0

L @ RBT eff SO \$ CAMBRIDGE 20.2

SO @ TL \$ CITY CENTRE

SO @ RBT no \$ [*Cherry Hinton Rd*] into 20 zone

SO @ 2x TL to ...

R @ TL no \$ [*Hills Rd*] and over bridge 23.6

SO @ 3x TLs, thru restriction to city centre

*i CARE PEDESTRIANS! Please take your time thru the city centre — shoppers and tourists are not expecting quick cyclists!*

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SO @ TL by *John Lewis* then bear R by *Lloyds Bank* 25.7

Bear R to L @ T \$ no left turn 'except cycles'

L @ TL to SO @ TL then bear R into 1-way

IMM SO on RHB/[x] \$ Ped Zone [*Bridge St*] then SO thru restriction and mrbt to ...SO @ TL and climb *Castle Hill* to ... 26.7

SO @ double-TL

SO @ TL by *Travellers Rest PH*

R \$ GIRTON after BP, soon SO @ mrbt 29.2

*Cont to the recreation ground on RH-side*ARRIVÉE *Girton Pavilion* 110km 31.0*i Fill in and sign your brevet before handing it in with any receipts***Organised by Nick Wilkinson, 07500 787785.**

This Audax UK event takes place on Saturday 16 March 2019, starting at 9:00am.

Control opening and closing times are shown on the brevet.

If you decide to abandon the ride, please let us know by text or phone on 07500 787785, so that we don't have to wait for you to 'not arrive'!

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](http://www.camaudax.uk).**

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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

\$ *Histon*—Sign to *Haverhil*\$ *ELMDON*—Sign to and go to/through *Elmdon*[*St John's St*]*—Signed street name*

NCN12—National Cycle Network route 12 (blue signs)

PH—Public house pedx—Pedestrian crossing

*i* — information or noteMore here: [www.camaudax.uk/audax/routesheet](http://www.camaudax.uk/audax/routesheet) **ca**