

Sunday 8th September

0900

Allenbury Sport and Social Club Harris's Lane, Ware SG12 0DJ

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Abbreviations and conventions used in the route description:

R Right at	Effec Effectively	HILTON Uppercase type - place go through
L Left at	imm Immediately	[B1040] Square brackets – road you go along
SO Straight on	TfL Traffic Lights	(A6) Round brackets – road you cross
\$ Signpost	RaB Roundabout	
T T junction	mRaB Mini roundabout	
X Crossroad	Rlwy Railway	
STGX Staggered Crossroad	▲ Grass triangle	

In general stay on the road your on ie not crossing any junction markers unless an instruction tells you.

So you may pass side turnings off your current road without an instruction to keep straight on.

Note the distance to next instruction as a help. Change computer settings to KM.

Section 1 HQ Rushden 23.4km

	At	Next After
L from Allenburys Harris's Lane	0.0	0.2
R X Park Road	0.2	0.4
2nd exit RaB [B1001] effec SO	0.6	0.1
1st exit RaB \$Cambridge [A1170]	0.7	0.3
Cont uphill WADESMILL Road [A1170]	1	1.0
1st exit RaB	2	0.6
1st exit RaB Effec SO Cambridge rd	2.6	1.2
after chicane SO mRaB uphill to HIGHCROSS	3.8	1.6
after HIGHCROSS L Pest House Lane	5.4	1.2
L T	6.6	2.9
R T \$ Gt Mundham then imm L T no \$ towards HAULTWICK	9.5	4.0
L ▲ \$ ARDELEY	13.5	6.3
RT \$ CROMER [B1037]	19.8	0.6
LT effec SO \$ Baldock & Cromer heath rd	20.4	1.8
LT blue cycle route\$ [A507]	22.2	0.2
SO leaving A507 no junction marks Care!	22.4	1.0
L at Bus Shelter/mill end plants CONTROL	23.4	0.0
Section 2 Rushden St Neots		
L from Control	23.4	6.0
SO (A505) \$ ASHWELL CARE!	29.4	3.5

LT \$ Ashwell Station	32.9	0.4
LT \$ Guilden Steeple Morderns	33.3	0.4
LT \$ EYEWORTH Dunton	33.7	6.6
RT \$ EYEWORTH	40.3	0.6
LT \$ Sutton Sutton Road	40.9	2.7
RX \$ POTTON	43.6	1.8
L Imm R eff SO \$gamlingay (B1040)	45.4	0.5
LT \$ gamlingay (B1040)	45.9	0.3
LT \$ Town centre B1040	46.2	0.2
RT \$ Everton eff SO	46.4	0.1
RT \$ Everton eff SO	46.5	0.4
RT Eff SO	46.9	0.4
RT \$ WOODBURY Potton Rd The Heath	47.3	1.8
SO X \$ Waresely Drove Rd	49.1	1.8
LX \$ ST NEOTS	50.9	7.0
LT \$ ST NEOTS [B1046]	57.9	1.4
LT \$ Cambridge A428	59.3	0.2
4th exit RaB Barford Rd \$ EYNESBURY [B1043]	59.5	0.6
2nd exit mRaB eff SO Berkeley St [B1043]	60.1	0.4
2nd exit mRaB eff SO St Marys st [B1043]	60.5	0.3
RT Church [B1043]	60.8	0.2
LX High Street FREE CONTROL	61	0.7
SECTION 3 St Neots Turvey		
2nd exit RaB \$ EATON FORD [B1428]	61.7	0.2
1st exit mRab	61.9	0.4
2nd exit mRaB Eff SO	62.3	0.4
1st exit RaB \$B1428 Eaton Socon Great North Rd	62.7	0.3
2nd exit mRaB Eff SO	63	0.1
Soon R mRab \$ BUSHMEAD Bush Mead Rd	63.1	6.0
SO X BOLNHURST	69.1	2.7
LT \$ THURLEIGH B660	71.8	1.0
RT \$ THURLEIGH	72.8	6.1
RT \$ Bletsoe Riseley SHARNBROOK	78.9	2.7
2nd exit RaB \$ODEL SHARNBROOK	81.6	1.4
Bear L ▲ \$ SHARNBROOK ODELL	83	0.8
LT \$ ODEL country park Church Lane	83.8	3.6
1st exit RaB eff SO	87.4	1.5

LT \$ HAROLD country park	88.9	1.8
R X \$ TURVEY The Causeway	90.7	4.3
RT \$ A428 Northampton INFO CONTROL	95	0.2
SECTION 5 Turvey Cranfield		
at A428 RT imm LT \$ NEWTON BLOSSOMVILLE	95.2	2.4
LT \$ ASTWOOD	97.6	3.2
LT	100.8	2.5
LT \$ A422 Bedford	103.3	0.1
Soon RT \$ CRANFIELD	103.4	0.2
RT Cranfield Rd	103.6	3.6
LT \$ CRANFIELD Bourne End road	107.2	1.6
LT (INFO CONTROL to R) imm 1st exit mRaB \$ Wooton Bedford Crane Way	108.8	0.3
SECTION 6 Cranfield Kimpton		
LT \$ Wooton Bedford Bedford Rd	109.1	1.7
RT \$ MARSTON MORETAINE	110.8	1.7
3rd exit RaB \$ MARSTON MORETAINE	112.5	0.1
2nd exit eff SO RaB \$ MARSTON MORETAINE	112.6	0.1
2nd exit eff SO RaB \$ MARSTON MORETAINE	112.7	0.5
LT \$ Lidlington	113.2	0.1
R mRaB \$ Lidlington	113.3	0.8
LT \$ MILBROOK	114.1	2.7
RT \$ Ampthill	116.8	1.0
2nd exit RaB eff SO \$ Steppingley	117.8	2.5
2nd exit RaB eff SO \$ FLITWICK	120.3	1.5
1st exit RaB \$ Ampthill [A5120]	121.8	0.1
Soon 3rd exit RaB Imm LT by war memorial Kings rd	121.9	1.4
LT \$ Flitton High St	123.3	0.9
RT Pulloxhill Rd (\$ rh side in hedge)	124.2	4.1
RT \$ BARTON (A6) cycle path available	128.3	0.6
2nd exit RaB Eff SO \$ Hitchin B655	128.9	0.3
1st exit RaB	129.2	0.7

Bear LT \$ one-way	129.9	0.1
L T rejoin [B655]	130	2.6
in Hexton RT X \$ LILLEY	132.6	10.0
SO X \$ WHITWELL	142.6	3.9
RT [B651] KIMPTON Hornhill	146.5	0.7
RT \$ THE HOLT	147.2	2.4
LT \$chilterns cycleway	149.6	0.1
Soon LT \$KIMPTON	149.7	0.9
BUDGENS INFO CONTROL	150.6	0.0
Section 5 Kimpton Ware		
LT High Street	150.6	3.7
Bear Left ▲ Sharp bend \$CODICOTE	154.3	1.0
RT \$Welwyn [B656]	155.3	0.7
LT ▲ \$ RABLEY HEATH	156	2.2
Bear R ▲ \$Potters Heath	158.2	0.4
LT \$ Knebworth	158.6	0.6
RT \$WOOLMER GREEN Wych Elm Lane	159.2	1.2
RT [B197]	160.4	0.3
LT \$Datchworth Mardleybury Road	160.7	0.4
RT ▲ \$Tewin Whitehorse Lane	161.1	0.8
LT ▲ Coltsfoot Lane	161.9	1.1
RT Bramfield Road	163	6.4
RT [A119] \$HERTFORD North Road	169.4	0.5
1st exit RaB Effec SO North rd	169.9	0.0
IMM 2nd exit mRab Effec SO	169.9	0.5
CENTRE	170.4	0.5
SO (slight right) TL over bridge	170.9	0.2
\$cycle route CARE!	171.1	0.1
Cont EFF SO until L Market Street becoming Railway street	171.2	0.2
RT EFF SO	171.4	0.1
1st exit mRab \$Hertford East Station Railway Street	171.5	0.2
2nd exit mRab EFF SO cycle route	171.7	0.3
L Talbot Street blue cycle route Tamworth Rd Rowley Street until	172	0.9
leave cycle route L Cromwell Road	172.9	0.2
LT Ware Road [A119]	173.1	2.0

LT over level crossing Amwell end	175.1	0.2
LT Eff SO across river	175.3	0.1
Soon 1st exit mRab \$Superstore High Street	175.4	0.3
L opp war memorial Priory Street	175.7	0.7
L into HQ	176.4	