

# Heart of Anglia

## Route Sheet

If you are not going to complete your ride, you must notify the finish control on 07722 621436. Otherwise we will be concerned.

Abbreviations used in route sheet	
L	Left
R	Right
SO	Straight on
T	T Junction
X	Cross Roads
RAB	Roundabout
MRAB	Mini Roundabout
Δ	Green Triangle
TL	Traffic Lights
SP	Sign Post
imm	immediately
eff	effectively
alt	alternative
opp	opposite
CAPITALS indicate places the route passes through.	
<i>Italics</i> indicate road names	

0	L from START	
2.2	R on LH bend SP MICKFIELD	2.2
5.8	R & L to cross A140 SP Stowupland <b>CARE</b>	3.6
9.5	L @ T SP Stowupland	3.7
10.8	R @ T eff SO SP Ipswich, imm R <i>Rendall Lane</i>	1.3
13.2	SO @ X No SP <i>School Road</i>	2.4
13.8	L @ T SP HAUGHLEY 3 <i>Church Road</i>	0.6
15.0	SO @ X SP HAUGHLEY 1	1.2
17.4	R @ T SP WETHERDEN 1¼	2.4
17.6	L (fork) SP WETHERDEN 1 opp King's Head PH	0.2
19.5	L @ T SP ELMSWELL	1.9
19.8	R @ X SP ELMSWELL	0.3
22.9	3rd exit RAB SP Norton <b>CARE</b>	3.1
24.4	2nd L SP TOSTOCK	1.5
25.9	L @ T SP Route 51, imm R SP <i>Route 51 Hollow Lane</i>	1.5
28.5	L @ T No SP	2.6
28.9	R @ T SP Gt Barton 3¼	0.4
29.7	L SP BURY ST EDMUNDS 4	0.8
31.5	Note cycleway alt on R	1.8
32.0	Note cycleway alt crosses to L strongly recommended	0.5
33.6	SO @ RAB SP BURY ST EDMUNDS	1.6

34.7	SO @ RAB SP Not suitable for HGVs <i>Mount Road</i>	1.1
35.7	L @ T No SP	1.0
36.5	SO @ TL No SP	0.8
36.8	R after Athenaeum No SP easily missed. <i>Churchgate Street</i>	0.3
37.1	R @ T SP Route 51 Town centre	0.3
37.3	L on cycleway imm before T <b>CARE</b>	0.2
37.3	L @ T to rejoin road	0.0
37.4	R on LH bend (eff R @ T) <i>St Andrews Street South</i> <b>CARE</b> PEDESTRIAN ZONE	0.1
37.6	L @ T <i>Risbygate Street</i> OR for cafes shops and McDonalds R into pedestrian zone and retrace to return	0.2
37.9	SO @ RAB SP Newmarket & West Suffolk College	0.3
38.5	SO @ MRAB SP Newmarket	0.6
39.2	SO @ TL	0.7
40.4	3rd exit RAB SP Brandon, soon ...	1.2
40.9	L SP RISBY	0.5
44.2	R @ T No SP, imm L SP (twisted) CAVENHAM 3	3.3
46.2	R @ T SP CAVENHAM 1¾	2.0
	<b>CARE</b> at next instruction. (If not using this route, make sure your A11 crossing point is safe)	

55.4	R imm before A11 to join cycleway on splitter island	9.2
55.4	Use cycleway to cross both A11 carriageways	0.0
55.5	Continue on cycleway to its end, then SO & imm R @ T passing to R of Bull PH <i>The Street</i> OR for service station (0.1k) or McDonalds (0.3k), follow the track to the R and retrace to return	0.1
56.5	CONTROL on L @ Village Hall Answer the question on the Brevet Card	1.0

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56.5	Continue from CONTROL	
57.4	L @ T SP Ely	0.9
59.6	R SP ISLEHAM 6½	2.2
61.4	L @ Δ SP Fordham, imm R SP ISLEHAM 2	1.8
64.5	L @ T SP Ely 10, soon R after church SP Prickwillow 6	3.1
74.4	L @ T SP Ely 4	9.9
77.2	<b>CARE AT OBLIQUE LEVEL CROSSING</b> Soon .....	2.8
77.3	R SP LITTLEPORT <i>Padnal Bank</i>	0.1

82.4	1st L SP LITTLEPORT to cross river <i>Victoria St</i>	5.1
83.3	L eff SO <i>Main Street</i>	0.9
83.3	CONTROL at shop here or walk through no entry to small coffee shop or other shops, cafe and Coop (0.1k). Obtain a receipt showing DATE, TIME, PLACE.	0.0
83.3	Retrace to L @ T <i>Granby St</i>	0.0
83.4	R @ MRB No SP <i>Wellington St becoming Station Rd</i>	0.1
84.2	<b>CARE AT OBLIQUE LEVEL CROSSING</b>	0.8
84.7	R @ T SP A10 Downham Mkt & imm L SP BLACK HORSE DROVE 2¾ <i>Ten Mile Bank</i>	0.5
95.7	CONTROL @ TL Answer the question on the Brevet Card	11.0
95.7	R @ TL SP SOUTHERY <i>Modney Bridge Road</i>	0.0
97.0	<b>CARE R @ T SP</b> A10 Ely	1.3
98.2	Next L SP Southery ¾ <i>B1386 Lynn Road</i>	1.2
99.6	L SP FELTWELL <i>B1160 Feltwell Road</i> Easily missed	1.4
110.2	L to enter one-way system SP Through Traffic	10.6
110.6	CONTROL @ T Answer the question on the Brevet Card	0.4

110.6	L @ T eff SO No SP into one way St <i>The Beck</i> OR for shop (0.1k) R and its on the R @ T retrace to return	0.0
111.0	L @ T SP Methwold 4	0.4
114.6	L @ Δ SP Methwold 2½, imm R SP Cranwich Heath 2	3.6
116.2	L @ X No SP	1.6
117.8	SO @ X SP Nortwold	1.6
119.8	SO @ A134 X SP FOULDEN 2½	2.0
123.5	R on LH bend SP Hilborough	3.7
124.3	L @ X SP COCKLEY CLEY	0.8
130.0	R @ X <i>Swaffham Road</i>	5.7
134.8	R SP TOWN CENTRE <i>Haspalls Road</i>	4.8
135.2	L @ T No SP	0.4
135.3	1st exit MRAB eff SO	0.1
135.7	1st exit MRAB eff SO No SP <i>Market Place</i>	0.4
135.8	CONTROL @ Swaffham Cafe on R. Get a receipt or your brevet card stamped by the controller.	0.1

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135.9	Retrace to 2nd exit MRAB No SP eff SO <i>London St</i>	0.1
136.3	2nd exit MRAB eff SO	0.4
136.5	L SP SOUTH PICKENHAM	0.2
149.7	1st exit RAB SP Watton	13.2
150.2	Shortly R imm after <b>2nd</b> pedestrian crossing SP Route 13 <i>George Trollope Road</i> easily missed	0.5
150.3	L @ T SP Route 13 Thetford	0.1
150.4	R SP Route 13 <i>East Road</i>	0.1
150.7	R @ T <i>Merton Road</i>	0.3
152.6	CONTROL on R @ thatched round shelter. Answer the question on the Brevet Card	1.9

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152.6	Continue from Control, Route 13	
153.3	R @ X No SP towards THOMPSON	0.7
157.8	R @ T no SP	4.5
	TAKE <b>CARE</b> OF TRAFFIC ON THIS SECTION	
159.2	L SP E Harling 6 NOT the minor road imm before	1.4
162.4	L SP (twisted) Old Buckenham	3.2
165.8	R No SP Easily missed imm after river bridge	3.4

166.0	R @ Δ No SP, imm L No SP	0.2
167.7	1st exit both RABs eff SO SP Harling Rd Ind	1.7
168.7	L on RH bend eff SO SP No Through Road <i>Heath Road</i>	1.0
169.1	Cross railway on foot <b>CARE</b> , then L No SP	0.4
169.6	R @ X SP QUIDENHAM 1½	0.5
173.2	L <i>Quidenham Road</i>	3.6
173.7	SO @ X <i>West Church Street</i>	0.5
178.1	Soon after 'Airfield' turning on sharp RH bend, L <i>Wood Lane</i> easily missed	4.4
178.9	SO @ X <i>Kenninghall Road</i>	0.8
180.1	R @ T SP Roydon 2	1.2
182.2	L @ T SP Roydon 1	2.1
182.7	R SP S. Lopham 4	0.5
183.3	L @ T No SP <b>CARE</b> imm R SP WORTHAM 3	0.6
184.3	L @ T SP Palgrave 2¼	1.0
184.5	Next R No SP	0.2
185.6	R @ T SP MELLIS 3	1.1
186.2	L @ Δ SP MELLIS 3	0.6
187.8	L @ T SP Diss, imm R SP MELLIS 2	1.6
191.5	R after level crossing SP THORNHAM 2½ <i>Earlsford Road</i>	3.7
193.1	R @ T SP THORNHAM MAGNA ¾	1.6

194.9	R @ Δ SP THORNHAM MAGNA ½	1.8
196.3	L @ X SP THORNDON 3	1.4
197.1	SO @ A140 X <b>CARE</b> SP DEBENHAM 7	0.8
201.1	R @ T eff SO SP DEBENHAM 5	4.0
208.9	R SP LEISURE CENTRE <i>Gracechurch Street</i>	7.8
209.8	L into ARRIVEE	0.9



Well done ! 🙌