

1. START at Lee Valley Youth Hostel				
Bear Right, over railway crossing, Left into Station car park				
0.2	Left from car park	Windmill Ln	no sign	0.2
0.8	Left : T, imm 2nd exit : O	College Rd	no sign	1.0
0.6	SO : TL (X A10)	urban	no sign	1.6
	Ahead thro double mini-O	urban	no sign	
1.0	2nd exit : O	B156	Tumford	2.6
0.3	2nd exit : O	B156	Flamstead End	2.9
0.4	2nd exit : O, then imm Right	lane	Park Lane	3.3
0.3	SO : mini-O	lane	no sign	3.6
2.7	Left : T	lane	WORMLEY WE	6.3
1.4	Left : T	lane	BRICKENDON	7.7
0.6	Right	Pembridge Ln	Hertford	8.3
1.9	BRICKENDON, Right : T	Brickendon Ln	HERTFORD	10.2
4.0	HERTFORD, Right : T	urban	no sign	14.2
0.3	3rd exit : O	B158	Town Centre	14.5
0.7	3rd exit : O	urban	Town Centre	15.2
0.2	2nd exit : O (A414)	B158	Bengeo	15.4
0.4	Right : TL	B158	Bengeo	15.8
1.5	1st exit : O	Sacombe Rd	Sacombe	17.3
1.5	Bear Right (poor road markings)	lane	no sign	18.8
3.3	Left : T	A602	Stevenage	22.1
1.5	R on LH bend	lane	BENINGTON	23.6
Thro BENINGTON				
7.9	Right : T	lane	no sign	31.5
1.4	WALKERN, Right : T	B1037	Cottered	32.9
Thro CROMER				
3.1	Left on RH bend	Cromer Heath	Baldock	36.0
1.8	Left : T	A507	no sign	37.8
0.3	SO (road classification change)	lane	Local Traffic	38.1
6.9	SO (A505)	lane	ASHWELL	45.0
3.7	ASHWELL, Right : T	lane	ASHWELL SN	48.7
0.4	Left : T	Station Rd	MORDENS	49.1
Thro GUILDEN MORDEN				
5.0	Left : T	Potton Rd	Potton	54.1
3.4	SO : X	B1042	Potton	57.5
0.8	WRESTLING- WORTH, Left	B1042	POTTON	58.3
3.4	Right	B1040	Gamlingay	61.7
0.5	Left : T	B1040	Gamlingay	62.2
0.2	Right : T	B1040	GAMLINGAY	62.4
2.7	GAMLINGAY, R	Honey Hill	Hatley	65.1
0.2	Right into CONTROL at Gamlingay Community Centre 65 km			

2. CONTROL at Gamlingay Community Centre				
Right from control into Stock Lane				0.0
0.4	Left : T	(B1040)	St Ives	0.4
0.3	Right : X	B1040	St Ives	0.7
0.1	Immediate Left	Cinques Rd	no sign	0.8
1.2	SO : X	lane	St Neots	2.0
6.9	Left : T	B1046	ST NEOTS	8.9
1.4	EYNESBURY/ St Neots, L : T	(A428)	Cambridge	10.3
0.3	4th exit : O	B1043	Barford Rd	10.6
0.9	2nd exit:mini-O	urban	no sign	11.5
0.3	2nd exit:mini-O	Berkley St	no sign	11.8
0.0	R : T (by church)	Brook St	no sign	11.8
0.3	L : TL	High Street	no sign	12.1
0.7	3rd exit : O	B1048	Higham Ferrers	12.8
1.3	2nd exit : O	B645	Higham Ferrers	14.1
10.8	KIMBOLTON, R	B660	CATWORTH	24.9
Through CATWORTH				
9.8	Right : T	B660	OLD WESTON	34.7
2.5	Right	B660	The Giddings	37.2
Through OLD WESTON, GREAT GIDDING				37.2
8.4	Left	lane	Elton	45.6
0.9	Right	lane	Elton	46.5
3.2	SO : X	Bullock Rd	Elton	49.7
6.3	Left : T	lane	ELTON	56.0
2.2	ELTON, Right	Wansford Rd	WANSFORD	58.2
6.1	WANSFORD, SO : X	Old North Rd	(A47) (A1)	64.3
0.4	3rd exit : O	A47	Peterborough	64.7
	2nd exit : O	A47	Peterborough	64.7
1.7	Left	lane	Ufford	66.4
0.8	Right	lane	Helpston	67.2
4.3	SO : X	lane	Helpston	71.5
2.4	Left : T (SO)	B1443	Bainton	73.9
0.9	after level crossing R on LH bend		no sign	74.8
3.1	W DEEPIG, SO : X (A16)	King Street	Bourne	77.9
5.3	Left : T	A15	Bourne	83.2
2.5	THURLBY,			85.7
	Left (X)	High Street	Manthorpe	
0.9	Right	Crown Lane	Lawrance Park	86.6
0.2	Right into CONTROL at Thurlby Church Primary School 152 km			

3. CONTROL at Thurlby Primary School

Right out of Control & left along Crown Lane			0.0
0.2 Right: T	lane		0.2
1.8 Right (on left hand bend)	lane	TOFT	2.0
1.1 TOFT, Left : T	A6121	Stamford	3.1
0.4 Right	lane	EDENHAM	3.5
4.1 Left : T (SO)	A151	Corby Glen	7.6
0.8 EDENHAM , Right (after church)	School Ln	Bulby	8.4
2.0 ELSTHORPE , R : T	lane	BULBY	10.4
3.3 Left : T	lane	IRNHAM	13.7
3.2 Right before Irnham sign	lane	Osgodby	16.9
3.7 INGOLDSBY , L : T	lane	Boothby Pagnell	20.6
0.8 R : on LH bend	lane	Ropsley	21.4
3.7 Left : T & thru ROPSLEY	lane	ROPSLEY	25.1
1.8 Right (after church)	lane	Oasby	26.9
2.2 SO : X (A52)	lane	Oasby	29.1
2.0 SO : X	lane	Ancaster	31.1
4.3 Right : T	B6403	ANCASTER	35.4
0.9 ANCASTER , L : TL	A153	Grantham	36.3
1.1 Right	Rookery Lane	SUDBROOK	37.4
3.4 CARLETON SCROOP , R : T	A607	NORMANTON	40.8
3.0 Left (on right hand bend)	High Street	CAYTHORPE Village	43.8
(pass Spar shop on left)			
0.8 Left: T	Church Lane		44.6
3.4 Right: T (opposite Karting centre)		Brant Broughton	48.0
3.7 Right : T & imm L (A17)	lane	BRANT BROUGHTON	51.7
10.5 Right : T		LINCOLN	62.2
6.2 Right: T at TLs	A1434	City Centre	68.4
Lincoln cycle centre on Right			68.4
1.3 SO: TLs	A15	City Centre	69.7
0.2 2nd exit: roundabout	South Park, A15	Humber Bridge	69.9
0.3 Cross to Right of road at pedestrian lights to join cycle path		Branston	70.2
0.1 Over bridge and rejoin road (South Park)			70.3
0.3 Left into CONTROL at Lincoln YH			70.6

CONTROL at Lincoln Youth Hostel 223 km**4. CONTROL at Lincoln Youth Hostel**

0.0 Right out of Control		Thorpe on Hill	0.0
0.4 Follow cycle path to join A15			0.4
0.2 1st exit : O	A46	Newark	0.6
0.3 Take middle cycle lane	A46	Newark	0.9
2.6 Right	B1190	Doddington	3.5
0.7 SO : X (traffic lights) & over level crossing			4.2
0.8 Left :TL	lane	Whisby	5.0
2.1 L & immediate Right (A46)	lane	Whisby	7.1
1.9 EAGLE MOOR , Right : X	lane	Swinethorpe	9.0
3.3 HARBY , L : T	lane	WIGSLEY	12.3
2.0 WIGSLEY , R	lane	Wigsley Village	14.3
1.8 SO : X & thro THORNEY	lane	Thorney	16.1
3.1 Left : T	A 57		19.2
DUNHAM ON TRENT , Right after 'White Swan'	Low Street	no sign	22.9
0.8 Right : T	Laneham Rd	Laneham	23.7
5.0 Treswell , Left	lane	Treswell	28.7
0.7 Left : T	lane	Leverton	29.4
0.1 Right	Leverton Rd	LEVERTON	29.5
NORTH LEVERTON , SO : X	Sturton Rd	STURTON	32.7
2.6 STURTON LE STEEPLE , R	Gainsborough Rd	West Burton	35.3
3.0 2nd exit : O	A620	Gainsb'rough	38.3
1.8 Cyclists' café on right, "Rosie's"			40.1
0.5 BECKINGHAM 2nd exit : O	lane	Beckingham	40.6
1.8 Right : T	A161	Goole	42.4
(through WALKERINGHAM, MISTERTON)			42.4
7.6 1.8k after Misterton, opposite NORTH LINCOLNSHIRE sign, Left on lane no sign			50.0
6.2 SO : X (B1396)	lane	SANDTOFT	56.2
9.0 SANDTOFT , 1st exit : O	Thorne Rd	Hatfield	65.2
3.1 Right (X)	lane	Elder House	68.3
1.6 Left : T	A18	Doncaster	69.9
0.2 soon Right	lane	no sign	70.1
4.7 R into CONTROL at Thorne Rugby Club 298 km			

5. CONTROL at Thorne Rugby Club

0.2	Exit grounds Left & Left (X)	lane	MOORENDS	0.2
0.9	MOORENDS , R:T	lane	Moorends	1.1
10.5	RAWCLIFFE , R:T	A614	Goole	11.6
2.3	2nd exit : O	A614	Goole	13.9
1.4	Glews Garage, L	lane	AIRMYN	15.3
	thru AIRMYN			
2.9	1st exit : O, BOOTHFERRY BR	A614	Howden	18.2
0.6	2nd exit : O	A614	Goole	18.8
1.2	L after petrol stn	Cycleway, use road		20
0.4	Right : T	Buttfield Rd		20.4
0.5	HOWDEN , SO : X	B1228	Bubwith	20.9
0.7	Thro town centre, Left	B1228	Bubwith	21.6
9.0	SO : X (A163)	B1228	Ellerton	30.6
9.8	Left : T	B1228	York	40.4
4.1	SUTTON ON DERWENT , R	lane	Newton	44.5
1.2	Left	lane	Newton	45.7
3.2	Right then Left (CARE traffic on A1079)	Wilberfoss	Stamford Br	48.9
0.4	WILBERFOSS , L	Storking Ln	Stamford Br	49.3
2.4	Left: T	lane	Stamford Br	51.7
4.3	STAMFORD BR , Right : T	urban	York	56
0.2	Left	A166	York	56.2
0.3	R after bridge	lane	Buttercrambe	56.5
1.0	Right : T	lane	no sign	57.5
0.4	Left	lane	Sand Hutton	57.9
2.5	SAND HUTTON , Right: T	lane	Claxton	60.4
0.3	Right: memorial	lane	Bossall	60.7
1.4	Right : T	lane	BOSSALL	62.1
1.6	BOSSALL , SO : X	lane	Howsham	63.7
2.2	Right : T	lane	Howsham	65.9
0.5	Left: T	lane	BARTON-LE- WILLOWS	66.4
1.9	BARTON LE WILLOWS , SO: X	lane	Castle Howard	68.3
1.5	SO: X (CARE traffic on A64)	lane	Slingsby	69.8
5.7	CASTLE HOWARD obelisk, SO	lane	SLINGSBY	75.5
4.8	SLINGSBY , L at X	B1257	Helmsley	80.3
3.2	HOVINGHAM	B1257		83.5
0.2	Follow signs to control on Right			

CONTROL at Hovingham Village Hall 381 km

6. CONTROL at Hovingham Village Hall

0.0	Leave Control, Left	B1257	-	0.0
0.1	Right	Park St	Coulton	0.1
6.8	SO : X with B1363	lane	YEARSLEY	6.9
1.7	YEARSLEY , R : X	lane	Coxwold	8.6
0.6	Left	lane	Coxwold	9.2
3.6	Right : T	lane	COXWOLD	12.8
4.3	COXWOLD , SO : X	lane	Thirsk	17.1
6.4	Right : T	A19	Thirsk	23.5
0.9	Left	lane	Sowerby	24.4
0.8	Right : T	lane	SOWERBY	25.2
3.9	SOWERBY , Right; Imm. L : mini-O	urban	Ripon	29.1
0.1	1st Right	lane	Newsham Rd	29.2
5.3	Right : T	A167	Northallerton	34.5
3.7	S OTTERINGTON , Left : X	lane	NEWBY WISKE	38.2
0.5	NEWBY WISKE , bear Right	lane	Warlaby	38.7
5.3	SO : X with A684	lane	YAFFORTH	44.0
2.5	YAFFORTH , 1st L:T	East Ln	East Lane	46.5
0.1	Yafforth , Left : T	B6271	Great Langton	46.6
13	Right : T	B1263	Cowtons	59.9
0.2	SCORTON onto 1-way village green	-	-	60.1
0.1	1st Exit Left	lane	MOULTON	60.2
4.2	MOULTON , 2nd R	lane	MIDDLETON TYAS	64.4
	MIDDLETON TYAS ,			
2.7	up hill, 2nd R (by village shop)	lane	Croft	67.1
0.2	Left : T	lane	Barton	67.3
2.6	Left : T	lane	Piercebridge	69.9
0.5	O under A1(M), 2nd Exit	B6275	Piercebridge	70.4
0.3	Left : T	lane	MELSONBY	70.7
1.8	MELSONBY , SO : X	lane	Winston	72.5
2.4	Right : T	B6274	FORCETT	74.9
3.5	FORCETT , R : T, Immediate Left	lane	Eppleby	78.4
0.7	Right : T	lane	EPPLEBY	79.1
0.5	EPPLEBY , Right into Control	-	-	79.6

CONTROL at Eppleby Village Hall 461 km

7. CONTROL at Eppleby Village Hall

0.0	Leave Eppleby Control, Left			0.0
0.5	SO at junction	lane	CALDWELL	0.5
1.4	CALDWELL, R : T	B6274	(no sign)	1.9
0.4	Left	lane	Hutton Magna	2.3
3.0	Right : T	lane	Ovington	5.3
0.8	Left	lane	Whorlton	6.1
2.5	Right but... care - wooden bridge	lane	WHORLTON	8.6
1.1	WHORLTON, Left	lane	BARNARD CASTLE	9.7
5.7	BARNARD CASTLE, Left : O	A67	Bowes	15.4
0.5	TL, over bridge, R	B6277	Middleton	15.9

via **LARTINGTON,**

Thro COTHERSTONE, ROMALDKIRK, MICKLETON to

16	MIDDLETON IN TEESDALE, Left : T	B6277	Alston	31.7
11	Right into Control	-	-	42.5

**OPTIONAL CONTROL at LANGDON BECK YH 503 km
NB You must control here or Alston**

0.0	Right out of control	B6277		0.0
10.9	Over summit of Yad Moss			10.9
14.7	ALSTON, (CARE steep cobbles)	(A689)	Brampton	25.6
0.2	Left into ALSTON YOUTH HOSTEL			25.8

**OPTIONAL CONTROL at Alston Youth Hostel 530 km
You must control here if you did not do so at Langdon Beck**

(NB Co-op here open 0800 to 2200)

8. CONTROL at ALSTON YOUTH HOSTEL

0	Left out of control and Left at main road			0
0.2	R : war memorial	A689	No sign	0.2
28.6	Right : T	A69	Hexham	28.8
	Imm. L : T (A69)	lane	Castle Carrock	
1.1	BRAMPTON, L : T	A6071	Town Centre	29.9
0.8	Right	A6071	Longtown	30.7
NB You may follow the hilly route below or the heavily trafficked A6071/Longtown/A7 to Canonbie				
4.7	Right	lane	HETHERSGILL	35.4
4.5	HETHERSGILL, SO at X	lane	Bewcastle	39.9
2.2	Left on RH bend	lane	Shankhill	42.1
4.6	Left : T	lane	Easton	46.7
0.1	Immediate Right	lane	No sign	46.8
3.8	Right : T	lane	No sign	50.6
0.8	Left : X	B6318	Penton	51.4
3.2	Left : T	B6357	CANONBIE	54.6
4.5	CANONBIE, Left into control			59.1

9. CONTROL at Canonbie Community Hall 588 km

	Right out of control	B6357	Newcastleton	
1.0	2nd Left : X	lane	No sign	1.0
2.6	CLAYGATE, SO	B6318	LANGHOLM	3.6
5.8	Right : T	A7	Hawick	9.4
Thru LANGHOLM				
1.6	Soon Left	B7068	ESKDALEMUIR	11.0
0.2	Road becomes	B709		11.2
Thru ESKDALEMUIR				
41.3	Left in Ettrick, imm after river bridge			52.5
0.7	CONTROL: Boston Hall (opp school)			53.2
0.7	Retrace to B709 where Left			53.9
5.4	Left	B709	Innerleithen	59.3
9.8	GORDON ARMS HOTEL, SO : X	B709	INNERLEITHEN	69.1
13.1	INNERLEITHEN, Right : T	A72	Galashiels	82.2
0.3	2nd Left	B709	Heriot	82.5
15.4	(thro snowgates)	B7007		97.9
9.8	Left : T	A7	Edinburgh	107.7
9.6	HARDENGREEN, 3rd exit : O	A6094	Eskbank	117.3
1.5	4th exit : O	B6392	Dalkeith	118.8
0.5	Left just after Condor Self Drive			119.3

CONTROL : Dalkeith Rugby Football Club 707 km

10. CONTROL at Dalkeith Rugby Football Club				
	Right out of control			0.0
0.5	2nd exit : O	B6392	Galashiels	0.5
1.5	HARDENGREEN, 1st exit : O	A7	Galashiels	2.0
9.6	Right	B7007/ B709	INNERLEITHEN	11.6
25.2	INNERLEITHEN, Right : T	A72	Peebles	36.8
0.3	Left	B709	Yarrow	37.1
13.1	GORDON ARMS HOTEL, SO : X	B709	Langholm	50.2
9.8	Right : T	B709	LANGHOLM	60.0
5.4	Right in Ettrick, imm before river bridge			65.4
0.7	CONTROL: Boston Hall (opp school)			66.3
0.7	Retrace to B709 where Right			67.0
Thru ESKDALEMUIR				
41.3	Right : T	A7	Carlisle	108.3
1.6	L:T (TL before bridge)	B6318	Pentonbridge	109.9
6.1	SO (ignore R signed Canonbie)	lane	No sign	116.0
2.3	Right : X	B6318	CANONBIE	118.3
1.0	Left into Control			119.3
11. CONTROL at Canonbie Community Hall 826 km				
	Right out of control	B6357	Newcastleton	
4.5	HARELAW, Right : X	B6318	Pentonbridge	4.5
3.2	Right : X	lane	Easton	7.7
0.8	Left	lane	No sign	8.5
3.7	Left : T	lane	No sign	12.2
0.1	Right	lane	Hethersgill	12.3
4.6	Right : T	lane	HETHERSGILL	16.9
2.2	HETHERSGILL, SO	lane	No sign	19.1
4.5	Left : T	A6071	BRAMPTON	23.6
4.7	BRAMPTON, Left : T		No sign	28.3
0.8	Right		Alston	29.1
1.1	Right, imm. Left (A69)	A689	ALSTON	30.2
28.6	ALSTON, Left : T	A686	Town Centre /Durham	58.8
0.2	(R to OPTIONAL CONTROL Alston YH 886 km)			
You may control/sleep Alston or Langdon Beck YH				

12. OPTIONAL CONTROL at Alston YH				
	Right out of control			
0.2	Right (up cobbles)		Nenthead	0.2
0.4	SO (Over Yad Moss)	B6277	Barnard Castle	0.6
24.6	After Langdon Beck pub & Church...			25.2
0.6	Left through gateway into ...			25.8
OPTIONAL CONTROL at Langdon Beck YH 912 km				
You must control here if you did not do so at Alston				
CONTROL at Langdon Beck Youth Hostel				
0.0	Left out of control	B6277	MIDDLETON IN TEESDALE	0.0
10.8	MIDDLETON IN TEESDALE, Right	B6277	Scotch Corner	10.8
Through MICKLETON, ROMALDKIRK, COTHERSTONE, LARTINGTON to				
15.8	STARTFORTH, L : TL, over bridge	A67	BARNARD CASTLE	26.6
0.5	BARNARD CASTLE, R : O	urban	The Bowes Museum	27.1
5.7	WHORLTON, R:T then ... care wooden bridge	lane	Scotch Corner	32.8
1.1	Left : T	lane	Ovington	33.9
2.5	Right : T	lane	Hutton Magna	36.4
0.8	Left : T	lane	CALDWELL	37.2
3.0	CALDWELL, R : T	B6274	Forcett	40.2
0.4	Left	lane	Eppleby	40.6
1.4	EPPLEBY, L : T	lane	EPPLEBY	42.0
0.5	EPPLEBY, Right into Control			42.5
CONTROL at Eppleby Village Hall 954 km				

13. CONTROL at Eppleby Village Hall				
0.0	Left out of Control,	village	-	0.0
0.5	Left : T	lane	Forcett	0.5
0.7	Bear Right, Immediate Left : T	B6274	Richmond	1.2
3.5	Left	lane	MELSONBY	4.7
2.4	MELSONBY, SO : X	lane	Barton	7.1
1.8	Right : T	B6275	Barton	8.9
0.3	O under A1(M), 2nd exit	lane	Barton	9.2
0.5	Right	lane	Middleton Tyas	9.7
2.6	MIDDLETON TYAS, 2nd Right (oneway)	lane	Moulton	12.3
0.1	Left : T	lane	MOULTON	12.4
2.7	MOULTON, Left : T	lane	SCORTON	15.1
4.2	SCORTON - onto one- way village green)	-	-	19.3
0.3	2nd exit Left	B6271	Northallerton	19.6
0.1	Left	B6271	Northallerton	19.7
13.3	YAFFORTH, 1st R	Howe Hill	Knowe Hill	33.0
0.1	YAFFORTH, R : T	lane	no sign	33.1
2.5	SO : X with A684	lane	NEWBY WISKE	35.6
5.3	NEWBY WISKE, bear Left	lane	South Otterington	40.9
0.5	S. OTTERINGTON, Right : X	A167	Topcliffe	41.4
3.7	Left	lane	Thirsk (Newsham Rd)	45.1
5.3	Left : T	A61		50.4
0.1	SOWERBY, R: mini-O, Imm Left	urban	Sowerby	50.5
3.9	Left	lane	Bagby	54.4
0.8	Right : T	A19	York	55.2
0.9	Left	lane	COXWOLD	56.1
6.4	COXWOLD, SO : X	lane	Oulston	62.5
4.3	Left	lane	Yearsley	66.8
3.6	Right : T	lane	YEARSLEY	70.4
0.6	YEARSLEY, Left :X	lane	Gilling	71.0
1.7	SO : X with B1363	lane	HOVINGHAM	72.7
6.8	HOVINGHAM, Left : T	B1257	Helmsley	79.5
0.1	Right into Hovingham Control			79.6
CONTROL at Hovingham Village Hall 1034 km				

14. CONTROL at Hovingham Village Hall				
0.0	Left out of Control	lane		0.0
3.4	SLINGSBY, Right : X	lane	York	3.4
10.5	SO : X Care across A64	lane	BARTON LE WILLOWS	13.9
1.5	BARTON LE WILLOWS, SO : X	lane	Howsham	15.4
2.2	Right	lane	Bossall	17.6
0.5	Left	lane	BOSSALL	18.1
1.9	BOSSALL, SO : X	lane	Claxton	20.0
1.7	Left	lane	Sand Hutton	21.7
1.4	Left : T	lane	Stamford Bridge	23.1
0.3	SAND HUTTON, Left	lane	Stamford Bridge	23.4
2.6	Right : T	lane	Stamford Bridge	26.0
0.3	Left	lane	STAMFORD BR	26.3
1.1	STAMFORD BRIDGE, Left : T	A 166	Bridlington	27.4
0.3	Right	lane	Fangfoss	27.7
0.1	Left	lane	Fangfoss	27.8
4.5	Right : T	lane	WILBERFOSS	32.3
2.5	WILBERFOSS, R : T	urban	York	34.8
0.3	Right & Left Care across A1079	lane	Sutton on Derwent	35.1
3.2	Right : T	lane	SUTTON ON DERWENT	38.3
1.2	SUTTON ON DERWENT, Left : T	B1228	Howden	39.5
4.3	R : Rossmoor Garage	B1228	Howden	43.8
9.8	SO : X (A163)	B1228	HOWDEN	53.6
9.0	HOWDEN, Right : T	A63	Selby	62.6
0.8	SO : X		Buttfield Rd	63.4
0.5	Left on Cycleway		No Entry	63.9
0.4	Right : T	A614	Goole	64.3
1.2	1st exit : O, over BOOTHFERRY BR	A614	Airmyn	65.5
0.7	3rd Exit : O	lane	Airmyn	66.2
2.9	Right : T	A614	Selby	69.1
1.4	1st exit: O	A614	RAWCLIFFE	70.5
2.3	RAWCLIFFE, Left	lane	Rawcliffe Bridge	72.8
10.5	MOORENDS, Left		Coulman St Industrial Estate	83.3
0.9	THORNE, Right : X	Church Balk		84.2
0.1	Right into ...			84.3
CONTROL at Thorne Rugby Club 1118 km				

15. CONTROL at Thorne Rugby Club				
0.0	Left out of control	Moor Edges Road		0.0
4.7	Left : T	A18	no sign	4.7
0.1	immediate Right	lane	Peat works	4.8
1.6	Left : X	lane	SANDTOFT	6.4
3.2	SANDTOFT , 4th exit : O	lane	Wroot	9.6
9.0	SO : X (B1396)	lane	no sign	18.6
	(after 1.5km follow road on sharp left bend)			
6.2	Right : T	A161	no sign	24.8
	through MISTERTON, WALKERINGHAM			
7.5	Left & through BECKINGHAM	lane	Village Only	32.3
1.8	2nd exit : O	A620	Retford	34.1
	through SAUNDBY (cafe on left)			
2.2	1st exit : O	lane	Leverton	36.3
3.0	STURTON LE STEEPLE , Left : T	lane	LEVERTON	39.3
2.6	NORTH LEVERTON , SO : X	South-gore Ln	Rampton	41.9
3.3	TRESWELL , Left : T	lane	Cottam	45.2
0.1	Right	Cocking Lane	Newark	45.3
0.7	Right : T	lane	DUNHAM	46.0
5.0	Left just after Dunham-on-Trent sign	lane	no sign	51.0
0.8	DUNHAM ON TRENT , Left : T	A57	Lincoln	51.8
3.7	R & thro THORNEY	lane	Thorney	55.5
3.1	SO : X	lane	WIGSLEY	58.6
1.8	WIGSLEY , Left : T	lane	no sign	60.4
2.0	HARBY , R on LH bend	Church Road	Swinethorpe	62.4
3.3	Left : X	lane	Whisby	65.7
4.0	L & immediate R (A46)	lane	N Hykeham	69.7
1.7	Right : TL	B1190	City Centre	71.4
1.6	Left : T	A 1434	Lincoln ?	73.0
2.6	Left	A 15	no sign	75.6
0.3	2nd exit : O	A 15	Humber Bridge	75.9
0.3	Cross at pedestrian lights to cycle route on Right		Branston	76.2
0.1	over bridge and rejoin road			76.3
0.3	Left into control			76.6
	CONTROL at Lincoln Youth Hostel 1195 km			

16. CONTROL at Lincoln Youth Hostel				
0.0	Right out of Control	lane	Thorpe on Hill	0.0
0.4	Cycle path to road	A15		0.4
0.3	Cycle lane for A46	A46	Newark	0.7
1.6	Left	Brant Rd		2.3
6.4	Left (after RH bend)	Broughton Lane	BRANT BROUGHTON	8.7
	Thro BRANT BROUGHTON	lane		
10.3	Right & Left over A17	lane	Stragglethorpe	19.0
3.7	Left opposite Karting circuit		CAYTHORPE	22.7
3.4	CAYTHORPE , Right (by church)	High St		26.1
	(pass Spar shop on R)			
0.8	Right : T	A607	Grantham	26.9
	Thro NORMANTON			
2.8	Left (on RH bend)	Sudbrook Road	Sudbrook	29.7
3.4	Left : T	A153	no sign	33.1
1.1	ANCASTER , Right : TL	B6403	Colsterworth	34.2
1.0	Left	lane	Heydour	35.2
4.3	SO : X	lane	Ropsley	39.5
1.9	SO : X (A52)	lane	ROPSLEY	41.4
2.3	Left : T	lane	Folkingham	43.7
	Through ROPSLEY			
1.8	Right : grass triangle	lane	INGOLDSBY	45.5
3.6	INGOLDSBY , Left : T	lane	Main Street	49.1
0.9	Right	lane	Osgodby	50.0
3.7	IRNHAM , Left : T	lane	Kirby Underwood	53.7
0.3	Right	lane	BULBY	54.0
3.0	Right at T in BULBY	lane	ELSTHORPE	57.0
3.3	ELSTHORPE , Left	lane	EDENHAM	60.3
2.0	EDENHAM , Left : T	A151	Bourne	62.3
0.9	Right (on LH bend)	lane	Lound	63.2
4.1	TOFT , Left	A6121	Bourne	67.3
0.3	Right on LH bend	lane	Thurlby	67.6
1.2	Left : T (SO)	lane	THURLBY	68.8
1.6	THURLBY , Left	Crown Lane	Lawrence Park	70.4
0.2	Right into control			70.6
	CONTROL at Church Primary School 1265 km			

17. CONTROL at Thurlby Primary School				
0.0	L out of control	Crown St		0.0
0.2	Left : T	High Street		0.2
0.9	Right	A15		1.1
2.5	Right	King St		3.6
5.3	W. DEEPING, SO : X (A16)	lane	no sign	8.9
3.1	Left (SO) after level Xing	B1443	no sign	12.0
0.8	Right (SO)	lane	Helpston	12.8
2.4	SO : X	lane	no sign	15.2
4.3	Left : T	lane	Wansford	19.5
0.8	Right : T	A47	Leicester	20.3
1.4	1st exit : O	A47	Leicester	21.7
0.3	1st exit : O	A6118	WANSFORD	22.0
0.4	WANSFORD, SO : X	Bridge End	ELTON	22.4
6.1	ELTON, L : T	lane	Chesterton	28.5
2.2	Right	Bullock Rd	Great Gidding	30.7
6.3	SO : X	Bullock Rd	Great Gidding	37.0
3.2	Left : T	lane	Great Gidding	40.2
0.9	Right : T	(B660)	GIDDING	41.1
	through GREAT GIDDING & WINWICK			
8.4	Left : T	B660	Kimbolton	49.5
2.5	Left	B660	KIMBOLTON	52.0
	through CATWORTH			
9.8	KIMBOLTON, Left : T	B645	ST NEOTS	61.8
10.8	ST NEOTS, 1st exit : O (SO)	B1048	St Neots	72.6
1.3	1st exit : O	B1428	Town Centre	73.9
0.7	R after bridge	Market Place	no sign	74.6
	R:T	urban	no sign	
0.3	Right : church		Church Street	74.9
	1st exit:mini-O	Berkley St	no sign	
	1st exit:mini-O	urban	no sign	
1.2	EYNESBURY, 1st Exit : O	Cromwell Rd	Abbotsley	76.1
0.3	R onto B1046	Potton Rd	Abbotsley	76.4
1.4	R on LH bend	lane	Golf Club	77.8
6.9	SO : X		GAMLINGAY	84.7
1.2	Right : T	B1040	Potton	85.9
0.1	Left : X	Church St	Gransdens	86.0
0.3	R (Pharmacy)	Stocks Ln	no sign	86.3
0.4	Left into GAMLINGAY Community Centre			86.7
	CONTROL at GAMLINGAY 1352 km			

18. CONTROL Gamlingay Community Centre				
0.0	Left from control onto Stocks Lane			
0.2	Left : T	B1040	Biggleswade	0.2
2.7	POTTON, Left on RH bend	B1042	Wrestlingworth	2.9
0.3	Right	B1042	Wrestlingworth	3.2
0.4	Left	B1042	WRESTLINGW'	3.6
3.4	WRESTLINGW, Right : T	B1042	Guilden Morden	7.0
0.8	SO : X	lane	GUILDEN M	7.8
3.4	GUILDEN, entering village, R	Dubbs Knoll Rd	ASHWELL	11.2
5.0	ASHWELL, Right	Lucas Ln	village	16.2
0.4	Post Office : Left	Kingsland Way	Bygrave	16.6
3.4	SO : X (A505)	lane	Wallington	20.0
7.3	Right on LH bend	lane	WALKERN	27.3
1.8	Right : T	B1037	no sign	29.1
	Thro CROMER & WALKERN			
3.1	Left	lane	Benington	32.2
0.5	Pass Memorial			32.7
1.0	Left	lane	no sign	33.7
	Thro BENINGTON			
7.9	Left : T	A602	Ware	41.6
1.5	Right	lane	STONYHILLS	43.1
4.7	2nd exit : O	B158	HERTFORD	47.8
1.6	Left : TL (past memorial)	B158	no sign	49.4
0.3	2nd exit : O (A414)	B158	Essenden	49.7
0.3	1st exit : mini-O	B158	Essenden	50.0
0.8	1st exit : O	B158	Essenden	50.8
0.2	Left	Brickendon Ln	BRICKENDON	51.0
4.0	BRICKENDON, L	Brickendon Gn	Wormley WE	55.0
2.0	Left : T	White Stubbs Ln	Wormley W E	57.0
0.6	1st Right	lane	WORMLEY WE	57.6
1.4	Right	Holy Cross Hill	Cheshunt	59.0
2.6	1st exit : mini-O	lane	no sign	61.6
0.3	Left : T	Lingfield Ln	no sign	61.9
0.1	2nd exit : O	A516	Cuffley	62.0
0.4	2nd exit : O	A516	Cuffley	62.4
0.3	SO thro mini-Os SO : TL (A10)	(B198) /B198	CESHUNT	62.7
1.5	1st exit : O Imm R : TL	urban Windmill Ln	no sign Leisure Centre	64.2
0.9	Over rail crossing			65.1
0.1	Bear Left to FINISH at Lee Valley YH 1417 km			