

SORE LEGS 50mls in 4hrs 30mins – YOU MUST BE BACK BY 2.00PM
LEG BREAKER 65mls in 5hrs 30mins – YOU MUST BE BACK BY 2.30PM

Mileages are nominal

0	<i>Mileage using road route only (not cycle paths)</i>	19.8	Shortly bear L (sp Ashwell) into Burley Road. Fwd at mini r/bt.
0	R from HQ. Take last (5 th) exit from r/bt (or use CYCLE PATH under flyover) onto Watermead Way (sp Troon Ind'l Area)	21.3	Fwd, eventually passing over Level Crossing to r/bt.
1.1	Fwd thro' lights onto Troon Way (CYCLE PATH on R). Fwd at next lights	<u>ROUTES SPLIT HERE</u>	
2.0	L at r/bt into Humberstone Lane (sp Earls Way) then imm. R (CARE) into Barkby Thorpe Road. CARE on bends.	<u>SORE LEGS (50 mls) ROUTE</u>	
3.9	R (CARE) at T (sp Beeby)	21.3	At r/bt L (sp Ashwell). Fwd to Wymondham
5.8	L at Xrds (sp South Croxton)	26.7	L at T in Wymondham (<i>now go to 26.8mls#</i>).
8.0	R (CARE) at T in South Croxton (sp Village Centre). Climb thro' village	<u>LEG BREAKER (65 mls) ROUTE</u>	
8.9	Descend to Xrds where R (VERY GREAT CARE) (sp Twyford)	21.3	At r/bt. Fwd (sp Burley)
10.7	L at T (sp Melton Mowbray) Descend into Twyford.	22.3	L onto B668 (sp Cottesmore) thro' Cottesmore & Greetham (CYCLE PATH)
11.5	R in Twyford (GREAT CARE), just after bends, into Main Street (sp John O'Gaunt). Climb up thro' Burrough on the Hill. Fwd to Somerby	28.3	R (CARE) at r/bt (sp Stretton) Pass under A1, fwd at r/bt (sp Stretton & Clipsham)
15.1	CARE on ALL bends in Somerby – often slippery, even in the dry!		Fwd thro' Stretton & Clipsham
15.7	R at T in Somerby (CARE) (sp Cold Overton). Keep L in 100yds (follow road)	31.8	L at Xrds in Castle Bytham (sp Swayfield)
19.7	In Langham, R (CARE) at T onto A606 (no sp, but direction Stamford & Oakham)		Fwd thro' South Witham
		38.1	R (CARE) at T (sp Sewstern)
		38.2	L (sp Wymondham) into Wymondham (<i>now go to 41.4mls*</i>)
		<u>BOTH ROUTES MEET AGAIN</u>	
		26.8#	In Wymondham, R (CARE) (sp Garthorpe) into Butt Lane
		27.2	<u>WINDMILL TEAS</u> on L - optional but recommended.
		41.4*	
		41.8	

19/2/13

THIS IS NOT A RACE. RIDE SAFELY AND WITH CONSIDERATION
FOR ALL OTHER ROAD USERS

tel 0794 1151792 for advice (only) in an emergency

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	Fwd (or L if leaving Café) to Garthorpe. (CARE ON LEFT BEND in Garthorpe)	40.7 55.3	then L (Fwd) (sp Barsby) thro' Barsby
28.7 43.3	L at T in Garthorpe onto B676 (sp Saxby) Fwd thro' Saxby	41.6 56.2	Fwd over Xrds (GREAT CARE) (sp South Croxton) CARE ON DESCENT in S. Croxton
30.2 44.8	L (sp Stapleford) over rail bridge	42.6 57.2	L (sp Beeby) climb then descend (CARE on bends)
32.0 46.6	3 rd R (CARE) (sp Leesthorpe & Dalby) into Cuckoo Hill	44.7 59.3	R (CARE) after Church in Beeby (sp Barkby) into Barkby Road.
33.3 47.9	R (CARE) at T (sp Little Dalby)	46.6 61.2	L in Barkby (no sp) into Thorpe Lane thro' Barkby Thorpe. Fwd into built up area.
34.3 48.9	At Xrds fwd (GREAT CARE, FAST TRAFFIC) (sp Little Dalby) over A606	48.4 63.0	L onto Humberstone Lane then imm. R (CARE) at r/bt onto Troon Way.
35.0 49.6	R (CARE) (sp Little Dalby). Fwd to Great Dalby		Fwd thro' 2 lights (CYCLE PATH on L) onto Watermead Way (CYCLE PATH on L just after River bridge) keeping L to
37.3 51.9	R at T in Great Dalby into Woodgate Hill (sp Melton Mowbray)		r/bt where 1 st L
37.6 52.2	L (CARE) onto B6047 (sp Thorpe S/ville) thro' village	50.3 64.9	
37.7 52.3	R (sp Kirby Bellars) into Top End		and L again into
37.9 52.5	then L (sp Ashby Folville) into Station Road	50.4 65.0	HQ - FINISH—well done. Sign back in, collect your certificate and have a cuppa!
40.6 55.2	R (CARE) at T (sp Barsby)		

New members welcome

The Leicestershire Road Club is always keen to welcome local cyclists who may have thought about joining a cycling club but have always thought they were “not good enough”.

If you were good enough to ride in this event today, you are easily good enough!

Ask for details, or visit

www.leicestershireroadclub.org.uk

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