

339° to Burnham and Back 200k Audax

8:00 start on Saturday 24 January 2026

[Debenham Sports & Leisure Centre](#)

Gracechurch Street, Debenham
Stowmarket IP14 6BL

Information Sheet

Free Car Parking is provided at Debenham High School, adjacent to the start. Overflow is at the Leisure Centre if directed by marshals. Please don't park anywhere else in Debenham as this could congest the village and harm trade for local businesses.

Closest Railway Stations are Stowmarket (14km) Diss (21km) and Ipswich (22km)

At the start there are toilets but only limited refreshments. However, there's a Co-op in the village centre open from 07:00 with coffee machine (if working) and sandwiches etc.

Refreshments and Facilities on the route are available every 20k in the towns passed through. See page 2 for information.

Refreshments at the Finish. Tea, coffee and cakes will be on sale and the bar will be open. From 17:00 to 22:00 the [Zeera Indian Restaurant](#) will be offering eat-in or takeaway meals. Co-op open until 22:00.

Safety Information is provided on the route sheet. Make sure you read this even if you intend to use GPS only.

Mudguards are preferred but not mandatory. Please be considerate of other riders and anywhere you visit wearing wet or muddy clothing.

Lights will be needed except for very fast riders, assuming no delays.

Preparation for the ride may be helped by looking at the [Hints and Tips](#) section on the AUK website. Remember the guiding principle of Audax is self-sufficiency. Please ask if there is anything you are unsure about.

The route passes through Diss, Attleborough, Dereham, Fakenham and Burnham Deepdale. Retracing for the return. See page 2.

Finally Enjoy your ride!

David Coupe
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Route Notes

'Descriptive' route sheet means it's likely a map or GPS will be needed and riders are advised to familiarise themselves with the route instructions before starting the ride. Not every turn is described in detail. But the route is direct (bearing 339°) and simple in character. Ideal for a no-frills winter 200 with warm shelter and refreshment opportunities every 20k. As there is only one intermediate control, there are many options to plan alternative routes. eg, via Wymondham

Along the way....

20k, 180k Diss

Morrisons Cafe and Tesco 0.5k off route. Outbound, turn R @ A1066 X.
Fair Green Fish and Chip shop, on route at A1066 X, open 16:10 to 21:00.

40k, 160k Attleborough

The Hideout Cafe on R when leaving the one way system outbound. Open 07:00 to 16:00.
Other cafes, bakery and stores on one-way system in Church Street.

60k, 140k Dereham

McDonalds, on route, outbound before town centre.
Wetherspools (Outbound, turn L @ Market Place), Greggs and others in town centre.

80k, 120k Fakenham

Shell services on R at A148 RAB leaving Fakenham outbound.
Wetherspools, Tesco and others on detour through town centre. Adds 0.5k.

100k Burnham Deepdale Control

Get a receipt showing date, time and place from any of the businesses operating here.

Deepdale Cafe.
Large convenience store at filling station with coffee machine and sandwiches etc.
WC behind trading units (signposted) as well as in the cafe.