

Saints and Sinners 200 (30 Aug 2025)

St Albans to Hawstead

1a] L from control

R @ T onto High Street **IMM** L \$ House Lane

5th L @ 7.5T Limit \$ Woodcock Hill

L @ T Coopers Green Lane

SO @ RBT 2nd exit

SO @ RBT 3rd exit \$ WGC A6129

SO @ RBT 1st exit

SO @ RBT 2nd exit

SO @ RBT 2nd exit

SO @ RBT 3rd exit **IMM** L Woodhall Lane

L @ T Opp Pear Tree Inn

SO @ mrbtn stay on Cole Green Lane

SO @ 2x RBT \$ Hertford

R @ T \$ Black Fan Road

SO @ RBT **CARE!** Busy cross road A414

Cont. Old Coach Road

R @ T No sign

R @ RBT \$ Hertford, join Dual carriageway

SO @ 3x RBT \$ A414

SO @ RBT \$ WARE

SO @ mrbt

L lane, L & over level X

L @ T & **soon** R @mrbt [Star Street] B1004

1b] SO @ mrbt

Cont. to Much Hadham

R @ staggered (x) \$ "No Right Turn (Mon-Fri)"

R to cross ford (**CARE!** – use footbridge)

Bear L fork by second footbridge

R @ T no \$

SO @ 3 x RBTs \$ BISHOPS STORTFORD

SO @ 2 x mrbtn

R @ mrbt [Windhill]

L @ X TLS

R @ mrbt \$ Colchester

L @ TLS no \$

SO @ mrbt, SO @ RBT \$ Manuden

L @ T no \$

R @ staggered (x) (Grass Tri + pump) \$
ELSENHAM, THAXTED

L @ mrbt, **soon** R fork @TLS

Continue thru Elsenham, Broxted to Thaxted

L @ T in Thaxted \$ Saffron Walden

R on edge of town \$ Gt SAMPFORD

R in Gt Sampford \$ Finchingfield

L no \$ **IMM** after Lt Sampford \$

R @ T, **soon** 1st L \$ CORNISH HALL END

L @ T \$ Steeple Bumpstead

1st R \$ STAMBOURNE

2nd L \$ Ridgewell

<p>1c] R @ T (Grass Tri) no \$</p> <p>L @ T in Ridgewell \$ Haverhill & soon R \$ ASHEN</p> <p>1st L in Ashen \$ Stoke</p> <p>Bear R @ Grass Tri & soon R on LH bend \$ CLARE just before white-railed bridge</p> <p>L @ T \$ CLARE</p> <p>Cont. to Clare where R @ T \$ CAVENDISH</p> <p>Into Cavendish 1st L after Bull Inn PH [Water Lane]</p> <p>L @ T in Glemsford, soon 3rd L by red phone box, & L again @ T</p> <p>Descend out of Glemsford to R no \$ @ Shepherds Cottage</p> <p>L @ T in Boxted no \$</p> <p>R \$ LAWSHALL in Hartest on LH bend CARE BLIND BEND AHEAD! (by War Memorial)</p> <p>Descend to L at foot \$ LAWSHALL</p> <p>R @ T \$ LAWSHALL</p> <p>L @ X no \$</p> <p>Continue to R to Maglia Rosso CONTROL in Hawstead</p>	<p>ABBREVIATIONS:</p> <p><i>R-Right L-Left</i></p> <p><i>SO-Straight on @-At Thru-Through</i></p> <p><i>IMM-Immediately opp-Opposite</i></p> <p><i>TLS-Traffic Lights</i></p> <p><i>RBT-Roundabout</i></p> <p><i>mrbt-Mini Roundabout</i></p> <p><i>\$ Higham Ferrers-Sign to</i></p> <p><i>\$ CRANFIELD-Sign to-and go to/through</i></p> <p><i>X-Crossroads (give way)</i></p> <p><i>(x)-Crossroads (in your favour)</i></p> <p><i>R/LH Right/Left Hand</i></p> <p><i>NCN# -National Cycle Network sign</i></p> <p><i>Eff – Effectively</i></p> <p><i>cont- continue</i></p>
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<p>Hawstead to St Albans</p> <p>2a] Retrace to Clare:</p> <p>L from control; 2nd R @ (x); soon L @ Grass Tri; R @ T; L @ T; 2nd R in Boxted by village \$ in centre; L @ T @ Shepherds Cottage; R @ T; R @ Grass Tri in Glemsford; R @ T in Cavendish; thru Clare (shops), Stoke to:</p> <p>R @ T no \$ (A1017)</p> <p>2nd L \$ STEEPLE BUMPSTEAD</p> <p>R @ T & IMM L @ T in Steeple Bumpstead \$ Saffron Walden</p> <p>CARE! Sunken manhole covers in Hempstead</p> <p>1st L after Radwinter \$ WIMBISH [Maple Lane]</p> <p>R @ T \$ Saffron Walden</p> <p>R @ T \$ Saffron Walden, soon L \$ NEWPORT</p> <p>R @ T \$ S Walden & soon L \$ Clavering</p> <p>L in Wicken Bonhunt \$ RICKLING</p> <p>R @ Grass Tri \$ BERDEN</p> <p>SO @ X \$ BERDEN</p> <p>R @ T \$ BERDEN</p> <p>R @ staggered (x) \$ FURNEUX PELHAM</p> <p>L @ (x) \$ Albury, by Brewery Tap</p> <p>R @ T \$ BRAUGHING</p> <p>L @ T \$ PUCKERIDGE</p> <p>Over old railway bridge & L \$ PUCKERIDGE</p>	<p>2b] Thru Puckeridge centre, ahead onto cyclepath, cross A120 CARE! Bear R then L onto cyclepath thru gate</p> <p>Follow under A10 to SO cross old main road</p> <p>L @ T no \$</p> <p>SO thru Dane End past The Boot P/H</p> <p>R \$ Whempstead Lane</p> <p>SO @ Staggered X</p> <p>SO @ A612 CARE!</p> <p>L IMM R @ RBT \$ Station Road</p> <p>Cont. to Woolmer Green</p> <p>L @ T IMM 1st R \$ Heath Road</p> <p>2nd R cross bridge over A1(M) \$ Pottersheath Rd</p> <p>L \$ Rabelyheath / Codicote</p> <p>Cont past Robin Hood & Little John P/H</p> <p>R @ T IMM 1st L \$ Cowards Lane Narrows!</p> <p>L @ Grass Tri</p> <p>SO @ Ford Potholds! Gravel!</p> <p>R @ T \$ Whethampstead</p> <p>L @ RBT 1st Exit</p> <p>SO @ mrbt & climb The Hill</p> <p>Cont \$ SANDRIGE</p> <p>SO @ mrbt</p> <p>R \$ Sandridgebury Lane</p> <p>arrivée CONTROL</p>
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