



LONDON WALES LONDON 2026



YOUR ESSENTIAL READING BEFORE LEAVING HOME

Welcome to London Wales London 2026

London Wales London is a challenge for people who value the ethos of audax – challenge, support and community. Thanks for signing up and for bringing the fun.

LWL is a volunteer-led event and riders are famed for supporting each other on the road. We hope the ride lives up to all of your hopes and to few of your fears.

I know it's a bore, but it's worth reading the next couple of pages, as we have tried to cover most of the issues which people tend to raise. As an added incentive to make sure you read it, we've hidden the link to the GPS of the suggested route in the text.

There are no entries on the line. If your mate wants to get involved, tell them to get in touch as we can always use their help at the Start. If you can't ride, your mate/some random from the internet can't have your place.

This year, to keep people safe we will be releasing riders in waves over a 30 minute window. Your start wave will be allocated when you sign in. If you want to start with a friend please start in the later of whichever wave you have been allocated. Whatever wave you leave in will not affect your time overall.

If you have any questions (whether or not I think I have covered them), suggestions or complements on my good looks, don't hesitate to get in touch.

Liam FitzPatrick

07881 841 355

Lfitzpatrick01@gmail.com

IF, FOR ANY REASON, YOU HAVE TO ABANDON ON THE DAY – *PLEASE CALL OR TEXT ME* – SO WE CAN ALERT CONTROLLERS WHO MIGHT OTHERWISE BE WAITING FOR YOU TO SHOW UP

Venue

Chalfont St Peter Community Centre, SL9 9QX,

DO NOT PARK HERE

The foyer to the centre gets very crowded at the start so please use your café locks to secure your bikes outside.

You are welcome to bring bikes into the hall *on finishing*.

Parking

Please note you cannot leave your car all day at the Centre; parking is limited and much in demand during the day. Use the car park off Church Lane and take the path through to the community centre.

SL9 9RS WhatThreeWords ///boxing.games.covers

The car park is overlooked by homes so please be considerate of residents who may not appreciate loud greetings of long-lost buddies at 0515!

Cark parking can be paid for on line.



The night before the big day

There are a few hotels in the area, including a Premier Inn in Rickmansworth and a couple of Welcome Breaks near by.

We can offer a hard floor at the Community Centre the night before **from around 10 pm** – bring your own sleeping bags and ear plugs. If you think this might be for you, please email me so we can gauge numbers. All requests for special facilities will be noted and ignored.

Do not try to get in before 10.00 – the sleepover is a favour and other users of the hall don't expect to dance around cyclists and their bikes on their big night out! We will shut the doors around 11 00 so everyone can bed down. There will be no sweets or scary movies.

There are no showers at the Centre. The offer of the no mod cons accommodation is at the discretion of the centre staff; **do not turn up unless I have confirmed your place.**

We will have a hall monitor on hand to read ghost stories and make sure no one nicks your bike.

Before the event, visit a bike shop and buy a rear light that does not flash.

IF YOU THINK YOU MIGHT WANT TO JOIN THE SLEEPOVER – LET US KNOW.

On Arrival on the day

Please make your way to the Community Centre and sign in to collect your brevet card. You will only be able to collect your own card – not your mate's card or on behalf of any imaginary friends. If you haven't entered we don't have a place for you – but your help at the start will be very welcome.

You will also be allocated a start wave (The first one is at 0545 and the last at 0615).

Any last-minute route amendments will be with the cards.

I can look after a **SMALL BAG** during the day at your own risk – on the understanding that they are: a) **SMALL**, b) there is nothing of value in them and c) It's a **BAG** (i.e. no loose items please) and it is **SMALL** (i.e. you'd get it on on RyanAir without paying) and d) you have given it to me in person. (Did I mention it should be **SMALL**?)

Do not leave bags in the Community Centre – other groups, including the local arsonist support group will use it during the day. They like bags of all sizes, even seemingly inflammable ones.

There will be tea and coffee and a light breakfast at the start (toast mostly) – not available to people who ignore orders to park in around the corner, owners of large bags or loose items to be left behind or people suspected of trying to ride in groups at night with flashing rear lights – they are bad people and will not be encouraged.

We start people in waves from 0545 to ensure that everyone can ride safely for the first few miles and to give the Islip control a fighting chance of coping if there's a tailwind. The last group is reserved for people we suspect of having flashing rear lights. **Do not start before your allocated start time as your ride will be invalid.**

The Ride

Bike: You can ride without mudguards, but if you end up with a wet / muddy backside be careful where you sit in controls. There are several sections of minor lanes at night, so bring good non flashing lights that you can see by and enough power to go through the night without winding everyone else up.

The roads never fare well over the winter anywhere. Take care on descents and make sure you have all the spares you may need. We say this every year but blimey, our route has really suffered!!!

Controls and Refreshments:

There are three types of controls.

Catered controls at the Start, Islip, Chepstow and Lambourn. You will need to get your card stamped. No stamp, no validation. Your fine dining is covered in the cost of the event, tips are at your discretion.

Free Controls at Tewkesbury and Henley, where you will need a receipt from anywhere in the town to prove you have been there within the required time window. No Receipt with **town and time** means no validation. Greggs' receipts don't have the information you need to have your ride validated – if you eat at Greggs you will need another receipt.

Information Control at Walford where you will need to answer a question on your card. You'll be looking for something like the name of a local business or something obvious.

As there several long sections between some of the controls, please make sure you have some back-up bank rations and consider using the various 24hr garages along the route. They also sell batteries so you can't use that excuse for a flashing rear light.

- **Islip Control:** This is in the Islip Village Hall – it is year run by LEL supremo Danial Webb. It may not be obvious so keep your eyes peeled but we will have stewards on hand in the car park to direct you. Please be mindful of the neighbours if you arrive early. **THIS IS A COMPULSORY CATERED CONTROL** please get your card stamped for validation. There is a breakfast served here (included in your entry fee).
Please note – this is the first control and although we have a lot of volunteers don't expect to be in, fed and out in a few seconds, especially if there is a tailwind. You have a whole day and a night to get around so take it easy.
- *Charlbury, Stow and Winchcombe:* All have cafés (not formal controls, but there if you need them). There's also a BP garage at Stow, 100m to the left at the A429 junction (106.4km) but best not to loiter as there is a long and chilly descent immediately afterwards.
- **Tewkesbury Control:** This is a **COMPULSORY FREE CONTROL**; there are many places to stop and collect a timed receipt. Remember receipts have to show **Town** and **Time**. Greggs' receipts do not count.
- *Newent:* It's a small detour to the main street where there are shops (again, not a formal control).
- The **COMPULSORY INFORMATION CONTROL** is on the stage from Tewkesbury to Chepstow, at Walford. Answer the question – we have resisted the temptation to ask for the tune played on the doorbell of the house with the white Audi parked outside after last year's incident.
- **Chepstow Control:** THIS IS A **COMPULSORY CATERED CONTROL** at the Methodist Church. The GPS route is will take you round the one way system on to the high street and up through the Old town gate. The Methodist Church is on a one way system so the easiest thing will be to dismount & wheel your bike the 15metres. Tim Balcome will be waiting for you with his merry crew to wine and dine you (cigars and port are not included in your entry fee but the nosh is).
- *Malmesbury:* There are several places here where you can get food and it is wise to think about stocking up if you are running late. On the way out of town, the Waitrose stays open until 2100 and has a café (which winds down about 1730). If you have a MyWaitrose card and a cup, there's free coffee at the store's reception desk.
- *Royal Wootton Bassett:* Not a formal control, but one of very few places on the 96km stage to Lambourn where most people are likely to find anywhere open for refreshments. There's a garage on the route and an Aldi but not 24 Hours. Turn Rt (3E @RAB 283km) for other shops.
- *Chiseldon Camp A346 (302km):* Again, not a formal control. This 24 hr Esso garage is the final food option on the night stage to Lambourn, although by this point most of this section is behind you. Batteries sold to keep your rear lights on constant

- **Lambourn Control:** THIS IS A **COMPULSORY CATERED CONTROL** at the Lambourn Sports Club on Bockhampton Road EASILY MISSED and your every need will be ministered to by controller David Tobin and his brigade. There will be a feed and a chance to catch the cabaret and dinner dance (dress code applies). At this point in the ride, it is often nice to gang up with a few other riders with non flashing lights for the last push through the night.
- **Henley Control:** This is a free **COMPULSORY FREE CONTROL** where you need to get a receipt. Note that the only place on the long night stage to the finish where most people are likely to find anywhere open for refreshments, is the 24 hour Esso garage mentioned on the routesheet. They have been warned you are coming (may God help them) and will not serve anyone with flashing lights. Be nice as they always make a donation to World Bicycle Relief after the event!
- **Chalfont Arrivee:** The **FINAL CONTROL!!!** Feel free to bring your bike in and have some refreshments before heading home. Like everyone else you'll have a moan about Wooburn Hill but that happens every year but it's still on the route so guess how much sympathy I have. But I will feign concern long enough to sell you a 2026 LWL cap designed by Peter Kelsey.

Climbing:

The first stage is the easiest, and, while none of the stages have enough climbing to make an AAA rated event, don't think that you are in for a flat ride. The route goes through some hilly areas – the Chilterns, the Cotswolds, the Forest of Dean, and the Marlborough Downs – but in general you take a relatively easy route. While there are plenty of hills, few have steep gradients, and the only hills that warrant an arrow on the map are Yat Rock (192km) and the climb to the Somerset Monument (249km). Yat Rock can be bypassed – see “Route Variations” below.

GPS:

You can find [the GPS of the route here](#) – it's a link to the Ride with GPS page and I'll leave you to find the format that suits your device. I can't help you on the technical side of loading things to whatever device you use. When the suggested route between the controls has been checked, it'll update it the weekend before the event.

Although I really don't expect any significant changes, I can't guarantee that assorted councils/utility companies won't throw a spanner in the works at the last minute – navigating around them is part of the fun of audax (so be sure to look at the map before you start!). I suggest you leave uploading from this file until the week of the event...

You will find that there is a higher possibility of badger attack on riders with flashing lights; we haven't marked these points as you should be vigilant through the night and keep your lights on constant.

Route Variations:

The route sheet is only a suggestion – you are welcome to use any route between the controls you want. Some possible variations are:

- If you really don't want to climb Yat Rock, then you can ignore the right turn at 194km and follow the B4234 (which becomes a minor road) through English Bicknor to get to the junction around 202km. Note that you will cycle 2km further than the Yat Rock route, and climb just as much, but the climb isn't as steep and isn't on a single track road, with a white transit van revving its engine behind you, but obviously is longer. The alternative route is a bit of a grind though TBH.
- I get the most hate mail for the last climb out of Wooburn up to the M40 at Holtspur right near the end. Take a look at the map, as there are alternative ways of getting home if you are willing to trade a boring drag for a brutal smack in the face up Kiln Lane just after Bourne End.



The Finish

Please make your way to the Community Centre and register that you have completed the ride (unless you rock up with a flashing rear light).

Lots of food and drinks are available and are included in your entry fee.

There are washrooms and toilets, but no showers.

I have special LWL hats designed by Peter Kelsey himself -proceeds to World Bicycle Relief

If you expect to get round quickly, note that the **Community Centre is only open from midnight**. Therefore, if you average more than 22.6kph you will get to the finish before me. Either have a sleep in your car (or a convenient bus shelter), or if you are confident in advance that you will get round quickly, contact me before the event and we can work something out. Only a handful of people have managed it and there's no kudos in it. If you leave bags with me, they won't be back at the finish in time for you to get the last train home.

Abandoning

I hope no one has to pack but sometimes it can't be avoided and is often wiser than soldiering on when you are unwell. If you do need to retire, or can't face the shame of continuing with flashing lights, please call or text me so I know what's happened (ideally as soon as possible). My number is **07881 841 355** and on the brevet card.

Knowing that you have packed enables me to alert the controllers along the route and save them waiting up for you when otherwise they could go home to a warm bed themselves.

If you miss one of the controls and we haven't heard from you, we may ring your emergency number – which can cause alarm or divorce at 2am.

Don't leave your bikes unattended

You'd hope it wasn't necessary at 0230 in the middle of nowhere, but you do have to think about locking up your stuff. Think about bringing a small café lock if you don't fancy the cab ride of misery back to the start. I always carry one – I couldn't bear to have an unlocked bike nicked. Locks are not needed if your rear lights are flashing.

First 400?

If this is your first 400km event and want to discuss anything, please ring me.

A few thoughts: Check your bike is in full working order, and carry spares and tools – there are no bike shops open at 2am Sunday morning – and I can't rescue you.

Make sure that you have good lights – you will be riding in the dark on roads without street lights, and you will need a small (head)torch to read the route sheet by. Night riding is one of the joys of audaxing and I find people are quite companionable when darkness falls – not having flashing lights allows you to team up and get you through the slow hours and reduces the risk of frustrating navigational mistakes.

Naturally you will have a hi viz top. Don't forget that it can get surprisingly cold in the early hours (especially at the start of May). Don't start the ride too fast and eat & drink sensibly. Take advantage of the Lambourn Control to get a short kip if you are feeling sleepy.

You will not make many friends if you have flashing lights at night; if someone mentions it to you, please do the polite thing and switch to constant without banging on about your legal rights or getting all entitled like a Richmond Park lap warrior. When you're slogging up a hill and some git up ahead is running a mobile disco it's really annoying...

Making friends is another of the joys of audaxing; take time to make acquaintances (even if you only ride a few km together) and try to avoid spending hours on your own despite there being another rider few hundred metres behind you. Buddying up makes the night sections go more smoothly and stops minor niggles turning into an all-consuming obsession that ruins the event for you.

Did I mention that I have a thing about flashing lights?



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Risk Assessment

- As with any long Audax event, you need to be prepared for a wide range of possible weather conditions and road conditions.
- The pothole count is always high at this time of year. Be prepared by carrying suitable spares and checking for loose bits before you set off.
- Note that in the event of very strong winds, the Severn Bridge is exposed (with gusts around the towers), and could even get closed.
- The route uses some sections of minor lanes at night, so bring good non flashing lights that you can see by and enough power to get them through the night.
- Also see the standard AUK information sheet reproduced on the next page.

And finally

Audax events are run by volunteer cyclists for your enjoyment. If you have had a good time on this event, you will always be welcome to get more involved. Your local audax ride will always be grateful for offers of route checking or simply pouring teas at the start. It's about being part of the community of cyclists (rather than a bunch of people who own bikes). Say hi to the volunteers running the controls and make sure they have as much fun as you (or ideally a whole lot more).

As always, talking to you is the joy of running this event for me – my number is here if you have any questions.

See you on 3 May.

Liam

07881 841 355

PS Did I mention that I will silently judge you, in a passive aggressive sort of way, if you have flashing lights?



AUDAX UK

Information: *Please read this before starting your ride.*

1. Ride responsibly and safely

- Obey all traffic laws and local regulations at all times.
- Ensure your bicycle is roadworthy and complies with road traffic laws before starting.
- Use appropriate front and rear lights during low visibility or night riding.
- When riding in a group, all lights should be fixed (non-flashing).
- Ride predictably and communicate intentions clearly with other road users and fellow riders.
- Be alert and ride within your capabilities to avoid endangering yourself or others.

2. Respect the Audax spirit

- Understand that Audax is a self-supported long-distance ride, not a race.
- Support fellow riders if needed, especially in cases of emergency or distress.
- Do not seek or accept external assistance unless absolutely necessary (e.g., in an emergency).

3. Maintain courtesy and camaraderie

- Be courteous to other road users, organisers, event volunteers, and fellow participants.
- Avoid aggressive behaviour, littering, or any form of disruptive conduct.
- Give a friendly wave or thanks when offered help, space, or encouragement.

4. Be Environmentally responsible

- Leave no trace: take all rubbish with you, including food wrappers and inner tubes.
- Respect local communities and natural surroundings
- Use toilets and facilities responsibly when available.

5. Follow event protocol

- Register at the event start and follow any instructions from the organiser and volunteers.
- Obtain proof of passage through each control including the finish control.
- Provide all necessary details in order to ensure validation.
- Notify the organiser promptly if you abandon the ride for any reason.
- Report any issues with the event or route to the organiser.

6. Be prepared and self-reliant

- Carry adequate tools, spares, food, and water for the duration of the event.
- Familiarise yourself with the route in advance, and ensure you have adequate resources for navigating the route (e.g. GPS device, paper route sheet, etc.).
- Plan for contingencies, including weather changes or mechanical issues.

7. Represent the Audax community with pride

- Behave in a courteous, respectful and responsible manner at all times.
- Uphold the integrity and ethos of Audax cycling: endurance, self-reliance, and mutual respect.
- Inspire others by riding with respect, humility, and good humour – even in tough moments.

As with all Audax UK rides you are on a private excursion on the public highway and subject to the law of the land, so ensure that you are fully self-sufficient and capable of handling all conditions as found on the day.

You are, for the duration of the event, on a private excursion on the public highway and responsible for your own conduct at all times.

km	Directions	1
0	0 L From car park onto A413 to AMERSHAM (no sp).	
3.0	3.0 SO double mini-RDB sp AMERSHAM A413.	
7.2	4.2 2nd exit (SO) RDB sp AMERSHAM (A416).	
7.7	0.5 1st exit (SO) RDB sp AMERSHAM OLD TOWN and continue SO through the town:	
7.9	0.2 2nd exit (SO) RDB sp AMERSHAM OLD TOWN .	
8.1	0.2 2nd exit (SO) mini RDB sp Museum & imm	
8.2	0.1 1st exit (SO) MRDB no sp (Market on R)	
9.6	1.4 3rd exit RDB sp Gt Missenden A413.	
13.7	4.1 under railway bridge.	
14.2	0.5 L sp Holmer Green.	
15.9	1.7 SO through pinch points in GT MISSENDEN .	
16.2	0.3 1st exit (SO) mini-RDB no sp and imm	
16.2	0 2nd exit (SO) mini-RDB no sp.	
16.4	0.2 Fork L sp Butlers Cross	
22.0	5.6 Fork L sp ASKETT .	

25.3	3.3 2nd exit (SO) A4010 RDB sp ASKETT .	2
26.3	1.0 L @ T sp THAME onto B4009.	
28.3	2.0 3rd exit RDB sp THAME A4129.	
36.7	8.4 2nd exit (SO) RDB sp (THAME) TOWN CENTRE .	
37.2	0.5 2nd exit (SO) mini RDB no sp.	
37.6	0.4 2nd exit mini RDB sp (THAME) TOWN CENTRE .	
38.0	0.4 2nd exit (SO) mini RDB no sp in town centre.	
38.4	0.4 SO double mini RDB no sp.	
39.7	1.3 2nd exit RDB sp Oxford A418.	
41.0	1.3 R sp WORMINGHALL .	
50.5	9.5 L @ X sp STANTON ST JOHN .	
53.7	3.2 R @ T sp ISLIP B4027.	
60.7	7.0 L @ X sp Bletchington B4027 in ISLIP .	
61.1	0.4 L no sp	
61.2	0.1 CONTROL ISLIP card stamp Open 08:02 to 10:04. 2nd Breakfast	

61.2	0.0 L from control	
61.3	0.1 L @ T no sp	
63.0	1.7 L @ T no sp	
63.4	0.4 1E @ RAB sp KIDLINGTON	
64.3	0.9 R @ Lights sp KIDLINGTON	
64.9	0.6 R @ lights no sp (A4260) and SO four sets of lights thru KIDLINGTON to stay on A4260.	3
68.5	3.9 L by Bonhams sp Woodstock .	
69.6	1.1 L @ T sp Witney onto A4095 and imm	
69.5	0.2 R sp HENSINGTON .	
70.6	1.1 R @ T sp HENSINGTON	
71.2	1.7 1st exit (SO) mini-RDB sp TOWN CENTRE .	
71.8	0.6 R High St.	
75.4	3.6 L sp CHARLBURY B4437.	
82.9	7.5 On RH bend 2nd L (physically SO) by phone box sp (CHARLBURY) TOWN CENTRE .	
83.9	1.0 L @ T sp Burford in CHARLBURY .	
84.1	0.2 L sp Burford B4437/Station (easy to miss).	
84.5	0.4 2nd exit (SO) mini-RDB no sp.	
89.7	5.2 R (X) sp ASCOTT-U-WYCHWOOD	
92.1	2.4 L @ T onto A361 no sp this direction.	

92.8	0.7 1st R sp LYNEHAM .	4
96.7	3.9 L @ T sp BLEDINGTON (B4450). Beware water pipes in 3km	
104.7	8.0 L @ T sp STOW A436.	
106.4	1.7 SO (R/L) staggered X @ lights at top of hill in STOW no sp (B4068) to LOWER SWELL .	
108.1	1.7 R sp Upper Swell (after <i>Golden Ball Inn</i>).	
113.8	5.7 SO X sp GUITING POWER .	
116.5	2.7 R @ T sp GUITING POWER and shortly	
116.7	0.2 L sp GUITING POWER .	
125.8	9.1 R @ T in WINCHCOMBE no sp and imm	
125.9	0.1 L into <i>North Street</i> sp "Long & Short Stay P".	
129.5	3.6 L sp GOTHERINGTON after railway bridge.	
135.5	6.0 SO X A435 sp TREDINGTON .	
137.6	2.1 L @ T sp TREDINGTON .	
140.9	3.3 R @ T in TREDINGTON sp TEWKESBURY .	
142.4	1.5 R @ lights sp TEWKESBURY A38.	
143.5	1.1 1st exit Gupshill RDB sp TEWKESBURY .	
145.4	1.9 CONTROL Free control – get receipt showing Town & time as proof of passage. Open 10:50 to 15:40.	PTO

145.6	0.2	1st exit RDB at memorial sp Worcester A38.	5
146.2	0.6	1st exit mini RDB sp Worcester A38.	
146.9	0.7	L sp Ledbury A438 and cross R.SEVERN .	
151.3	4.4	L sp Gloucester B4211.	
158.6	7.3	R sp UPLEADON (1st R after R sp M50).	
159.2	0.6	SO A417 X sp UPLEADON .	
168.0	8.8	L @ T sp NEWENT .	
168.2	0.2	R @ lights sp Ross-on-Wye B4221.	
171.0	2.8	L sp Micheldean B4222 / (B4224).	
174.7	3.7	Sharp R sp ASTON CREWS .	
176.8	2.1	R @ lights onto A40 sp Ross-on-Wye.	
179.2	2.4	L sp PONTHILL on approach to Ryeford.	
184.6	5.4	L @ T sp Coleford / Goodrich B4234.	
186		INFO CONTROL.	
		⊗ Answer question on brevet card.	
187.4	1.0	R sp Goodrich B4229 and cross R.Wye. <i>(or stay on B4234 to 195.5 to avoid Rock).</i>	
189.2	1.8	L sp YAT ROCK and cross R.Wye.	➔
191.1	1.9	Keep L sp YAT ROCK and climb on what becomes B4432.	
195.5	4.4	R @ T sp COLEFORD B4228 (<i>Rock avoiders rejoin here</i>).	
196.5	1.0	SO A4136 X sp COLEFORD .	
197.5	1.0	L @ T sp CHEPSTOW B4228.	
197.8	0.3	SO lights sp CHEPSTOW B4228.	
198.6	0.8	ditto.	
216.4	7.8	L @ double mini-RDB sp Sedbury (ignore L sp Chepstow).	
216.9	0.7	R @ T – A48 sp CHEPSTOW	
218.4	1.7	R @ TL into town centre	
218.5	0.1	L @ T	
218.3	0.1	Through Arched Gate	
218.4	0.1	Dismount and look Right	
		CHEPSTOW CONTROL – in Methodist Church– Food & Pilates Open 13:08 - 20:16	
218.1	0	R @ lights onto A48 TAKE CARE	
218.7	0.8	L on to Bulwark Road	
219.5	0.5	2 nd Right into Mathern Road (by post box)	

220.6	0.5	R onto cycle path (beware of bollard) NB If you have reached Holly Close on L you have overshot	7
221.7	1.1	1st exit RDB and join cycle path on L	
222.5	0.8	Keep R on cycle path (don't follow red cyclepath down hill) and cross R.Wye & R.SEVERN . - NB If Upstream Cyclepath is shut, alternative crossing on Downstream side is accessed on Left	
226.1	3.6	R onto road at end of cycletrack and imm	
226.2	0.1	1st exit RDB sp Thornbury B4461 and shortly	
226.4	0.2	L (physically SO) sp Thornbury B4461.	
232.3	5.9	L @ X sp Thornbury.	
232.9	0.6	L @ T sp Thornbury (B4061) and imm	
233.0	0.1	R sp "No access to A38" into <i>Old Gloucester Road</i> .	
233.3	0.3	L @ T onto A38 (no sp) via cycle lane.	
234.5	1.2	R @ lights sp TYTHERINGTON & Quarry.	
238.9	4.4	L @ T sp CROMHALL B4058.	
240.2	1.3	R into Cowship Lane (no sp)	
240.3	0.1	Pointless instruction to see if anyone reads the routesheet	
243.0	2.7	R @ T sp WICKWAR . ➔	
244.3	0.3	L @ T sp Wotton B4060 / Old Cider Mill.	
244.6	0.3	Fork R sp INGLESTONE COMMON into <i>Chase Lane</i> .	
248.9	4.3	R @ T sp HAWKESBURY UPTON by Somerset Monument at top of hill.	
251.4	2.5	L @ X sp Stroud (onto A46).	
251.9	0.5	R sp Cirencester A433.	
252.6	0.7	1st R no sp Here be idiots in 4x4s	
255.7	3.1	SO X sp SHERSTON .	
258.2	2.5	SO X into <i>Green Lane</i> (no sp this direction).	
258.5	0.3	R @ T no sp and immediately	
258.5	0	L @ X no sp (onto B4040).	
258.9	0.4	R (X) sp Hullavington.	
259.4	0.5	L sp Foxley at bottom of hill.	
260.0	0.6	L @ T no sp.	
261.6	1.6	SO X (no sp this direction).	
266.9	5.3	R @ T onto B4040 no sp into MALMESBURY .	
267.1	0.2	R by stone cross sp Town Centre	
267.6	0.4	R @ T sp "P Short Stay" into <i>Oxford Street</i> .	NEXT PAGE

267.8	0.2	L @ T no sp (Optional chat with lady with Whippets).
268.4	0.6	2nd exit RDB sp Wootton Bassett B4042. NB Waitrose at 1st exit with Café open until 17:00ish – Optional food stop – not a control ☺
283.9	15.3	2nd exit Coped Hall RDB sp Swindon A3102.
284.3	0.1	Esso / SPAR garage on L. ☺ Food / hot drinks / toilets until at 11pm. Optional food stop – not a control.
285.6	1.3	1st exit RDB sp Swindon A3102 - Sorry.
287.2	1.6	Get in RH Lane on approach RAB and take Rt feeder lane sp WROUGHTON B4005.
288.3	1.1	L sp WROUGHTON to stay on B4005.
291.6	3.5	2nd exit (SO) mini RDB no sp on approach to WROUGHTON .
291.9	0.3	ditto
292.7	0.8	L @ lights sp CHISELDON A4361.
293.0	0.3	1st exit (SO) mRDB sp CHISELDON A4361
293.3	0.3	2nd exit mini RDB sp CHISELDON B4005.
293.9	0.6	2nd exit (SO) mini RDB no sp and continue climbing. ➔

295.3	1.6	L sp CHISELDON to stay on B4005.
297.6	2.3	1st exit mini RDB sp Swindon B4005.
298.5	0.9	R @ T sp Marlborough A346 by ☺ Esso 24hr garage (coffee opportunity)
298.7	0.2	L (X) sp Hinton Parva.
301.5	2.8	R & L across B4192 sp BAYDON .
303.1	1.6	R (X) sp BAYDON
312.5	9.4	L (X) sp LAMBOURN
313.0	0.5	L @ T – Fast descent ropey surface – Beware
315.7	2.7	R @ Xrds – check fillings in teeth
316.0	0.3	R into Station Rd
316.1	0.1	L @ T
316.3	0.2	CONTROL on Left in Lambourn Sports Club – EASY TO MISS – Food and Tarot readings. Open 16:32 to 03:04.. ☺ ☺

316.3	0.0	L from Control	11
316.9	0.6	R @ Grass Tri Sp Eastbury .	
323.1	5.2	L @ T onto A338 sp GT SHEFFORD .	
326.3	5.2	R sp Chaddleworth / RAF Welford. !!! Attention - minor lanes ahead !!!	
331.2	4.9	4 th L sp Peasemore (this is the 1st turn sp Peasemore, don't take earlier roads).	
333.1	1.9	SO B4494 X sp Beedon.	
334.4	1.3	R sp Beedon.	
335.5	1.1	R @ T sp Beedon.	
336.7	1.2	L on RH bend sp (in grass) Beedon / "Unsuitable for HGVs" (ignore Beedon Common turn).	
338.0	1.3	L @ T sp Beedon (A34) into WORLDS END .	
338.9	0.9	R sp BOTHAMPSTEAD (leaving Worlds End).	
341.2	2.3	L sp HAMPSTEAD NORREYS .	
343.0	1.8	L @ T sp HAMPSTEAD NORREYS B4009.	
343.5	0.5	2nd exit @ mini RDB sp STREATLEY B4009. Fast decent ahead	

353.4	9.9	SO at A329 lights sp GORING B4007.	12
354.4	1.1	R @ T sp CRAYS POND B4526 and imm	
354.5	0.1	L sp CRAYS POND to stay on B4526. Sorry	
360.0	4.5	L sp Reading (A4074) to stay on B4526 (very easy to miss despite being a big junction).	
361.6	1.6	R @ T sp Reading A4074.	
363.2	1.6	L sp GALLOWSTREE COMMON by speed camera.	
364.9	1.7	R sp SONNING COMMON into <i>Reades Lane</i> .	
366.2	1.3	L @ T sp (SONNING COMMON) VILLAGE CENTRE .	
367.0	0.8	SO B481 X sp HARPSDEN .	
367.3	0.3	R @ T sp HARPSDEN .	
367.7	1.4	L sp HARPSDEN .	
374.7	6.0	2nd exit (dogleg) to 24hr Esso garage in 300m - CONTROL – 18:30 - 07:00 Use anywhere in town to get receipt R from control to MRAB 2 nd Exit MRAB	
375.0	0.3	SO lights (no sp).	
375.2	0.2	SO lights sp <i>Kenton Theatre</i> .	
375.4	0.2	SO lights sp <i>Kenton Theatre</i> at the Market Place.	

PTO

375.9	0.5	2nd exit (SO) mini RDB and imm	13
376.0	0.1	2nd exit mini RDB sp MARLOW A4155.	
384.4	8.4	2nd exit RDB sp MARLOW A4155. Sorry – but it's even worse in the daytime SO all RDBs in MARLOW sp BOURNE END A4155:	
387.6	3.2	1st exit RDB in by obelisk in Marlow centre.	
387.7	0.1	2nd exit mini-RDB.	
389.0	1.3	2nd exit RDB.	
389.3	0.3	1st exit (SO) mini RDB and immediately	
389.4	0.1	2nd exit big RDB over A404.	
391.8	1.4	2nd exit mini-RDB no sp into BOURNE END .	
393.1	1.3	1st exit RDB sp WOOBURN (B4440) – you don't have to do this to yourself – see map.	
394.2	1.1	1st exit RDB sp BEACONSFIELD (B4440).	
395.7	1.5	Fork R sp BEACONSFIELD B4440 / Odds Farm by war memorial - Question your sanity.	
397.4	1.7	2nd exit RDB sp BEACONSFIELD A40 and plan to give organiser a piece of your mind and imm	
397.5	0.1	2nd exit RDB sp BEACONSFIELD A40.	➔

399.9	2.4	2nd exit (SO) RDB in BEACONSFIELD sp Gerrards Cross A40.	14A
400.2	0.2	3rd exit RDB sp Gerrards Cross A40.	
400.7	0.4	2nd exit (SO) big RDB sp Gerrards Cross A40.	
401.9	1.2	L sp JORDANS after speed camera.	
403.6	1.7	After descent R sp Youth Hostel into <i>Welders Lane</i> . Imm climb	
405.4	1.8	R @ T no sp into <i>Grove Lane</i> .	
405.6	0.2	L sp <i>Chalfont Leisure Centre</i> into <i>Nicol Rd</i> .	
406.2	0.6	L @ T no sp and immediately	
406.2	0	L @ T no sp and descend into CHALFONT ST PETER .	
406.4	0.2	1E MRAB (NB road closure still in place so you will have to dismount briefly)	
406.6	0.2	1E RAB	
406.8	0.2	1 st Left into Community Centre	
407.0	0.2	ARRIVEE! - Food and charming company, forget Holtspur Hill and buy a finishers' cap. Question sanity once more Opens 19:34 – 09:00 (NB Control unstaffed until midnight)	



Alternative main road route to the finish:			14B
399.9	2.4	2nd exit (SO) RDB in BEACONSFIELD sp GERRARDS CROSS A40.	
400.2	0.4	3rd exit RDB sp GERRARDS CROSS A40.	
400.7	0.3	2nd exit (SO) big RDB sp GERRARDS CROSS A40.	
405.6	4.9	L no sp opposite <i>The Bull Hotel</i> into <i>West Common</i> .	
406.4	0.8	L @ T no sp into <i>Packhorse Road</i> .	
406.6	0.2	SO two set of lights in GERRARDS CROSS , then descend to	
408.1	1.5	L into <i>Lower Road</i> no sp at bottom of hill.	
408.8	0.7	2nd exit mini RDB no sp.	
408.9	0.1	1st exit RDB sp Amersham A413.	
409.0	0.1	1st L sp CHALFONT ST PETER COMMUNITY CENTRE .	
409.1	0.1	FINISH CONTROL on L at Chalfont St Peter Community Centre Open 00:00 to 09:08.	



Note: Official opening time is 19:34, but the Centre will not be open until midnight – see the supporting notes, heading "The Finish".

Key:	
L	left
R	right
RDB	roundabout
lights	traffic lights (excluding pedestrian crossing)
SO	straight over
sp	signpost
T	T-junction
X	cross roads (where you don't have right of way)
L (X), R (X)	L or R turn, but at a cross roads where you have right of way
@	at
imm	immediately
<i>italics</i>	street, pub, or building name
BOLD CAPS	place passed through

Approximate distances are given in km, and show both the cumulative distance and the distance between instructions. If you find errors in this routesheet, congratulate yourself and post disgusted comments on Audax FB pages and other forums.