

Rutland and Beyond Audax 100Km

Leg	3 East Carlton to Thurnby - 31.8Km	
	Exit control and return to road where...	73.5
0.2	R onto Church Lane (Care poor surface)	73.7
2.9	L @ T SP Ashley	76.6
3.1	L @ T SP Weston By Welland	79.7
1.4	R SP Wellham	81.1
1.7	R @ T SP Cranoe	82.8
0.4	L SP Cranoe	83.2
2.4	SO @ X SP Glooston	85.6
1.6	R @ T SP Gated Road Goadby and imm R no SP	87.2
3.3	L SP Noseley	90.5
0.5	L @ T SP Noseley / Three Gates	91
2.0	R @ Fork SP Illston	93
0.8	SO @ X	93.8
1.0	R @ T SP Gaulby	94.8
3.0	L @ T SP The Strettons	97.8
2.6	R @ T Stoughton	100.4
0.5	L SP Stoughton	100.9
2.6	R SP Evington	103.5
1.8	Arrive on R	105.3

Leg	1 Thurnby to Rutland Water - 42.4km	
	R from start	0.0
0.1	L (no SP) Grange Lane	0.1
0.5	R @ T (A47) SP Peterborough	0.6
0.2	L (no SP) Station Road	0.8
1.3	SO @ mini O	2.1
0.3	R @ mini O (3rd exit) Covert Lane	2.4
0.2	L (no SP) Malsbury Avenue	2.6
0.2	R (no SP) Beeby Road	2.8
0.7	L SP Beeby	3.5
5.4	R @ T SP Village centre	8.9
1.5	SO @ X SP Barsby	10.4
1.4	R @ T SP Ashby Folville	11.8
0.4	INFO CONTROL	12.2
3.2	R @ T SP Market Harborough	15.4
0.2	L SP John O Gaunt	15.6
6.7	R @ T SP Cold Overton	22.3
6.5	R No SP	28.8
0.2	L SP Burley	29.0
0.2	SO @ Mini O	29.2
2.3	SO @ O	31.5
1.7	L @ T SP Cottesmore	33.2
1.1	R SP Exton	34.3
2.3	R @ T SP Whitwell	36.6
0.8	L @ T SP Stamford	37.4
1.5	R SP Rutland Water	38.9
0.7	SO @ mini O and follow path around	39.6
2.8	CONTROL at Funky Fox Café, Nr. Visitor Centre	42.4

Leg	2	Rutland Water to East Carlton - 30.2KM	
		R After Carpark (Care - Contraflow)	
		Rejoin Cyclepath	43.2
1.8		Follow Exit signs through car park	46.8
0.1		R @ T SP Uppingham	47.2
3.7		L @ Mini O no SP	47.4
0.2		R @ Y SP Nort Luffenham	47.9
0.5		L SP South Luffenham	49.3
1.4		R SP South Luffenham	49.7
0.4		L and Imm R (Care - Busy road)	50.1
0.4		L @ Y and L @ T	51.9
1.8		SO @ X SP Wakerley	53.5
1.6		R @ T	54
0.5		Info Control	55
1		SO @ X SP Cottingham	55.4
0.4		R @ T SP East Carlton Country Park	68
12.6		R SP Church Lane	72.6
4.6		R into East Carlton Country Park	73
0.4		*Control* East Carlton Country park café	73.4

Key:

L	Left
R	Right
SO	Straight on
Y	Y junction
T	T Junction
O	Roundabout
X	Crossroads
SP	Sign Post
RH	Right Hand
LH	Left Hand