

The Old Squit 200 km – Information Sheet

200 km Brevet Randoneur ride from Norwich Railway Station, Norwich, NR1 1EF
Saturday 27 June 2026 at 08:00

This ride starts at **Norwich Railway Station** [///sharp.fend.dome](#) and finishes at **The Glasshouse**, a Weatherspoons pub, situated in the heart of historic Norwich city centre [///credit.pools.torch](#).

The start control will be open from 07:15 – 08:00 and the finish control will be open from 08:15 – 22:00. If you arrive at the start after 08:00 follow the route to The Glasshouse (1.1 km) and collect your brevet card from there.

There are hot/cold food and beverage options at the start within the station itself, along with toilets and bike racks. The ride briefing will be outside the station to the extreme left five minutes before the start of the event.

The Wetherspoons will have [food and drink](#) available to order at the end of your ride. Entry is via the gate next to the building, which leads to a large secluded beer garden where bikes can be left whilst inside, alternatively access via the car park directly behind the building (entrance via the Maids Head Hotel in Palace Street).

IMPORTANT – Please do not leave bicycles the alleyway as it is a fire exit. Also, locking of cycles is recommended for your own peace of mind.

The nearest train station is Norwich Railway Station, a 7-minute ride back from the finish.

[///sharp.fend.dome](#)

There are multiple public car parks within a short distance of the start.

- [Mousehold Heath](#) Car Park (Free)
[///glue.spider.cape](#)
- [St Andrews](#) Multi-Storey Car Park
[///violin.onion.acting](#)
- [Colegate](#) Car Park
[///cities.water.admits](#)

I will provide you with a brevet card at the start of the ride. This contains details of controls, of which some are informational and require answers to the questions contained within. There are no manned controls, but you will require a receipt from a café/shop in Wells-next-the-Sea (63 km) and Swaffham (159.9 km).

Please check all your receipts [filling in times on the brevet and highlighting time & location on the receipts would be very helpful] and ensure that your name and address is correct on the back, including signature.

The ride itself is advisory, so you do not have to follow the route/instructions, but will have to visit all controls. The number and location of controls serve two purposes, to

ensure no shortcuts are taken that shorten the official distance and to avoid busy or dangerous roads, wherever possible.

Ride Safety:

- The weather forecast (at time of writing) has a high of 27° C – some tips for coping with the heat can be found [here](#)
- Riders are advised to use the cycle path to cross the NDR, at the three-lane roundabout on a dual-carriageway (10.8 km)
- After leaving the control in Castle Acre (120 km) the road is designated closed, due the carriageway being washed away at the ford. There is a footbridge to cross the River Nar, but what's left of the road is narrow, not maintained and shared with hikers.
- Take care at the A47 junction (127.2 km) as the road is busy and you may have to wait for a safe gap in traffic to cross.
- **ROAD CLOSED** – there is now a road closure in place just after the Boughton control at 144.3 km. The closure is for 3.5km, so there is now a 14.6 km deviation from the original route which rejoins in Swaffham.
- Riders are advised to **STOP** at the Dark Lane/Norwich Road complex T-junction (189.5 km). This junction has cars exiting at speed from the right which is blind to riders approaching.
- Once you have joined the cycle path at 201.4 km the route continues on cycle paths for the next 900m and the route has multiple junctions, but is essentially straight once you have passed Bowthorpe Church Centre. Continue through the bollards until you reach Saxoncote Avenue.
- After exiting the underpass (206 km) the road is lightly cobbled and soon becomes a busy pedestrian area. Be wary of people with no environmental awareness.
- After turning right at the bollards onto Elm Hill (206.9 km) the road surface is very rough cobblestones for approximately 200m to the finish. Please take extreme care – ride slowly and dismount if wet.

There are different options for staying fuelled and hydrated, notably at Holt (40 km), Wells-next-the-Sea (63 km) and Swaffham (159.9 km). An extensive list of 74 fuel stops along the route is provided in the rider pack, which advise nearby stops not visible from route.

There is an free control in Wells-next-the-Sea (62.2 km), the waypoint is located at the Co-Op on the way into town and there are plenty of other options as you proceed further towards the quayside. There is also a Beach Café at the next info control 2 km away. The second free control is in Swaffham (159.9 km). which has many café's and shops in the vicinity of the Market Place. The waypoint in Swaffham is outside the Swaffham Café, a popular choice with riders.

The ride starts at 08:00 and you have until 21:48 to complete, if you want to be validated and get your two Audax points.

Emergency Contact: Please check the contact details are correct on the brevet card and advise if there are any errors.

If you are new to the Audax format (long distance cycling), more details can be found [here](#).

This ride is organised by Audax Club Mid-Essex, the largest Audax club in the east of England and we have an extensive list of calendar and permanent events. Find out more on the [ACME](#) and [Audax UK](#) websites.

Find attached to this email the [GPS route](#) files, written route sheet, information sheet and fuel stop listing.

Please call/text me in case of accident, emergency or failure to start/finish

There is no recovery service. Prepare well, stay safe and enjoy your ride!

Kind regards,
Matthew Norton
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