



AAAnfractuous 200

Saturday 24th September 2026 at 08:00am



Promoted by The Willesden Cycling Club

an·frac·tu·ous (ăn-frăk'chŏŏ.əs)

ADJECTIVE: Full of twists and turns; tortuous.

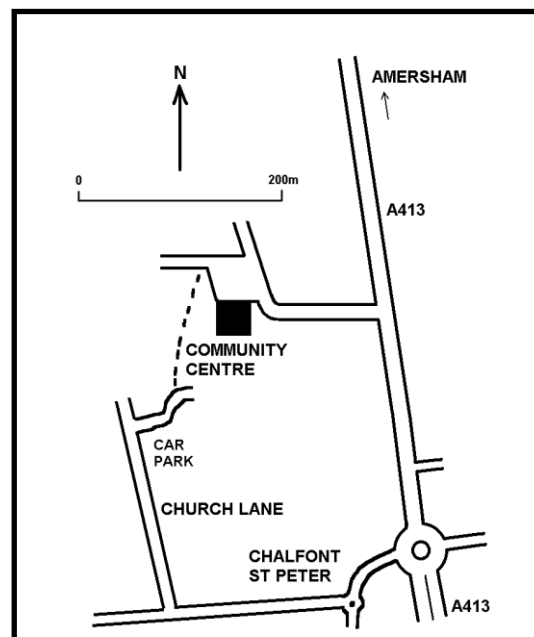
ETYMOLOGY:

From Late Latin anfractuōsus, from Latin anfrāctus, *winding*: am-, ambi-, *around*; see **ambi-** + frāctus, past participle of frangere, *to break*; see bhreg- in Indo-European roots

Venue

Chalfont St Peter Community Centre, Gravel Hill, Chalfont St. Peter, Gerrards Cross, SL9 9QX

Car Parking: The Council have recently introduced a Controlled Parking scheme and there are double yellow lines everywhere. Please use the Pay and Display Car Park detailed which above charges £3.60 for over 4 hours. Take the correct money if possible as the machine does not give change. Free on Sundays and Bank Holidays!



Public Transport: The nearest train station is Gerrards Cross on the London Marylebone line (but check for engineering works!); the 06:27 service from London will get you to the start line in plenty of time. Trains back into town depart at 16, 31 and 52 minutes past the hour. The closest London Underground stations are Uxbridge (Metropolitan and Piccadilly lines), via the A4020, A40 and A413, and Amersham (turn left from the station, L @T onto A416 Station Rd, then L @ T onto A413). Personally, I'd arrive via Amersham..

On Arrival

- Please make your way to the Community Centre and collect your brevet card from the Controller. Any last minute route amendments will be advised at this time (also see "Updates" on the next page).
- The Community Centre will be open from around 7am. Light snacks will be available at start and after the event..
- If you are coming by bike and want to leave any bags behind, see me at the start, and I can look after them during the day (at your own risk). Don't leave bags in the Community Centre – other groups will use it during the day.



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Controls and Refreshments:

Marlow (Info): Look for Garage on RHT after the town centre

BENSON CONTROL: Waterfront Cafe – collect receipt

East Illsey (Info): Look for traffic sign on one way system in village

WANTAGE CONTROL: Vale & Downland Museum café – collect receipt.

Lambourn (Info): Look for church noticeboard at crossroads

Parmoor Lane (Info): Look for phone box at the end of Colstrop Lane

PANGBOURNE CONTROL: Receipt from Costa Café or Co-Op

Cookham (info): Look for sign for gallery on left at the end of the high street

The Finish

- Please make your way to the Community Centre and register that you have completed the ride. Make sure you have completed your name and address, and have signed your Brevet before handing it in.
- Food and drink will be available for a small charge.
- There are washrooms and toilets, but no showers.
- Please respect the other users of the hall. Leave your bikes outside, and avoid crowding the lobby around the kitchen area.

If it all goes horribly wrong for you.....

Experienced AUK's can skip this bit ☺ Once you leave the HQ you are on your own; there is no rescue service. There is nowhere on the route where you can easily return to the start using train services. However, Goring and Pangbourne are on the Paddington/Banbury line, and Didcot is within limping distance of Wantage. There is also the option of Hungerford and Newbury if you are in the Lambourn or Boxford area. All these lines go to Reading and Paddington.

IF YOU DO ABANDON PLEASE PHONE ME ON THE NUMBER GIVEN ON THE BREVET CARD. If you don't call I'll be sitting at the Arrivee worried about you right up to the time I go home.

Have fun, and a safe ride

Forza Squadra!

Paul Stewart

07974 670931



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Stage 1 – Chalfont Benson

- 0.0 L with care from HQ onto A413
- 2.7 1E MRB (L) \$ Seer Green
- 3.2 R @ The Crown P.H.
¢ to Bottrells La
- 6.7 L @ T no \$, L @ T om A355
- 6.9 Shortly R @ Harte & Magpies PH
- 7.7 L @ Tri \$ WINCHMORE HILL
- 10.1 L @ T to Penn St (\$ Whielden La),
PENN STREET

PENN Street Info Control

- 11.2 Left @ Tri \$ Penn
- 12.2 L @ Tri No \$ (Penn Bottom)
- 12.8 R onto Common Wood lane
\$ Tylers Green
- 14.4 SOX onto New Road
- 17.3 L @ T onto A40
- 17.5 R @ TL \$ H.W.R.C.
- 17.9 R on LHB on Abbey Barn La
(Blue weak bridge sign)
- 19.4 R @ T
shortly L to Winchbottom La
- 20.3 L @ Tri \$ Little Marlow
- 22.8 R @ T onto 4155
- 23.4 2E RB over A404 \$ MARLOW
Continue to Marlow Town
Centre
- 25.3 2E RB (SO junction with market
cross on left) \$ A4155 Henley
- 25.5 R \$ Bovingdon Green,
MARLOW INFO CONTROL

- 31.6 SOX \$ Fingest
- 33.4 L @ T \$ FINGEST
- 34.6 R @ Tri \$ TURVILLE
- 39.3 R @ T
\$ CHRISTMAS COMMON
- 41.5 R @ T \$ Stokenchurch,
Shortly L \$ WATLINGTON
- 44.3 Follow road left into *Spring Lane*
Bear R then R @ T, B4009
- 52.8 1E RB \$ BENSON
Do not enter new estate!
- 53.3 R @ T \$ Wallingford
L by War Memorial
- 53.5 R @ T to
- 53.7 **Benson CONTROL**
Waterfront Café on Left

Stage 2 – Benson Wantage

- 53.9 R from control onto A4074
- 56.6 3E RB \$ A4074 \$ Goring
- 57.8 1E RB \$ Goring
- 58.1 R \$ GORING B4009 & Bear L
- 65.5 R over railway \$ Village Centre /
STREATLEY B4009
- 66.6 SOX \$ Newbury (by The Bull PH)
- 71.4 R @ Four Points PH \$ COMPTON
(\$ not visible from road!)
- 77.8 **East ILLSEY INFO CONTROL**
Follow One Way system
\$ Newbury, Immed filter R & R @
T \$ WEST ILLSEY,
L @ X \$ Oxford.



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|------|---|-------|--|
| 86.1 | R @ T opposite cottage
\$ WANTAGE | 125.7 | 1 st R \$ Curridge |
| 92.4 | L @ T \$ Town Centre | 126.2 | R & L over A34 \$ CURRIDGE |
| 92.5 | R @ TL \$ Town Centre and | 130.0 | R @ T \$ HERMITAGE |
| 92.6 | 1 st L \$ Museum (<i>Church Street</i>) | 130.7 | L @ T onto B4009 no \$ |
| 92.7 | Wantage Control
Vale & Downland Museum | 131.6 | SO MRB \$ Streatley |
| | | 132.3 | 2 nd R \$ Pangbourne,
YATTENDON |
| | | 140.3 | L on descent, \$ PANGBOURNE
Easy to miss! |
| | | 145.4 | L @ T, Immed 2E MRB |
| | | 145.9 | 2E MRB \$ Reading |
| | | 146.0 | Pangbourne CONTROL
Costa Café (carpark at back) |

Stage 3 – Wantage – Pangbourne

- 92.8 L from Control,
Bear L @ T with Locks Lane
- 93.1 R @ T no \$ (Portway)
- 96.7 L @ X \$ B4001 LAMBOURN
LAMBOURNE INFO CONTROL
- 107.7 L @ X
- 115.0 R @ T opposite Swan Inn PH
\$ Hungerford
- 115.1 L on RH bend (really SO) \$
BOXFORD
- 121.0 L @ Bell PH \$ Winterbourne
- 122.0 R @ grass tri \$
WINTERBOURNE
- 124.0 R @ T \$ Newbury
- 124.5 1st L No \$
- 125.6 L onto B4494 \$ Wantage

Stage 4 – Pangbourne Chalfont

- 146.0 L from control, 2E MRB
\$ WHITECHURCH
- 146.4 After bridge & CRAYS POND
- 150.4 SO STGX \$ WOODCOTE
- 152.4 R @ X \$ Stoke Row
(playing fields on R)
- 153.2 R @ T and immed L across
A4074 \$ STOKE ROW
- 156.4 R @ T \$ Cycle Route 5
- 159.5 R @ large grass tri \$ Reading
B481
- 160.4 L \$ SHEPHERDS GREEN
- 162.6 L @ T \$ Henley
- 163.5 L \$ BROADPLAT/Forge Works



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|-------|---|-------|--|
| 164.5 | Bear L @ fork \$ Bix | 191.1 | L @ T \$ Bourne End |
| 165.4 | SOX \$ BIX VILLAGE with care to cross A4130 | 192.4 | R \$ Wooburn Common (<i>Hedsor Rd</i>) |
| 167.1 | R @ T no \$
Shortly L \$ Fawley | 193.0 | L \$ <i>Heavens Lea</i> |
| 168.8 | R @ grass tri \$ FAWLEY | 193.1 | SOX \$ <i>Harvest Hill</i>
Caution, tricky junction |
| 169.6 | L @ T \$ Marlow | 194.2 | R @ T \$ <i>Widmoor</i> . |
| 171.7 | R on sharp LH bend,
\$ Single Track Road | 196.0 | R \$ Wooburn Common,
Shortly L by PH. |
| 173.5 | Caution! Steep descent on poor surface with T @ bottom | 197.7 | L @ T no \$ or road markings |
| 174.2 | R @ T \$ Hambledon | 199.0 | L @ T onto busy A355
SO TL |
| 175.2 | L \$ <i>Colstrove Lane</i> | 199.9 | SO RB over M40 |
| 176.7 | PARMOOR LA INFO CNTRL | 200.8 | 2 nd ext RB \$ A40 ,Gerrards Cross |
| | R @ T \$ <i>Pheasants Hill</i> | 202.1 | L \$ Jordans, Youth Hostel
(see Alternative Route) |
| 177.3 | L on RH bend (effect SO) by farm buildings | 203.8 | R \$ Youth Hostel (<i>Welders Lane</i>) |
| 177.9 | R @ T opposite cottages,
IGNORE \$ for Marlow! | 205.4 | R @ T no \$ (<i>Grove Lane</i>) |
| 179.0 | Next L no \$ | 205.6 | 1st L (actually 2 nd L around green triangle) (<i>Nicol Road</i>) |
| 181.0 | Caution on steep descent | 206.3 | L @ T onto Market Place |
| 181.9 | Bear R @ T by grass triangle \$ Marlow | 206.6 | 1E [L] MRB
1E RB \$ Chalfont St Giles |
| 182.9 | L @ T onto A4155 \$ Marlow | 206.8 | L \$ Community Centre
ARRIVEE ☺ |
| 184.0 | 2E RB (R) by obelisk to High St
SA over Marlow Bridge | | |
| 185.6 | L after Compleat Angler PH
\$ Cookham Dean | | |
| 188.3 | SO @ 2 MRB's \$ COOKHAM
COOKHAM INFO CONTROL | | |



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Key	Straight on at all junctions unless:	\$	Signed direction. Places in capitals are on route.
R, L	Right, Left	Immed	Immediately – used where instructions are less than 100 metres apart
T	T Junction		
X	Cross Roads		
TL	Traffic Lights	Shortly	Where instructions are close together
STGX	Staggered Cross Roads		All distances are in kilometres and are approx.
RBT	Roundabout (exits are marked)		