

ROSE OF THE SHIRES AUDAX ROUTE SHEET

Dist to next	Stage 1 Oundle to Daventry	Total dist
	R from HQ. - L @ TJ no sp	0.0
0.1	R @ miniRAB no sp	0.1
0.2	R @ TJ no sp	0.3
0.2	L @ TJ no sp	0.5
0.1	R @ War Memorial sp GLAPTHORN	0.6
4.6	L into SOUTHWICK then L@T	5.2
6.4	R@T sp BULWICK	11.6
1.3	R@T sp Duddington [with care]	12.9
0.1	L sp LAXTON	13.0
5.4	HARRINGWORTH , L@T then imm R sp Seaton	18.4
1.0	{INFO CONTROL}	19.4
6.1	Into CALDECOTT , L@T sp Kettering	25.5
0.6	through TL then R sp GT EASTON	26.1
1.8	L by Sun Inn, through DRAYTON	27.9
6.0	Through MEDBOURNE , R sp Slawston	33.9
0.3	L sp Slawston	34.2
2.3	SLAWSTON , L@T, L sp Welham {INFO CONTROL}	36.5
2.7	WELHAM , L (on R hand bend) into Bowden Lane (@ motor vehicle restriction sign)	39.2
4.7	R @GT(x2), L@T through GREAT BOWDEN	43.9
1.9	Into MARKET HARBOROUGH , R@T, SO first TL	45.8
0.7	R@TL, L@TL sp Lutterworth SO mini-RaB	46.5
0.6	L sp East Farndon (by SPAR)	47.1
0.3	SO mini-RaB, first exit @ RaB, through EAST FARNDON , CLIPSTON , NASEBY	47.4 48.2
13.2	SO X-roads sp COLD ASHBY	60.6
1.0	WATER tap inside Cold Ashby Cemetery (on right)	61.6
5.2	SO RaB sp WEST HADDON , in W Haddon, SO miniRAB, R@miniRAB, L@miniRAB sp WATFORD	66.8

	(rough road on downhill left hand bend in WATFORD)	72.0
6.2	Over M1, SO X roads (A5) sp WELTON	73.0
4.4	Daventry : SO RAB	77.4
0.3	1 st exit RAB and imm cross [with care] to join adj cycle path. Follow cycle path by side of road until it deviates and becomes Welton Rd,	77.7
0.7	L@T, SO RAB	78.4
0.7	R on L bend onto cycle lane, under road then back on Welton Rd.	79.1
0.3	R@T onto B4036	79.4
0.4	SO mini RAB (Costa/ Greggs on R), DAVENTRY {CONTROL}	79.8
0.2	L@miniRAB sp M1(S),	80.0
0.4	SO miniRAB	80.4
0.6	R sp cyclerroute-50 (2 nd right after garage on right - last place for control POP).	81.0

NOTES:

L =Left : R =Right : Imm =Immediately

T =T Junction TL =traffic lights

SO =Straight On : X =Cross Roads

RaB =Roundabout : sp =Sign Post

GT=Green Triangle

Pass through places in bold

In general the roads are in good condition, however as you would expect there are potholes here and there.

11 July 2026

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<i>Dist to next</i>	<i>Stage 2 Daventry to Olney</i>	<i>Total dist</i>
1.6	SO X-roads sp NEWNHAM	82.6
0.5	SO X-roads	83.1
0.0	R@T Sp PRESTON CAPES	83.1
5.4	SO X-roads sp CANONS ASHBY	88.5
2.0	R@T sp CANONS ASHBY	90.5
0.7	L sp CANONS ASHBY	91.2
1.8	R@T sp MORETON PINKNEY	93.0
7.0	{INFO CONTROL}@GT L sp SULGRAVE, HELMDON	100km
4.9	L@GT sp WAPPENHAM , through ABTHORPE	104.9
11.3	Cross road onto cyclepath just before McDonalds RaB, follow cycle path and cross A43 @TL sp TOWCESTER via Springfields	116.2
0.2	Bear R then L onto Green Lane	116.4
0.2	R@T onto Springfields	116.6
1.6	R@T (no sp)	118.2
0.0	L into Redcar Rd (no street sign),	118.2
0.9	L into Epsom Ave (no street sign),	119.1
0.1	R@RAB sp Milton Keynes	119.2
0.7	L sp HEATHENCOTE , through SHUTLANGER , STOKE BRUERNE ,	119.9
6.1	cross A508 [with care] imm L sp ASHTON	126.0
1.6	R@X-roads sp HARTWELL ,	127.6
1.6	R@T sp HARTWELL	129.2
2.0	SO X-roads sp STOKE GOLDINGTON [detour L for WATER and Toilets at Salcey Forest visitor centre]	131.2
2.5	R@T sp STOKE GOLDINGTON	133.7
3.9	L sp WESTON UNDERWOOD	137.6
1.0	L@GT sp OLNEY	138.6
4.5	SO RaB	143.1

0.8	L@mini RaB sp Bedford {FREE CONTROL IN OLNEY}	143.9
<i>Dist to next</i>	<i>Stage 3 Olney to Oundle</i>	<i>Total dist</i>
1.1	OLNEY, 3 rd exit sp Bedford B565	145.0
2.5	L sp LAVENDON	147.5
1.0	R @ war memorial	148.5
0.3	L sp HARROLD	148.8
5.5	L@T sp ODELL	154.3
0.5	R sp ODELL	154.8
4.3	Into SHARNBROOK , 2 nd exit RAB	159.1
0.6	WATER tap inside Church gate (on right)	159.7
0.3	R@T sp Milton Earnest	160.0
1.8	SO RAB no sp	161.8
0.3	SO RAB sp RISELEY	162.1
1.2	L sp RISELEY on through	163.3
10.7	SWINESHEAD , L@T sp KIMBOLTON	174.0
2.4	L@T sp Northampton	176.4
	{KIMBOLTON INFO CONTROL}	177km
1.5	R sp CATWORTH	177.9
7.3	L sp BRINGTON	185.2
5.0	Through OLD WESTON then R sp WINWICK	190.2
3.0	L sp THURNING	193.2
2.9	R @GT sp BARNWELL	196.1
0.1	L sp BARNWELL	196.2
3.6	L@T sp BARNWELL	199.8
0.9	L@T sp OUNDE	200.7
0.1	R@T onto A605 then imm L on sliproad sp OUNDLE [with care, a cycle path crossing is available]	200.8
0.4	L@T (straight on)	201.2
3.4	L@War Memorial sp Glapthorn	204.6
1.1	FINISH : The George Inn Control Opens: 14.44 - Closes: 21.28	205.7