

Audax UK: York-Stamford-York 400km Permanent

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Introduction

The York-Stamford-York 400 is a companion ride to the York-Cambridge 600 in that it ventures into the flatlands of Eastern England, with the occasional lumpy bit thrown in for good measure. These rides are aimed at people who want to enjoy themselves without wondering when the next hill is going to arrive – riding 250-odd miles is never easy, but then it doesn't need to be unnecessarily difficult either.

The Route

The route is, by and large, rural and over fairly gentle terrain. The only lumps of note are the Yorkshire and Lincolnshire Wolds, plus the occasional road or railway bridge. All of the controls are large enough that getting a stamp for your brevet card shouldn't be too troublesome – however, if you get caught out you may need to get imaginative with your proofs of passage (eg. ATM receipts, pay-and-display car park tickets etc)

As with all my 'point-to-point' permanents, the exact choice of route is up to you – all I care about is that all the appropriate controls have been visited. Distances are shown for the shortest practical route, and it is up to you to plot a route which is acceptable to you – if you take to the lanes then you can expect to go over-distance and you should plan accordingly.

Control	Distance (out)	Distance (back)
York	0	410
Beverley	48	362
Market Rasen	106	304
Lincoln	134	276
Sleaford	161	249
Stamford	205	205

It is possible to start the ride at either end, or at any point in the middle providing that all the required controls are visited. For a York start, I generally recommend a 6am start since you'll be able to ride along the A1079 to Beverley before any significant traffic builds up.

Entry

The standard entry fee for Permanent rides is £2.50 (as of November 2009), along with a completed AUK entry form and two C5 envelopes. Please allow up to 3 weeks for your brevet card to be delivered.

Additional Note

Cyclists are *not* allowed to ride on the main carriageway of the A15 over the Humber Bridge – there is a cyclepath signposted from the A164 roundabout on the Hull side. The signposting on the Barton side is a little less obvious(!)

Cyclists do not need to pay a toll in either direction.