



Saturday 29th April 2017

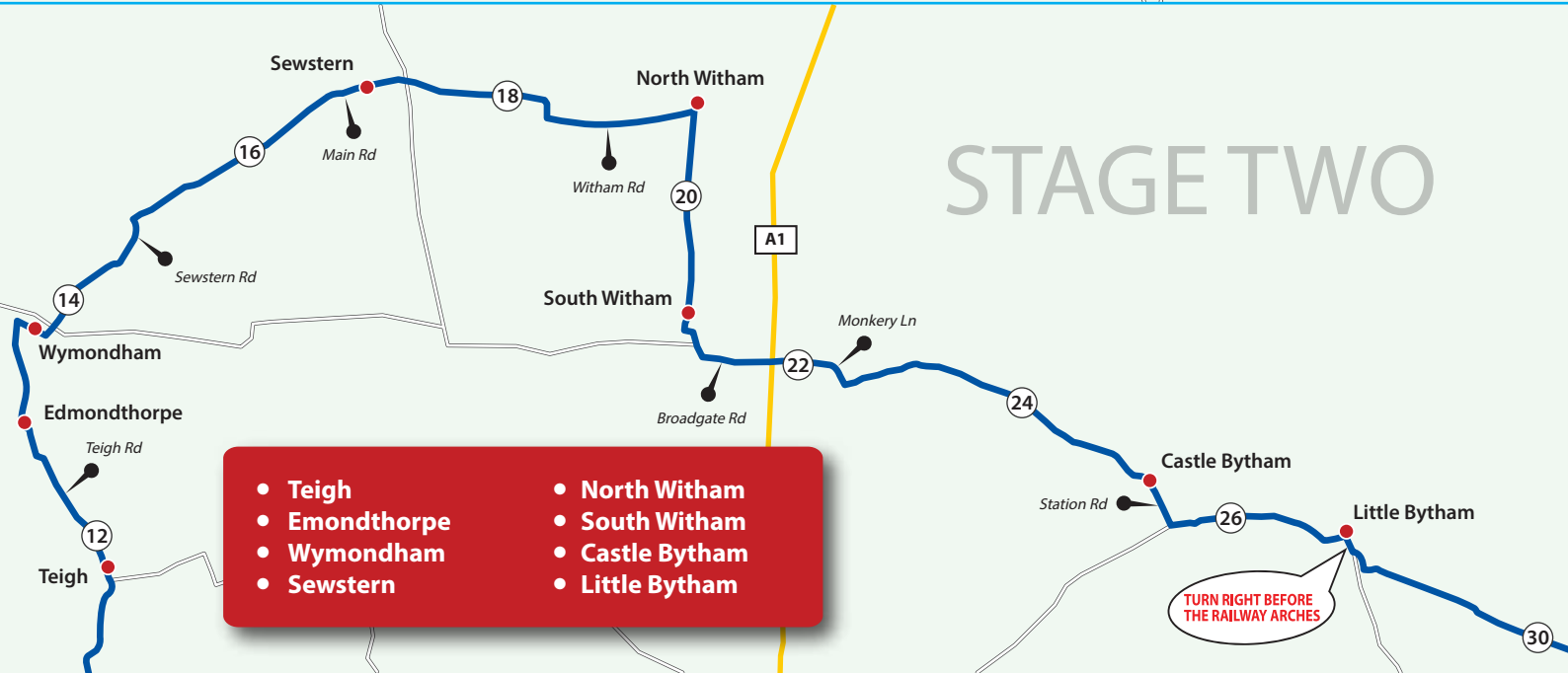
100 MILE CHARITY BIKE RIDE FROM UPPINGHAM TO BRANCASTER STAITHE

START - UPPINGHAM

- Uppingham
- Ayston
- Ridlington
- Brooke
- Oakham (through)
- Ashwell

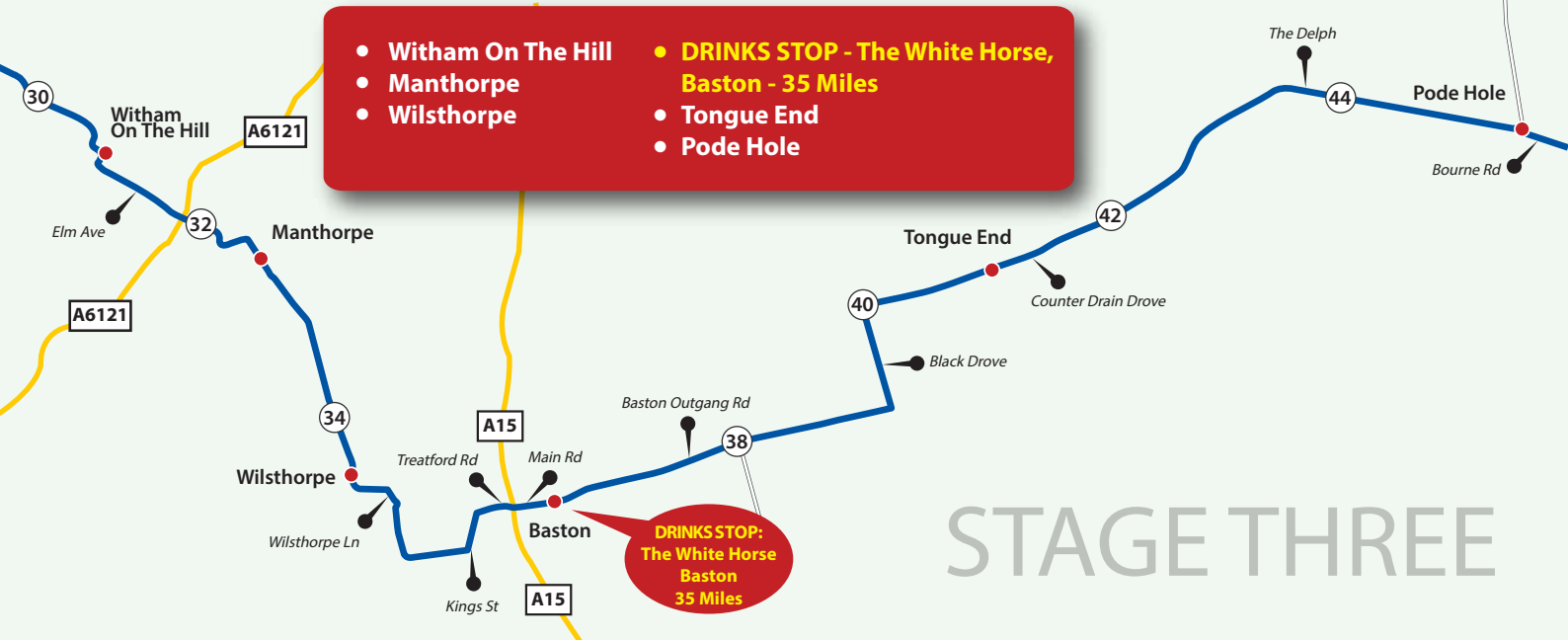
**START UPPINGHAM**  
 Middle Playing Fields  
 Uppingham School  
 Leicestershire  
 LE15 9TW

STAGE ONE



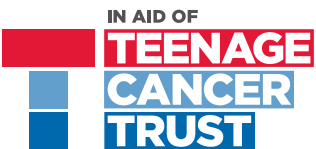
STAGE TWO

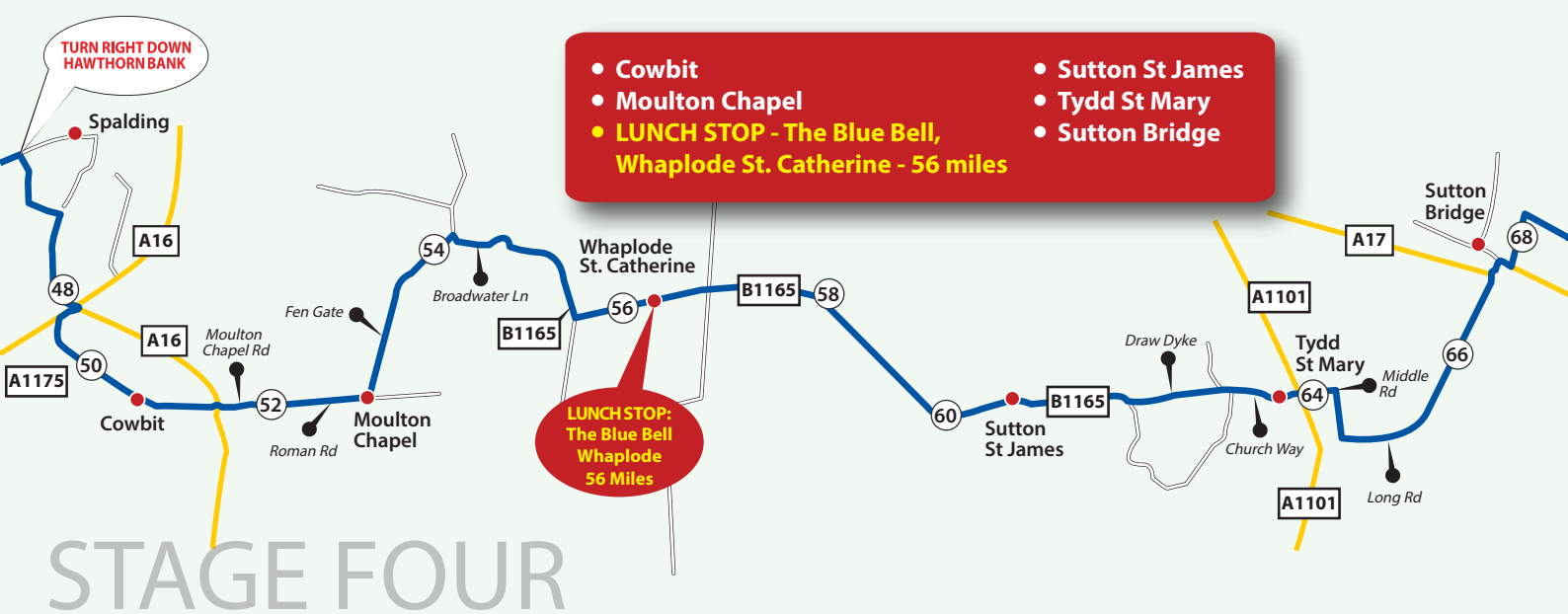
- Teigh
- Emondthorpe
- Wymondham
- Sewstern
- North Witham
- South Witham
- Castle Bytham
- Little Bytham



- Witham On The Hill
- Manthorpe
- Wilsthorpe
- DRINKS STOP - The White Horse, Baston - 35 Miles
- Tongue End
- Podge Hole

STAGE THREE





## EMERGENCY TELEPHONE NUMBERS

Daytime co-ordinator - Nicola Wheeler - 07870 191098  
Broom Wagon - Paul - 07796 855206  
On route mechanic - Simon - 07948 188805

On route mechanic - Richard - 07905 960197  
First aid support - Nick - 07875 598388  
First aid support - Nikki - 07971 296292