



## 3 Plots Ouse Cycling Challenge in 2022.

After 3 difficult years since 3 Plots 2019 in Suffolk, I think we have earned a bit of fun.

The event is based out of the **Premier Inn Cambridge (Junction 32 of A14)** for simplicity at short notice and the event runs over 2 days:

**Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> July, 2022.**

Take care if booking a room that you select the correct Premier Inn in Cambridge, Junction 32 of the A14. The hotel currently has over 100 rooms available but booking very soon is recommended. But if you don't wish to stay, I have arranged with the hotel that you are still free to park in the hotel car park whilst cycling.

Nicki, Patrick and I will be staying in the hotel on Friday 15<sup>th</sup> through to Sunday 17<sup>th</sup>, so you are very welcome to join us for both nights if you wish.

The routes will be roughly 45-50 miles/day and are loosely linked to the River Ouse hence the name. Day 1 will be a loop through Cambridge and back up to St Ives (to the River Ouse). Day 2 will head west out of Cambridge (also towards the River Ouse). Routes will be shared digitally for GPS mobile devices.

Attendees are welcome to attend all or part of the event and the cycling starts at **10am on the 16<sup>th</sup> and 17<sup>th</sup> July at the hotel**. There is a fixed charge for riding in the event of £20/person for up to 1 day or £30/person for 2 days. All monies go to the Rob Stephenson Trust [www.robstephensontrust.com/](http://www.robstephensontrust.com/) and are payable on the day. Individuals or teams are very welcome.

On the Saturday night, there will be some sort of event festivities, as usual. Detail yet to be arranged but for those who have attended before, fun is the operative word.

**If you wish to attend, some or all of the event, can you drop me an email to register please. Also let me know if you wish to join the group for dinner of the Saturday night (16<sup>th</sup> July) please.**

As ever with 3 Plots, this is not a race and riders are free to go as fast or slow or as far as you like. You may wish to have a team relay or an individual challenge? The main emphasis is people having fun, but it is nice to raise a bit of money for the Trust. Sponsors for this charity event are very welcome to get involved if they wish to. Just get in touch with me. Andrew Watson on **Mobile +44 (0) 7768 143730** - Email [andrew.watson@niab.com](mailto:andrew.watson@niab.com)

Laugh. Live. Learn. Play

## DAY 1



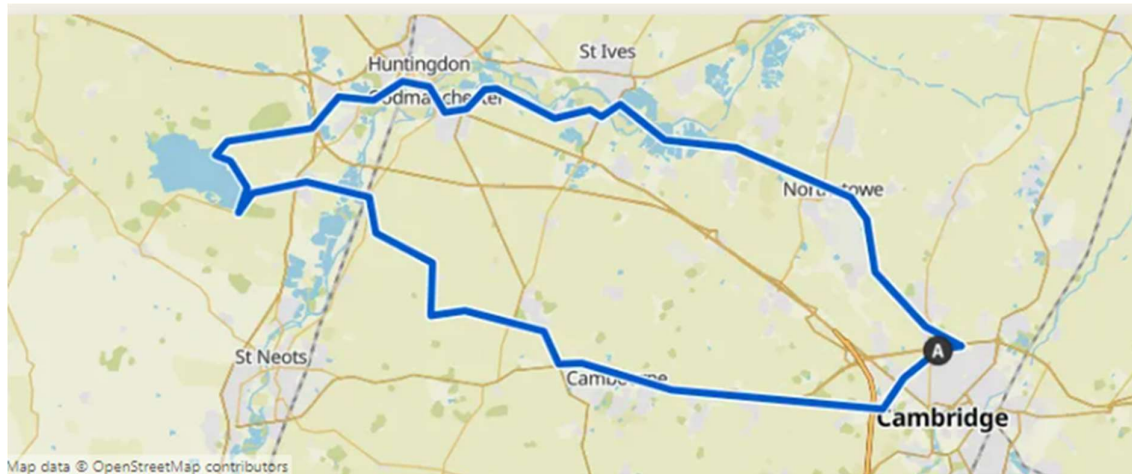
### Cambridge Loop 16th July Version 07.06.22



**Intermediate** ⌚ 03:24 ↔ 49.7 mi ⌚ 14.6 mph ↗ 550 ft ↘ 550 ft

Intermediate road ride. Good fitness required. Some portions of the Tour may be unpaved and difficult to ride.

## DAY 2



### Grafham Water 17th July Version 07.06.22



**Intermediate** ⌚ 03:17 ↔ 48.4 mi ⌚ 14.8 mph ↗ 825 ft ↘ 825 ft

Intermediate road ride. Good fitness required. Some portions of the Tour may be unpaved and difficult to ride.