



# The 3 Plots Challenge

**Thursday 5<sup>th</sup> July to Sunday 8<sup>th</sup> July 2018**

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Join in en-route and complete any distance

Open to all, the 3 Plots Challenge is a fun, charity cycle ride for individuals or relay teams of cyclists. Complete as many miles as you feel fit for and help raise money for the Rob Stephenson Trust. The trust, run by Patrick, Nicki and Sam Stephenson, helps young people in the UK and all over the world participate in sport and change lives for the better.



[www.robstephensontrust.com](http://www.robstephensontrust.com)

Despite what the name suggests, the 3 plots challenge is just a personal or team challenge where you set your own target. It could be 5 miles, 1 day or the full 262 miles. The full circular route takes in 3 NIAB field trial centres (hence the name) at Caythorpe in South Lincolnshire, NIAB HQ in Cambridge and Morley in Norfolk, covering a total distance of 262 miles. The route avoids A roads and uses cycle ways where possible and 99% of the route is on tarmac.

With an emphasis on fun, the full distance will be covered over 4 days with very civilised stops for refreshments, daily pub lunches and evening social events. See the schedule overleaf which allows riders to join in on any day either in the morning or after lunch.

To raise money for the trust, each rider will pay a charge, on the day, dependent on the distance planned. **For Individuals** —Up to 15 miles is £15, 15-30 miles or 1/2 day £25. 30-60 miles or full day £40. **For Teams entries** of any size, just pay a team fee - Up to 15 miles £30, 15-30 miles or 1/2 day £50 or full day £80. For those wishing to do more than 1 day, consider using the personal sponsorship form attached although anyone is free to use this form rather than pay a fee. 100% of all money collected goes to the Trust. Riders under 18 are free but must be accompanied by an adult throughout the event. As a result of the scheduled nature of this 4 day event, it is very difficult to accommodate young children under 12. **Safety is paramount on this event** and inevitably there has to be a few ground rules. Cyclists will be briefed and also be asked to sign a disclaimer on the day.

**Why not create your own relay team, choose a start point and distance. (It could even be the full 262 miles!)**

## Essential kit for each participant:

1. **Fully functioning bike** (the one at the back of the garage may need a service). For longer distances, a light road bike is preferable. Mountain bikes/tandems are less ideal but ok for shorter distances. Please avoid BMX bikes for children as they will get very tired, very quickly and very grumpy.
2. **Cycle helmet.** Sorry no helmet, no participation
3. **A spare inner tube and puncture repair tools**
4. **Pump**
5. **Water bottle on the bike**
6. **Mobile phone**

There will be at least 2 support vehicles at all times that will also carry essential safety and repair kit, a first aider, spare bikes, some refreshments and helping hands.



**Come and join Patrick! Just complete and email the very simple registration form to [andrew.watson@niab.com](mailto:andrew.watson@niab.com) or call Andrew on 07768 143730. All riders need to register please**





## Day 1 - Thurs 5 July 74 miles

Meet at 7.30am at **NIAB Caythorpe, Southern Barn Farm, The Heath, Leadenham, LN5 0QG** for safety briefing and warm up session. Start ride about 8am.

Lunch is at 12 noon 39 miles away at the **Waterton Arms, 68 Church Street, Deeping St James, PE6 8HD**.

The afternoon ride will start at 1.30pm. The journey takes us past Peterborough Cathedral and right along the River Nene cycle way for miles.

The day's ride will finish about 5pm at **St Ives Park and Ride Car Park, Meadow Lane, St Ives PE27 4LG**.

Day 1 will finish with an evening meal in a local St Ives restaurant very kindly sponsored by **Rotam UK**. Details to be announced later.



## Day 2 - Fri 6 July 61 miles

Meet at 7.45 am at the finishing point from day 1, **St Ives Park and Ride Car Park, Meadow Lane, St Ives PE27 4LG**. Start riding about 8.15 am. The route takes us via **NIAB HQ, Huntingdon Rd, Cambridge. CB3 0LE** which is 13 miles away and almost exclusively off road on the route of the Busway and through NIAB Park Farm. We should be at HQ about 9.30am where refreshments will be kindly supplied by NIAB. The route will continue onto visit **Bayer Crop Science** at the Science Park and then through the centre of Cambridge past Kings College, across Parkers Piece and next to Cherry Hinton lakes to a stop at **Corteva Agriscience and Syngenta UK at Capital Park, Fulbourn**. All these organisations are very kind corporate supporters of this event. Lunch is at 12 noon at **Black Horse Inn, 35 High Street, Swaffham Bulbeck CB25 0HP** (that is 31 miles before lunch). Meet again at 1.30pm to prepare for the afternoon ride into wilds of Thetford forest and the end of day 2 at about 5pm at the **Junction of Harling Drove and the A134 NW of Thetford, South Norfolk IP24 1LS**. (Basically deepest, darkest Thetford forest—"Where there be witches"). Evening entertainment for both evenings of Day 2 and Day 3 is in the village of North Elmham, near East Dereham which has 2 pubs and a good village shop. There is also 2 good bike shops in Dereham, if needed. There will

be a BBQ/party each evening at **Andrew Watson's home at 37a Eastgate Street, North Elmham, East Dereham, Norfolk NR20 5HE** from about 6pm onwards. Attendees are welcome to use this as a base and to "tent" it in the garden if they wish (Power/toilet/shower facilities/internet available). Alternatively, the Kings Head in the village, has 8-9 single/twin/double rooms. (See registration form for more info).

**Event BBQ/parties from 6pm on 6th and 7th July at 37a Eastgate Street, North Elmham, East Dereham, Norfolk NR20 5HE**

## Day 3 - Sat 7 July 64 miles

Day 3 starts at the **Junction of Harling Drove and the A134**

**NW of Thetford, South Norfolk IP24 1LS** at 8.00am on a lovely bright summer morning (hopefully). There will be a refreshments stop at **NIAB Morley, Deopham Road, Morley St Botolph, Wymondham, Norfolk NR18 9DF** after the 1st 17 miles. A hog roast Lunch will be at 11.30am at **Anglia Farmers Ltd, Honingham Thorpe, Colton, Norwich, NR9 5BZ** (26 miles in the morning). Lunch is very kindly sponsored by Anglia Farmers and FMC.

We start again at 1pm and cover 38 miles through the rolling countryside and historic villages of mid and west Norfolk to the **Tesco Extra car park, Hardwick Road, Kings Lynn PE30 4NA**. We should finish the day about 5pm. Evening entertainment is back in **North Elmham**.

## Day 4 - Sun 8 July 63 miles

The final day starts 8.00am at Kings Lynn; **Tesco Extra, Hardwick Road, Kings Lynn PE30 4NA** with lunch after 33 miles at the **Black Bull Inn, 23 London Road, Kirton, Boston, PE20 1JE** at noon. Start again at 1.30pm and complete the last stretch of 30 miles and the short final hill climb back up to **NIAB Caythorpe, Southern Barn Farm, The Heath, Leadenham, LN5 0QG** by about 5pm.

After 4 days and 262 miles, the 3 Plots finishing party will be at **the Ramada Resort (Grantham), Toll Bar Road, Marston NG32 2HT**. This party will be an opportunity for all riders to feel rightfully proud and the long distance riders, in particular, to stand at the bar all evening to avoid the necessity to sit.

**3 Plots Finishing Party  
8th July from 7pm**

**Ramada Resort (Grantham), Toll  
Bar Road, Marston NG32 2HT**

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If you want to show support for this event and the intrepid riders involved, go to our Just giving page at

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