



STAGE 40 – Colchester United to Ardleigh

- 0.0 – Head east down Stadium Way
- 0.3 – Turn right (3rd exit) at the roundabout on Via Urbis Romanae
- 0.5 – Turn left at the pedestrian crossing along the Tower Lane footpath
- 0.7 - At the end, turn right by the houses and then turn right on Mill Road
- 0.8 – Turn left (1st exit) at the roundabout onto Brinkley Grove Road
- 1.0 – Straight on (2nd exit) at the roundabout staying on Brinkley Grove road
- 1.3 – Veer left (2nd exit) at the roundabout along Brinkley Lane
- 1.5 – Straight on (2nd exit) at the roundabout along Brinkley Lane
- 1.6 – Turn right (2nd exit) at the roundabout along Severalls lane
- 2.0 – At the end at the lights turn left in Ipswich Road moving to the right-hand pavement
- 2.5 – Heading around the right-hand side of the roundabout, cross over the A120 and immediately turn right down the ramp to the A120 but immediately turn left on Old Ipswich Road (See Inset)
- 3.0 – Handover at the Crown Inn on the right

STAGE 41 – Ardleigh to Stratford St Mary

- 0.0 – Carry on along Ipswich Old Road
- 0.3 – turn left and pass under the A12
- 0.4 – At the end, turn right on Ipswich Road
- 0.5 – Merge with the A12 and follow the pavement alongside the road
- 1.6 – Pass under the bridge
- 2.1 – Fork down the slip road (Care needed as pavement disappears for a short period)
- 2.2 – At the junction at the bottom, fork left on Ipswich Road

NOTE – No pavement for 0.2 miles so care needed. Stay on the left-hand side of the road in single file for better visibility – this will only last for 5 minutes)

- 3.0 – Follow the road around to the left following parallel to Ipswich Road
- 3.5 – Handover at the Black Horse pub (non-operational)

Colchester United to Ipswich Town



March of the Day II



STAGE 42 – Stratford St Mary to Capel St Mary

- 0.0 – Carry on along Lower Street and follow it round to the right on Upper Street
- 0.5 – Pass the Anchor Pub
- 0.6 – Just before the bridge, follow the footpath up on the left to join the pavement along Ipswich Road
- 1.6 – Pass the Higham turning and carry on along Ipswich Road
- 2.2 – Pass the East Bergholt turning and carry on along Ipswich Road
- 3.7 – Pass the Esso Garage
- 4.0 – Follow the footpath away from the road and along London Road parallel to the A12
- 4.1 – Turn left on London Road
- 4.2 – Handover at the Zaynab Indian Restaurant on the right

STAGE 43 – Capel St Mary to Washbrook

- 0.0 – Carry on along London Road
- 0.4 – At the end turn right on The Street and immediately cross over and join the footpath/cycle path off to the left
- 0.6 – At the end, take the side road on the left just before the A12 and, at the end, join the footpath at the side of the A12 Ipswich Road
- 1.0 – Follow the footpath behind the fence and head up Roman Road
- 1.4 – At the end, turn left on London Road
- 3.0 – Pass Washbrook Service Station
- 3.2 – Straight on at the Chapel Lane junction
- 3.3 – Stage end where the road ends

STAGE 44 – Washbrook to Ipswich Town

- 0.0 – Follow the footpath under the A14
- 0.2 – Pass under the bridge and fork right on the footpath
- 0.4 – Join London Road and carry on towards Ipswich
- 0.5 – Keep left as the road forks and follow the footpath alongside London Road
- 0.8 – At the lights by the Holiday Inn, go straight on staying on London Road
- 1.9 – Straight on at the lights with Dickens Road and cross to the right-hand pavement, carrying on along London Road crossing over the railway
- 2.1 – Straight on over the lights with Ranelagh Road
- 2.2 – Pass the Shell Garage then turn right at the next lights on West End Road
- 2.6 – Turn left on Sir Alf Ramsey Way
- 2.8 – Turn right into the Astro turf pitches and finish at Ipswich Town FC

