Norman Gregory Memorial ride 29 miles. Red arrow route

Mile	Direction	Place	Sign Post
0	Depart	St Peter Church	
0.2	Right Then Left at War Memorial	Cockfield	Buttons Green
2.5	Right at T junction		No Sign
3.1	Left at T junction after bridge		Preston
3.9	Left at T junction top of hill		South Suffolk
5.1	Right on bend (Caution)	Preston St Mary	Hitcham
5.8	Left at grass triangle		Kettlebaston
7.5	Memorial to 447th bomb group	Kettlebaston	
8.2	Fast down hill with sharp right bend		
8.3	Left at T junction		Brettenham
8.7	Right at top of hill grass triangle		Buxhall
9.8	Straight over at X roads		Buxhall
10.4	Joins shorter ride		
13.4	Left at T junction after church	Buxhall	Onehouse
13.8	Left at top of small hill		Rattlesden
15.2	Left on small rise		Hitcham
15.5	Left at grass triangle		Hitcham
15.7	Right at bottom of hill		Brettenham
16.5	Left at T junction		Brettenham
16.6	Right on bend (caution)		Felsham
17.5	Left at grass triangle		Brettenham
18.7	Right at T Junction		Felsham
19.7	Left at large grass triangle	Felsham	Bury st Edmunds
19.9	Leave shorter ride		
19.9	Right at Felsham village green	Felsham	Bury st Edmunds
23.9	Left at grass triangle	Lt Welneatham	Bradfield st Clare
27	Right at Great green (Caution)	Cockfield	Cockfield
27.4	Right at end of Great green (Caution)	Cockfield	Lavenham
28.8	Right at war Menorial	Cockfield	Church
29	Arrive	St Peters Church	

The Cockfield Legend, When asked the secret to long life, replied. "Keep Breathing "Norman Gregory. 1922 ~ 2022