

The 3rd RODENT WRIGGLE 2026

Equipment to be carried:



MUG (none will be provided), route description, maps - either paper (Explorer 211 or Landranger 155) or digital (with sufficient battery backup), fully charged mobile phone, personal medication, wear or carry weather-appropriate clothing.

Abbreviations: **BL** - Bear Left, **BR** - Bear Right, **BW** - Bridleway, **BWS** - Bridleway sign, **CP** - CheckPoint, **DPB** – Dog Poo Bin, **FB** - Foot Bridge, **FL** – Fork Left, **FP** – Footpath, **FPS** - Footpath Sign, **FR** – Fork Right, **GW** – Gateway, **Immed** - Immediately, **KG** - kissing-gate (walkers gate), **L** - Left, **LHS** - Left Hand Side, **MRd** - Major A or B Road, **R** - Right, **Rd** - (minor) Road, **RHS** - Right Hand Side, **Tk** - Track, **TL** - Turn Left, **TR** - Turn Right, **WMP** - Waymark Post, **WMS** - Waymark Sign, **yds** - yards.

Ensure your entry number is recorded at **EVERY** checkpoint on your route.

Please be aware of checkpoint opening and closing times. If you arrive before the checkpoint opens, you will need to wait. If you arrive after it has closed, you must retire from the course at that point. ⚠ CROSS ROADS WITH CARE

From Start at Needham Market Community Centre (IP6 8BB, TM 089548) to CP1 at Badley Church – all routes

Start	Needham Market Community Centre (IP6 8BB, TM 089548) Start: Walkers 7.30; Runners on Long & Medium routes 9.00; Runners on Short route 9.30. ALL TO FINISH BY 7:15 PM.
1	TR on School St and after 80 yds TL to follow FP between brick wall and fence to car park for The Swan pub. Continue to Rd.
2	TL and cross Rd at bollards (⚠ WITH CARE). TR and after 20 yds TL into Station Yard (opposite The Swan pub). Stay to left and follow pavement, bearing L past end of shops to low cattle tunnel under railway. Go through tunnel under railway (MIND YOUR HEAD) and TR along FP, then continue alongside Needham Lake (lake on L), and round end of lake to BR over FB by wooden sculpture (LOOK OUT FOR MEMBERS OF THE MODEL BOAT CLUB CROSSING THE PATH WITH THEIR BOATS AT THE END OF THE CAR PARK BEFORE THE FB).
3	Cross FB and follow FP to L (Gipping Valley River Path) keeping river on L, ignoring FPs to R and FB over river on L, for 0.6 mile. Continue on metalled path to point where FP forks off to L just before Rd bridge.
4	Take L fork under Rd bridge. Continue on FP, over FB, past old lock, across weir (FB), then approx. 260 yds to FP on R (don't overshoot).
5	TR and follow FP, then across FB and ahead to Rd. Cross Rd (⚠ WITH CARE) to pavement and TL along Rd to T-junction with Jack's Green Rd. Cross Rd (⚠ WITH CARE) to pavement and TR . Continue on pavement on L side of Rd as it bears L at junction with centre triangle, then over dual carriageway (A14), to turning on R.
6	TR on Rd (⚠ WITH CARE FAST TRAFFIC) (Creeping Hills) 100 yds to FP on L.
7	TL onto FP. Follow FP, initially across field (views of Creeping St Mary church to L), over FB, then trees on L and fence on R, then enclosed FP to T-junction with BW.

8	TL and continue on BW to Rd, ignoring FP on R.
9	TR on Rd. Go past Church Close and school on R. Continue on Rd (⚠ BEWARE ONCOMING TRAFFIC) until shortly after 20 mph speed limit sign, to The Old Forge on L (house name plate on red brick wall). At end of brick wall TL onto FP.
10	Follow FP between houses and fences, then along edge of field (hedge on R) to Rd, with views of Creeting St Mary church on L.
11	Continue across Rd onto enclosed FP, across FB (⚠ Loose mesh) and along boardwalk and continue to Rd passing through Osier bed.
12	CAUTION: TR onto Rd (⚠ WITH CARE). After 80 yds TL on FP (FPS) along field edge (hedge on R), and ahead through gap in hedge to cross FB. TL and follow field edge (hedge on L). After end of hedge, at next field corner, continue across field aiming for end of another hedge. Continue (hedge on R) to corner of field, and across next field towards large tree and group of houses. Onto gravel Tk towards houses, ignoring FP on L, and continue to back of houses (now with hedge and power lines on L).
13	Ahead to Rd (ignoring FP to R), then TL at junction and follow Rd across bridge over dual carriageway (A14).
14	TL on FP by DPB immed after road bridge. Follow FP (hedge on L), then R (enclosed FP). Approx. 20 yds before path emerges onto open field TL on narrow enclosed FP, to Creeting St Peter church (TM 081577). WALK, DON'T RUN, THROUGH THE CHURCHYARD (to show respect).
15	TR in front of church and exit through gate. TR through trees and along field edge (hedge on R), then down steps to Rd (⚠ CAUTION: STEPS UNEVEN). TL on Rd to T-junction. TR on Rd, and after 120 yds TL (Creeting Hall Farm).
16	Continue on farm drive to layby on R. TR onto grass Tk. At end of fields TR and almost immed. TL through gap in trees and across FB and stile. Ahead across meadow to river (head for wooden gates, then to metal gate).
17	Cross river Gipping through KG over cattle bridge and follow FP round edge of meadow. Through gate and across old millrun (mill pond and Badley Mill on R) and follow FP through KG to gravel Tk. TL and follow Tk underneath railway to MRd (B1113).
18	TL on MRd, keep to FP (pavement) for 260 yds. Cross MRd (⚠ WITH CARE) at point with Bus Stop sign and Post Box on the other side. Join FP (Badley Walk) and follow FP for 0.7 miles to Badley church and CP1.
CP1	BADLEY CHURCH (CP1, 7.1 miles, TM 062559). Opens 9.10 am. Closes 11.50 am Don't forget to get your entry number recorded!
19	Leave CP1 and go round church anti-clockwise, cross culvert and then BR onto FP through gap in hedge (almost directly behind the church) and over FB. Follow FP across field, then along field edge (hedge on R), and through small copse to FP T-junction (FPS).
20	TL and then at corner of field TR (before gap in hedge, ignore FP going ahead). Follow path, initially with hedge on L, then across fields and alongside wood to entrance into wood on R (information sign).
21	TR into Combs Wood (ancient woodland) and after approx. 30 yds TL on first FP. Look out for Oxlips and Wood Anemones depending on time of year. Exit the wood through KG. NOTE: Dogs MUST be kept on leads through Combs Wood.

Event emergency phone numbers: 07342 195531 or 07500 846275

22	Ahead across field. Cross stile and downhill, through GW, and BR to cross another stile to Combs church (TM 051569). WALK, DON'T RUN, THROUGH THE CHURCHYARD (to show respect).
23	Leave church down drive. Where drive turns L, continue ahead approx. 60 yds across church meadow (fence on L) towards wooden field gates. TL between the wooden gates on left and right and follow FP between fence on L and hedge on R to steps up onto Rd.
24	TR onto Rd, then TL onto FP just before bridge (post and metal rail fences on either side of Rd). Follow FP around field edge with trees on R to FB on R (ignore large gap in hedge with pylons to R).

Long and Medium routes continue from step 25 on page 3.

SHORT ROUTE ONLY (back to Badley church)

S25	Do NOT cross FB. Instead, continue around field edge with trees on R, and uphill. Continue along enclosed FP, then with fence on L. Cross farm track to FP on other side. Do not cross field.
S26	Immed TR and follow field edge with trees an R to gap in hedge. Through gap in hedge to Rd.
S27	TL on Rd, which becomes Tk, and through gate. Continue to FP gate on L (just after pond on R). TL through gate and along edge of meadow (hedge on L). Through another gate and TL on enclosed Tk. FL along enclosed lane where main Tk bears R. Past gate towards Badley church. 20 yds before track turn right at gap in hedge, through wooden posts.

Rejoin main route from step 52 on page 7.

LONG & MEDIUM ROUTES (to CP2 at Great Finborough)

25	TR to cross FB then follow path with electricity poles uphill to Rd. Cross Rd (WITH CARE) to pavement, TR to junction, then cross Rd (⚠ WITH CARE) again and TL to follow pavement 0.4 miles to Rd junction. TR and follow Rd (Jack's Lane) 0.4 miles to dip at bottom of hill with FP's to L & R.
26	TR onto FP and follow field edge (hedge on R), under pylons, 0.3 miles to FP junction 130 yds after pylon.
27	TL , initially across narrow field to cross a plank bridge. Then continue uphill on grass Tk at field edge, then BL on grass Tk between fields (farm buildings ahead initially) to concrete track. (First views of Great Finborough church spire ahead to R.) TR and follow concrete Tk 0.4 miles between farm buildings and past Boyton Hall on L to FP on L, just before red-brick house on L (partially obscured FPS in hedge).
28	TL onto FP between fields. TL at FP T-junction at edge of wood (FPS). Follow FP around edge of wood and through gap in hedge (white bench on R). TR and continue around edge of wood. Follow FP to L just before gap in hedge. At bottom of hill TL at FP T-junction and follow field edges along valley to FP junction (FPS). TR and cross FB. Continue to Rd. TR on Rd to CP2 in Pettward Hall (entrance on R just before T-junction).
CP2	PETTIWARD HALL, GREAT FINBOROUGH (CP2, 12.3 miles, TM 015577) Opens 10.30 am. Closes 1.30 pm. Don't forget to get your entry number recorded! NOTE: Long route walkers arriving after 12.30pm will be required to switch to the medium route.

Long route continues from step 29 on page 4.

MEDIUM ROUTE ONLY (from CP2 to Buxhall church)

M29	Leave CP and cross MRd (B1115) (⚠ WITH CARE) then ahead to Great Finborough church (TM 014579). Take FP to L of church instead of going through church grounds.
M30	Follow FP in front of church (low wall on R) and go around stile to enter enclosed FP. At junction of FP's, TL and immed TL again (keeping laurel hedge on L). Follow FP through trees (wire fence on L). At FP junction (FPS) at end of trees SLOTT and follow FP across fields downhill to field edge.
M31	Cross FB and BR across field. TL at FP junction (in middle of field) to electricity pole and on to field edge. Through gap in hedge, across lawn and through gate to Rd (⚠ CARE: traffic coming from your right).
M32	TR onto Rd to junction on L. TL on Mill Rd, then after 120 yds TL onto enclosed FP with views of church ahead. Follow FP, through 2 gates to Buxhall church (TM 003576). WALK, DON'T RUN, THROUGH THE CHURCHYARD (to show respect).

Re-join main route from step 45 on page 6.

LONG ROUTE ONLY (from CP2 to Buxhall church)

29	Leave CP and cross MRd (B1115) (⚠ WITH CARE) then ahead to Great Finborough church (TM 014579). Take FP to L of church instead of going through church grounds.
30	Follow FP in front of church (low wall on R) and go around stile to enter enclosed FP. At junction of FP's, TR and follow FP around edge of church and on to Stowmarket Golf Club . Continue on FP around edge of golf club, keeping hedge on R, to join gravel Tk to FP T-junction. TL and follow Tk across golf course (⚠ WITH CARE) (ignoring FP to R and L) and across bridge over the River Rat.
31	Enter wood and shortly TR at FP junction. Follow main path ignoring side paths to L and private entrance to R. With edge of wood on R, keep ahead to gate and Rd, ignoring paths to L. Cross Rd (⚠ WITH CARE) to FP. Pass ponds on R and immed TR on Tk (FPS) to take you to Onehouse church (TM 017593).
32	Continue on track (row of trees on L) to Rd. TR onto Rd (⚠ WITH CARE) to junction on L 30 yds after Onehouse sign and immed before buildings (signposted to Glebe Farm Business Units).
33	TL then FR at FPS, keeping houses on R. Through KG to enter Northfield Wood and follow path to L. After 30 yds FL (sheds on L). Stay on main path ignoring branch to R. TR at FP junction at start of wire fence and wire mesh gate on L. TL at junction onto wide grass Tk (ignore board walk ahead). Leave woods through KG and ahead to Tk. TL on Tk around field edge (hedge on R) 0.4 miles to Rd. (View of Harleston church emerging over top of field.) TL onto road for 40 yds and then TL again through metal gate (FINGER HAZARD) and along drive to Harleston church (TM 018604).
34	Continue past church along edge of meadow to cross FB. Follow FP between hedges and across FB. Follow field edge (hedge on L), then continue ahead across gap (approx. 60 yds) to follow laurel hedge on R. Through gap in hedge on R, crossing earth bridge and immed L (paddock rails on R) to Rd.

35	TR and follow Rd round bend to R (⚠ WITH CARE, SUGGEST CROSSING TO LHS TO GO ROUND BLIND RIGHT-HAND BEND). TL onto FP just before Rd turns to L (⚠ WITH CARE). Follow FP (hedge on R) and TR at old Nissen hut. TL onto Tk round edge of green, and follow Tk to Rd. TL on Rd to reach BW on R (opposite New Farm).
36	TR onto BW and follow main path (fenced paddock on L), ignoring fork to R. Continue onto minor RD and shortly TL (before village sign) to Shelland church (TM 003602).
37	Follow enclosed FP to R of church. Ignore FP to L and continue ahead to Rd (⚠ BUSY ROAD). TR on Rd (⚠ WITH CARE) and after 30 yds TL onto enclosed byway. Follow byway 0.6 miles to junction with Tk (ignoring FPs to L and R). TR onto Tk to gate where main Tk turns to L.
38	Ahead through gap next to gate and follow farm drive curving uphill past Clopton Hall on the L, then past a pink and flint house, 20 yds TL on FP. Through wide hedge then FB, continue past derelict farm buildings on L to small wood. L around edge of wood. At end of wood R on grass track to next wood, L around edge of wood and soon take grass track on R towards pylon.
39	Just before Rd TL and follow field edge downhill with views of Rattlesden to front, over FB to Rd junction at bottom.
40	TR on Rd (⚠ WITH CARE). Ignore Rd immed to R heading back up the hill. Take R fork on Rd, passing village sign on L, to Rattlesden church (TL 978590).
41	Continue past church to the Five Bells pub. TL to side of pub and down hill to cross the river Rat (only a baby now). TL and cross Rd (⚠ WITH CARE) to CP3 at Rattlesden Village Hall.
CP3	RATTLESDEN VILLAGE HALL (CP3, Long: 19.5 miles, TL 978589). Opens 11.30 am. Closes 3.00 pm – Long route only Don't forget to get your entry number recorded!
42	Leave CP and TR to follow Rd. Where main Rd turns L, TR onto smaller Rd (Birds Green). Follow Rd to R and uphill (out of village) to FP on L just before black barn. TL onto FP, then TR onto FP passing under Mobile phone mast (hedge on R). At end of hedge TL on Tk across field. Ahead through hedge and across FB. Ignore FP to R and continue ahead (hedge on L). At field corner L through opening, then immed. R through further opening and R following field edge Tk (hedge on R).
43	Keep ahead, past end of hedge, through opening on R then immed sharp L (buildings and hedge on L), to concrete drive. TR and, where track bends to L, keep ahead across fields to wooden gates. TR on enclosed FP then follow field edge (hedge on R). At hedge corner go through hedge, across field then meadows with two wooden gates onto track (hedge on R) to Rd (ignoring FP to R).
44	TL on Rd, past pub, for 0.4 mile (ignore FPs to L and R until past Old Guildhall Cottage, pink thatched house on L). After 30 yds (opposite end of wooden railings) TR onto enclosed FP with views of church ahead (if you reach a T-junction on Rd you have gone too far). Follow FP, through 2 gates to Buxhall church (TM 003576). WALK, DON'T RUN, THROUGH THE CHURCHYARD (to show respect).

LONG & MEDIUM ROUTES (from Buxhall church back to Badley church)

45	Exit church along drive to Rd (T-junction). Cross Rd (⚠ WITH CARE) and continue ahead downhill (Valley Lane) for 0.7 miles, ignoring FP across field on L, to overgrown Byway on L just before house on L (Byway sign)
46	TL onto Byway. Follow Byway for 0.9 miles, ignoring FP's branching off to L & R, and round sharp turn to L. At end of shallow sunken section (no hedges) with hedge apex to front, BR to follow Byway (hedge now on L) and continue to MRd (B1115). TR onto MRd (⚠ WITH CARE, SUGGEST CROSSING TO FAR SIDE IMMEDIATELY) then after 70 yds TL onto City Lane. Follow City Lane past buildings and down hill. When lane bears L at No Vehicles sign, instead continue downhill on Byway. Ahead on Byway for 1 mile up hill (hedge and trees on R) and then between hedges to back of house.
47	TR alongside fence at back of house. Follow edge of field around to L and then R alongside Rd to start of houses. (Depending on time of year there may be Bee Orchids along this stretch.) Join Rd opposite beet pad and continue R on Rd to Punch Bowl Inn . Continue 0.25 miles on Rd to CP4 in car park on L .
CP4	CAR PARK, BATTISFORD FREE CHURCH (CP4, Long: 25.3 miles, Medium: 16.8 miles, TM 028541) Opens 11.30 am. Closes 5.15 pm. Don't forget to get your entry number recorded!
48	Leave CP and TL on Rd, past end of houses and field on L, to FP gate and red dog bin on L (entrance to village green). Through gate and trees and across playing field to metal gate and dog bin. Across small car park to minor Rd.
49	TL and follow minor Rd for 0.9 miles (ignore minor Rd to L at junction with centre triangle) and continue to junction with larger Rd. Ahead along Rd (⚠ WITH CARE) to turning on R (signposted Little London) where main Rd bears L. TR onto minor Rd and continue 0.3 miles to junction on R, just after notice board and postbox.
50	TR and follow gravel drive, then enclosed path. Ahead on Tk, then BW (BWS) (ignore FP to R) through trees and gate, and continue along field edges (hedge on R) onto Tk to T-junction (FPS).
51	TR on Tk, and through gate. Continue to FP gate on L (FP and Private Property signs on L, just after pond on R). TL through gate and along edge of meadow (hedge on L). Through another gate and TL on enclosed Tk. FL along enclosed lane (continuing ahead) where main Tk bears R. Past gate towards Badley church. 20 yds before track turn right at gap in hedge, through wooden posts.

ALL ROUTES (from Badley church to finish at Needham Market Community Centre)

52	After passing through wooden posts continue on FP along field edges (Ignore FP to L). At corner of 2nd field continue ahead to enter trees. Cross FB, continue on FP through the bushes to field, and TR to follow field edges and main Tk and follow gravel Tk to R. Where gravel Tk continues ahead ("Private" sign), TL to follow field edge under power lines, and later alongside pylons. At small field on R, continue past pylon towards red roofed house. At field corner in front of house and gate, follow field edge to R (FPS) and after 30 yds TL to follow edge of meadow to gate and Rd.
53	TL onto Rd. FL onto enclosed FP (FPS). After FP climbs up onto field (FPS), follow field edges to join Tk (hedge on L). Continue past metal barn on R. After a further 0.1 mile, and just past end of trees on L, TR to follow edge of field with hedge on L for 0.3 miles to junction of FP and lane. TL at FPS on FP alongside fence and through caravan park onto Rd. Follow Rd to FP on R where Rd starts to rise uphill (FPS).
54	TR and follow FP around RH edge of meadow. Where main path goes through gap to next meadow, BL through gap in trees to enclosed FP. TL onto FP to Rd. Cross Rd and continue on path past barriers. TR after second set of barriers (after sign for "The Causeway") and follow FP with wooden fence on L, then through trees to metalled FP. TL and follow tarmac path downhill to Rd. TL onto School St, and after 80 yds TL to finish.

Congratulations On Completing The 3rd Rodent Wriggle!