

TOUR OF
BRITAIN 

RACE MANUAL

5-12 SEPTEMBER 2021



Watch ITV4 for exclusive LIVE coverage of the whole of every stage of the Tour of Britain and highlights every evening to never miss a pedal stroke.



STAGE 1

PENZANCE TO BODMIN

Sunday 5 September, LIVE on ITV4 10:45, Highlights at 20:00

STAGE 2

SHERFORD TO EXETER

Monday 6 September, LIVE on ITV4 10:45, Highlights at 20:00

STAGE 3

CAMARTHESHIRE TEAM TIME TRIAL

Tuesday 7 September, LIVE on ITV4 12:45, Highlights at 20:00

STAGE 4

ABERAERON TO GREAT ORME, LLANDUDNO

Wednesday 8 September, LIVE on ITV4 10:15, Highlights at 20:00

STAGE 5

ALDERLEY PARK TO WARRINGTON

Thursday 9 September, LIVE on ITV4 11:15, Highlights at 20:00

STAGE 6

CARLISLE TO GATESHEAD

Friday 10 September, LIVE on ITV4 10:30, Highlights at 20:00

STAGE 7

HAWICK TO EDINBURGH

Saturday 11 September, LIVE on ITV4 10:30, Highlights at 20:00

STAGE 8

STONEHAVEN TO ABERDEEN

Sunday 12 September, LIVE on ITV4 10:15, Highlights at 20:00

Visit [tourofbritain.co.uk](https://www.tourofbritain.co.uk) throughout the race or check us out on social media...



#TourofBritain TOUROFBITAIN.CO.UK

Timings correct at time of publication, please check listings for any changes to ITV4 transmission times.

WELCOME 2021 TOUR OF BRITAIN



Welcome to the 2021 Tour of Britain as we prepare for the 17th edition of Britain's biggest and most prestigious professional cycle race.

This build up to this edition has been unlike any other due to the pandemic and presented us with all manner of challenges to overcome before we can get to the start line.

After an absence of more than 720 days we know how eagerly anticipated this edition of the race has been, having first announced plans for our overall start in Cornwall back in March 2019, it will be a big relief to be in Penzance on the start line on Sunday 5 September.

The start in Cornwall was always going to be a special occasion and in 2021 will be even more so as it marks the return of UCI level racing to these shores for the first time since September 2019.

We would like to thank all our partners across the eight stages for their support of the Tour of Britain and bringing the event to their regions. This year we are privileged to be visiting new areas such as Cornwall, Ceredigion and Aberdeen while returning to some old favourites like Devon, Cumbria and the Scottish Borders.

The re-introduction of a Team Time Trial adds variety to the route while our finish atop the Great Orme at Llandudno is sure to be one for the history books.

We enjoy the continuing support of Eisberg and ŠKODA as partners to the Sprints and King of the Mountains competitions and it is through the support of our whole family of partners and suppliers that the Tour of Britain is made possible and our thanks go to all of them. We hope that this year's edition also provides a showcase to attract new partners to the Tour of Britain to enable us to continue to grow the event.

I would like to welcome all the teams, riders and staff coming to the race and thank them for the additional lengths they have had to go to race in the UK this year. We once again have an incredible line up of teams, giving British fans the chance to see the world's best racing on their doorsteps, while also seeing how the five British UCI Continental teams, whose build up we have documented, on social media in our Road to the Tour of Britain mini-series.

The last two editions of the Tour of Britain have been won by two of the most exciting names in the sport today with Julian Alaphilippe (2018) and Mathieu van der Poel (2019), and I look forward to finding out who adds their name to this roster.

On behalf of organisers SweetSpot and British Cycling I would like to thank everyone around the country involved in the event, including the many council officers, police and other emergency services, highways workers, officials, staff and volunteers for their hard work in putting on this great, free-to-attend, world-class sporting event.

I wish you all a safe, successful and enjoyable Tour of Britain.

Mick Bennett
Race Director, the Tour of Britain

IMPORTANT

The contents of this manual are key to the smooth running of the race.

Please ensure you read it carefully, noting all relevant meeting times and deadlines which affect your role.

Have a great tour.

Race organisation

SweetSpot Group Limited
Unit 1 Horizon Business Village
1 Brooklands Road
Weybridge
Surrey KT13 0TJ
T +44 (0)1932 831485

Race Director

Mick Bennett
M +44 (0)7710 672456

tourofbritain.co.uk

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OUR GRATITUDE

PARTNERS AND STAKEHOLDERS

PARTNERS OF THE RACE



ŠKODA

EISBERG
ALCOHOL FREE WINE

The Tour of Britain wish to thank:
their commercial partners, sponsors and regional stakeholders, the highways authorities, Police and Emergency services, town planning departments, leisure services, tourism boards and the many volunteers who help to make The Tour of Britain possible each year.

OFFICIAL PARTNERS

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UCI
PRO SERIES

EVENT ORGANISER

SweetSpot

OUR GRATITUDE PARTNERS AND STAKEHOLDERS

Our thanks also go to:

SweetSpot Group would like to thank the following companies for their help: ACOS Medical (medical); ADI (big screen); ARB Events (PA and sound); Century TV (TV production); Corporate & Sporting Events (accommodation); CSM Live (event branding); Daytona Stage Hire (staging); Folly's (toilet hire); Green Tea Live (catering); Jeroen Annaert (team artwork); Kuehne+Nagel (logistics); MatSport (Results and Timing); Northgate (vans); Sunbelt Rentals (barriers and fencing); Showmobiles (units); Sotic (website); SW Pix (Photography); and Xpressions (units).

STAGE ONE PENZANCE TO BODMIN



SAINT PIRAN



STAGE TWO SHERFORD TO EXETER



STAGE THREE CAMARTHENSHIRE



STAGE FOUR ABERAERON TO THE GREAT ORME, LLANDUDNO



STAGE FIVE ALDERLEY PARK TO WARRINGTON



STAGE SIX CARLISLE TO GATESHEAD



STAGE SEVEN HAWICK TO EDINBURGH



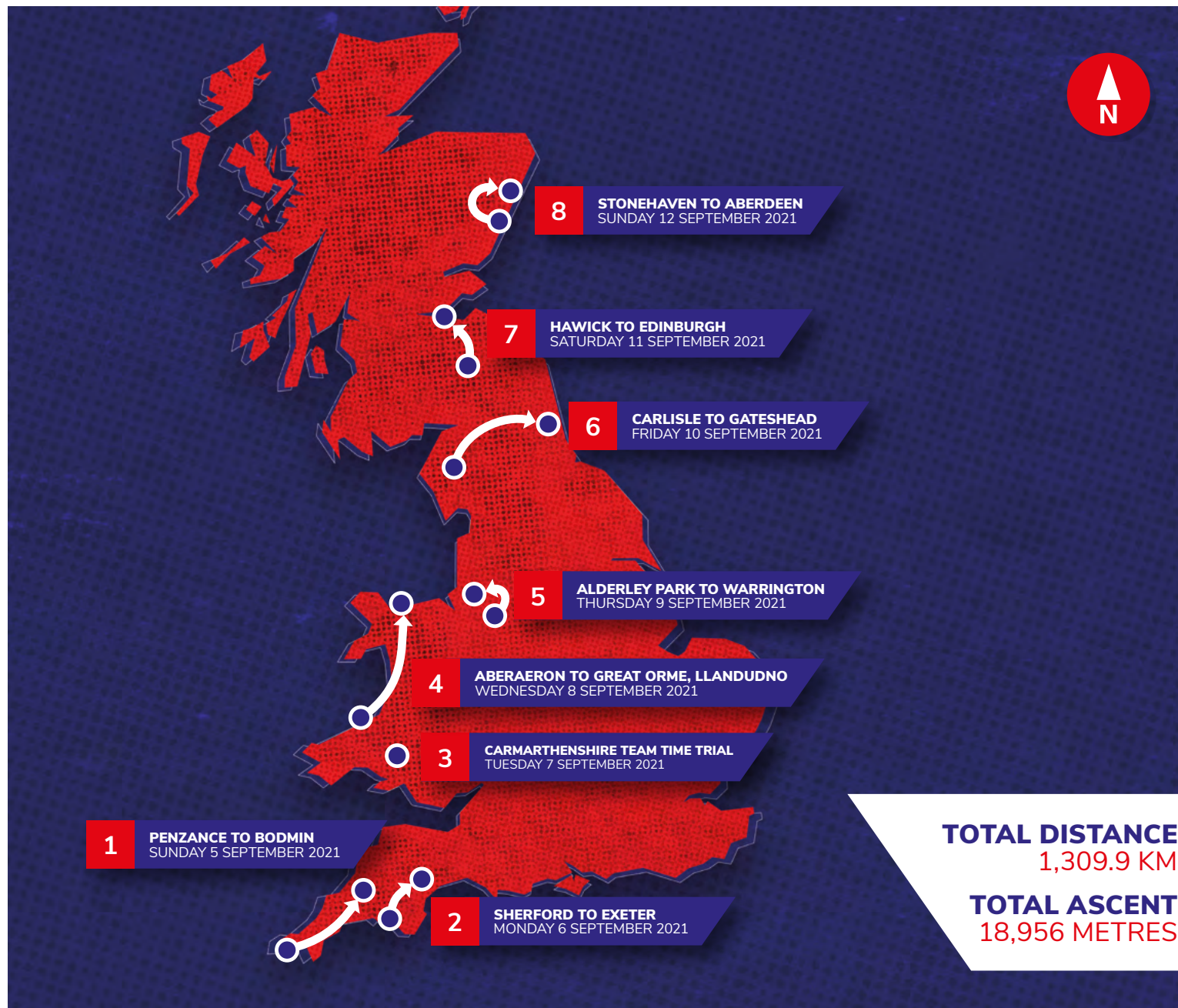
STAGE EIGHT STONEHAVEN TO ABERDEEN



OVERVIEW MAP

KEY AND ROUTE OF THE RACE

- Start
- Eisberg Sprint
- ŠKODA King of the Mountains (KoM)
- Drinks Start
- Drinks Finish
- 1km to go
- Finish
- Race Headquarters
- Hotel – with number
- Mandatory Passing Point
- Technical Zone
- Hazard
- Hospital
- Media Centre
- Parking Race
- Parking Technical
- Tour Village
- TV Production
- Toll
- Race Route
- Deviation Route
- Off-Race Route
- Route to PPO



PRE-RACE INFORMATION

HOTEL ADDRESSES / HOTEL LOCATIONS

RACE HEADQUARTERS / PERMANENCE

HQ

Future Inn Plymouth

1 William Prance Road
Plymouth International Business Park
Plymouth PL6 5ZD
T +44 (0)1752 701000

Hours of operation

Friday 3 September: 14:00 – 18:00
Saturday 4 September: 09:00 – 18:00

STAFF AND TEAM HOTELS

H1

China Fleet Country Club

Plymouth
Saltash
Cornwall PL12 6LJ
T +44 (0)1752 848668

H2

Trethorne Golf Club

Kennards House
Launceston
Cornwall PL15 8QE
T +44 (0)1566 86903

H3

Crowne Plaza Plymouth

Armada Way
Plymouth PL1 2HJ
T +44 (0)1752 639988

H4

Jurys Inn Plymouth

50 Exeter Street
Plymouth PL4 0AZ
T +44 (0)1752 631000

H5

Premier Inn Newquay A30 Fraddon

Penhale Round
Newquay TR1 6NA
T +44 (0)333 321 1354



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PRE-RACE INFORMATION

MEETING LOCATION / TIMETABLE

Important

All meetings will take place at Race Headquarters Hotel.

Press Office / Media Centre

Future Inn

International Business Park
1 William Prance Road
Plymouth PL6 5ZD
T +44 (0)1752 701000

Hours of operation

Friday 3 September 14:00 – 18:00
Saturday 4 September 09:00 – 18:00

For more information on media arrangements please visit tourofbritain.co.uk/about/press

15.30

Race Officials and Commissaires Meeting

To attend: Direction, Commissaire President, Commissaires, Judges, Timekeepers, Results Manager, Medical Control, Race Doctor, Paramedics, Radio Tour, Blackboard, Neutral Service, Moto Regulator.

15.30

Medical Control Meeting Doping Control

To attend: UCI Medical Control Inspector, Medical Control Doctor, Chaperones.

16.00 – 17.00

Team Registration

Teams will be given a schedule for team registration.

17.00

Team Managers Meeting

To attend: Direction, Commissaire President, Commissaires, Chief Judge, Medical Control.

18.00

Drivers Briefing

To attend: All drivers in Convoy, Commissaire President, Direction.

All other meetings will be pre-recorded and will need to be watched before the event.

RESPECTING THE ENVIRONMENT

The Tour of Britain is lucky enough to race through some of Britain's most beautiful natural scenery, including National Parks and Areas of Outstanding Natural Beauty.

Whether you are a rider, member of staff, official, volunteer or spectator, please think and act responsibly and leave the beautiful locations we race through exactly as we found them!

Organisation

- Turn off your engine if stopped for more than a minute and think about car sharing.
- Behave responsibly by reducing your speed (less consumption and less pollution!).
- Use bins and recycling bins provided at Starts and Finishes.
- If there aren't any bins available, please keep your rubbish and dispose of it responsibly later.

Riders

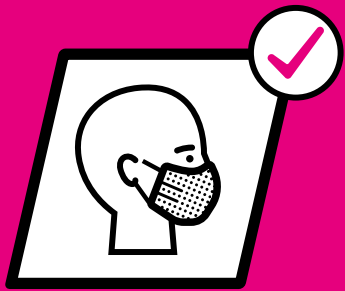
- Please dispose of your rubbish (bottles, packaging etc) in the Green Zones, immediately marked in the ETA, where the race organisation will remove items discarded.
- Away from these areas, please act responsibly and hand your rubbish to a support car or keep in your jersey pockets.

Volunteers and spectators

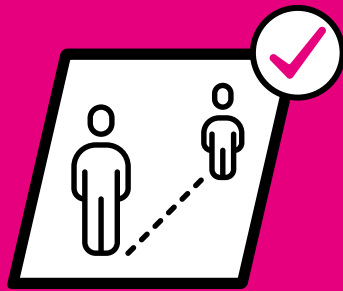
- Where possible, travel to watch the race using public transport, by walking or cycling or think about car sharing with fellow racegoers.
- Please use bins and recycling bins provided at starts and finishes to dispose of waste. In areas where suitable waste and recycling bins are not available, please keep your rubbish and dispose of it responsibly later.
- Smokers are urged to discard their butts in an appropriate place. Please do not litter the environment with these. We ask you to leave nothing but footprints and take nothing but photos and some amazing memories.



COVID-19 PROTECTION GUIDANCE



WEAR FACE COVERINGS



KEEP YOUR DISTANCE



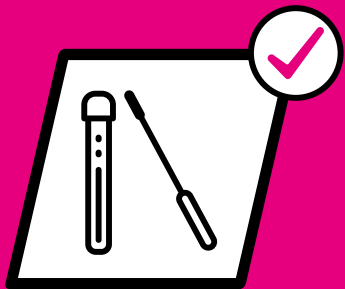
DISINFECT FREQUENTLY



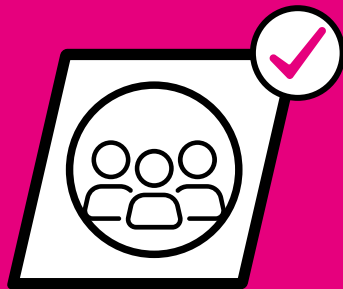
WASH HANDS REGULARLY



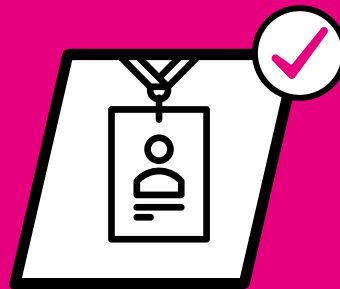
COMPLETE THE DAILY SELF-ASSESSMENT



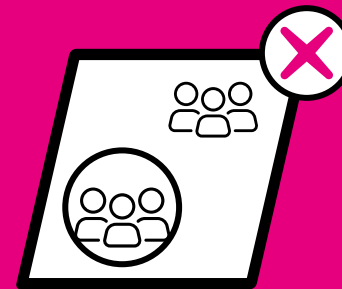
TEST REGULARLY



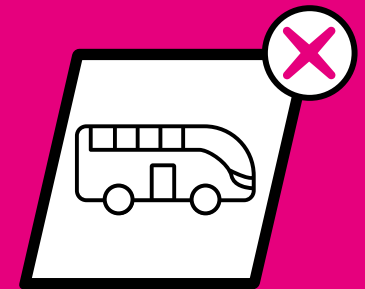
PROTECT THE BUBBLE



COMPULSORY ACCREDITATION



NO OUTSIDE CONTACT



NO PUBLIC ACCESS TO TEAM PARKING



2019 Tour of Britain winner Mathieu van der Poel (centre), with runner up Matteo Trentin (left) and third placed Jasper De Buyst (right)

THE TOUR OF BRITAIN

ROLL OF HONOUR

Overall Winner

2019	Mathieu van der Poel (NED)
2018	Julian Alaphilippe (FRA)
2017	Lars Boom (NED)
2016	Steve Cummings (GBR)
2015	Edvald Boasson Hagen (NOR)
2014	Dylan Van Baarle (NED)
2013	Sir Bradley Wiggins (GBR)
2012	Nathan Haas (AUS)
2011	Lars Boom (NED)
2010	Michael Albasini (SWI)
2009	Edvald Boasson Hagen (NOR)
2008	Geoffroy Lequatre (FRA)
2007	Romain Feillu (FRA)
2006	Martin Pedersen (DEN)
2005	Nick Nuyens (BEL)
2004	Mauricio Ardila (COL)

ŠKODA King of the Mountains Jersey

2019	Jacob Scott (GBR)
2018	Nic Dlamini (RSA)
2017	Lukasz Owsian (POL)
2016	Xandro Meurisse (BEL)
2015	Peter Williams (GBR)
2014	Mark McNally (GBR)
2013	Angel Madrazo (SPA)
2012	Kristian House (GBR)
2011	Jonathan Tiernan Locke (GBR)
2010	Johnny Hoogerland (NED)
2009	Thomas De Gendt (BEL)
2008	Danilo Di Luca (ITA)
2007	Ben Swift (GBR)
2006	Andy Schleck (LUX)
2005	Julian Winn (GBR)
2004	Ben Day (AUS)

Best British Rider

2019	Matthew Holmes
2018	Scott Davies
2017	Geraint Thomas
2016	Steve Cummings
2015	Owain Doull
2014	Sir Bradley Wiggins
2013	Sir Bradley Wiggins
2012	David Clarke
2011	Steve Cummings
2010	Rob Partridge
2009	Russell Downing
2008	Steve Cummings
2007	Evan Oliphant
2006	Russell Downing
2005	Yanto Barker
2004	Roger Hammond

Combativity Award

2019	Dylan van Baarle (NED)
2018	Matt Holmes (GBR)
2017	Graham Briggs (GBR)
2016	André Greipel (GER)
2015	Owain Doull (GBR)
2014	Alex Dowsett (GBR)
2013	Kristian House (GBR)
2012	Mark Cavendish (GBR)

Points Jersey

2019	Matteo Trentin (ITA)
2018	Patrick Bevin (NZL)
2017	Alexander Kristoff (NOR)
2016	Dylan Groenewegen (NED)
2015	Owain Doull (GBR)
2014	Michal Kwiatkowski (POL)
2013	Martin Elmiger (SWI)
2012	Boy van Poppel (NED)
2011	Geraint Thomas (GBR)
2010	Greg Henderson (NZL)
2009	Edvald Boasson Hagen (NOR)
2008	Matt Goss (AUS)
2007	Mark Cavendish (GBR)
2006	Mark Cavendish (GBR)
2005	Luca Paolini (ITA)
2004	Julian Dean (NZL)

Eisberg Sprints Jersey

2019	Rory Townsend (IRL)
2018	Alex Paton (GBR)
2017	Mark McNally (GBR)
2016	Jasper Bovenhuis (NED)
2015	Peter Williams (GBR)
2014	Sebastian Lander (DEN)
2013	Ángel Madrazo (SPA)
2012	Peter Williams (GBR)
2011	Pieter Ghyllbert (BEL)
2010	Michał Gołaś (POL)
2009	Thomas De Gendt (BEL)
2008	Edvald Boasson Hagen (NOR)
2007	Mark Cavendish (GBR)
2006	Johan Vansummeren (BEL)
2005	Eric Baumann (GER)
2004	Rodney Green (RSA)

Team Classification

2019	Team INEOS
2018	Team Lotto NL Jumbo
2017	Team Lotto NL Jumbo
2016	Team Sky
2015	Cannondale Garmin
2014	IAM Cycling
2013	Team Sky
2012	Saur Sojasun
2011	Team Sky
2010	Vacansoleil DCM
2009	Rabobank
2008	Agritubel
2007	Fuerteventura Canarias
2006	Team CSC
2005	T-Mobile
2004	MrBookmaker.com



THE TOUR OF BRITAIN

THE OFFICIAL JERSEYS AND COMPETING TEAMS

Overall Race Leader



ŠKODA King of the Mountains



Eisberg Sprints



Sportsbreaks.com Points



Alpecin Fenix



Canyon dnb SunGod



Caja Rural – Seguros RGA



Deceuninck Quick-Step



Global 6 Cycling



Great Britain Cycling Team



INEOS Grenadiers



Israel Start-Up Nation



Movistar Team



Rally Cycling



Ribble Weldtite Pro Cycling



Saint Piran



Swift Carbon Pro Cycling



Team Arkéa Samsic



Team DSM



Team Jumbo Visma



Team Qhubeka NextHash



TRINITY Racing



**TOUR OF
BRITAIN**

5-12 September 2021

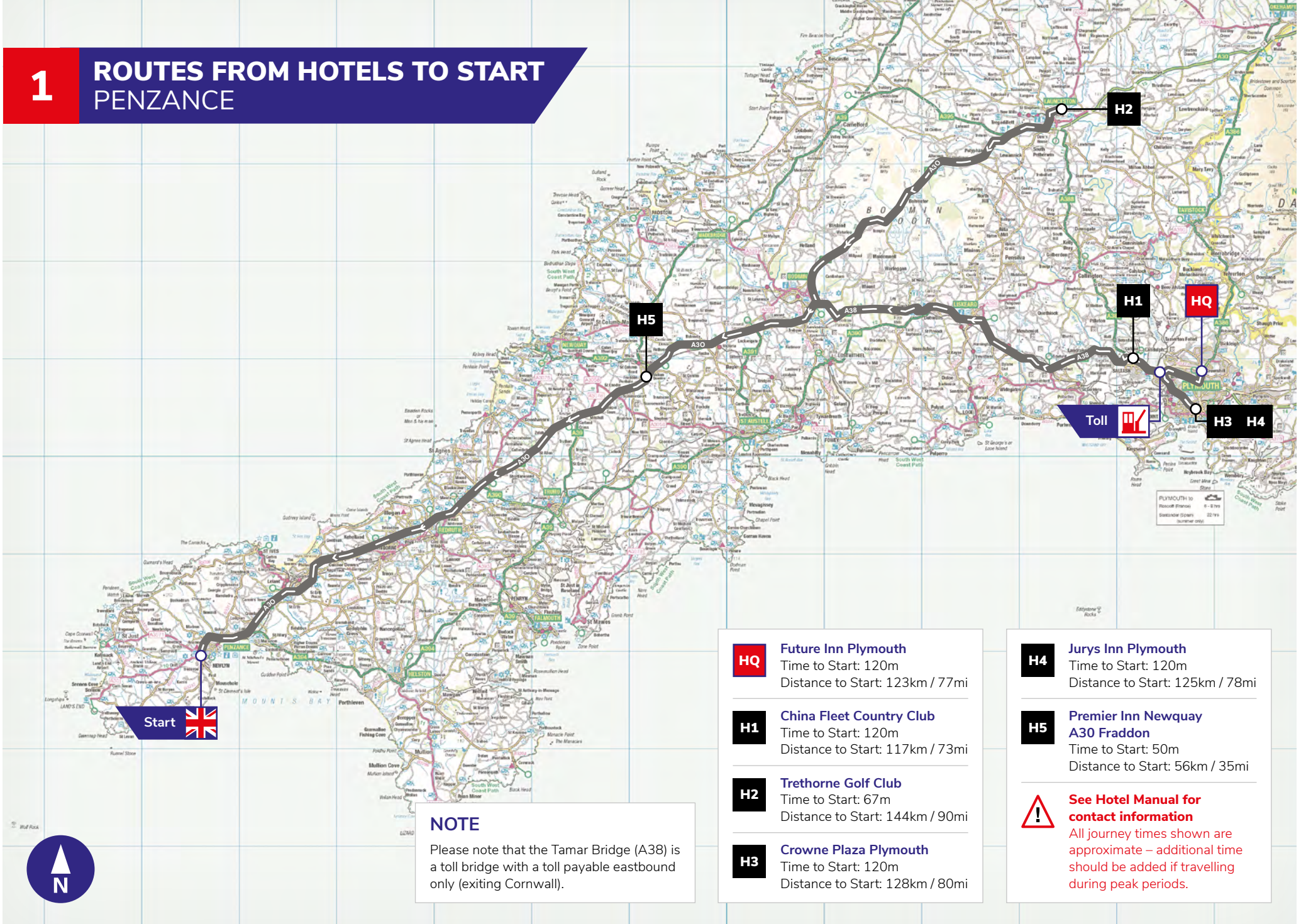


THE STAGES



1

ROUTES FROM HOTELS TO START PENZANCE



START PENZANCE

1

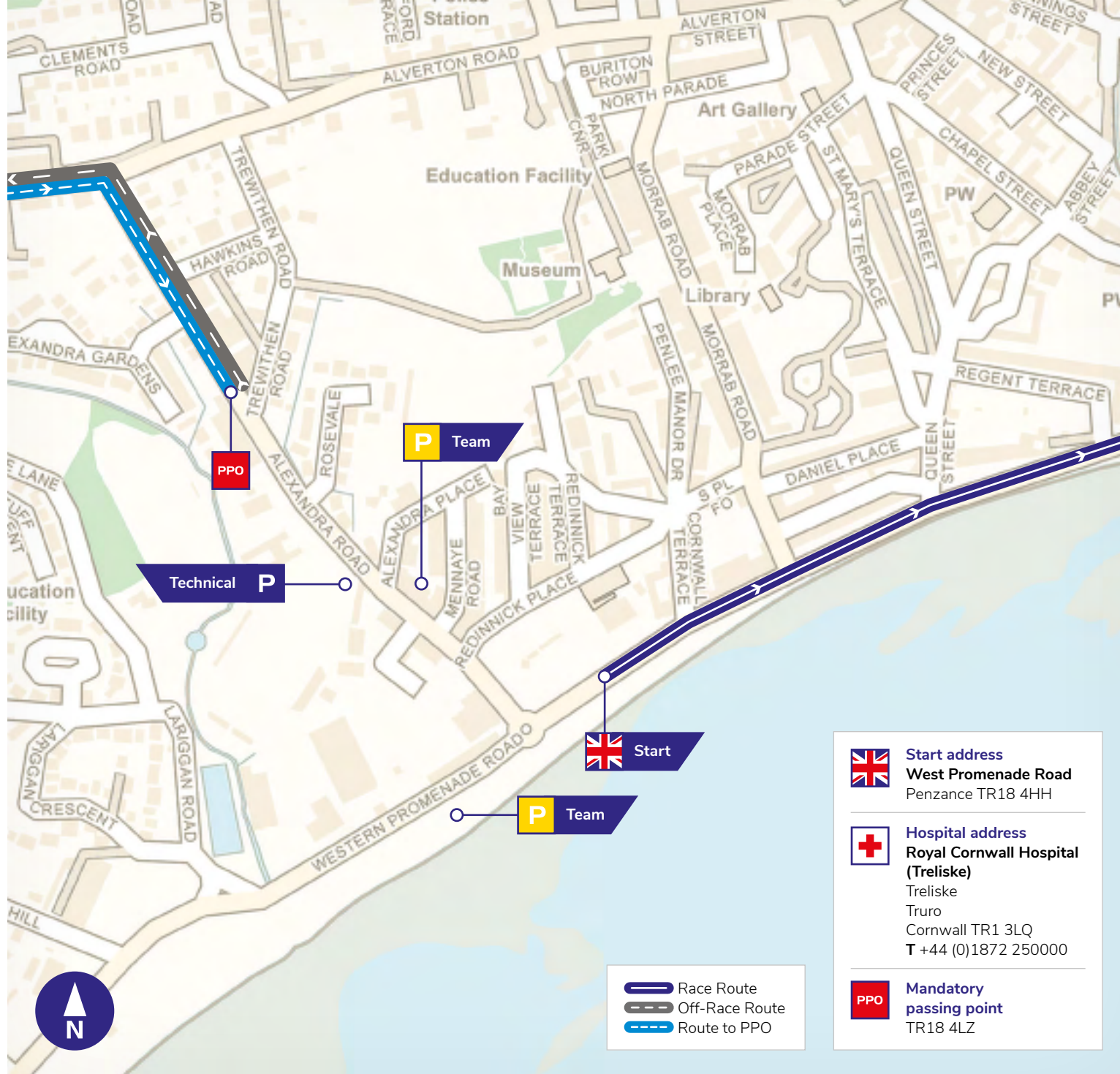
Timetable

Saturday 4 September

Time **Activities**
04:00 Crew on site to build up for Penzance cycle races

Sunday 5 September

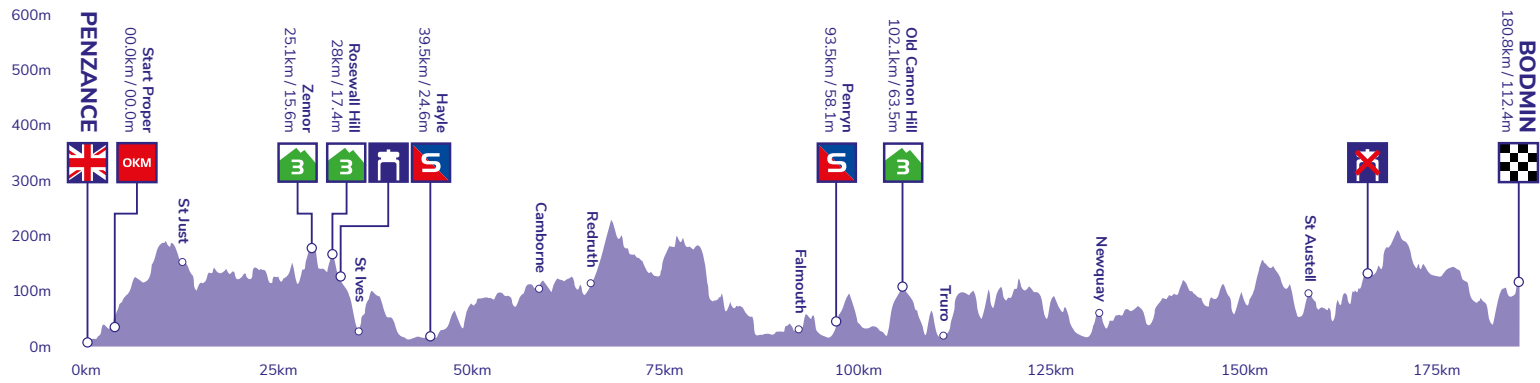
Time **Activities**
04:00 Start area closed to traffic
05:00 Start Crew and facilities on site
08:00 Race facilities complete
Race Staff, Marshals and Security on site
08:30 PPO in operation
09:00 PA operational
Breakfast Club opens
Guests arrive
Teams start to arrive
10:00 Signing on opens
10:15 0km signage in position
10:50 Signing on closes
Community lead out riders depart
10:55 Riders assemble on start line
Forward vehicles depart
11:00 Start of Stage 1
11:15 Stage 1 de-neutralises
11:30 Commence de-rig
13:30 Site clear
Start Crew departs for Devon



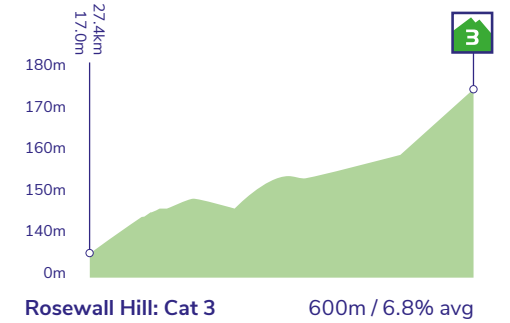
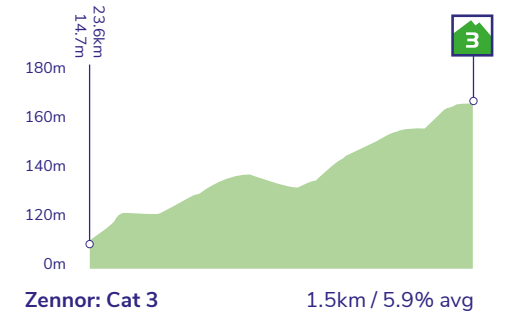
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ROUTE PROFILES PENZANCE TO BODMIN

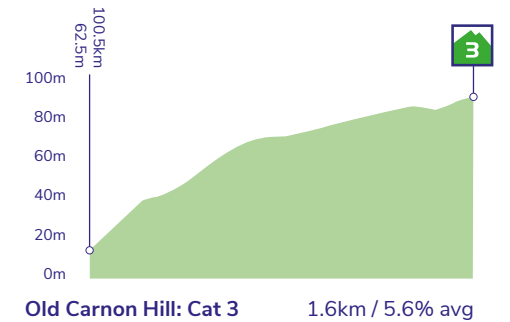
Stage profile



KoM profiles





Final 3km profile



Off-Race Route

45 miles / 80 mins

Leave start area, then leave Penzance via A30.
Continue on A30 towards Bodmin for 45 miles.
Head into Bodmin along A38 and A389, then left
onto Turf Street. Continue to parking area.

-  Race Route
-  Off-Race Route

OVERVIEW AND OFF-RACE ROUTE PENZANCE TO BODMIN

1



1

RACE SCHEDULE PENZANCE TO BODMIN

Neutralised section

Marine Terrace, Battery Road, The Quay, Wharf Road, Market Tew Street, Alverton Road, A3071.

Approximate distance of neutralised section 3.7km / 2.3miles

Distance of stage 180.8km / 112.4miles

Neutralised start 11:00

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
			Start Neutralised		Western Promenade Road	11:00	11:00	11:00
0.00	180.8	0.00	Start Proper		A3071	11:15	11:15	11:15
0.8	180.0	0.5		Keep Right	A3071	11:16	11:16	11:16
2.7	178.1	1.7		Caution!	Cows Crossing	11:19	11:18	11:18
3.5	177.3	2.2	Sign		Newbridge	11:20	11:20	11:19
8.3	172.5	5.2	X.Roads	Straight		11:28	11:26	11:25
8.5	172.3	5.3		Keep Right	A3071	11:28	11:27	11:25
9.1	171.7	5.7	Sign		St Just	11:29	11:28	11:26
9.6	171.2	6.0		Keep Left	A3071	11:30	11:28	11:27
9.7	171.1	6.0	X.Roads	Straight		11:30	11:28	11:27
9.9	170.9	6.2		Keep Right	Nancherrow Hill	11:30	11:29	11:27
10.0	170.8	6.2		Caution!	Steep Descent	11:30	11:29	11:27
11.1	169.7	6.9	Sign		Botallack	11:32	11:30	11:29
11.7	169.1	7.3		Keep Left	B3306	11:33	11:31	11:30
12.0	168.8	7.5	Sign		Carnyorth	11:33	11:32	11:30
12.3	168.5	7.6		Caution!	Sharp Left Bend	11:34	11:32	11:30
12.6	168.2	7.8	Sign		Trewellard	11:34	11:33	11:31
13.2	167.6	8.2	Sign		Pendeen	11:35	11:33	11:31
14.2	166.6	8.8	X.Roads	Straight		11:37	11:35	11:33
14.5	166.3	9.0		Keep Right	B3306	11:37	11:35	11:33
15.7	165.1	9.8	Sign		Morvah	11:39	11:37	11:35
16.2	164.6	10.1		Caution!	Sharp Left Bend	11:40	11:38	11:35
16.3	164.5	10.1		Keep Left		11:40	11:38	11:35
18.0	162.8	11.2		Caution!	Narrow	11:43	11:40	11:38
18.5	162.3	11.5		Caution!	Cattle Grid	11:44	11:41	11:38
18.5	162.3	11.5		Caution!	Cattle	11:44	11:41	11:38
19.6	161.2	12.2		Caution!	Cattle Grid	11:45	11:43	11:40
20.2	160.6	12.6		Caution!	Narrow	11:46	11:43	11:40
20.7	160.1	12.9		Caution!	Sharp Right Bend	11:47	11:44	11:41
21.0	159.8	13.1		Caution!	Sharp Left Bend	11:48	11:45	11:42
23.4	157.4	14.6	Sign		Zennor	11:51	11:48	11:45
23.6	157.2	14.7	KoM 1 Cat 3	Start		11:52	11:48	11:45
25.1	155.7	15.6	KoM 1 Cat 3	Finish	Zennor	11:54	11:50	11:47
27.4	153.4	17.0		Keep Left		11:58	11:54	11:50
27.4	153.4	17.0	KoM 2 Cat 3	Start		11:58	11:54	11:50
27.8	153.0	17.3		Keep Right		11:58	11:54	11:50
28.0	152.8	17.4	KoM 2 Cat 3	Finish	Rosewall Hill	11:59	11:55	11:51
28.0	152.8	17.4		Green Zone		11:59	11:55	11:51
28.0	152.8	17.4	Sign		St Ives	11:59	11:55	11:51
30.0	150.8	18.7		Caution!	Fast Descent	12:02	11:57	11:53
30.0	150.8	18.7	Drinks	Start		12:02	11:57	11:53
30.1	150.7	18.7	X.Roads	Straight		12:02	11:58	11:53
30.4	150.4	18.9	M R/about 2nd Exit		Caution! Fast Descent	12:02	11:58	11:54
30.5	150.3	19.0	M R/about 1st Exit		Caution! Fast Descent	12:02	11:58	11:54

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
30.9	149.9	19.2	M R/about 2nd Exit		Caution! Fast Descent	12:03	11:59	11:54
33.0	147.8	20.5	Sign		Carbis Bay	12:06	12:02	11:57
33.1	147.7	20.6	R/about	1st Exit	A3074 St Ives Road	12:07	12:02	11:57
34.2	146.6	21.3	X.Roads	Straight		12:08	12:03	11:58
35.8	145.0	22.3	Sign		Lelant	12:11	12:06	12:01
36.2	144.6	22.5		Keep Right		12:11	12:06	12:01
37.0	143.8	23.0	M R/about	1st Exit	B3301	12:13	12:07	12:02
37.2	143.6	23.1		Caution!	Narrow Road against One Way	12:13	12:08	12:02
37.4	143.4	23.3		Keep Left		12:13	12:08	12:03
37.6	143.2	23.4	Juntion	Left	B3301 Griggs Hill	12:14	12:08	12:03
38.9	141.9	24.2	Sign		Hayle	12:16	12:10	12:05
39.1	141.7	24.3	T.Lights	Straight	B3301	12:16	12:10	12:05
39.3	141.5	24.4	R/about	1st Exit	B3301	12:16	12:11	12:05
39.5	141.3	24.6	Sprint 1		Hayle	12:17	12:11	12:05
39.5	141.3	24.6	Green Zone			12:17	12:11	12:05
41.7	139.1	25.9	R/about	1st Exit	B3301	12:20	12:14	12:08
41.7	139.1	25.9	X.Roads	Straight		12:20	12:14	12:08
42.9	137.9	26.7		Keep Left	B3301	12:22	12:16	12:10
44.2	136.6	27.5		Keep Right	B3301	12:24	12:18	12:11
44.6	136.2	27.7		Caution!	Fast Descent	12:25	12:18	12:12
44.8	136.0	27.9	Sign		Gwithian	12:25	12:19	12:12
45.0	135.8	28.0	Junction	Right	Prosper Hill Caution! Sharp Turn!	12:25	12:19	12:12
47.3	133.5	29.4		Keep Right	Gwithian Road	12:29	12:22	12:15
47.7	133.1	29.7	X.Roads	Straight		12:29	12:23	12:16
49.0	131.8	30.5		Caution!	Level Crossing! Half Barrier!	12:32	12:25	12:18
49.6	131.2	30.8		Caution!	Cattle	12:32	12:25	12:18
49.9	130.9	31.0	Sign		Carnhell Green	12:33	12:26	12:19
50.0	130.8	31.1		Caution!	Build outs	12:33	12:26	12:19
50.1	130.7	31.2	T.Junction	Left	Penhale Road	12:33	12:26	12:19
51.9	128.9	32.3	Sign		Barripper	12:36	12:29	12:21
51.9	128.9	32.3		Caution!	Build outs	12:36	12:29	12:21
52.3	128.5	32.5		Caution!	Build outs	12:37	12:29	12:22
53.5	127.3	33.3	T.Junction	Left	B3303 Pendarves Road	12:39	12:31	12:23
53.5	127.3	33.3	Sign		Camborne	12:39	12:31	12:23
54.0	126.8	33.6	M R/about	1st Exit	Bassett Road	12:39	12:32	12:24
54.2	126.6	33.7	X.Roads	Straight		12:40	12:32	12:24
54.3	126.5	33.8	M R/about	2nd Exit	A3047 Commercial Street	12:40	12:32	12:24
54.3	126.5	33.8		Caution!	Narrow!	12:40	12:32	12:24
54.4	126.4	33.8		Caution!	Speed Humps	12:40	12:32	12:24
54.5	126.3	33.9		Caution!	Narrow	12:40	12:32	12:25
54.6	126.2	34.0		Caution!	Build outs	12:40	12:33	12:25
54.8	126.0	34.1		Caution!	Build outs	12:41	12:33	12:25
55.2	125.6	34.3	R/about	3rd Exit	A3047 Wesley Street	12:41	12:33	12:25
55.2	125.6	34.3	R/about	3rd Exit	A3047 Kerrier Way	12:41	12:33	12:25

KM	KM to go	Miles	Feature	Instruction	Description			
						38km/hp	42km/hp	46km/hp
111.1	69.7	69.1	Sign		Shorlanesend	14:09	13:53	13:37
111.5	69.3	69.3	M R/about	1st Exit	B3284 Church Road	14:10	13:54	13:38
111.6	69.2	69.4	Junction	Right	Ahley Road	14:10	13:54	13:38
112.0	68.8	69.6		Caution!	⚠️ Fast Descent	14:11	13:55	13:39
115.4	65.4	71.8	X.Roads	Right		14:16	13:59	13:43
115.9	64.9	72.1	Sign		Zelah	14:17	14:00	13:44
116.0	64.8	72.1		Caution!	⚠️ Build outs	14:17	14:00	13:44
116.8	64.0	72.6	T.Junction	Right	Henver Lane	14:18	14:01	13:45
117.8	63.0	73.3	X.Roads	Straight	B6226 Chorley Old Road	14:20	14:03	13:46
118.7	62.1	73.8		Caution!	⚠️ Cows Crossing	14:21	14:04	13:47
120.5	60.3	74.9	T.Junction	Right	A3075	14:24	14:07	13:49
122.1	58.7	75.9	X.Roads	Straight		14:26	14:09	13:51
124.0	56.8	77.1		Keep Right		14:29	14:12	13:54
125.5	55.3	78.0	R/about	1st Exit	A392 Trevemper Road	14:32	14:14	13:56
126.4	54.4	78.6	R/about	1st Exit	A392 Gannel Road	14:33	14:15	13:57
127.7	53.1	79.4	X.Roads	Straight		14:35	14:17	13:59
127.7	53.1	79.4	T.Junction	Right	Mount Wise	14:35	14:17	13:59
127.8	53.0	79.5	T.Lights	Straight	Mount Wise	14:35	14:17	13:59
128.4	52.4	79.8	X.Roads	Left	Berry Road	14:36	14:18	14:00
128.6	52.2	80.0	X.Roads	Right	Cliff Road	14:37	14:18	14:00
129.3	51.5	80.4	M R/about	1st Exit	Narrowcliff	14:38	14:19	14:01
129.5	51.3	80.5		Keep Right		14:38	14:20	14:01
129.8	51.0	80.7	T.Lights	Straight	A3058	14:38	14:20	14:01
130.3	50.5	81.0	M R/about	Straight	Caution! ⚠️ Double Mini Roundabout	14:39	14:21	14:02
131.4	49.4	81.7		Keep Right		14:41	14:22	14:03
131.8	49.0	82.0	R/about	2nd Exit	A3058 Quintrell Road	14:42	14:23	14:04
131.9	48.9	82.0	Sign		Nansledan	14:42	14:23	14:04
132.9	47.9	82.6	Sign		Quintrell Downs	14:43	14:24	14:05
133.2	47.6	82.8		Caution!	⚠️ Level Crossing! Half Barrier!	14:44	14:25	14:06
133.3	47.5	82.9	R/about	2nd Exit	A3058	14:44	14:25	14:06
134.2	46.6	83.5	Sign		Kestle Mill	14:45	14:26	14:07
136.6	44.2	84.9	X.Roads	Straight	A3058	14:49	14:30	14:10
137.1	43.7	85.3	X.Roads	Straight	A3058	14:50	14:30	14:11
139.2	41.6	86.6	Sign		Summercourt	14:53	14:33	14:13
139.5	41.3	86.7	T.Lights	Straight	A3058 St Austell Street	14:54	14:34	14:14
140.2	40.6	87.2		Keep Right	A3058	14:55	14:35	14:15
140.4	40.4	87.3		Keep Left	A3058	14:55	14:35	14:15
141.2	39.6	87.8		Keep Left	A3058	14:56	14:36	14:16
142.1	38.7	88.4	R/about	2nd Exit	A3058	14:58	14:38	14:17
142.1	38.7	88.4	Sign		St Austell	14:58	14:38	14:17
142.6	38.2	88.7	Sign		Menna	14:59	14:38	14:18
143.2	37.6	89.0		Keep Right	A3058	15:00	14:39	14:19
144.0	36.8	89.5		Caution!	⚠️ Fast Descent	15:01	14:40	14:20
145.5	35.3	90.5	Sign		Terras	15:03	14:42	14:22
145.5	35.3	90.5		Keep Left	A3058	15:03	14:42	14:22
145.9	34.9	90.7	Sign		St Stephen	15:04	14:43	14:22
147.0	33.8	91.4	Sign		Gwindra	15:06	14:45	14:24
147.3	33.5	91.6		Keep Left	A3058	15:06	14:45	14:24
149.1	31.7	92.7		Keep Right	A3058	15:09	14:48	14:26
149.6	31.2	93.0	Sign		Lanjeth	15:10	14:48	14:27
151.3	29.5	94.1	Sign		Trewoon	15:12	14:51	14:29
151.5	29.3	94.2		Keep Right	A3058	15:13	14:51	14:29
152.9	27.9	95.1	Sign		St Austell	15:15	14:53	14:31
153.0	27.8	95.1		Keep Right	A3058	15:15	14:53	14:31

KM	KM to go	Miles	Feature	Instruction	Description			
						38km/hp	42km/hp	46km/hp
153.0	27.8	95.1		Caution!	⚠️ Fast Descent	15:15	14:53	14:31
153.5	27.3	95.5	T.Lights	Right	B3274 Truro Road	15:16	14:54	14:32
153.5	27.3	95.5		Caution!	⚠️ Fast Descent	15:16	14:54	14:32
153.8	27.0	95.6		Caution!	⚠️ Narrow Bridge	15:16	14:54	14:32
153.9	26.9	95.7	T.Lights	Straight	B3274 Truro Road	15:16	14:54	14:32
154.2	26.6	95.9	Junction	Right	Trinity Street	15:17	14:55	14:33
154.5	26.3	96.1	M R/about	1st Exit	South Street	15:17	14:55	14:33
154.8	26.0	96.3	T.Lights	Straight		15:18	14:56	14:34
155.0	25.8	96.4	M R/about	1st Exit	Kings Avenue	15:18	14:56	14:34
155.2	25.6	96.5	M R/about	2nd Exit	Carlyon Road	15:18	14:56	14:34
155.4	25.4	96.6	M R/about	2nd Exit	Carlyon Road	15:19	14:57	14:34
155.7	25.1	96.8	R/about	2nd Exit	Carlyon Road	15:19	14:57	14:35
156.1	24.7	97.1	T.Lights	Straight	Sandy Hill	15:20	14:58	14:35
156.5	24.3	97.3	M R/about	2nd Exit	Sandy Hill	15:20	14:58	14:36
156.6	24.2	97.4	T.Lights	Straight	Bethel Road	15:21	14:58	14:36
156.9	23.9	97.6	M R/about	Straight	Caution! ⚠️ Double Mini Roundabout	15:21	14:59	14:36
157.4	23.4	97.9		Caution!	⚠️ Build outs	15:22	14:59	14:37
157.5	23.3	97.9		Caution!	⚠️ Build outs	15:22	15:00	14:37
157.6	23.2	98.0	R/about	2nd Exit		15:22	15:00	14:37
158.0	22.8	98.3		Caution!	⚠️ Fast Descent	15:23	15:00	14:38
158.1	22.7	98.3	Sign		Tregrehan	15:23	15:00	14:38
158.2	22.6	98.4		Caution!	⚠️ Unsigned! Build outs	15:23	15:01	14:38
159.4	21.4	99.1	T.Junction	Right		15:25	15:02	14:39
159.4	21.4	99.1	Junction	Left		15:25	15:02	14:39
159.8	21.0	99.4	T.Junction	Left	Bodelva Road	15:26	15:03	14:40
160.8	20.0	100.0		Keep Left		15:27	15:04	14:41
160.8	20.0	100.0	Green Zone			15:27	15:04	14:41
160.8	20.0	100.0	20km to Finish		🚗 Drinks end	15:27	15:04	14:41
161.5	19.3	100.4		Keep Left		15:28	15:05	14:42
161.5	19.3	100.4	T.Junction	Left		15:28	15:05	14:42
162.1	18.7	100.8	R/about	3rd Exit		15:29	15:06	14:43
164.5	16.3	102.3	R/about	2nd Exit		15:33	15:10	14:46
164.8	16.0	102.5	M R/about	2nd Exit		15:33	15:10	14:46
164.8	16.0	102.5	M R/about	2nd Exit	Penwithick Road	15:33	15:10	14:46
165.8	15.0	103.1	15km to Finish			15:35	15:11	14:48
166.8	14.0	103.7	Sign		Kerrow Moor	15:37	15:13	14:49
167.5	13.3	104.2		Keep Left	B3374	15:38	15:14	14:50
168.1	12.7	104.5	Sign		Bugle	15:39	15:15	14:51
168.5	12.3	104.8	T.Lights	Right	A391 Fore Street	15:39	15:15	14:51
170.8	10.0	106.2	10km to Finish			15:43	15:19	14:54
171.5	9.3	106.6	Sign		Lockengate	15:44	15:20	14:55
172.5	8.3	107.3	Junction	Right		15:46	15:21	14:56
173.9	6.9	108.1	T.Junction	Right	A389 commit to offside DC for 100m	15:48	15:23	14:58
174.5	6.3	108.5	Sign		Lanivet	15:49	15:24	14:59
175.8	5.0	109.3	Green Zone			15:51	15:26	15:01
175.8	5.0	109.3	5km to Finish			15:51	15:26	15:01
176.7	4.1	109.9	X.Roads	Straight		15:52	15:27	15:02
177.9	2.9	110.6	M R/about	Straight	Caution! ⚠️ Double Mini Roundabout	15:54	15:29	15:03
178.7	2.1	111.1	M R/about	Straight	Caution! ⚠️ Double Mini Roundabout	15:55	15:30	15:04
179.3	1.5	111.5		Keep Left	A389 Dennison Road	15:56	15:31	15:05
179.3	1.5	111.5		Keep Right		15:56	15:31	15:05
179.7	1.1	111.7	M R/about	2nd Exit	Turf Street	15:57	15:31	15:06
180.8	0.0	112.4	Finish		🚗 Lostwithiel Road – Bodmin	15:59	15:33	15:07

1

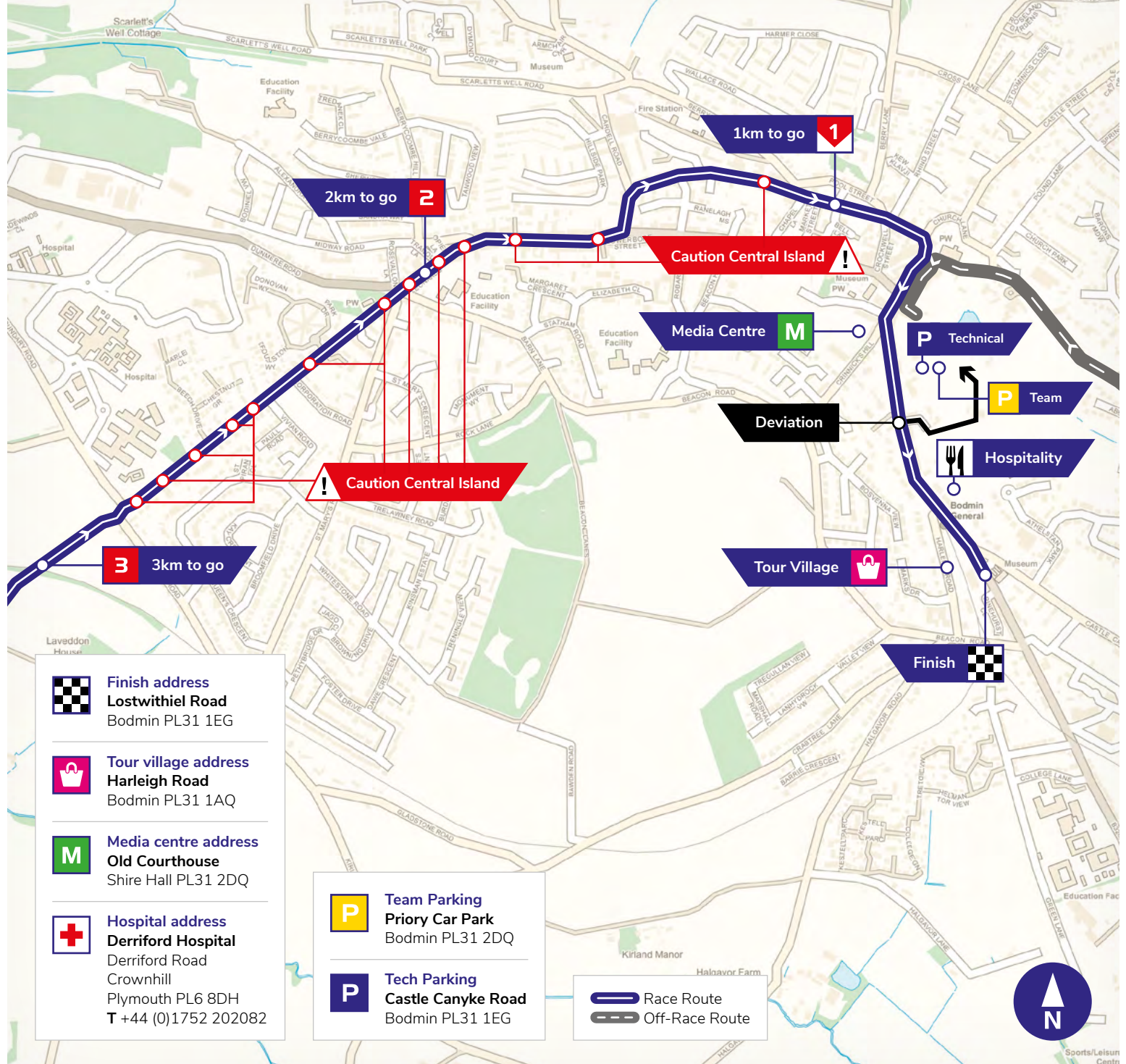
FINISH BODMIN

Timetable

Sunday 5 September

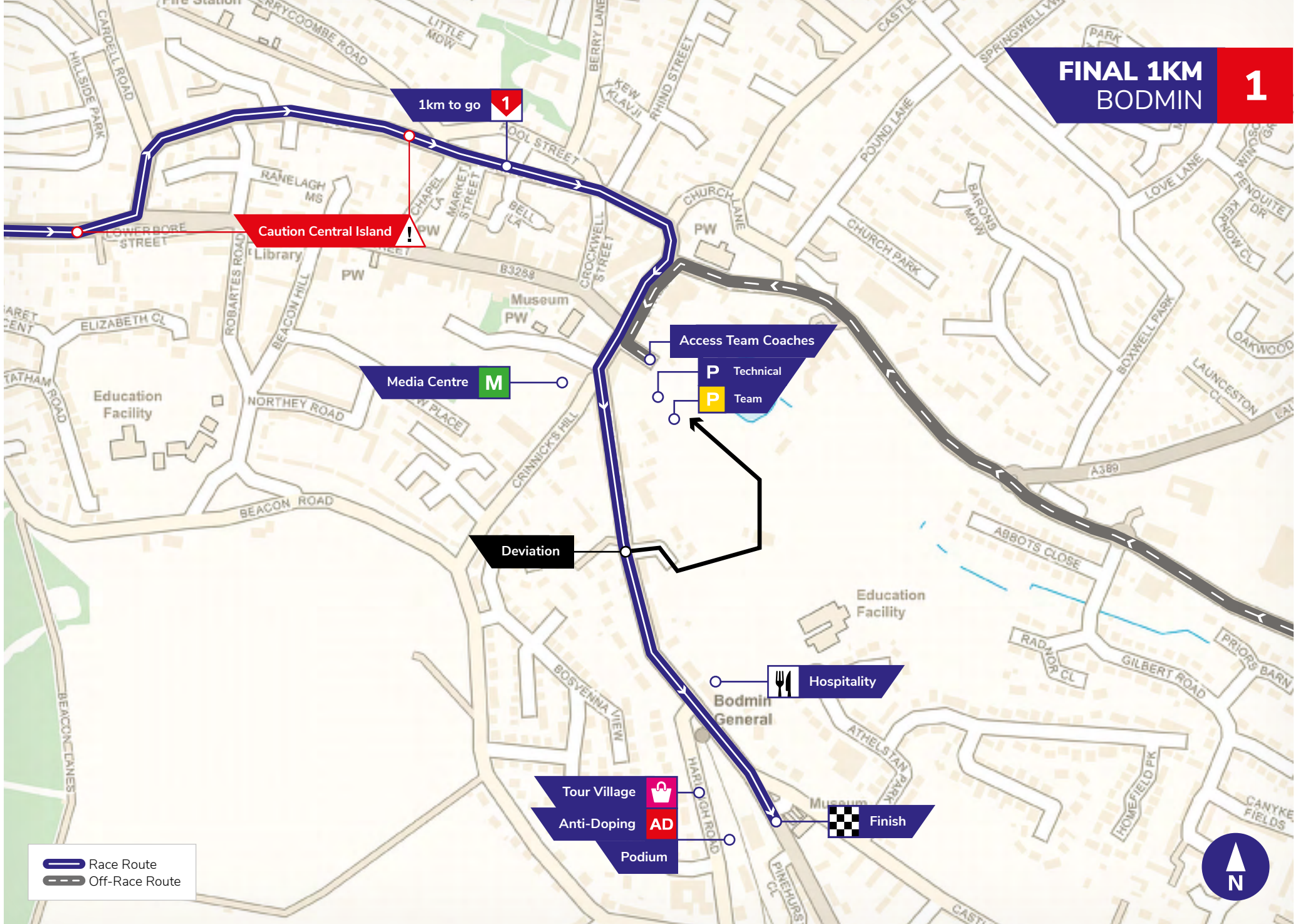
Time Activities

04:45	Roads closed
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue)
07:30	Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue)
10:00	Media Centre open Event Control briefing
11:00	Stage 1 departs Penzance
11:30	Finish straight available for support activities
11:45	Hospitality opens
14:30	Ride for Heroes depart Priory Park car park
14:30	Support activities end
15:07	Stage 1 arrives (Fast schedule)
15:33	Stage 1 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Leader's jerseys
16:00	Hospitality closes Press conference
16:30	24 Stewards dismissed Event Control closes
18:00	Remaining Stewards dismissed
19:00	Media Centre closes



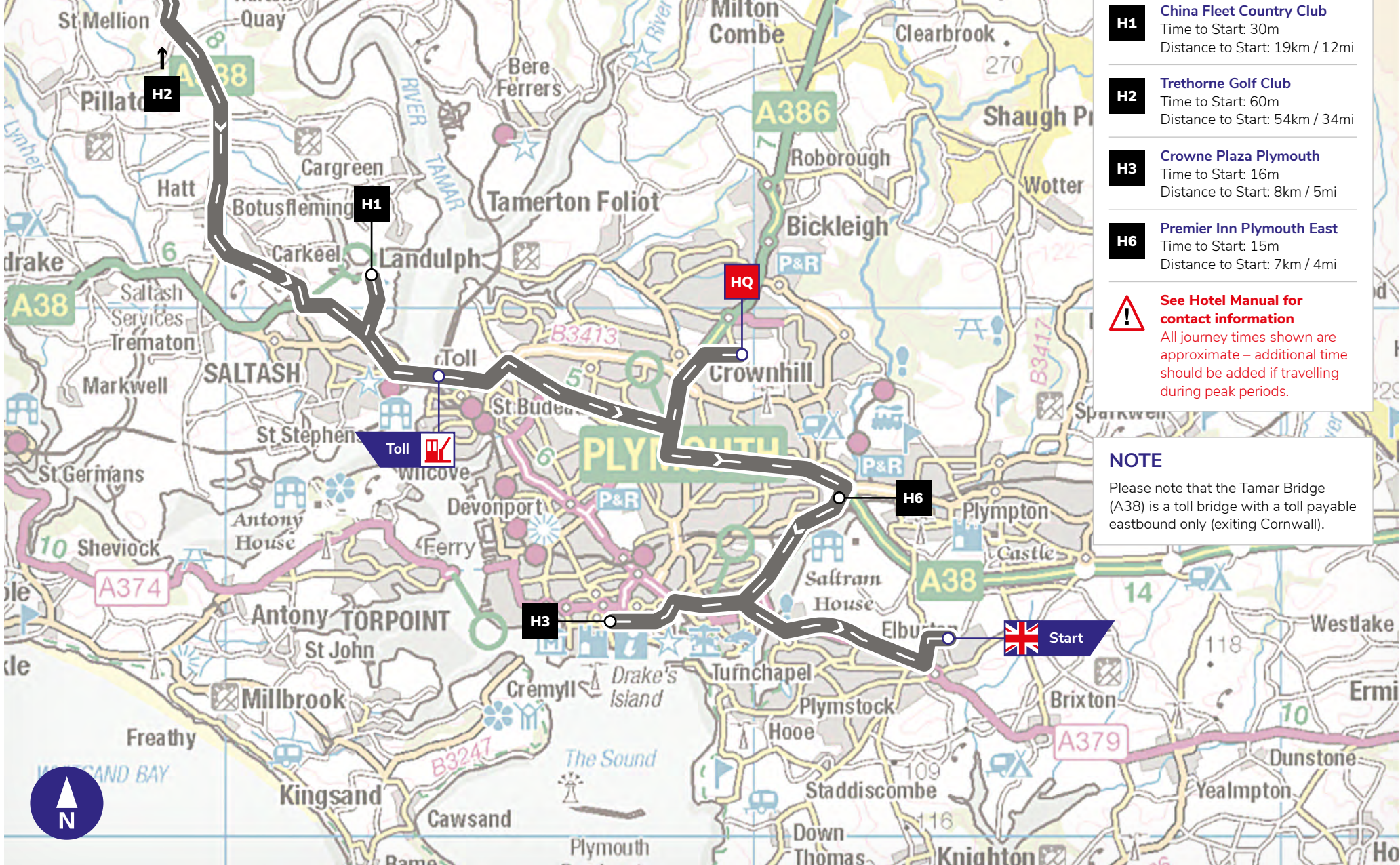
FINAL 1KM BODMIN

1



2

ROUTES FROM HOTELS TO START SHERFORD




- HQ** **Future Inn Plymouth**
Time to Start: 16m
Distance to Start: 14km / 9mi

- H1** **China Fleet Country Club**
Time to Start: 30m
Distance to Start: 19km / 12mi

- H2** **Trethorne Golf Club**
Time to Start: 60m
Distance to Start: 54km / 34mi

- H3** **Crowne Plaza Plymouth**
Time to Start: 16m
Distance to Start: 8km / 5mi

- H6** **Premier Inn Plymouth East**
Time to Start: 15m
Distance to Start: 7km / 4mi

-  **See Hotel Manual for contact information**
All journey times shown are approximate – additional time should be added if travelling during peak periods.

NOTE
Please note that the Tamar Bridge (A38) is a toll bridge with a toll payable eastbound only (exiting Cornwall).



START SHERFORD

2

Timetable


Sunday 5 September

Time	Activities
16:00	Partial site build


Monday 6 September




Time	Activities
04:00	Start area closed to traffic
04:00	Start Crew and facilities on site
08:00	Race facilities complete Race Staff, Marshals and Security on site
08:30	PPO in operation
09:00	PA operational Breakfast Club opens Guests arrive Teams start to arrive
09:20	Final public bus arrives
10:00	Signing on opens
10:15	0km signage in position
10:50	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
10:55	Riders assemble on start line Forward vehicles depart
11:00	Start of Stage 2
11:15	Stage 2 de-neutralises
11:30	Commence de-rig
13:30	Site clear Start Crew departs for Carmarthenshire



 **Start address**
Hercules Road
Sherford
Plymouth PL9 8FA

 **Hospital address**
Derriford Hospital
Derriford Road
Crownhill, Plymouth,
Devon PL6 8DH
T +44 (0)1752 202082

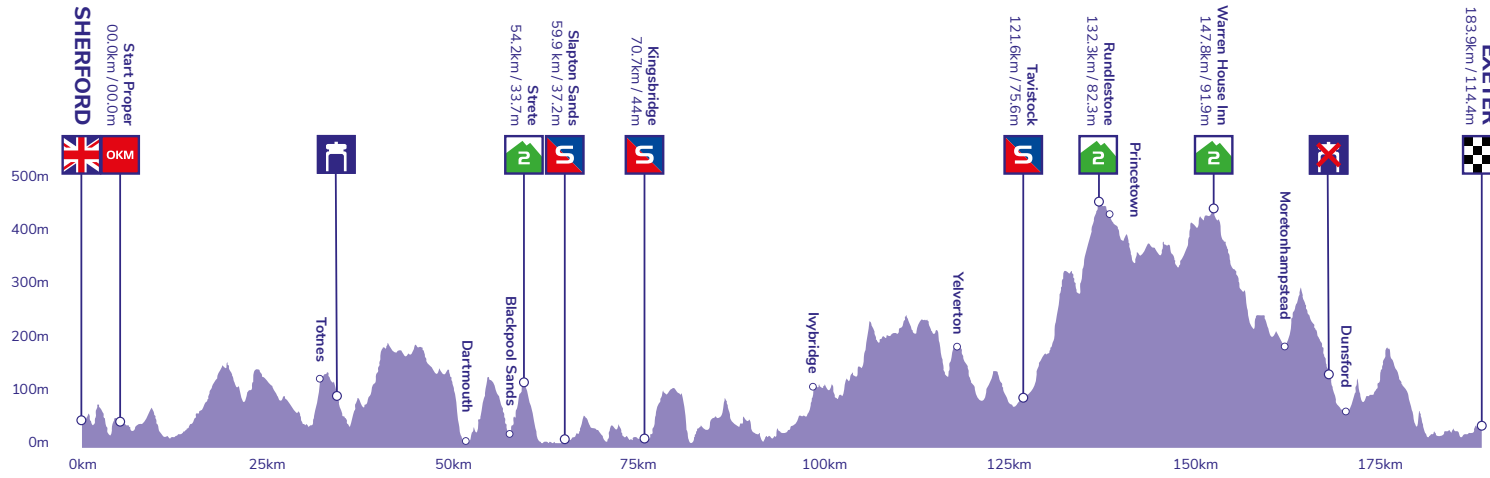
 **Mandatory
passing point**
PL9 8AR

 Race Route
 Off-Race Route
 Route to PPO

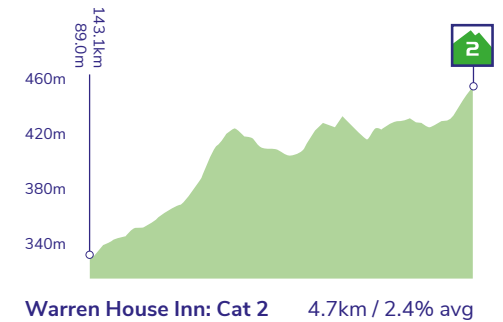
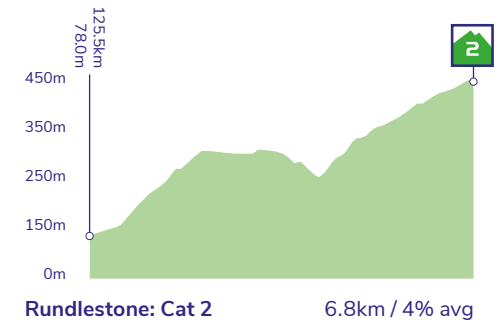
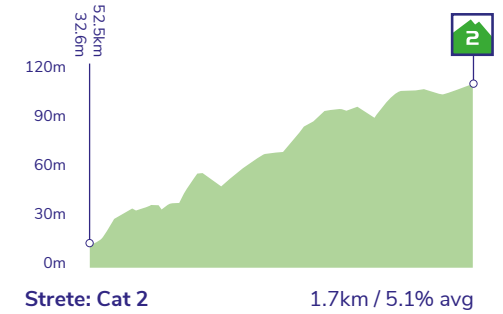
2

ROUTE PROFILES SHERFORD TO EXETER

Stage profile



KoM profiles



Final 3km profile



OVERVIEW AND OFF-RACE ROUTE SHERFORD TO EXETER

2



Off-Race Route
40 miles / 50 mins

Leave start area, head north to join A38 Devon Expressway. Follow for Exeter via A30 and A377 to enter city centre via New Bridge Street and Fore Street. Continue to parking area.

Race Route
 Off-Race Route



PLYMOUTH to
Roscoff (France) 0 - 8 hrs
Santander (Spain) 22 hrs
(summer only)

2

RACE SCHEDULE SHERFORD TO EXETER

Neutralised section

Hercules Road, Stamps Hill, Red Lion Hill, A379.

Approximate distance of neutralised section 5.2km / 3.2miles

Distance of stage 183.9km / 114.4miles

Neutralised start 11:00

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
			Start Neutralised		Hercules Road – Sherford	11:00	11:00	10:00
0.00	183.9	0.00	Start Proper			11:15	11:15	11:15
0.7	183.2	0.4	X.Roads	Straight	A379	11:16	11:16	11:15
1.7	182.2	1.1	Sign		Yealmpton	11:17	11:17	11:17
4.8	179.1	3.0		Caution!	Fast Descent	11:22	11:21	11:21
5.7	178.2	3.5	Junction	Left	A3121 dir Ermington	11:23	11:23	11:22
6.9	177.0	4.3	Sign		Ermington	11:25	11:24	11:23
7.3	176.6	4.5		Caution!	Narrow Bridge	11:26	11:25	11:24
8.3	175.6	5.2	X.Roads	Straight	A3121	11:28	11:26	11:25
12.3	171.6	7.6		Keep Right	A3121	11:34	11:32	11:30
13.7	170.2	8.5	X.Roads	Straight	A3121	11:36	11:34	11:32
14.2	169.7	8.8		Caution!	Cattle	11:37	11:35	11:33
14.3	169.6	8.9		Keep Right	A3121	11:37	11:35	11:33
15.8	168.1	9.8		Caution!	Fast Descent	11:39	11:37	11:35
16.2	167.7	10.1	Sign		Avonwick	11:40	11:38	11:35
16.9	167.0	10.5	T.Junction	Right		11:41	11:39	11:36
19.0	164.9	11.8	X.Roads	Straight		11:44	11:42	11:39
19.0	164.9	11.8	X.Roads	Straight		11:44	11:42	11:39
19.3	164.6	12.0	X.Roads	Straight		11:45	11:42	11:39
22.3	161.6	13.9	X.Roads	Straight		11:50	11:46	11:43
24.5	159.4	15.2	Sign		Totnes	11:53	11:50	11:46
26.1	157.8	16.2	T.Lights	Right	A381 Western by-pass	11:56	11:52	11:48
26.2	157.7	16.3		Caution!	Island after junction Keep Right!	11:56	11:52	11:48
28.1	155.8	17.5		Keep Left	A381	11:59	11:55	11:51
29.4	154.5	18.3		Caution!	Fast Descent	12:01	11:57	11:52
30.0	153.9	18.7	Drinks	Start		12:02	11:57	11:53
30.9	153.0	19.2	Sign		Harbertonford	12:03	11:59	11:54
31.3	152.6	19.5		Keep Right		12:04	11:59	11:55
34.6	149.3	21.5	Sign		Halwell	12:09	12:04	11:59
34.9	149.0	21.7	Junction	Left	Church Street	12:09	12:04	11:59
35.4	148.5	22.0	T.Junction	Left	A3122	12:10	12:05	12:00
39.6	144.3	24.6		Keep Left	A3122	12:17	12:11	12:05
40.9	143.0	25.4		Keep Right	A3122	12:19	12:13	12:07
44.1	139.8	27.4	R/about	1st Exit	A3122	12:24	12:18	12:11
44.3	139.6	27.5	Sign		Dartmouth	12:24	12:18	12:11
44.5	139.4	27.7	R/about	2nd Exit	A3122 Townstal Road	12:24	12:18	12:12
45.1	138.8	28.0		Caution!	Safety Camera	12:25	12:19	12:12
45.1	138.8	28.0		Caution!	Very Fast Descent	12:25	12:19	12:12
45.1	138.8	28.0	M R/about	1st Exit	A3122 Townstal Road	12:25	12:19	12:12
46.3	137.6	28.8		Keep Left	Coombe Road	12:27	12:21	12:14
46.5	137.4	28.9	T.Lights	Straight	Coombe Road	12:28	12:21	12:14
46.7	137.2	29.0		Keep Right	A379	12:28	12:21	12:15
46.8	137.1	29.1		Keep Left	Central Island	12:28	12:21	12:15
47.2	136.7	29.4		Caution!	Build Outs	12:29	12:22	12:15

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
47.3	136.6	29.4	Junction	Right	Hanley Road	12:29	12:22	12:15
47.4	136.5	29.5	X.Roads	Straight	B3205	12:29	12:22	12:15
48.0	135.9	29.8		Caution!	Build Outs	12:30	12:23	12:16
50.4	133.5	31.3	T.Junction	Left	A379	12:34	12:27	12:19
50.3	133.6	31.3	Sign		Stoke Fleming	12:34	12:26	12:19
51.4	132.5	32.0		Caution!	Sharp Left Bend	12:35	12:28	12:21
52.0	131.9	32.3		Caution!	Fast Descent!	12:36	12:29	12:21
52.5	131.4	32.6	KoM 1 Cat 2	Start		12:37	12:30	12:22
52.5	131.4	32.6		Keep Left		12:37	12:30	12:22
54.2	129.7	33.7	KoM 1 Cat 2	Finish	Strete	12:40	12:32	12:24
54.6	129.3	34.0		Keep Left		12:40	12:33	12:25
54.9	129.0	34.1		Keep Left		12:41	12:33	12:25
55.2	128.7	34.3		Caution!	Fast Descent	12:41	12:33	12:25
56.2	127.7	34.9		Caution!	Hairpin Left on Descent	12:43	12:35	12:27
56.6	127.3	35.2	Sign		Slapton Ley	12:43	12:35	12:27
59.9	124.0	37.2	Sprint 1		Slapton Sands	12:49	12:40	12:32
59.9	124.0	37.2	Green Zone			12:49	12:40	12:32
60.3	123.6	37.5		Keep Right	A379	12:49	12:41	12:32
62.1	121.8	38.6	Sign		Stokenham	12:52	12:43	12:34
62.4	121.5	38.8		Keep Left	A379	12:53	12:44	12:35
62.6	121.3	38.9	M R/about	2nd Exit	A379	12:53	12:44	12:35
63.3	120.6	39.4	Sign		Chillington	12:54	12:45	12:36
63.3	120.6	39.4		Caution!	Narrow Through Village	12:54	12:45	12:36
64.5	119.4	40.1	X.Roads	Straight		12:56	12:47	12:37
65.2	118.7	40.5	Sign		Frogmore	12:57	12:48	12:38
65.5	118.4	40.7	X.Roads	Straight		12:57	12:48	12:39
66.6	117.3	41.4	Sign		Charleton	12:59	12:50	12:40
67.5	116.4	42.0	Sign		West Charleton	13:01	12:51	12:41
69.1	114.8	43.0		Caution!	Narrow Bridge	13:03	12:53	12:43
69.7	114.2	43.3		Keep Left	A379	13:04	12:54	12:44
70.7	113.2	44.0	Sprint 2		Kingsbridge	13:06	12:56	12:45
70.7	113.2	44.0	Green Zone			13:06	12:56	12:45
71.1	112.8	44.2	R/about	2nd Exit	Fore Street	13:06	12:56	12:46
71.7	112.2	44.6	Junction	Right		13:07	12:57	12:47
71.8	112.1	44.6	R/about	2nd Exit	A379 Plymouth Road	13:07	12:57	12:47
72.7	111.2	45.2		Keep Left		13:09	12:58	12:48
73.5	110.4	45.7	M R/about	1st Exit	A379 Plymouth Road	13:10	13:00	12:49
74.1	109.8	46.1	Sign		Churchstow	13:11	13:00	12:50
75.0	108.9	46.6	R/about	3rd Exit	A379	13:12	13:02	12:51
75.9	108.0	47.2		Caution!	Fast Descent	13:14	13:03	12:52
76.3	107.6	47.4	Sign		Aveton Gifford	13:14	13:04	12:53
76.8	107.1	47.8	X.Roads	Straight		13:15	13:04	12:53
77.2	106.7	48.0	R/about	2nd Exit	A379	13:16	13:05	12:54
78.4	105.5	48.8		Keep Right	A379	13:18	13:07	12:55

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph					
81.1	102.8	50.4			Caution!	⚠ Sharp Left Bend	13:22	13:10	12:59									
81.7	102.2	50.8	X.Roads	Straight			13:23	13:11	13:00									
81.8	102.1	50.9			Caution!	⚠ Fast Descent	13:23	13:11	13:00									
83.1	100.8	51.7	Sign			Modbury	13:25	13:13	13:01									
83.1	100.8	51.7		Keep Right	A379		13:25	13:13	13:01									
83.7	100.2	52.0			Caution!	⚠ Sharp Left Bend	13:26	13:14	13:02									
83.8	100.1	52.1			Caution!	⚠ Sharp Left Bend	13:26	13:14	13:02									
84.1	99.8	52.3		Keep Left	A379		13:27	13:15	13:03									
84.2	99.7	52.4		Keep Left	A379		13:27	13:15	13:03									
85.0	98.9	52.9			Caution!	⚠ Fast Descent	13:28	13:16	13:04									
86.3	97.6	53.7		Keep Right	A379		13:30	13:18	13:05									
86.7	97.2	53.9			Caution!	⚠ Narrow Bridge	13:31	13:18	13:06									
86.8	97.1	54.0	Junction	Right	A3121		13:31	13:19	13:06									
88.0	95.9	54.7	Sign			Ermington	13:33	13:20	13:08									
88.3	95.6	54.9	Junction	Left			13:33	13:21	13:08									
88.5	95.4	55.0	T.Junction	Right		Church Road	13:34	13:21	13:08									
88.5	95.4	55.0			Caution!	⚠ Speed Humps	13:34	13:21	13:08									
90.0	93.9	56.0		Keep Right		Keaton Lane	13:36	13:23	13:10									
90.1	93.8	56.0			Caution!	⚠ Hump Back Bridge	13:36	13:23	13:10									
90.3	93.6	56.2		Keep Left			13:36	13:24	13:11									
91.0	92.9	56.6	Junction	Right		Godwell Lane	13:38	13:25	13:12									
91.6	92.3	57.0	Junction	Left		Woolcombe Lane	13:38	13:25	13:12									
92.2	91.7	57.3	R/about	1st Exit		B3213 Marjorie Kelly Way	13:39	13:26	13:13									
92.6	91.3	57.6	R/about	2nd Exit		Fore Street	13:40	13:27	13:14									
92.6	91.3	57.6			Caution!	⚠ Speed Humps	13:40	13:27	13:14									
92.7	91.2	57.6			Caution!	⚠ Against One Way System	13:40	13:27	13:14									
93.0	90.9	57.8	Junction	Left		Erme Road	13:41	13:27	13:14									
93.1	90.8	57.9	X.Roads	Left		Blackford Road	13:41	13:28	13:14									
93.4	90.5	58.1	X.Roads	Straight			13:41	13:28	13:15									
93.5	90.4	58.1		Keep Left		Blackford Road	13:41	13:28	13:15									
93.8	90.1	58.3			Caution!	⚠ Build Outs	13:42	13:29	13:15									
94.1	89.8	58.5	T.Junction	Right		Langham Levels	13:42	13:29	13:15									
94.3	89.6	58.6	M R/about	2nd Exit			13:43	13:29	13:16									
94.5	89.4	58.8			Caution!	⚠ Fast & Narrow Descent	13:43	13:30	13:16									
95.5	88.4	59.4	T.Junction	Right			13:45	13:31	13:17									
96.2	87.7	59.8			Caution!	⚠ Fast Descent	13:46	13:32	13:18									
97.0	86.9	60.3	X.Roads	Straight			13:47	13:33	13:19									
97.3	86.6	60.5	Sign			Cornwood	13:47	13:34	13:20									
97.4	86.6	60.5			Caution!	⚠ Hump Back Bridge	13:48	13:34	13:20									
98.1	85.8	61.0	X.Roads	Straight			13:49	13:35	13:21									
98.8	85.1	61.4			Caution!	⚠ Fast Descent	13:50	13:36	13:22									
99.1	84.8	61.6			Caution!	⚠ Cattle Grid	13:50	13:36	13:22									
99.6	84.3	61.9			Caution!	⚠ Narrow Bridge	13:51	13:37	13:23									
99.9	84.0	62.1			Caution!	⚠ Sheep	13:51	13:37	13:23									
104.9	79.0	65.2	X.Roads	Right		dir Yelverton	13:59	13:44	13:29									
107.3	76.6	66.7			Caution!	⚠ Narrow Bridge	14:03	13:48	13:32									
108.1	75.8	67.2			Caution!	⚠ Hairpin Left	14:04	13:49	13:33									
109.8	74.1	68.3			Caution!	⚠ Sharp Left Bend	14:07	13:51	13:36									
110.1	73.8	68.5			Caution!	⚠ Sharp Right Bend	14:08	13:52	13:36									
110.4	73.5	68.7			Caution!	⚠ Fast Descent	14:08	13:52	13:36									
111.4	72.5	69.3			Caution!	⚠ Hump Back Bridge	14:10	13:54	13:38									
111.9	72.0	69.6	Sign			Yelverton	14:10	13:54	13:38									
112.5	71.4	70.0			Caution!	⚠ Build Outs	14:11	13:55	13:39									
112.7	71.2	70.1		Keep Left		Meavy Lane	14:12	13:56	13:39									

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph					
112.7	71.2	70.1			Keep Right	Meavy Lane	14:12	13:56	13:39									
112.8	71.1	70.1	T.Junction	Right		A386	14:12	13:56	13:40									
112.8	71.1	70.1	R/about	1st Exit		A386 Tavistock Road	14:12	13:56	13:40									
114.4	69.5	71.1		Keep Right		A386 Plymouth Road	14:14	13:58	13:42									
114.4	69.5	71.1	Sign			Horrabridge	14:14	13:58	13:42									
116.2	67.7	72.3			Caution!	⚠ Narrow Bridge	14:17	14:01	13:44									
117.9	66.0	73.3	Sign			Grenofen	14:20	14:03	13:46									
119.6	64.3	74.4	Sign			Tavistock	14:22	14:05	13:48									
119.6	64.3	74.4	M R/about	1st Exit		A386 Plymouth Road	14:22	14:05	13:48									
120.4	63.5	74.9	R/about	2nd Exit		A386 Plymouth Road	14:24	14:07	13:49									
120.6	63.3	75.0	R/about	2nd Exit		A386 Plymouth Road	14:24	14:07	13:50									
121.1	62.8	75.3	M R/about	1st Exit		A386 Plymouth Road	14:25	14:08	13:50									
121.4	62.5	75.5	R/about	2nd Exit		A386 Plymouth Road	14:25	14:08	13:51									
121.4	62.5	75.5		Keep Right		Central Island	14:25	14:08	13:51									
121.6	62.3	75.6			Caution!	⚠ Tavistock	14:26	14:08	13:51									
121.6	62.3	75.6				Green Zone	14:26	14:08	13:51									
121.9	62.0	75.8	X.Roads	Straight			14:26	14:09	13:51									
122.1	61.8	75.9	M R/about	2nd Exit		A386 Abbey Place	14:26	14:09	13:51									
122.3	61.6	76.1	R/about	2nd Exit		A386 Dolvin Road	14:27	14:09	13:52									
122.6	61.3	76.2	R/about	2nd Exit		A386 Mount Tavy Road	14:27	14:10	13:52									
122.7	61.2	76.3	Junction	Right		B3357 Mount Tavy Road	14:27	14:10	13:52									
125.3	58.6	77.9	Sign			Dartmoor National Park	14:31	14:14	13:56									
125.5	58.4	78.0	X.Roads	Straight			14:32	14:14	13:56									
125.5	58.4	78.0	KoM 2 Cat 2	Start			14:32	14:14	13:56									
127.3	56.6	79.2			Caution!	⚠ Cattle Grid	14:35	14:16	13:58									
132.0	51.9	82.1			Caution!	⚠ Cattle Grid	14:42	14:23	14:04									
132.3	51.6	82.3	KoM 2 Cat 2	Finish		🟩 Rundlestone	14:42	14:24	14:05									
132.3	51.6	82.3				Green Zone	14:42	14:24	14:05									
132.4	51.5	82.3	Junction	Right		B3357 dir Princetown	14:43	14:24	14:05									
133.4	50.5	83.0	Sign			Princetown	14:44	14:25	14:06									
134.6	49.3	83.7	M R/about	1st Exit		B3212 Two Bridges Road	14:46	14:27	14:08									
136.4	47.5	84.8			Caution!	⚠ Fast Descent	14:49	14:29	14:10									
136.8	47.1	85.1			Caution!	⚠ Cattle Grid	14:49	14:30	14:10									
136.9	47.0	85.1	T.Junction	Right		B3357	14:50	14:30	14:11									
137.3	46.6	85.4	Junction	Left		B3212	14:50	14:31	14:11									
140.6	43.3	87.4			Caution!	⚠ Narrow Bridge	14:55	14:35	14:15									
142.6	41.3	88.7	Sign			Postbridge	14:59	14:38	14:18									
143.0	40.9	88.9			Caution!	⚠ Hump Back Bridge	14:59	14:39	14:18									
143.1	40.8	89.0	KoM 3 Cat 2	Start			14:59	14:39	14:18									
144.1	39.8	89.6			Caution!	⚠ Cattle Grid	15:01	14:40	14:20									
144.1	39.8	89.6			Caution!	⚠ Sheep	15:01	14:40	14:20									
147.8	36.1	91.9	KoM 3 Cat 2	Finish		🟩 Warren House Inn	15:07	14:46	14:25									
147.8	36.1	91.9																

KM	KM to go	Miles	Feature	Instruction	Description			
						38km/h	42km/h	46km/h
159.2	24.7	99.0		Keep Right	B3212	15:25	15:02	14:39
159.4	24.5	99.1		Keep Right	B3212	15:25	15:02	14:39
159.8	24.1	99.4	X.Roads	Straight	B3212	15:26	15:03	14:40
159.8	24.1	99.4		Caution!	⚠ Fast Descent	15:26	15:03	14:40
160.4	23.5	99.7	Sign		Docombe	15:27	15:04	14:41
160.7	23.2	99.9		Keep Right	B3212	15:27	15:04	14:41
162.5	21.4	101.1		Caution!	⚠ Deer	15:30	15:07	14:43
162.6	21.3	101.1		Caution!	⚠ Fast & Technical Descent	15:30	15:07	14:44
163.9	20.0	101.9	20km to Finish		🚫 Drinks end	15:32	15:09	14:45
163.9	20.0	101.9	Green Zone			15:32	15:09	14:45
164.5	19.4	102.3		Caution!	⚠ Narrow Bridge	15:33	15:10	14:46
165.2	18.7	102.7	Sign		Dunsford	15:34	15:11	14:47
165.6	18.3	103.0		Keep Right	B3212	15:35	15:11	14:47
166.2	17.7	103.4		Keep Left	B3212	15:36	15:12	14:48
166.5	17.4	103.5		Keep Right	B3212	15:36	15:12	14:49
167.3	16.6	104.0		Caution!	⚠ Fast Descent	15:37	15:14	14:50
168.0	15.9	104.5		Caution!	⚠ Narrow Bridge	15:39	15:15	14:51
168.9	15.0	105.0	15km to Finish			15:40	15:16	14:52
170.1	13.8	105.8		Caution!	⚠ Cattle	15:42	15:18	14:53
171.3	12.6	106.5	Sign		Longdown	15:44	15:19	14:55
173.9	10.0	108.1	10km to Finish			15:48	15:23	14:58
175.9	8.0	109.4	X.Roads	Straight		15:51	15:26	15:01
176.7	7.2	109.9	T.Lights	Left	Buddle Lane	15:52	15:27	15:02
177.2	6.7	110.2	X.Roads	Straight		15:53	15:28	15:02
177.4	6.5	110.3	T.Lights	Straight	Exwick Road	15:53	15:28	15:03
178.3	5.6	110.9	T.Lights	Straight	Exwick Road	15:55	15:29	15:04
178.8	5.1	111.2	M R/about	2nd Exit	St Andrew's Road	15:55	15:30	15:04
178.9	5.0	111.2	5km to Finish			15:56	15:30	15:05
178.9	5.0	111.2	Green Zone			15:56	15:30	15:05
180.7	3.2	112.4	Sign		Cowley	15:58	15:33	15:07
180.9	3.0	112.5	T.Junction	Right	A377 Cowley Hill	15:59	15:33	15:07
181.5	2.4	112.9	R/about	3rd Exit	A377 Cowley Bridge Road	16:00	15:34	15:08
181.7	2.2	113.0		Caution!	⚠ Safety Camera	16:00	15:34	15:08
183.0	0.9	113.8	T.Lights	Straight	B3183 New Road	16:02	15:36	15:10
183.4	0.5	114.0	T.Lights	Straight	New North Road	16:03	15:37	15:10
183.5	0.4	114.1	R/about	2nd Exit	Queen Street	16:03	15:37	15:10
183.9	0.0	114.4	Finish		🚧 Queen Street – Exeter	16:03	15:37	15:11

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FINISH EXETER

Timetable

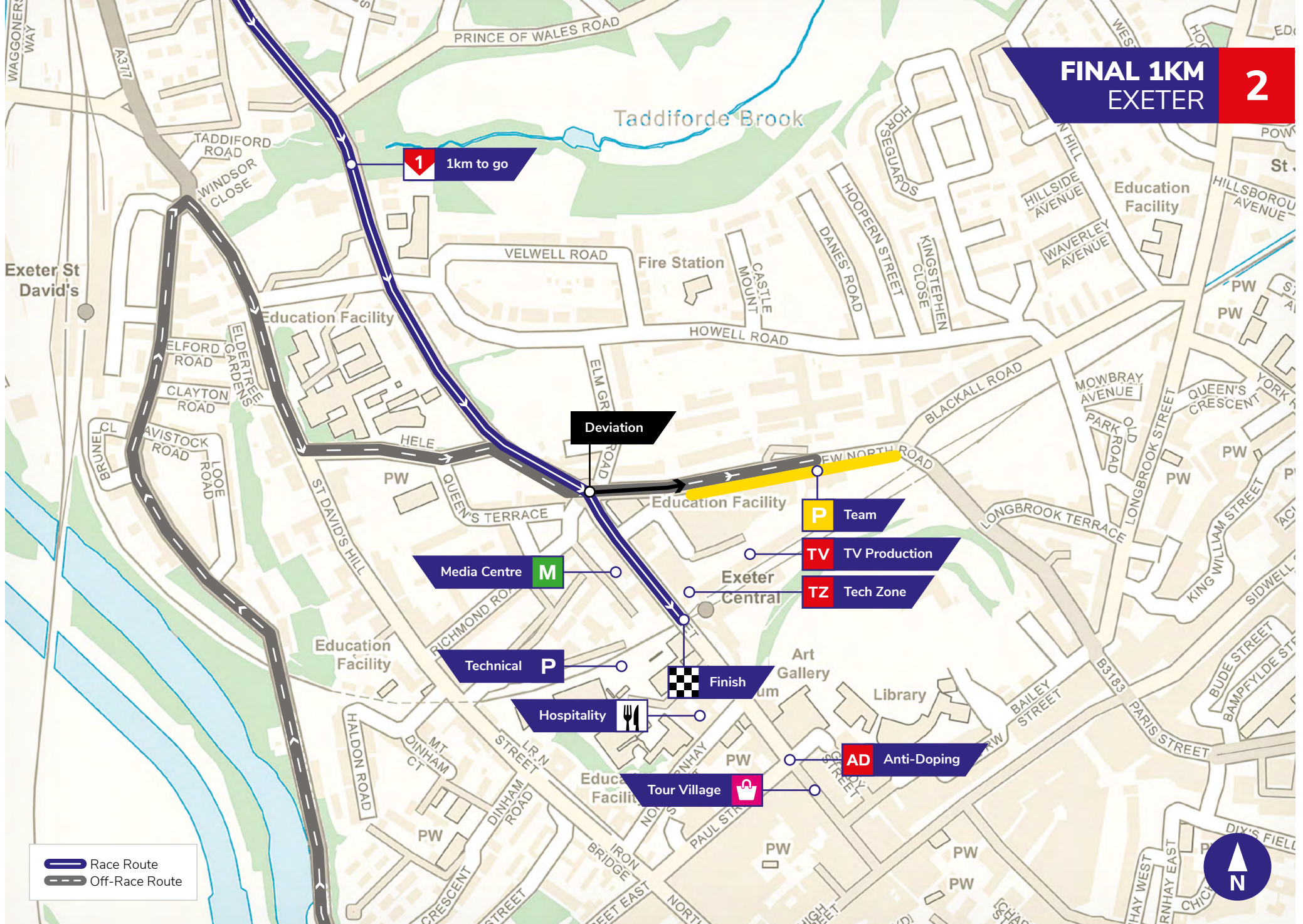
Monday 6 September

Time	Activities
04:45	Roads closed
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue)
07:30	Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue) Volunteer marshal briefing
10:00	Media Centre open Event Control briefing
11:00	Stage 2 departs Sherford
11:30	Finish straight available for support activities
11:45	Hospitality open
14:30	Ride for Heroes depart from outside The Imperial (New N Road)
14:30	Support activities end
15:11	Stage2 arrives (Fast schedule)
15:37	Stage2 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Leader's jerseys
16:00	Hospitality closes Press conference
16:30	Volunteer marshals dismissed 24 Stewards dismissed Event Control closes
18:00	Remaining Stewards dismissed
19:00	Media Centre closes



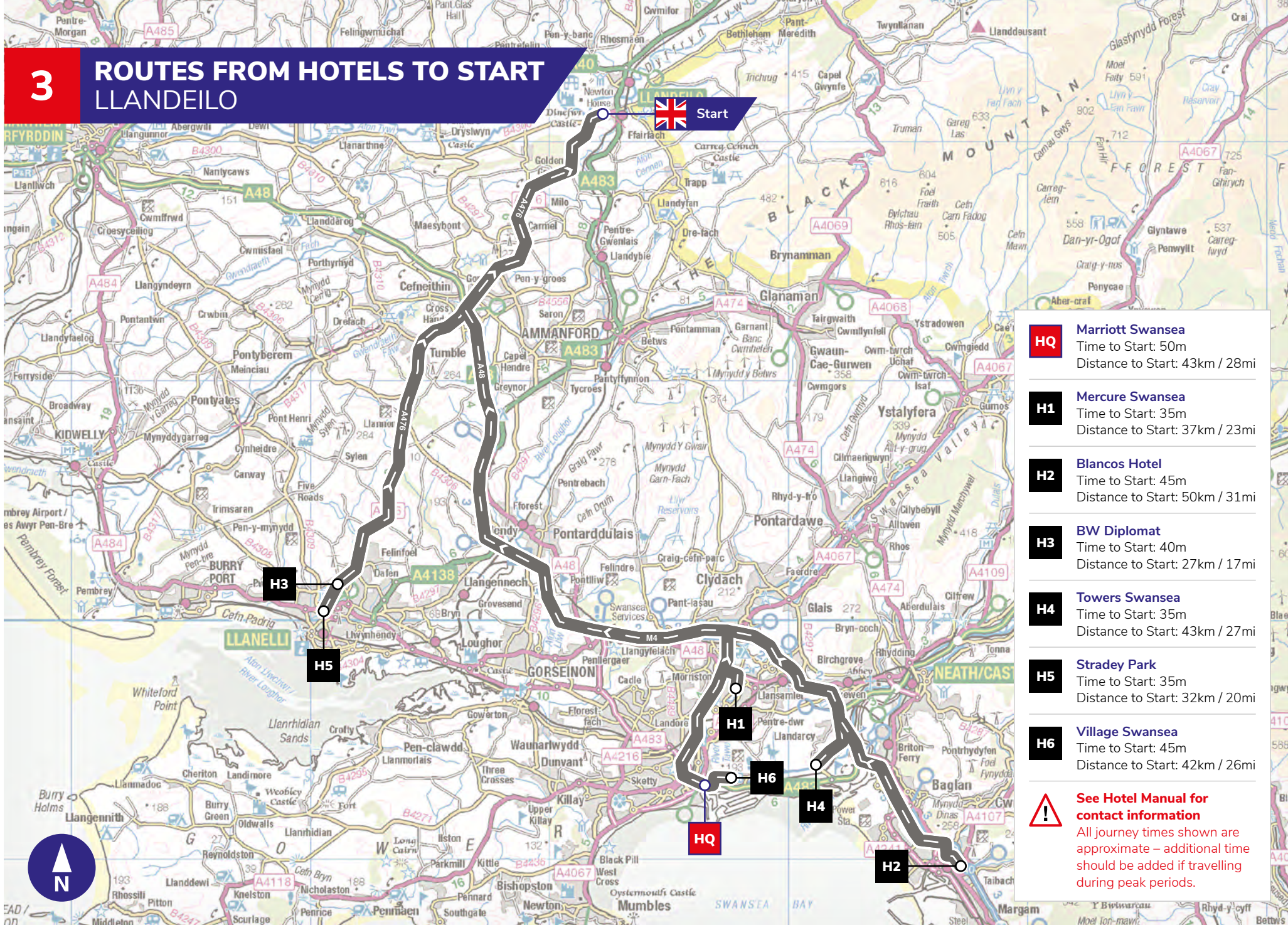
FINAL 1KM EXETER

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3

ROUTES FROM HOTELS TO START LLANDEILO



- HQ **Marriott Swansea**
 Time to Start: 50m
 Distance to Start: 43km / 28mi
- H1 **Mercure Swansea**
 Time to Start: 35m
 Distance to Start: 37km / 23mi
- H2 **Blancos Hotel**
 Time to Start: 45m
 Distance to Start: 50km / 31mi
- H3 **BW Diplomat**
 Time to Start: 40m
 Distance to Start: 27km / 17mi
- H4 **Towers Swansea**
 Time to Start: 35m
 Distance to Start: 43km / 27mi
- H5 **Stradey Park**
 Time to Start: 35m
 Distance to Start: 32km / 20mi
- H6 **Village Swansea**
 Time to Start: 45m
 Distance to Start: 42km / 26mi
- ! **See Hotel Manual for contact information**
 All journey times shown are approximate – additional time should be added if travelling during peak periods.

START LLANDEILO

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Timetable

Monday 6 September

Time	Activities
16:00	Partial site build

Tuesday 7 September

Time	Activities
06:30	Start Crew and facilities on site
08:00	Race facilities complete Race Staff, Marshals and Security on site
09:30	PPO in operation
10:00	PA operational Teams start to arrive
12:00	Hospitality Club opens Guests arrive
13:05	Start of Stage 3 (First Team Starts)
14:35	Last Team Starts
14:45	Commence de-rig
16:00	Site clear Start Crew departs for Aberaeron

Please note that the Stage Three start area will have no public access on the day and only accredited personnel, media and invited guests will be able to access the start.

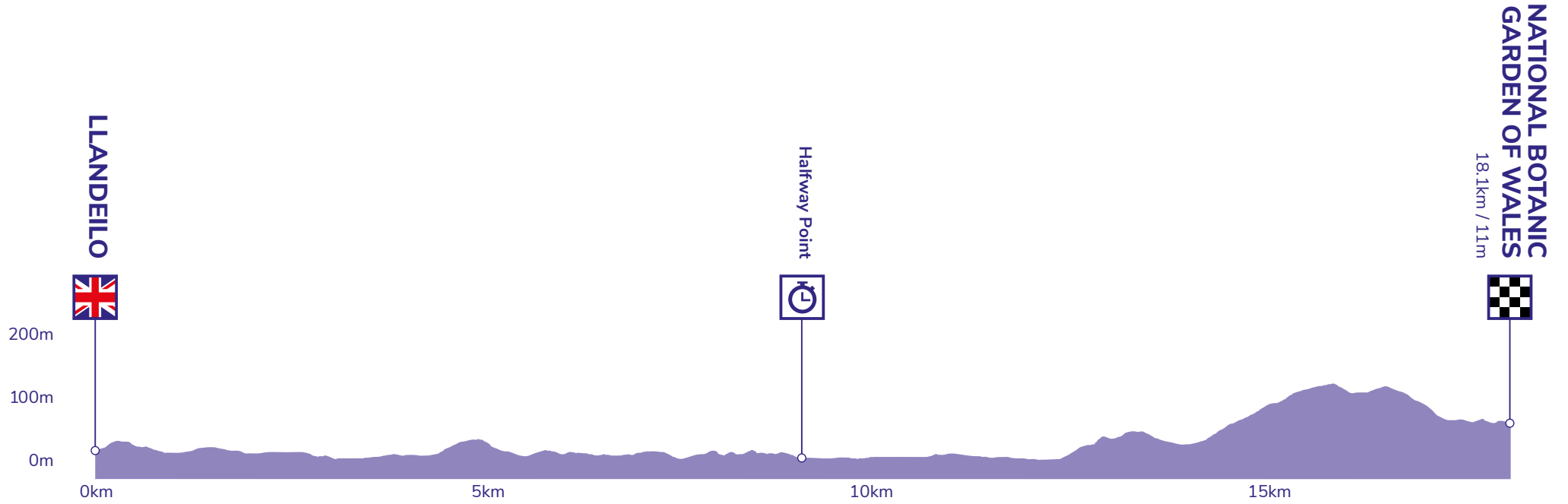


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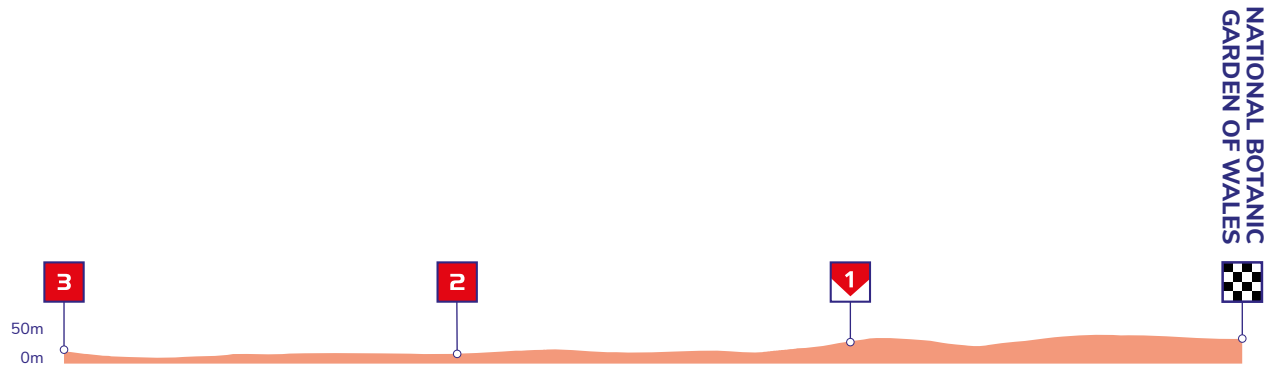
ROUTE PROFILES

LLANDEILO TO NATIONAL BOTANIC GARDEN OF WALES

Stage profile



Final 3km profile









3

RACE SCHEDULE

LLANDEILO TO NATIONAL BOTANIC GARDEN OF WALES

Distance of stage 18.2km / 11.3miles

Lead car start 12:50 / First team start 13:05 / Last team start 14:35 / Last team finishes (approx.) 14:56

KM	KM to go	Miles	Feature	Instruction	Description	44km/h	46km/h	48km/h
0.00	18.2	0.00	 Start Proper		Ysgol Bro Dinefwr	00:00	00:00	00:00
0.1	18.2	0.1	T.Junction	Right	A476	00:08	00:08	00:08
0.6	17.6	0.4	Junction	Right	B4300	00:49	00:47	00:45
6.9	11.3	4.3		Keep Right	B4300	09:25	09:00	08:38
9.3	8.9	5.8	Sign		Llanarthe	12:41	12:08	11:37
14.1	4.1	8.8	Junction	Left	B4310	19:14	18:23	17:37
15.8	2.4	9.8		Caution!	 Sharp Left Bend	21:33	20:37	19:45
16.1	2.1	10.0		Keep Right	B4310	21:57	21:00	20:07
16.5	1.7	10.3		Caution!	 Fast Descent	22:30	21:31	20:37
16.7	1.5	10.4	X.Roads	Straight		22:46	21:47	20:52
17.5	0.7	10.9		Caution!	 Sharp Right Bend	23:52	22:50	21:52
17.6	0.6	10.9		Caution!	 Sharp Left Bend	24:00	22:57	22:00
17.8	0.4	11.1	R/about	1st Exit		24:16	23:13	22:15
18.2	0.0	11.3	Finish		 National Botanic Garden of Wales	24:49	23:44	22:45

3

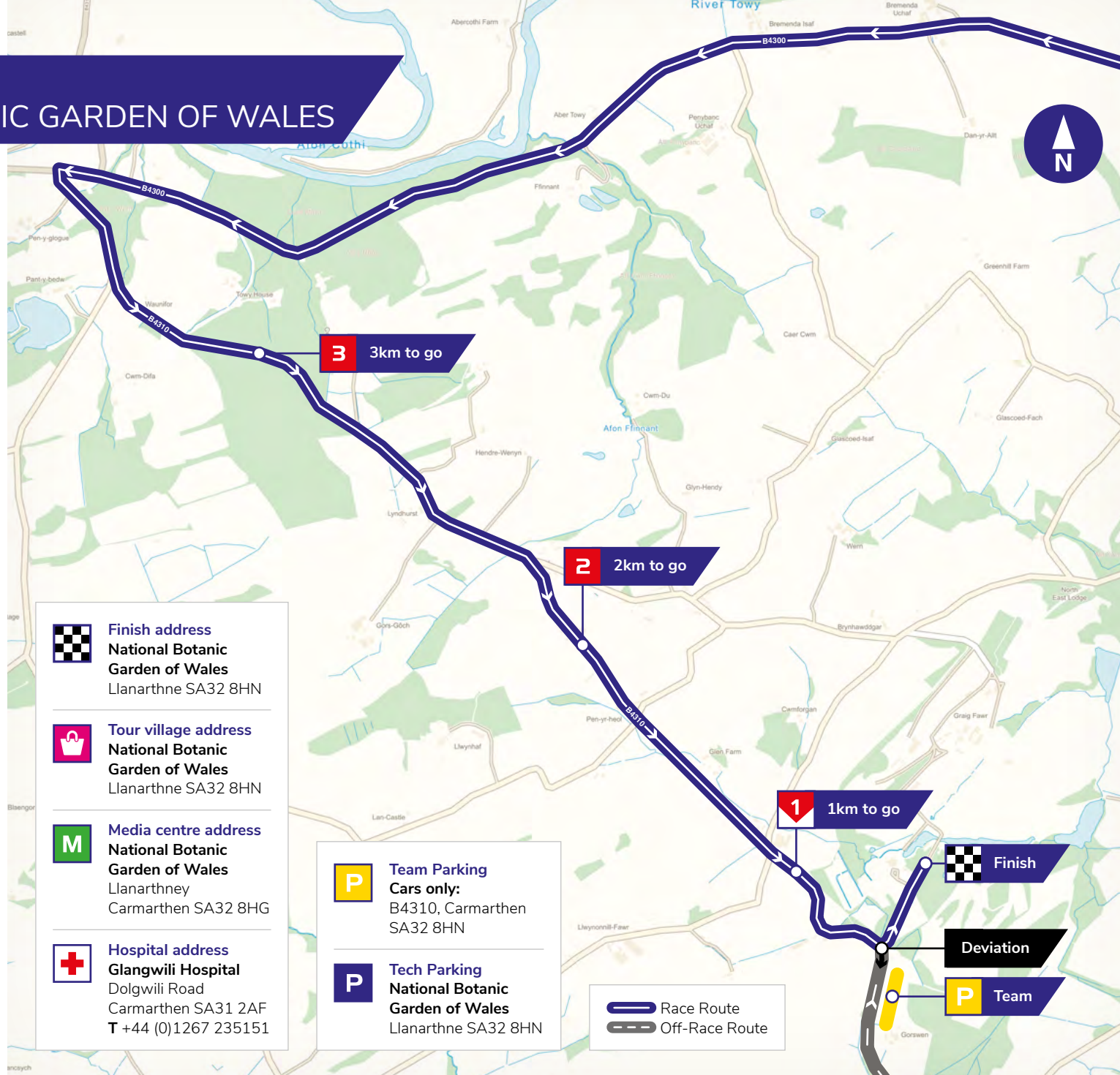
FINISH NATIONAL BOTANIC GARDEN OF WALES

Timetable

Tuesday 7 September


Time Activities

- 05:15 Race facilities/Contractors arrive on site
- 05:30 Commence build up
- 07:00 6 Stewards on site (venue)
- 07:30 Position promotional units
- 08:00 All staff on site
- 08:30 Crew breakfast / briefing
- 09:00 24 Stewards on site (venue)
- 10:00 Media Centre open
- First Aid on site
- Event Control briefing
- 11:00 Route road closures
- 11:45 Hospitality open
- 13:05 First team departs**
- 13:30 First team finishes**
- 14:35 Last team departs**
- 15:05 Last team finishes**
- 15:25 Presentation of Stage Winners and Leader's jerseys
- 15:45 Hospitality closes
- Press conference
- 16:30 24 Stewards dismissed
- Event Control closes
- 18:00 Remaining Stewards dismissed
- 19:00 Media Centre closes





 **Finish address**
National Botanic Garden of Wales
 Llanarthne SA32 8HN

 **Tour village address**
National Botanic Garden of Wales
 Llanarthne SA32 8HN

 **Media centre address**
National Botanic Garden of Wales
 Llanarthney
 Carmarthen SA32 8HG

 **Hospital address**
Glangwili Hospital
 Dolgwili Road
 Carmarthen SA31 2AF
 T +44 (0)1267 235151

 **Team Parking**
Cars only:
 B4310, Carmarthen
 SA32 8HN

 **Tech Parking**
National Botanic Garden of Wales
 Llanarthne SA32 8HN

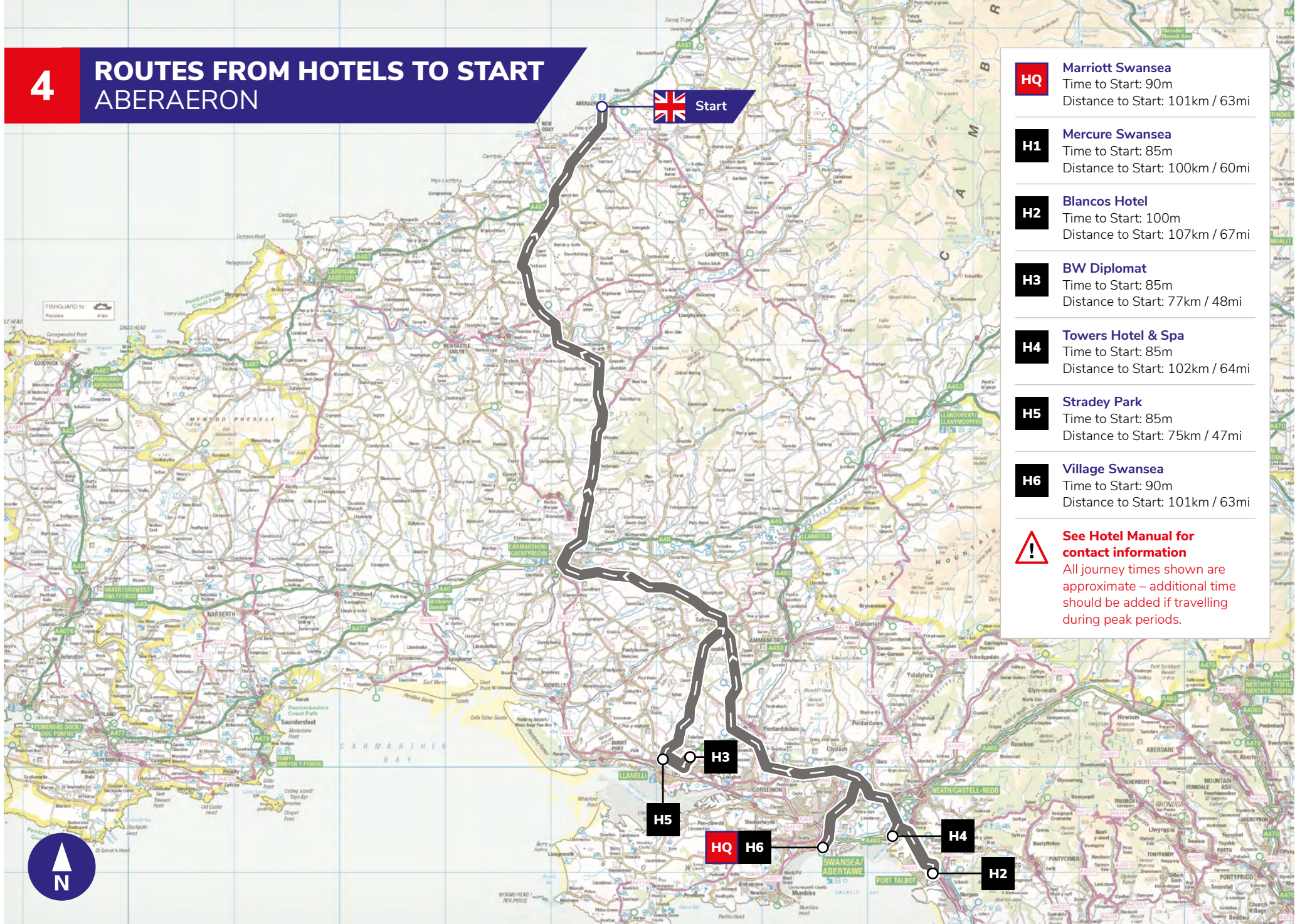
NATIONAL BOTANIC GARDEN OF WALES

3



4

ROUTES FROM HOTELS TO START ABERAERON



- HQ **Marriott Swansea**
 Time to Start: 90m
 Distance to Start: 101km / 63mi
- H1 **Mercurie Swansea**
 Time to Start: 85m
 Distance to Start: 100km / 60mi
- H2 **Blancos Hotel**
 Time to Start: 100m
 Distance to Start: 107km / 67mi
- H3 **BW Diplomat**
 Time to Start: 85m
 Distance to Start: 77km / 48mi
- H4 **Towers Hotel & Spa**
 Time to Start: 85m
 Distance to Start: 102km / 64mi
- H5 **Stradey Park**
 Time to Start: 85m
 Distance to Start: 75km / 47mi
- H6 **Village Swansea**
 Time to Start: 90m
 Distance to Start: 101km / 63mi

See Hotel Manual for contact information
 All journey times shown are approximate – additional time should be added if travelling during peak periods.

START ABERAERON

4


Timetable


Wednesday 8 September

Time	Activities
04:00	Start area closed to traffic
04:00	Start Crew and facilities on site
07:00	Race facilities complete Race Staff, Marshals and Security on site
08:00	PPO in operation
08:30	PA operational Breakfast Club opens Guests arrive Teams start to arrive
09:30	Signing on opens
09:45	0km signage in position
10:00	Team buses depart start area
10:20	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
10:25	Riders assemble on start line Forward vehicles depart
10:30	Start of Stage 4
10:45	Stage 4 de-neutralises Commence de-rig
12:30	Site clear Start Crew departs for Alderley Park




Please note that the Stage Four start area will have no public access on the day and only accredited personnel, media and invited guests will be able to access the start.



 **Start address**
Neudd Cyngor
Ceredigion Penmorfa
Aberaeron SA46 0PA

 **Hospital address**
Bronglais General Hospital
Caradog Road
Aberystwyth SY23 1ER
T +44 (0)1970 623131

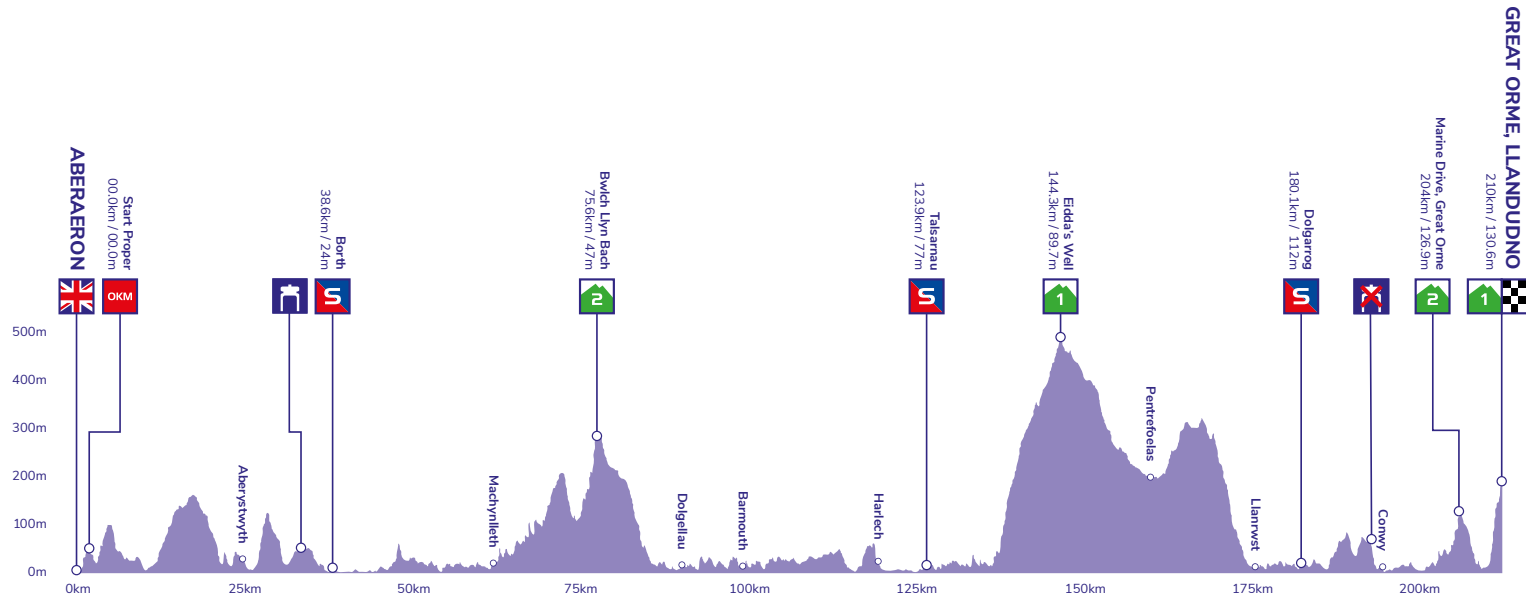
 **Mandatory passing point**
SA46 0PA

 Race Route
 Off-Race Route
 Route to PPO

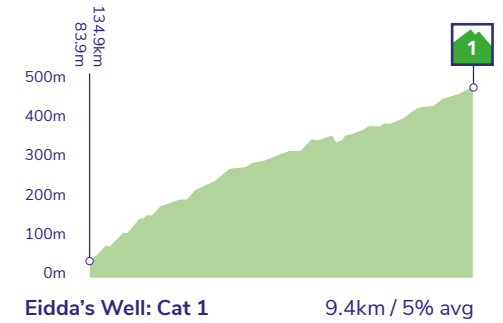
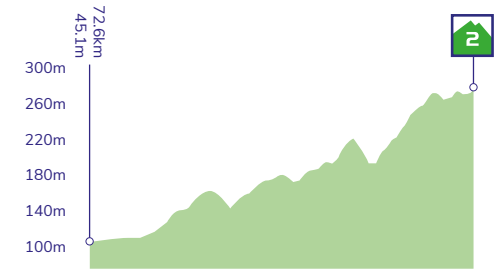
4

ROUTE PROFILES ABERAERON TO GREAT ORME, LLANDUDNO

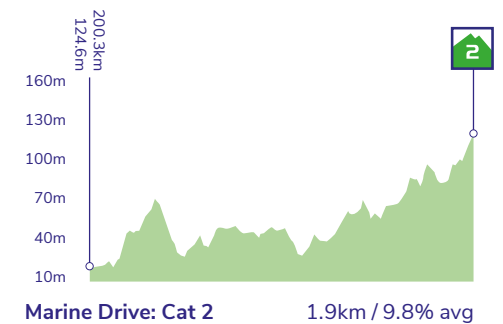
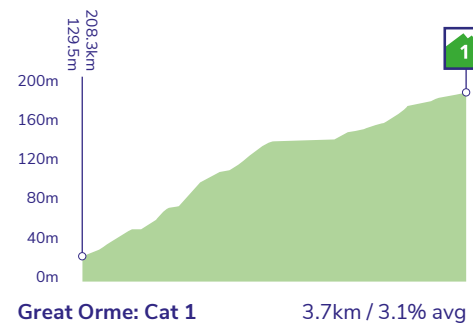
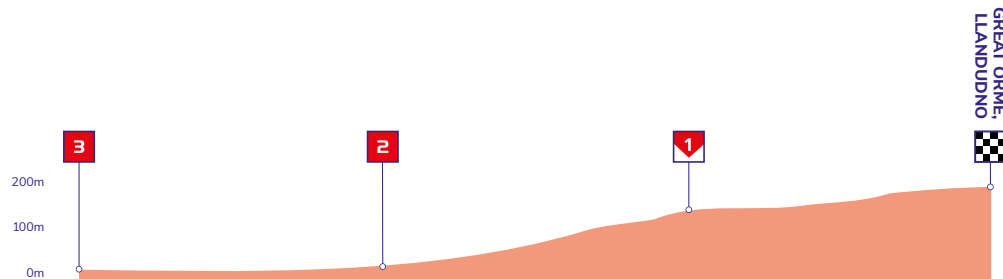
Stage profile



KoM profiles

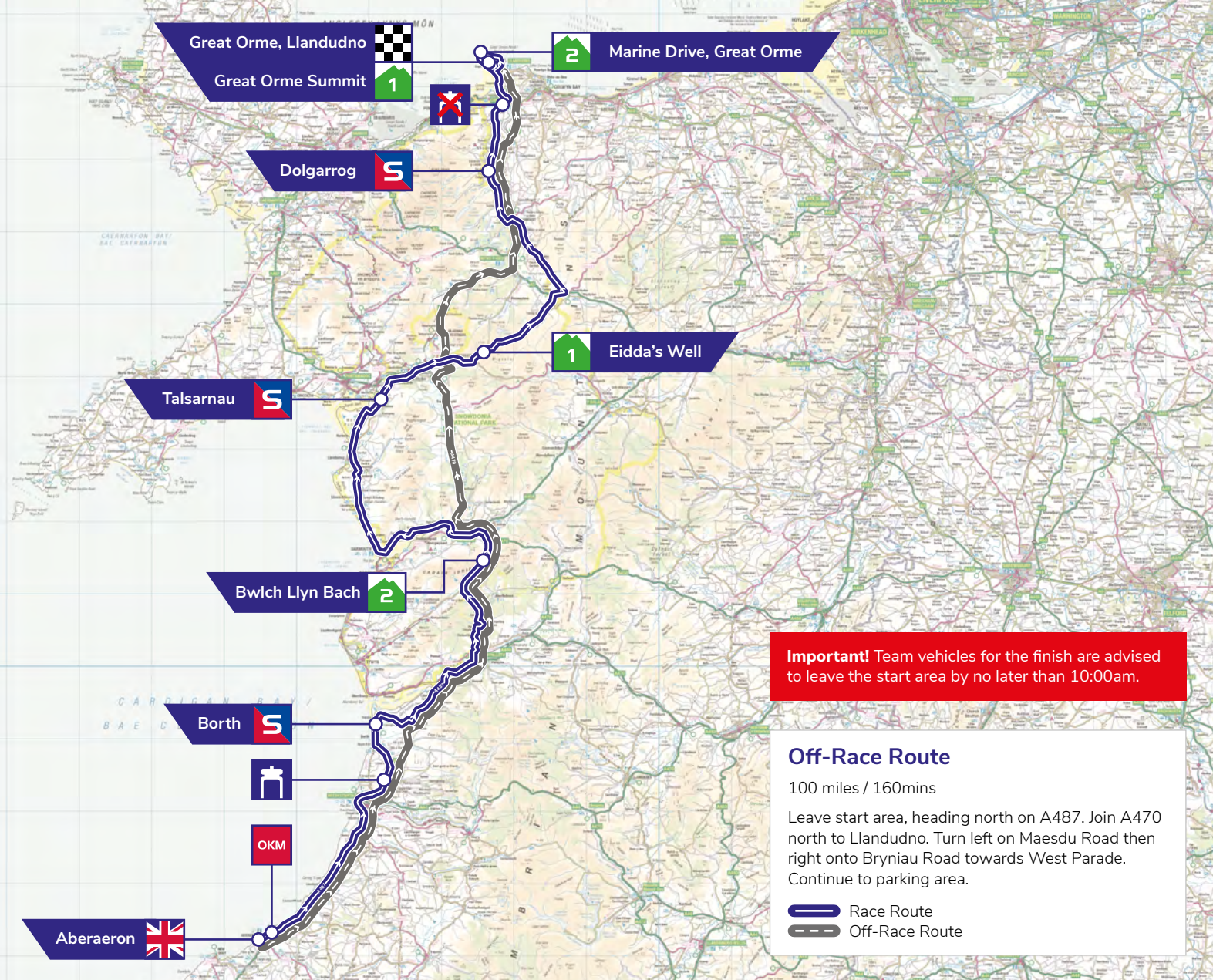


Final 3km profile



OVERVIEW AND OFF-RACE ROUTE ABERAERON TO GREAT ORME, LLANDUDNO

4



Important! Team vehicles for the finish are advised to leave the start area by no later than 10:00am.

Off-Race Route
100 miles / 160mins
Leave start area, heading north on A487. Join A470 north to Llandudno. Turn left on Maesdu Road then right onto Bryniau Road towards West Parade. Continue to parking area.

Race Route
 Off-Race Route



4

RACE SCHEDULE

ABERAERON TO GREAT ORME, LLANDUDNO

Neutralised section
A487

Approximate distance of neutralised section 2.3km / 1.4miles
Distance of stage 210km / 130.6miles
Neutralised start 10:30

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
			Start Neutralised		Aberaeron	10:30	10:30	10:30
0.00	210.0	0.00	Start Proper		A487	10:45	10:45	10:45
0.6	209.4	0.4	Sign		Aberarth	10:45	10:45	10:45
3.3	206.7	2.1		Caution!	Fast Descent!	10:50	10:49	10:49
3.9	206.1	2.4		Caution!	Sheep	10:51	10:50	10:50
5.3	204.7	3.3	Sign		Llannon	10:53	10:52	10:51
9.0	201.0	5.6	Sign		Llanrhystud	10:59	10:57	10:56
16.6	193.4	10.3	Sign		Blaenplwf	11:11	11:08	11:06
17.5	192.5	10.9		Caution!	Fast Descent!	11:12	11:10	11:07
20.6	189.4	12.8	Sign		Rhydyfelin	11:17	11:14	11:11
20.8	189.2	12.9	X.Roads	Straight	A487	11:17	11:14	11:11
21.4	188.6	13.3	Sign		Penparcau	11:18	11:15	11:12
22.0	188.0	13.7	R/about	1st Exit	A487 Penparcau Road	11:19	11:16	11:13
22.2	187.8	13.8	X.Roads	Straight	A487 First Avenue	11:19	11:16	11:13
23.0	187.0	14.3		Caution!	Long Central Island Keep Left!	11:21	11:17	11:14
23.3	186.7	14.5	X.Roads	Right		11:21	11:18	11:14
23.9	186.1	14.9	R/about	1st Exit	A487 Alexandra Road	11:22	11:19	11:15
24.1	185.9	15.0	Junction	Left	A487 Terrace Road	11:22	11:19	11:15
24.2	185.8	15.0	X.Roads	Straight		11:23	11:19	11:16
24.2	185.8	15.0		Caution!	Sharp Right Bend A487 North Parade	11:23	11:19	11:16
24.4	185.6	15.2		Keep Right	A487 Northgate Street	11:23	11:19	11:16
24.5	185.5	15.2	X.Roads	Straight		11:23	11:20	11:16
26.6	183.4	16.5		Caution!	Fast Descent	11:26	11:23	11:19
29.1	180.9	18.1	Sign		Bow Street	11:30	11:26	11:22
30.0	180.0	18.7	Drinks	Start		11:32	11:27	11:23
31.2	178.8	19.4		Junction	Left B4353	11:34	11:29	11:25
31.4	178.6	19.5	Sign		Landre	11:34	11:29	11:25
31.8	178.2	19.8		Caution!	Build outs & Speed Hump	11:34	11:30	11:25
32.0	178.0	19.9		Caution!	Build outs & Speed Hump	11:35	11:30	11:26
32.5	177.5	20.2		Keep Left		11:36	11:31	11:26
32.6	177.4	20.3		Caution!	Narrow Bridge	11:36	11:31	11:26
34.7	175.3	21.6	Sign		Glan	11:39	11:34	11:29
34.8	175.2	21.6	Sign		Borth	11:39	11:34	11:29
35.3	174.7	22.0	R/about	2nd Exit	B4353 High Street	11:40	11:35	11:30
38.6	171.4	24.0	Sprint 1		Borth	11:45	11:40	11:34
38.6	171.4	24.0	Green Zone			11:45	11:40	11:34
38.8	171.2	24.1		Keep Right	B4353	11:45	11:40	11:34
39.9	170.1	24.8		Caution!	Narrow Bridge	11:47	11:42	11:36
40.1	169.9	24.9		Caution!	Level Crossing! Half Barrier!	11:48	11:42	11:36
43.1	166.9	26.8	Sign		Llancynfelyn	11:52	11:46	11:40
44.7	165.3	27.8	T.Junction	Left	A487	11:55	11:48	11:42
46.2	163.8	28.7		Caution!	Fast Decent	11:57	11:51	11:44
48.5	161.5	30.2	Sign		Furnace	12:01	11:54	11:47
49.1	160.9	30.5	Sign		Eglwys Fach	12:02	11:55	11:48

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
50.0	160.0	31.1	Sign		Glandyfi	12:03	11:56	11:49
52.0	158.0	32.3	Sign		Welcome to Powys	12:06	11:59	11:51
54.5	155.5	33.9	Sign		Derwenlas	12:10	12:02	11:55
57.8	152.2	35.9	Sign		Machynlleth	12:15	12:07	11:59
58.0	152.0	36.1	R/about	2nd Exit	A487	12:16	12:07	11:59
58.3	151.7	36.3	M R/about	Straight	Double Mini Roundabout A487	12:16	12:08	11:59
58.4	151.6	36.3	M R/about	1st Exit	A487	12:16	12:08	12:00
58.7	151.3	36.5		Keep Left	A487	12:17	12:08	12:00
59.7	150.3	37.1	Sign		Welcome to Gwynedd	12:18	12:10	12:01
59.7	150.3	37.1		Caution!	Narrow Bridge	12:18	12:10	12:01
59.8	150.2	37.2		Keep Right		12:18	12:10	12:01
67.1	142.9	41.7	Sign		Corris	12:30	12:20	12:11
70.4	139.6	43.8		Caution!	Fast Descent	12:35	12:25	12:15
72.6	137.4	45.1	KoM 1 Cat 2	Start		12:39	12:28	12:18
75.6	134.4	47.0	KoM 1 Cat 2	Finish	Bwlch Llyn Bach	12:43	12:33	12:22
79.2	130.8	49.3	T.Junction	Left	A470 dir Dolgellau	12:49	12:38	12:26
80.6	129.4	50.1		Caution!	Fast Descent	12:51	12:40	12:28
83.0	127.0	51.6	Junction	Left		12:55	12:43	12:31
83.7	126.3	52.0	Sign		Dolgellau	12:56	12:44	12:32
83.9	126.1	52.2	X.Roads	Straight		12:56	12:44	12:32
84.2	125.8	52.4	X.Roads	Straight	Arran Road	12:57	12:45	12:33
84.2	125.8	52.4		Caution!	Narrow Bridge	12:57	12:45	12:33
84.3	125.7	52.4	Junction	Left	Porth Canol	12:57	12:45	12:33
85.7	124.3	53.3		Keep Right		12:59	12:47	12:35
86.0	124.0	53.5	T.Junction	Righr	A493	13:00	12:47	12:35
86.1	123.9	53.5	R/about	1st Exit	A470	13:00	12:48	12:35
87.4	122.6	54.3	R/about	1st Exit	A496 dir Barmouth	13:02	12:49	12:37
91.5	118.5	56.9	Sign		Bontddu	13:08	12:55	12:42
100.0	110.0	62.2	Junction	Left	A496 Jubilee Road	13:22	13:07	12:53
100.3	109.7	62.4	X.Roads	Right	A496 Beach Road	13:22	13:08	12:53
100.4	109.6	62.4		Keep Left	A496 King Edward's Street	13:22	13:08	12:54
100.5	109.5	62.5	X.Roads	Straight		13:22	13:08	12:54
101.4	108.6	63.1		Keep Left	A496	13:24	13:09	12:55
101.8	108.2	63.3	Sign		Llanabar	13:24	13:10	12:55
106.7	103.3	66.4	Sign		Talybont	13:32	13:17	13:02
107.0	103.0	66.5		Keep Right	A496	13:33	13:17	13:02
108.1	101.9	67.2	Sign		Dyffryn Ardudwy	13:34	13:19	13:03
111.8	98.2	69.5	Sign		Llangedr	13:40	13:24	13:08
112.4	97.6	69.9		Caution!	Narrow Bridge	13:41	13:25	13:09
114.5	95.5	71.2	Sign		Llanfair	13:44	13:28	13:12
116.5	93.5	72.4		Keep Left	A496	13:48	13:31	13:14
116.5	93.5	72.4		Caution!	Fast Descent	13:48	13:31	13:14
117.4	92.6	73.0		Caution!	Level Crossing! Half Barrier!	13:49	13:32	13:15
121.2	88.8	75.4	Sign		Ynys	13:55	13:38	13:20

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
	KM	Miles					Time	Time	Time	Time	Time	Time	Time	Time	Time	
122.5	87.5	76.2			Caution!	⚠ Level Crossing! Half Barrier!	13:57	13:40	13:22							
122.9	87.1	76.4	TJunction	Right		A496	13:58	13:40	13:23							
123.5	86.5	76.8	Sign			Talsarnau	13:59	13:41	13:23							
123.9	86.1	77.0	Sprint 2			Talsarnau	13:59	13:42	13:24							
123.9	86.1	77.0	Green Zone				13:59	13:42	13:24							
125.8	84.2	78.2	Sign			Llandecwyn	14:02	13:44	13:26							
131.8	78.2	82.0	Sign			Maentwrog	14:12	13:53	13:34							
132.4	77.6	82.3		Keep Left		No Cut!	14:13	13:54	13:35							
132.5	77.5	82.4	TJunction	Right		A487	14:13	13:54	13:35							
132.7	77.3	82.5	Juntion	Left		A496	14:13	13:54	13:35							
134.9	75.1	83.9	KoM 2 Cat 1	Start			14:16	13:57	13:38							
137.0	73.0	85.2		Keep Right		A496	14:20	14:00	13:41							
137.2	72.8	85.3	Junction	Left		B4391	14:20	14:01	13:41							
141.7	68.3	88.1		Cautuion!		Cattle Grid	14:27	14:07	13:47							
141.9	68.1	88.2	Junction	Left		B4407	14:27	14:07	13:47							
144.3	65.7	89.7	KoM 2 Cat 1	Finish		Eidda's Well	14:31	14:11	13:50							
144.3	65.7	89.7	Green Zone				14:31	14:11	13:50							
144.6	65.4	89.9		Keep Right		B4407	14:32	14:11	13:50							
144.6	65.4	89.9		Caution!		⚠ Sheep	14:32	14:11	13:50							
149.5	60.5	93.0		Caution!		⚠ Cattle Grid	14:39	14:18	13:57							
150.1	59.9	93.3		Caution!		⚠ Fast Descent	14:40	14:19	13:57							
154.8	55.2	96.3	Sign			Ysbyty Ifan	14:48	14:26	14:04							
157.9	52.1	98.2	Junction	Right		A5	14:53	14:30	14:08							
159.8	50.2	99.4	X.Roads	Left		B5113	14:56	14:33	14:10							
159.9	50.1	99.4		Caution!		⚠ Narrow Bridge	14:56	14:33	14:10							
161.3	48.7	100.3		Caution!		⚠ Cows Crossing	14:58	14:35	14:12							
162.3	47.7	100.9		Caution!		⚠ Cattle Grid	15:00	14:36	14:13							
165.9	44.1	103.2	Sign			Nebo	15:05	14:42	14:18							
167.0	43.0	103.8	Junction	Left		B5427	15:07	14:43	14:19							
167.3	42.7	104.0		Caution!		⚠ Fast Descent	15:07	14:44	14:20							
171.7	38.3	106.8		Keep Left		B5427	15:14	14:50	14:25							
172.0	38.0	107.0		Caution!		⚠ Hump	15:15	14:50	14:26							
172.2	37.8	107.1	Sign			Llanwrst	15:15	14:51	14:26							
172.8	37.2	107.5	TJunction	Left			15:16	14:51	14:27							
172.8	37.2	107.5	TJunction	Right		A470	15:16	14:51	14:27							
173.1	36.9	107.6	Junction	Left		B5106	15:17	14:52	14:27							
173.1	36.9	107.6		Caution!		⚠ Narrow Bridge	15:17	14:52	14:27							
173.8	36.2	108.1		Keep Right		B5106	15:18	14:53	14:28							
175.8	34.2	109.3	Sign			Trefriw	15:21	14:56	14:31							
180.0	34.0	111.9	Sign			Dolgarrog	15:27	15:02	14:36							
180.1	29.9	112.0	Sprint 3			Dolgarrog	15:28	15:02	14:36							
181.5	28.5	112.9		Caution!		⚠ Build Outs	15:30	15:04	14:38							
181.6	28.4	112.9		Caution!		⚠ Build Outs	15:30	15:04	14:38							
181.8	28.2	113.1	Sign			Tal-y-Bont	15:30	15:04	14:38							
185.3	24.7	115.2	Sign			Tyn-y-Groes	15:36	15:09	14:43							
185.6	24.4	115.4	X.Roads			Straight	15:36	15:10	14:43							
190.0	20.0	118.2	20km to Finish			Drinks end	15:43	15:16	14:49							
190.7	19.3	118.6	Sign			Conwy	15:44	15:17	14:50							
191.0	19.0	118.8		Caution!		⚠ Fast Descent	15:45	15:17	14:50							
191.3	18.7	119.0		Keep Right			15:45	15:18	14:50							
192.2	17.8	119.5		Caution!		⚠ Narrow Bridge Arch	15:47	15:19	14:52							
192.3	17.7	119.6	M R/about	2nd Exit		A547	15:47	15:19	14:52							
193.1	16.9	120.1	R/about	1st Exit		A546 New Road	15:48	15:20	14:53							
193.5	16.5	120.3	R/about	2nd Exit		A546	15:49	15:21	14:53							

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
	KM	Miles					Time	Time	Time	Time	Time	Time	Time	Time	Time	
194.2	15.8	120.8	Sign			Deganwy	15:50	15:22	14:54							
195.0	15.0	121.3	15km to Finish				15:51	15:23	14:55							
197.3	12.7	122.7	R/about	1st Exit		A546	15:55	15:26	14:58							
197.5	12.5	122.8	X.Roads	Straight		A546	15:55	15:27	14:58							
197.8	12.2	123.0	X.Roads	Straight			15:55	15:27	14:59							
198.2	11.8	123.3	X.Roads	Straight			15:56	15:28	14:59							
198.3	11.7	123.3	R/about	2nd Exit		Great Orme Road	15:56	15:28	14:59							
198.6	11.4	123.5	TJunction	Right		Circuit Entry Point	15:57	15:28	15:00							
199.6	10.4	124.1	TJunction	Right		Church Walks	15:58	15:30	15:01							
199.0	11.0	123.7		Straight		Caution! ⚠ Against One Way System	15:57	15:29	15:00							
199.7	10.3	124.2	R/about	1st Exit		North Parade	15:58	15:30	15:01							
200.0	10.0	124.4	10km to Finish				15:59	15:30	15:02							
200.3	9.7	124.6		Keep Left		Caution! ⚠ Narrow	15:59	15:31	15:02							
200.3	9.7	124.6	KoM 3 Cat 2	Start			15:59	15:31	15:02							
200.4	9.6	124.6		Caution!		⚠ Cattle Grid	15:59	15:31	15:02							
202.1	7.9	125.7		Keep Right			16:02	15:33	15:04							
204.0	6.0	126.9	KoM 3 Cat 2	Finish		Marine Drive, Great Orme	16:05	15:36	15:07							
204.2	5.8	127.0		Caution!		⚠ Fast & Techinal Descent	16:05	15:36	15:07							
205.0	5.0	127.5	5km to Finish				16:07	15:37	15:08							
208.2	1.8	129.5	TJunction	Right		Church Walks	16:12	15:42	15:12							
208.3	1.7	129.5	Junction	Left		Ty-Gwyn Road	16:12	15:42	15:12							
208.3	1.7	129.5	KoM 4 Cat 1	Start		Great Orme Summit	16:12	15:42	15:12							
208.7	1.3	129.8		Caution!		⚠ Cross Tram Tracks	16:12	15:43	15:13							
209.0	1.0	130.0		Keep Right			16:13	15:43	15:13							
209.2	0.8	130.1		Caution!		⚠ Cattle Grid	16:13	15:43	15:13							
210.0	0.0	130.6	KoM 4 Cat 1	Finish		Great Orme Summit	16:15	15:45	15:15							
210.0	0.0	130.6	Finish			The Great Orme – Llandudno	16:15	15:45	15:15							

4

FINISH GREAT ORME, LLANDUDNO


Timetable

Wednesday 8 September

Time Activities

04:45	Roads closed
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue)
07:30	Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue) Volunteer marshal briefing
10:00	Media Centre open Event Control briefing
10:15	Stage 4 departs Aberaeron
11:30	Finish straight available for support activities
11:45	Hospitality open
14:30	Ride for Heroes depart from the Great Orme Mines
14:30	Support activities end
15:15	Stage 4 arrives (Fast schedule)
15:45	Stage 4 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Leader's jerseys
16:00	Hospitality closes Press conference
16:30	Volunteer marshals dismissed 24 Stewards dismissed
18:00	Remaining Stewards dismissed
19:00	Media Centre closes




 **Finish address**
Great Orme
Great Ormes Road
Llandudno LL30 2XF

 **Tour village address**
Great Orme
Great Ormes Road
Llandudno LL30 2XF

 **Media centre address**
Venue Cymru
Promenade
LL30 1BB

 **Hospital address**
Glan Clwyd Hospital
Rhuddlan Road
Bodelwyddan, Rhyl
Denbighshire LL18 5UJ
T +44 (0)1745 583910

 **Team Parking 1**
Coaches:
West Parade
Llandudno LL30 2BD

 **Tech Parking**
Great Orme
Great Ormes Road
Llandudno LL30 2XF



FINAL 1KM GREAT ORME, LLANDUDNO

4



NOTES

All team coaches must use Team Parking 1, West Shore.

Cars only may come up the climb of The Great Orme and use deviation to park in Team Parking 2, St Tudno's Road, these cars can drive to Team Parking 1 by continuing along St Tudno's Road to rejoin the race route where left to Team Parking 1.

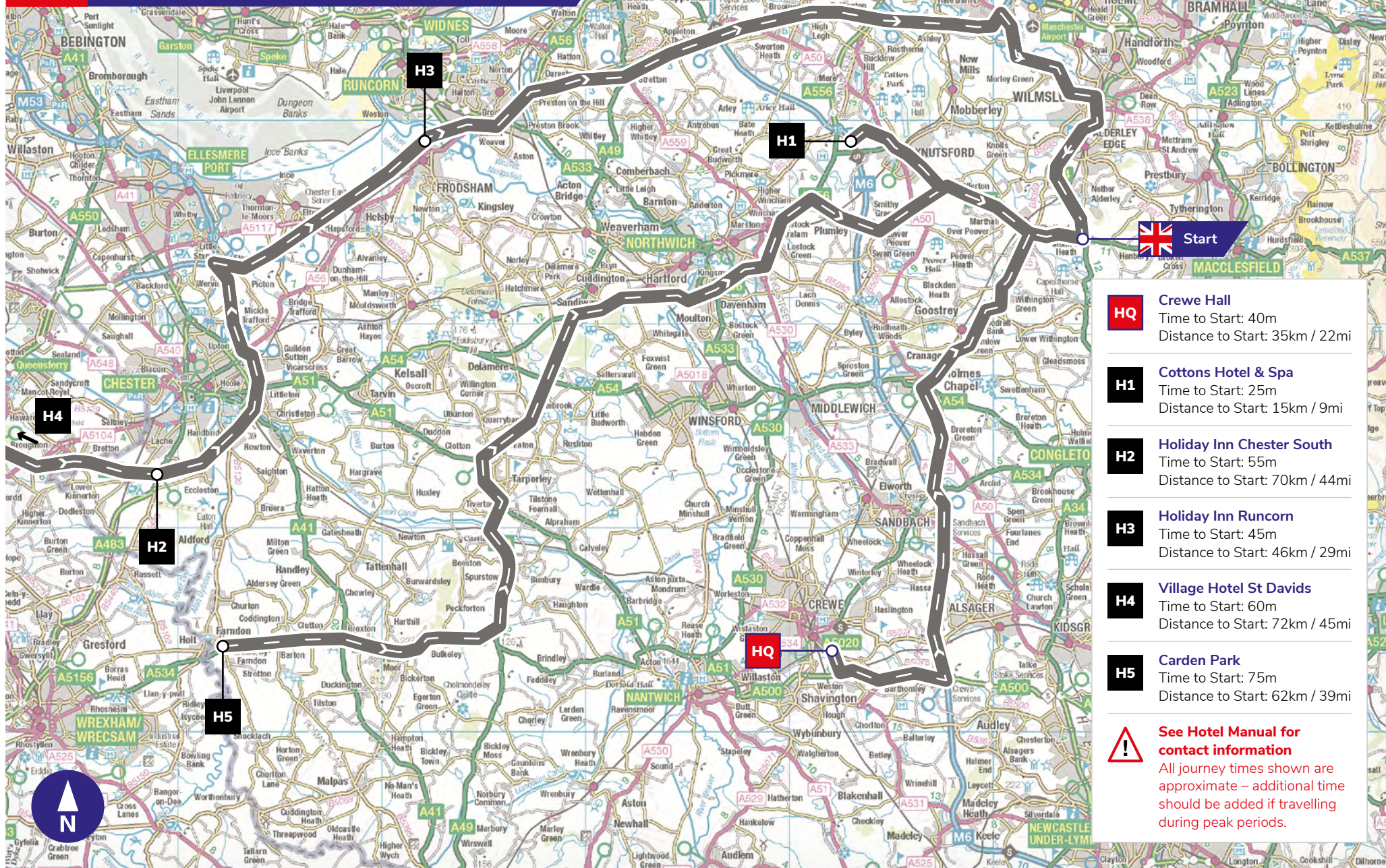
⚠ NB this road is not suitable for anything other than cars.

Riders may return to Team Parking 1 by retracing the race route via Ty Gwyn Road and Abbey Road (3km).

- Race Route
- Off-Race Route

5

ROUTES FROM HOTELS TO START ALDERLEY PARK



- HQ **Crewe Hall**
 Time to Start: 40m
 Distance to Start: 35km / 22mi

- H1 **Cottons Hotel & Spa**
 Time to Start: 25m
 Distance to Start: 15km / 9mi

- H2 **Holiday Inn Chester South**
 Time to Start: 55m
 Distance to Start: 70km / 44mi

- H3 **Holiday Inn Runcorn**
 Time to Start: 45m
 Distance to Start: 46km / 29mi

- H4 **Village Hotel St Davids**
 Time to Start: 60m
 Distance to Start: 72km / 45mi

- H5 **Carden Park**
 Time to Start: 75m
 Distance to Start: 62km / 39mi

See Hotel Manual for contact information
 All journey times shown are approximate – additional time should be added if travelling during peak periods.

START ALDERLEY PARK

5

Timetable

Thursday 9 September

Time	Activities
04:00	Start area closed to traffic
04:30	Start Crew and facilities on site
08:30	Race facilities complete Race Staff, Marshals and Security on site
09:00	PPO in operation
09:30	PA operational Breakfast Club opens Guests arrive Teams start to arrive
10:30	Signing on opens
11:15	0km signage in position
11:20	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
11:25	Riders assemble on start line Forward vehicles depart
11:30	Start of Stage 5
11:45	Stage 5 de-neutralises Commence de-rig
13:30	Site clear Start Crew departs for Carlisle



Start address
Alderley Park
Congleton Rd
Nether Alderley
SK10 4TG



Hospital address
Wythenshawe Hospital
Southmoor Road
Wythenshawe
Manchester M23 9LT
T +44 (0)161 998 7070



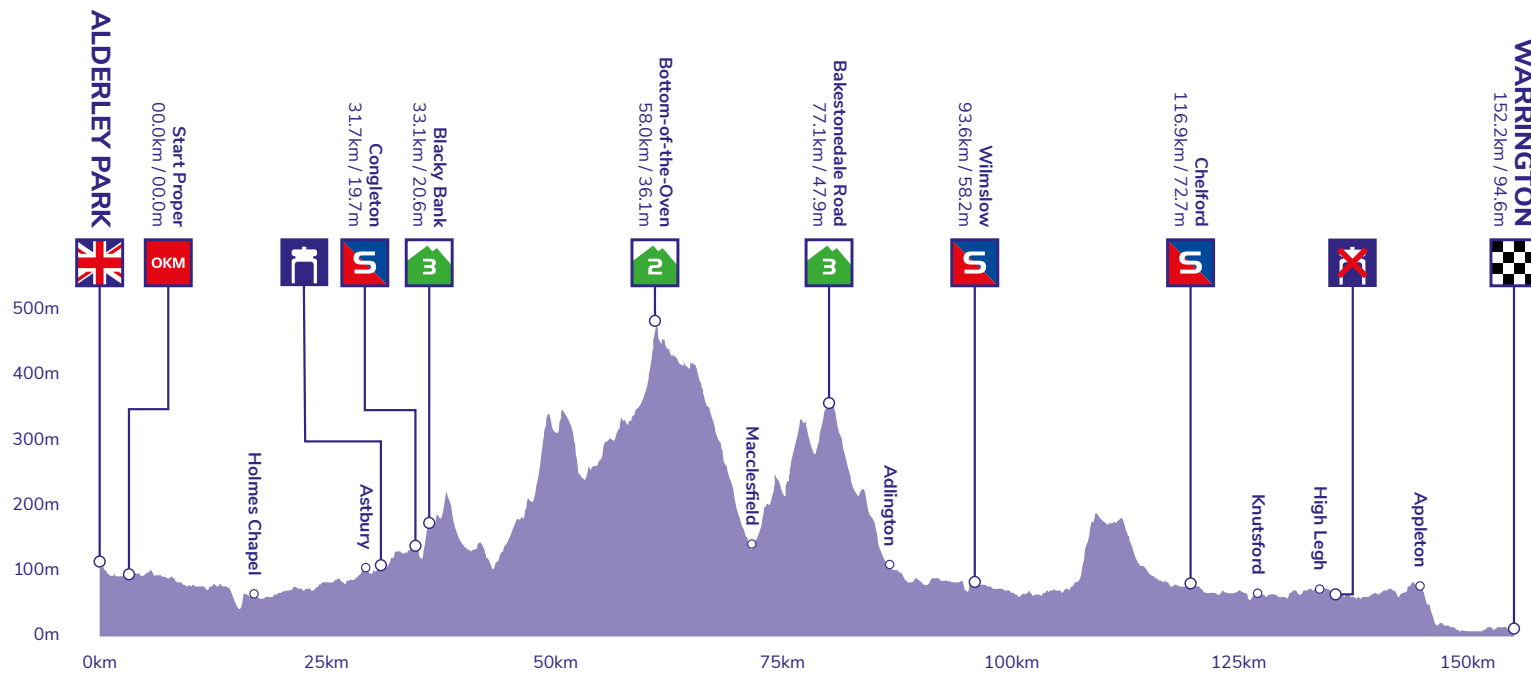
Mandatory passing point
SK10 4TG

Race Route
 Off-Race Route
 Route to PPO

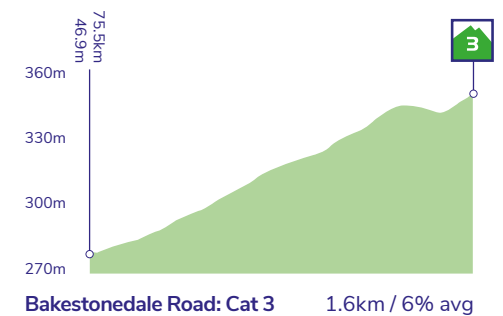
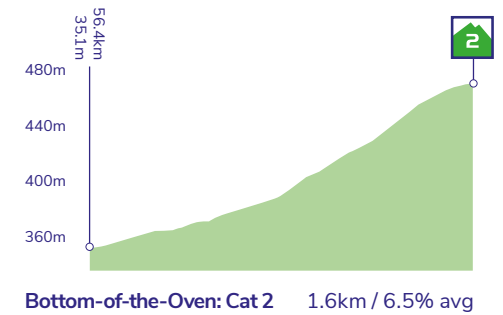
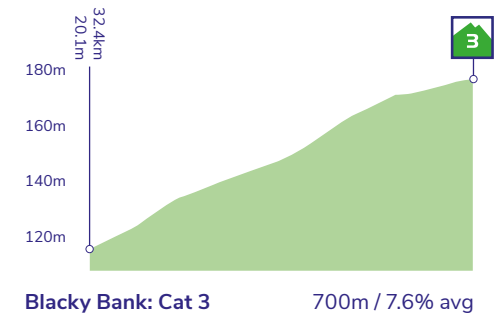
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ROUTE PROFILES ALDERLEY PARK TO WARRINGTON

Stage profile



KoM profiles

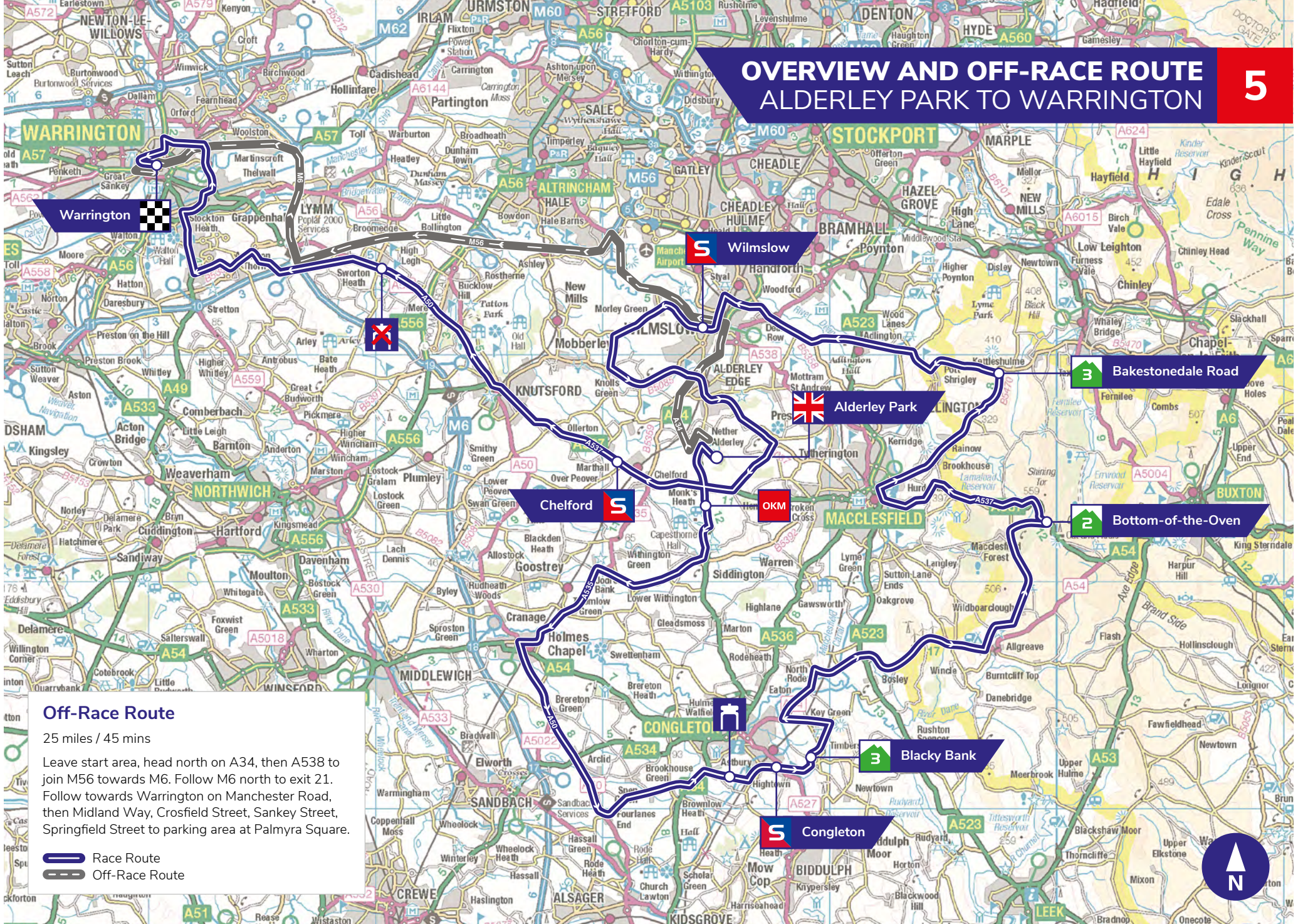


Final 3km profile



OVERVIEW AND OFF-RACE ROUTE ALDERLEY PARK TO WARRINGTON



5



Off-Race Route

25 miles / 45 mins

Leave start area, head north on A34, then A538 to join M56 towards M6. Follow M6 north to exit 21. Follow towards Warrington on Manchester Road, then Midland Way, Crosfield Street, Sankey Street, Springfield Street to parking area at Palmyra Square.

-  Race Route
-  Off-Race Route

5

RACE SCHEDULE

ALDERLEY PARK TO WARRINGTON

Neutralised section

A34 Congleton Road

Approximate distance of neutralised section 3.3km / 2miles

Distance of stage 152.2km / 94.6miles

Neutralised start 11:30

KM	KM to go	Miles	Feature	Instruction	Description			
			Start Neutralised		Alderley Park	11:30	11:30	11:30
0.00	152.2	0.00	Start Proper		A34 Congleton Road	11:45	11:45	11:45
0.4	151.8	0.2	Sign		Siddington	11:45	11:45	11:45
1.5	150.7	0.9		Keep Right		11:47	11:47	11:46
3.2	149.0	2.0	Junction	Right	B5392 Salters Lane	11:50	11:49	11:49
3.5	148.7	2.2		Keep Left	B5392 Salters Lane	11:50	11:50	11:49
4.4	147.8	2.7		Keep Right	B5392 Salters Lane	11:51	11:51	11:50
4.7	147.5	2.9	Sign		Lower Withington	11:52	11:51	11:51
5.1	147.1	3.2	X.Roads	Straight		11:53	11:52	11:51
5.7	146.5	3.5		Caution!	Sharp Right Bend	11:53	11:53	11:52
6.5	145.7	4.0		Keep Right	B5392 Salters Lane	11:55	11:54	11:53
8.4	143.8	5.2	T.Junction	Left	A535	11:58	11:57	11:55
10.6	141.6	6.6	Sign		Twemlow Green	12:01	12:00	11:58
11.1	141.1	6.9		Keep Left	A535 Chelford Road	12:02	12:00	11:59
12.4	139.8	7.7	Sign		Holmes Chapel	12:04	12:02	12:00
13.1	139.1	8.1	R/about	1st Exit	A535 Macclesfield Road	12:05	12:03	12:01
13.9	138.3	8.6	M R/about	1st Exit	A50 London Road	12:06	12:04	12:02
14.3	137.9	8.9	T.Lights	Straight	A50 London Road	12:07	12:05	12:03
14.8	137.4	9.2	Sign		Brereton	12:08	12:06	12:04
16.8	135.4	10.4	Sign		Brereton Green	12:11	12:09	12:06
19.2	133.0	11.9	Sign		Arclid	12:15	12:12	12:09
19.7	132.5	12.3	T.Lights	Straight	A50 Newcastle Road	12:15	12:13	12:10
22.7	129.5	14.1	T.Lights	Left	Church Lane	12:20	12:17	12:14
22.9	129.3	14.2	Sign		Smallwood	12:20	12:17	12:14
27.0	125.2	16.8	T.Junction	Left	A34 Newcastle Road	12:27	12:23	12:19
27.9	124.3	17.3	Junction	Left	Peel Lane	12:28	12:24	12:20
28.5	123.7	17.7		Keep Left	Peel Lane	12:29	12:25	12:21
28.8	123.4	17.9		Caution!	Horses!	12:30	12:26	12:22
29.3	122.9	18.2		Caution!	Hump Back Bridge	12:31	12:26	12:22
29.8	122.4	18.5		Caution!	Narrow Bridge	12:31	12:27	12:23
30.0	122.2	18.7	Drinks	Start		12:32	12:27	12:23
30.9	121.3	19.2	T.Junction	Right	Leek Road	12:33	12:29	12:24
31.7	120.5	19.7	Sprint 1		Congleton (Mossley)	12:34	12:30	12:25
31.8	120.4	19.8	T.Lights	Straight	Reades Lane	12:34	12:30	12:25
32.1	120.1	20.0		Caution!	Fast Descent	12:35	12:30	12:26
32.4	119.8	20.1	KoM 1 Cat 3	Start		12:35	12:31	12:26
33.1	119.1	20.6	Junction	Left	Under Rainow Road	12:37	12:32	12:27
33.1	119.1	20.6	KoM 1 Cat 3	Finish	Blacky Bank	12:37	12:32	12:27
33.1	119.1	20.6	Green Zone			12:37	12:32	12:27
33.7	118.5	21.0		Keep Right	Under Rainow Road	12:37	12:33	12:28
34.4	117.8	21.4	X.Roads	Straight		12:39	12:34	12:29
35.6	116.6	22.1	Junction	Caution!	Pegley Lane, Sharp Left!	12:40	12:35	12:30
36.8	115.4	22.9	T.Junction	Right	Middle Lane	12:42	12:37	12:32
37.7	114.5	23.4	T.Junction	Right	A54 Buxton Road	12:44	12:38	12:33

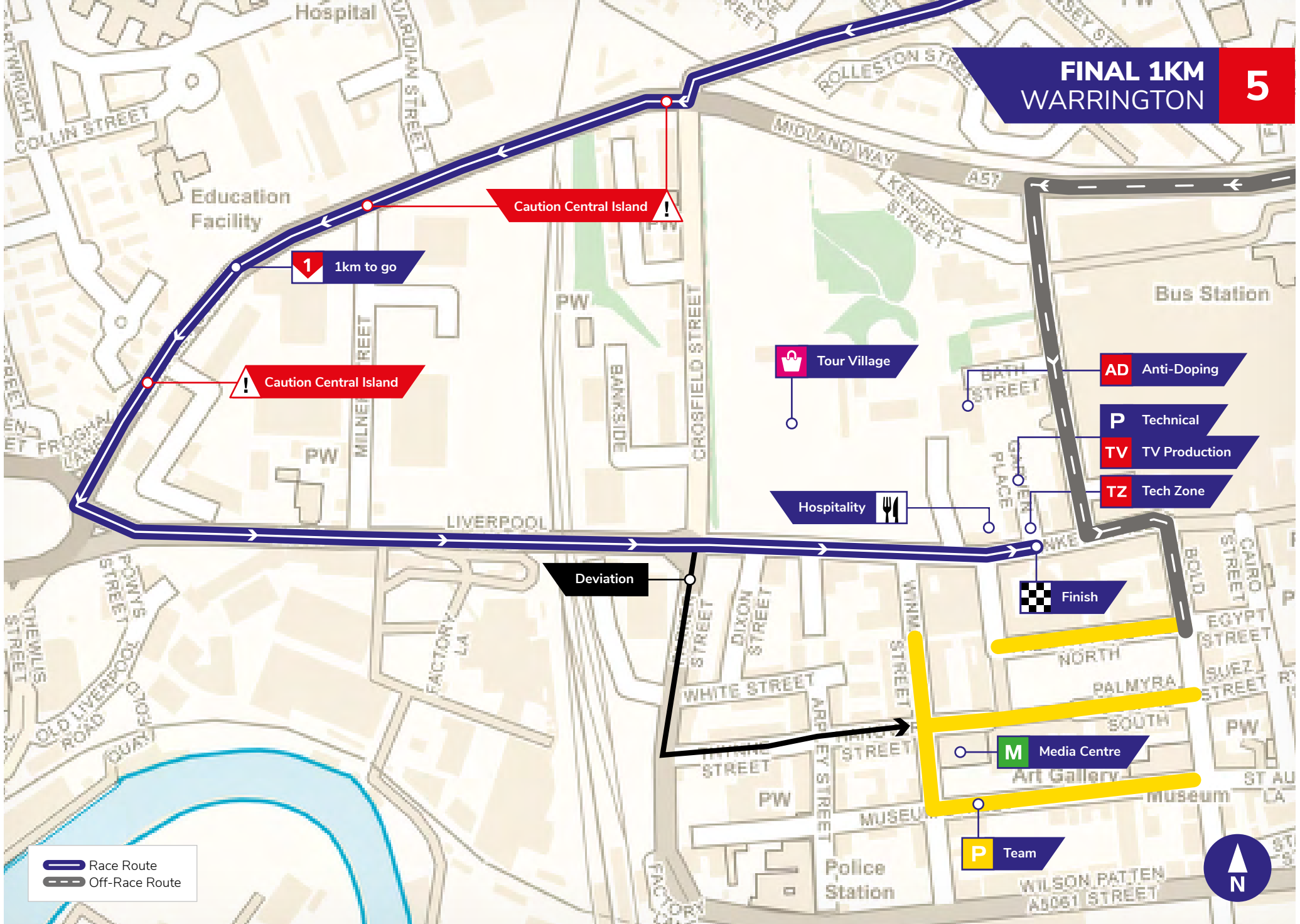
KM	KM to go	Miles	Feature	Instruction	Description			
40.0	112.2	24.9	Sign		Congleton	12:47	12:42	12:36
40.1	112.1	24.9		Caution!	Narrow Bridge!	12:48	12:42	12:36
42.8	109.4	26.6	T.Lights	Straight	A54 Buxton Road	12:52	12:46	12:40
43.3	108.9	26.9		Keep Right	A54	12:53	12:46	12:40
47.4	104.8	29.5		Keep Right	A54	12:59	12:52	12:45
47.8	104.4	29.7	X.Roads	Straight		13:00	12:53	12:46
48.2	104.0	30.0		Caution!	Fast Descent	13:00	12:53	12:46
49.5	102.7	30.8		Caution!	Sharp Right Bend	13:02	12:55	12:48
49.7	102.5	30.9	X.Roads	Caution! Left	Clough Road Sharp Bend!	13:03	12:56	12:48
50.6	101.6	31.5		Caution!	Severe Dip in Road!	13:04	12:57	12:50
56.4	95.8	35.1	T.Junction	Right	dir Buxton	13:13	13:05	12:57
56.4	95.8	35.1	KoM 2 Cat 2	Start		13:13	13:05	12:57
58.0	94.2	36.1	KoM 2 Cat 2	Finish	Bottom-of-the-Oven	13:16	13:07	12:59
59.8	92.4	37.2		Caution!	Average Speed Cameras 50mph	13:18	13:10	13:01
61.3	90.9	38.1	X.Roads	Straight	A537	13:21	13:12	13:03
62.6	89.6	38.9		Caution!	Average Speed Cameras 50mph	13:23	13:14	13:05
62.9	89.3	39.1		Caution!	Sharp Right Bend	13:23	13:14	13:05
63.7	88.5	39.6		Keep Right	A537 Buxton New Road	13:25	13:16	13:06
64.2	88.0	39.9		Caution!	Fast & Technical Descent	13:25	13:16	13:07
64.8	87.4	40.3		Keep Left	A537	13:26	13:17	13:08
67.0	85.2	41.7	Sign		Macclesfield	13:30	13:20	13:11
68.0	84.2	42.3	Junction	Right	Fence Avenue	13:31	13:22	13:12
68.6	83.6	42.7	X.Roads	Right	B5470 Hurdsfield Road	13:32	13:23	13:13
68.8	83.4	42.8	X.Roads	Straight	B5470	13:33	13:23	13:13
69.0	83.2	42.9	X.Roads	Straight	B5470	13:33	13:23	13:13
69.2	83.0	43.0	X.Roads	Straight		13:33	13:23	13:13
70.7	81.5	44.0	Sign		Rainow	13:36	13:26	13:15
75.5	76.7	46.9	KoM 3 Cat 3	Start		13:43	13:32	13:22
76.8	75.4	47.8	Junction	Right	Bakestonedale Road	13:45	13:34	13:23
77.1	75.1	47.9	KoM 3 Cat 3	Finish	Bakestonedale Road	13:46	13:35	13:24
77.1	75.1	47.9	Green Zone			13:46	13:35	13:24
77.3	74.9	48.1	Sign		Pott Shrigley	13:46	13:35	13:24
78.6	73.6	48.9		Caution!	Fast Descent to T-Junction	13:48	13:37	13:26
80.4	71.8	50.0	T.Junction	Right	Shrigley Road	13:51	13:39	13:28
81.6	70.6	50.7		Caution!	Fast Descent	13:53	13:41	13:29
81.7	70.5	50.8	Junction	Caution! Left	Sharp Left Turn!	13:53	13:41	13:30
82.0	70.2	51.0		Keep Left	Brookledge Lane	13:53	13:42	13:30
82.4	69.8	51.2		Caution!	Hump Back Bridge	13:54	13:42	13:30
82.5	69.7	51.3		Caution!	Fast Descent	13:54	13:42	13:31
84.3	67.9	52.4	T.Lights	Straight	Mill Lane	13:57	13:45	13:33
85.5	66.7	53.2	Sign		Prestbury	13:59	13:47	13:34
86.4	65.8	53.7	T.Junction	Right	B5338 Wilmslow Road	14:00	13:48	13:36
86.9	65.3	54.0	Sign		Mottram St Andrew	14:01	13:49	13:36
87.3	64.9	54.3	X.Roads	Straight	Lees Lane	14:02	13:49	13:37

KM	KM to go		Miles	Feature	Instruction	Description	35kmph			38kmph			42kmph				
88.3	63.9	54.9	Sign		Wilmslow	14:03	13:51	13:38									
88.5	63.7	55.0	R/about	1st Exit	A5102 Adlington Road	14:04	13:51	13:38									
88.8	63.4	55.2	R/about	2nd Exit	Dean Row Road	14:04	13:51	13:39									
89.3	62.9	55.5	R/about	2nd Exit	Dean Row Road	14:05	13:52	13:39									
90.2	62.0	56.1	T.Lights	Straight	Dean Row Road	14:06	13:53	13:40									
90.4	61.8	56.2	R/about	3rd Exit	Dean Row Road	14:07	13:54	13:41									
91.1	61.1	56.7	T.Lights	Left	Manchester Road	14:08	13:55	13:42									
92.2	60.0	57.3	R/about	2nd Exit	A538 Manchester Road	14:09	13:56	13:43									
92.5	59.7	57.5	T.Lights	Straight	A538 Alderley Road	14:10	13:57	13:43									
92.9	59.3	57.8	T.Lights	Right	Water Lane	14:10	13:57	13:44									
93.3	58.9	58.0	X.Roads	Straight	A538	14:11	13:58	13:44									
93.5	58.7	58.1	X.Roads	Straight	A538 Altrincham Road	14:11	13:58	13:45									
93.6	58.6	58.2	Sprint 2		Wilmslow	14:12	13:58	13:45									
94.7	57.5	58.9	Junction	Left	Mobberley Road	14:13	14:00	13:46									
95.2	57.0	59.2		Keep Left	Mobberley Road	14:14	14:01	13:47									
96.4	55.8	59.9	Sign		Mobberley	14:16	14:02	13:48									
97.6	54.6	60.7		Keep Left	Burleyhurst Lane	14:18	14:04	13:50									
99.2	53.0	61.7	T.Junction	Left	B5085 Knutsford Road	14:20	14:06	13:52									
100.5	51.7	62.5	Sign		Great Warford	14:22	14:08	13:54									
100.9	51.3	62.7	X.Roads	Straight	B5085 Knutsford Road	14:23	14:09	13:54									
101.2	51.0	62.9	Sign		Chorley	14:24	14:09	13:55									
102.6	49.6	63.8	M R/about	2nd Exit	Brook Lane	14:26	14:11	13:56									
103.9	48.3	64.6	T.Junction	Right	B5359 Wilmslow Road	14:28	14:13	13:58									
104.1	48.1	64.7		Keep Left	B5359 Wilmslow Road	14:28	14:13	13:58									
104.6	47.6	65.0	Junction	Left	B5087 Macclesfield Road	14:29	14:14	13:59									
106.6	45.6	66.3	Sign		Over Alderley	14:32	14:17	14:02									
107.4	44.8	66.8		Keep Right	B5087 Macclesfield Road	14:33	14:18	14:03									
107.7	44.5	67.0	X.Roads	Straight	Birtles Lane	14:34	14:18	14:03									
108.9	43.3	67.7		Keep Right	Birtles Lane	14:36	14:20	14:05									
109.3	42.9	68.0		Caution!	⚠ Fast & Narrow Descent	14:36	14:21	14:05									
111.6	40.6	69.4	T.Junction	Right	A537	14:40	14:24	14:08									
112.8	39.4	70.1	T.Lights	Straight	A537 Chelford Road	14:42	14:26	14:10									
113.3	38.9	70.5	T.Lights	Straight	A537 Chelford Road	14:43	14:26	14:10									
115.1	37.1	71.6	Sign		Chelford	14:45	14:29	14:12									
115.4	36.8	71.8	R/about	3rd Exit	A537 Knutsford Road	14:46	14:29	14:13									
116.9	35.3	72.7	Sprint 3		Chelford	14:48	14:32	14:15									
116.9	35.3	72.7	Green Zone			14:48	14:32	14:15									
116.9	35.3	72.7	Sign		Marthall	14:48	14:32	14:15									
121.1	31.1	75.3	Sign		Knutsford	14:55	14:38	14:20									
122.0	30.2	75.9	R/about	2nd Exit	A537 Chelford Road	14:56	14:39	14:21									
123.2	24.0	76.6	T.Lights	Straight	A537 Brook Street	14:58	14:41	14:23									
123.4	28.8	76.7		Keep Left		14:58	14:41	14:23									
123.5	28.7	76.8	T.Lights	Left	A50 Toft Road	14:59	14:41	14:23									
123.8	28.4	77.0	T.Lights	Straight	A50 King Edward Street	14:59	14:41	14:24									
124.0	28.2	77.1	R/about	2nd Exit	A50 Manchester Road	14:59	14:42	14:24									
126.2	26.0	78.5	Sign		Mere	15:03	14:45	14:27									
126.7	25.5	78.8		Keep Left	A50 Warrington Road	15:04	14:46	14:27									
127.8	24.4	79.5	T.Lights	Straight	A50 Warrington Road	15:05	14:47	14:29									
128.7	23.5	80.0	R/about	2nd Exit	A50 Warrington Road	15:07	14:48	14:30									
130.9	21.3	81.4	Sign		High Legh	15:10	14:52	14:33									
132.2	20.0	82.2	20km To Finish		Drinks end	15:12	14:53	14:34									
132.2	20.0	82.2	Green Zone			15:12	14:53	14:34									
132.8	19.4	82.6	Junction	Left	Swineyard Lane	15:13	14:54	14:35									
136.3	15.9	84.8	Sign		Warrington	15:19	14:59	14:40									

KM	KM to go		Miles	Feature	Instruction	Description	35kmph			38kmph			42kmph				
137.2	15.0	85.3	15km to Finish														
137.6	14.6	85.6	Junction	Right	B5356 Grappenhall Lane	15:21	15:01	14:41									
138.2	14.0	85.9	Sign		Appleton Thorn	15:22	15:02	14:42									
138.5	13.7	86.1	X.Roads	Straight	B5356 Stretton Road	15:22	15:02	14:43									
139.0	13.2	86.4	R/about	3rd Exit	Blackcap Road	15:23	15:03	14:43									
139.6	12.6	86.8	R/about	1st Exit	Dipping Brook Avenue	15:24	15:04	14:44									
139.9	12.3	87.0	R/about	1st Exit	Dipping Brook Avenue	15:24	15:04	14:44									
140.4	11.8	87.3	R/about	2nd Exit	Longwood Road	15:25	15:05	14:45									
140.7	11.5	87.5	R/about	2nd Exit	Longwood Road	15:26	15:06	14:45									
141.0	11.2	87.7	R/about	3rd Exit	A49 London Road	15:26	15:06	14:46									
141.7	10.5	88.1		Caution!	⚠ Safety Camera 40mph	15:27	15:07	14:47									
142.2	10.0	88.4	10km to Finish			15:28	15:08	14:47									
142.6	9.6	88.7	T.Lights	Straight	A49 London Road	15:29	15:08	14:48									
143.5	8.7	89.2	X.Roads	Straight		15:30	15:10	14:49									
143.8	8.4	89.4	T.Lights	Right	A56 Grappenhall Road	15:30	15:10	14:49									
144.1	8.1	89.6	X.Roads	Straight		15:31	15:10	14:50									
144.5	7.7	89.9	T.Lights	Straight	A56 Grappenhall Road	15:32	15:11	14:50									
144.6	7.6	89.9	T.Lights	Left	Ackers Road	15:32	15:11	14:50									
145.0	7.2	90.2	Junction	Left	Ackers Road	15:32	15:12	14:51									
145.4	6.8	90.4	T.Junction	Right	Station Road	15:33	15:12	14:51									
145.9	6.3	90.7	T.Junction	Left	A50 Knutsford Road	15:34	15:13	14:52									
146.0	6.2	90.8	Junction	Right Caution!	⚠ A50 Kingsway South Against No Entry!	15:34	15:13	14:52									
146.1	6.1	90.9	T.Lights	Straight	A50	15:34	15:13	14:52									
147.0	5.2	91.4	R/about	2nd Exit	A50 Kingsway North	15:36	15:15	14:54									
147.2	5.0	91.5	Green Zone			15:36	15:15	14:54									
148.0	4.2	92.0	T.Lights	Left	A57 Manchester Road	15:37	15:16	14:55									
148.3	3.9	92.2	T.Lights	Right	Padgate Lane	15:38	15:16	14:55									
148.4	3.8	92.3	T.Lights	Left	Marsh House Lane	15:38	15:17	14:55									
149.0	3.2	92.7	M R/about	2nd Exit	Marsh House Lane	15:39	15:17	14:56									
149.1	3.1	92.7	Junction	Right	Longford Street	15:39	15:18	14:56									
149.2	3.0	92.8	X.Roads	Straight		15:39	15:18	14:56									
149.3	2.9	92.8	X.Roads	Straight		15:39	15:18	14:56									
149.5	2.7	93.0	T.Lights	Left	A49 Winwick Road	15:39	15:18	14:57									
149.9	2.3	93.2	T.Lights	Left	A49 Lythgoes Lane	15:40	15:19	14:57									
150.1	2.1	93.3	T.Lights	Right	Pimmers Brow	15:40	15:19	14:57									
150.3	1.9	93.5	R/about	2nd Exit	Winwick Street	15:41	15:19	14:58									
150.3	1.9	93.5	T.Lights	Right	Tanners Lane	15:41	15:19	14:58									
150.4	1.8	93.5	X.Roads	Straight		15:41	15:19	14:58									
150.6	1.6	93.7	T.Lights	Straight	Tanners Lane	15:41	15:20	14:58									
150.9	1.3	93.8	T.Lights	Right	A57 Froghall Lane	15:42	15:20	14:59									
151.5	0.7	94.2	R/about	1st Exit	A5061 Liverpool Road	15:43	15:21	14:59									
152.0	0.2	94.5	T.Lights	Straight	Sankey Street	15:43	15:22	15:00									
152.2	0.0	94.6															

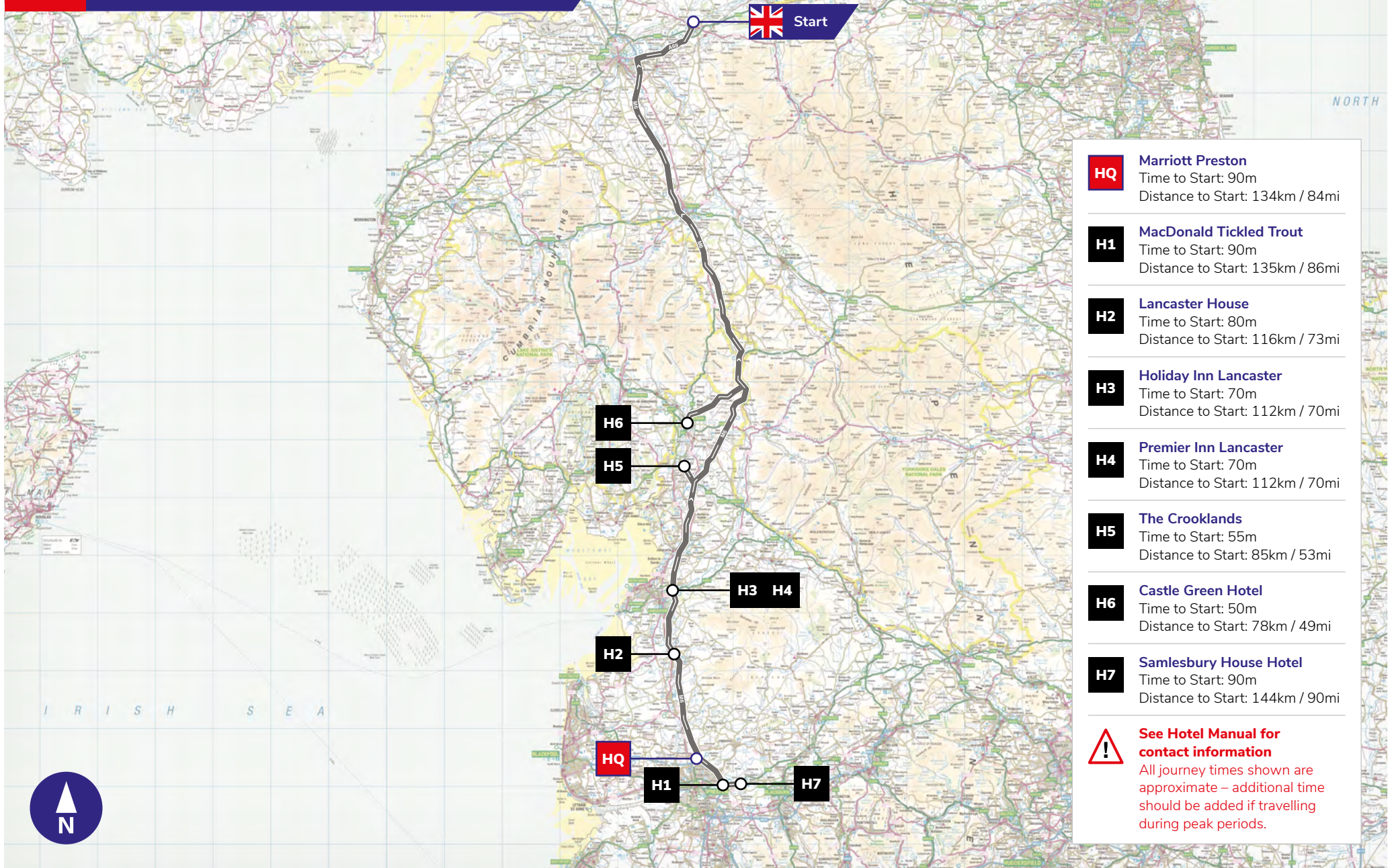
FINAL 1KM WARRINGTON

5



6

ROUTES FROM HOTELS TO START CARLISLE



- HQ** **Marriott Preston**
 Time to Start: 90m
 Distance to Start: 134km / 84mi

- H1** **MacDonald Ticked Trout**
 Time to Start: 90m
 Distance to Start: 135km / 86mi

- H2** **Lancaster House**
 Time to Start: 80m
 Distance to Start: 116km / 73mi

- H3** **Holiday Inn Lancaster**
 Time to Start: 70m
 Distance to Start: 112km / 70mi

- H4** **Premier Inn Lancaster**
 Time to Start: 70m
 Distance to Start: 112km / 70mi

- H5** **The Crooklands**
 Time to Start: 55m
 Distance to Start: 85km / 53mi

- H6** **Castle Green Hotel**
 Time to Start: 50m
 Distance to Start: 78km / 49mi

- H7** **Samplesbury House Hotel**
 Time to Start: 90m
 Distance to Start: 144km / 90mi

! **See Hotel Manual for contact information**
 All journey times shown are approximate – additional time should be added if travelling during peak periods.

START CARLISLE

6



Timetable

Friday 10 September

Time	Activities
04:00	Start area closed to traffic
04:00	Start Crew and facilities on site
08:00	Race facilities complete Race Staff, Marshals and Security on site
08:15	PPO in operation
08:45	PA operational Breakfast Club opens Guests arrive Teams start to arrive
09:45	Signing on opens
10:00	0km signage in position
10:35	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
10:40	Riders assemble on start line Forward vehicles depart
10:45	Start of Stage 6
11:00	Stage 6 de-neutralises Commence de-rig
13:00	Site clear Start Crew departs for Hawick

Start address
Devonshire Walk
Carlisle
CA3 8AN

Hospital address
Cumberland Infirmary
Newtown Road
Carlisle
Cumbria CA2 7HY
T +44 (0)1228 523444

Mandatory passing point
CA3 8UZ

Race Route

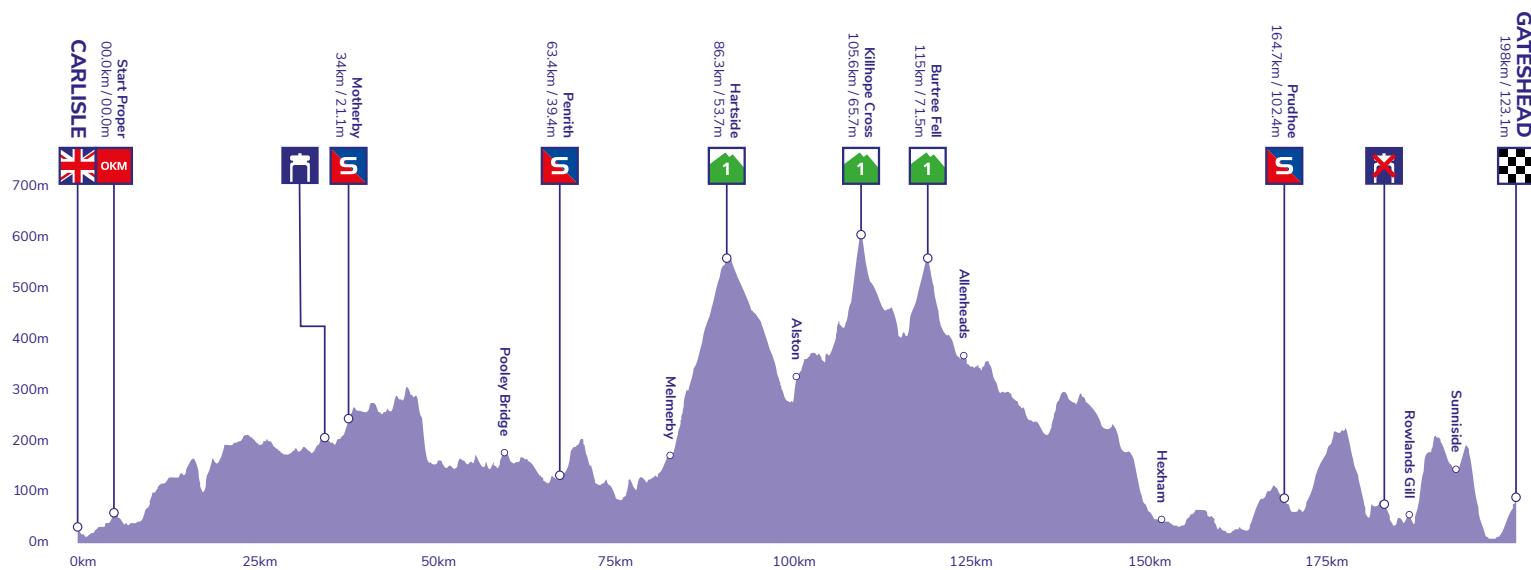
Off-Race Route

Route to PPO

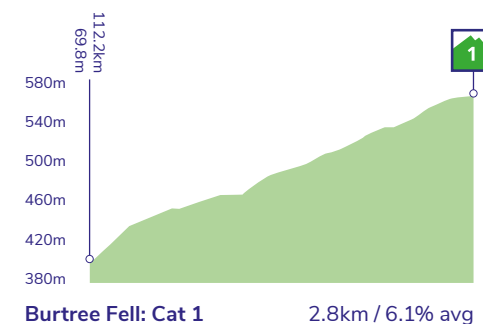
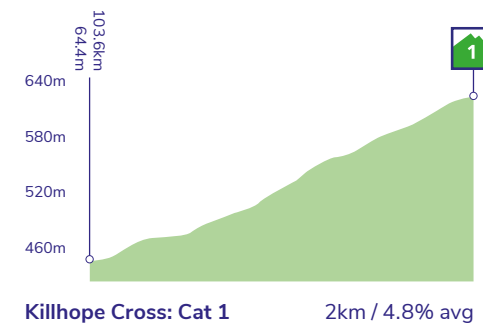
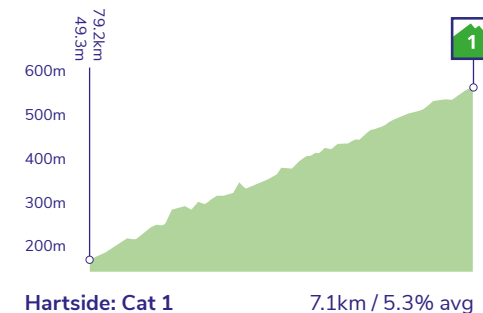
6

ROUTE PROFILES CARLISLE TO GATESHEAD

Stage profile



KoM profiles

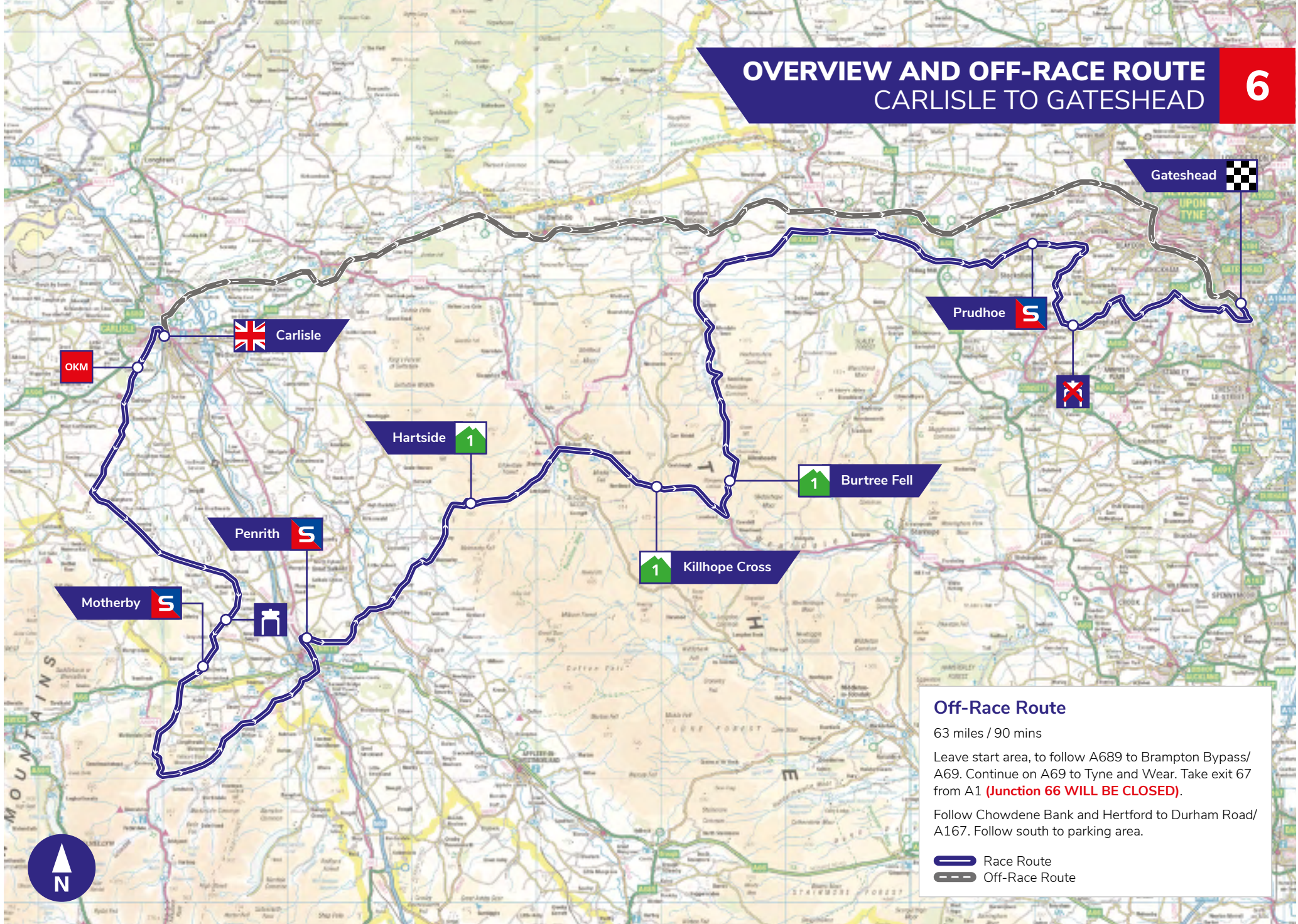


Final 3km profile



OVERVIEW AND OFF-RACE ROUTE CARLISLE TO GATESHEAD

6





Off-Race Route

63 miles / 90 mins

Leave start area, to follow A689 to Brampton Bypass/ A69. Continue on A69 to Tyne and Wear. Take exit 67 from A1 (**Junction 66 WILL BE CLOSED**).

Follow Chowdene Bank and Hertford to Durham Road/ A167. Follow south to parking area.

-  Race Route
-  Off-Race Route

6

RACE SCHEDULE

CARLISLE TO GATESHEAD

Neutralised section

Devonshire Walk, Castle Way, West Tower Street, Drovers Lane, Lowther Street, The Crescent, English Street, Victoria Viaduct, Charlotte Street, Shaddongate, Dalston Road.

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
			Start Neutralised		Carlisle Castle	10:45	10:45	10:45
0.00	198.0	0.00	Start Proper		B5299 Dalston Road	11:00	11:00	11:00
2.1	195.9	1.3	Sign		Dalston Road	11:03	11:03	11:02
3.2	194.8	2.0	X.Roads	Straight		11:05	11:04	11:04
4.6	193.4	2.9		Keep Right	B5299	11:07	11:06	11:05
5.8	192.2	3.6		Keep Right	B5299	11:09	11:08	11:07
9.3	188.7	5.8	Sign		Welton	11:14	11:13	11:11
11.4	186.6	7.1	X.Roads	Left	B5305	11:17	11:16	11:14
12.2	185.8	7.6		Caution!	Fast Descent	11:19	11:17	11:15
13.1	184.9	8.1		Caution!	Narrow Bridge	11:20	11:18	11:16
25.5	172.5	15.9	Junction	Right	dir Greystoke	11:40	11:36	11:32
28.3	169.7	17.6	Sign		Blencow	11:44	11:40	11:36
28.8	169.2	17.9	X.Roads	Straight		11:45	11:41	11:37
30.0	168.0	18.7	Drinks	Start		11:47	11:42	11:38
30.8	167.2	19.2		Keep Left		11:48	11:44	11:39
31.0	167.0	19.3	Sign		Greystoke	11:48	11:44	11:39
31.2	166.8	19.4		Keep Left		11:49	11:44	11:40
31.2	166.8	19.4	T.Junction	Right	B5288	11:49	11:44	11:40
32.0	166.0	19.9		Keep Right	B5288	11:50	11:45	11:41
33.8	164.2	21.0	Sign		Motherby	11:53	11:48	11:43
34.0	164.0	21.1	Sprint 1		Motherby	11:53	11:48	11:43
34.0	164.0	21.1	Green Zone			11:53	11:48	11:43
35.1	162.9	21.8		Cut Right	Against One Way	11:55	11:50	11:45
35.2	162.8	21.9	T.Junction	Right	B5288	11:55	11:50	11:45
35.9	162.1	22.3	X.Roads	Straight	Cross A66	11:56	11:51	11:46
36.8	161.2	22.9		Keep Right		11:57	11:52	11:47
40.4	157.6	25.1	Sign		Matterdale End	12:03	11:57	11:51
40.7	157.3	25.3	T.Junction	Left	A5091	12:03	11:58	11:52
42.5	155.5	26.4	Sign		Dockray	12:06	12:00	11:54
43.2	154.8	26.9		Caution!	Fast Descent	12:07	12:01	11:55
48.8	149.2	30.3	Sign		Watermillock	12:16	12:09	12:02
53.4	144.6	33.2		Keep Right	B5320	12:23	12:16	12:08
54.2	143.8	33.7		Caution!	Narrow Bridge	12:25	12:17	12:09
54.5	143.5	33.9	M R/about	1st Exit	B5370	12:25	12:17	12:10
57.6	140.4	35.8	Sign		Tirril	12:30	12:22	12:14
59.8	138.2	37.2	Sign		Yanwath	12:33	12:25	12:16
61.4	136.6	38.2	M R/about	1st Exit	A6	12:36	12:27	12:18
62.0	136.0	38.6	R/about	2nd Exit	A6 Bridge Lane	12:37	12:28	12:19
62.8	135.2	39.1	T.Lights	Straight	A6 Victoria Road	12:38	12:29	12:20
62.9	135.1	39.1	T.Lights	Straight	A6 Victoria Road	12:38	12:29	12:20
63.0	135.0	39.2	X.Roads	Straight	A6 King Street	12:39	12:30	12:21
63.3	134.7	39.4	Junction	Right	Market Street Against One Way System	12:39	12:30	12:21
63.4	134.6	39.4	Sprint 2		Penrith	12:39	12:30	12:21
63.5	134.5	39.5	X.Roads	Right	A6 Corney Square Against One Way System	12:39	12:30	12:21

Approximate distance of neutralised section 6.2km / 3.8miles

Distance of stage 198km / 123.1miles

Neutralised start 10:45

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
63.6	134.4	39.5		Keep Left	A6 Wilson Row Against One Way System	12:39	12:30	12:21
64.1	133.9	39.9	M R/about	1st Exit	A6 Scotland Road	12:40	12:31	12:22
64.2	133.8	39.9		Keep Right	A6 Scotland Road	12:40	12:31	12:22
64.4	133.6	40.0	Junction	Right	Salkeld Road	12:41	12:32	12:22
64.4	133.6	40.0	T.Junction	Right	Salkeld Road	12:41	12:32	12:22
64.4	133.6	40.0	X.Roads	Right	Beacon Edge	12:41	12:32	12:22
64.8	133.2	40.3	M R/about	2nd Exit	Beacon Edge	12:41	12:32	12:23
67.7	130.3	42.1		Caution!	Fast Descent	12:46	12:36	12:27
68.1	129.9	42.3	T.Junction	Left	A686	12:47	12:37	12:27
71.5	126.5	44.5	X.Roads	Straight	A686	12:52	12:42	12:31
71.8	126.2	44.6	T.Lights	Caution!	Straight – narrow bridge	12:52	12:42	12:32
72.0	126.0	44.8	Sign		Langwathby	12:53	12:42	12:32
72.3	125.7	45.0		Keep Right	A686	12:53	12:43	12:32
74.7	123.3	46.5	X.Roads	Straight		12:57	12:46	12:36
76.3	121.7	47.4	Sign		Melmerby	12:59	12:49	12:38
78.9	119.1	49.1		Keep Left		13:03	12:52	12:41
79.1	118.9	49.2		Keep Right		13:04	12:53	12:41
79.2	118.8	49.3	KoM 1 Cat 1	Start		13:04	12:53	12:41
79.2	118.8	49.3		Caution!	Hairpin Bends on Ascent	13:04	12:53	12:41
86.3	111.7	53.7	KoM 1 Cat 1	Finish	Hartside	13:15	13:03	12:50
87.0	111.0	54.1	Sign		Alston Moor	13:16	13:04	12:51
87.0	111.0	54.1		Caution!	Fast & Technical Descent	13:16	13:04	12:51
95.3	102.7	59.3	Sign		Alston	13:29	13:16	13:02
95.7	102.3	59.5		Caution!	Narrow Bridge	13:30	13:16	13:03
96.1	101.9	59.8	Junction	Right	A689 Front Street	13:31	13:17	13:03
96.4	101.6	59.9	Junction	Left	A689 Nenthead Road	13:31	13:17	13:03
100.5	97.5	62.5		Keep Right	A689	13:37	13:23	13:09
102.6	95.4	63.8	Sign		Nenthead	13:41	13:26	13:11
103.6	94.4	64.4	KoM 2 Cat 1	Start		13:42	13:28	13:13
105.6	92.4	65.7	Sign		County Durham	13:45	13:30	13:15
105.6	92.4	65.7	KoM 2 Cat 1	Finish	Killhope Cross	13:45	13:30	13:15
105.6	92.4	65.7	Green Zone			13:45	13:30	13:15
105.7	92.3	65.7		Caution!	Fast Descent	13:46	13:31	13:15
110.5	87.5	68.7	Sign		Lanehead	13:53	13:37	13:22
110.5	87.5	68.7		Caution!	Fast Descent	13:53	13:37	13:22
110.8	87.2	68.9		Caution!	Sharp Right on descent	13:54	13:38	13:22
112.0	86.0	69.6	Sign		Cowshill	13:56	13:40	13:24
112.2	85.8	69.8		Caution!	Sharp Left Turn Keep Wide!	13:56	13:40	13:24
112.2	85.8	69.8	KoM 3 Cat 1	Start		13:56	13:40	13:24
115.0	83.0	71.5	KoM 3 Cat 1	Finish	Burtree Fell	14:00	13:44	13:27
115.0	83.0	71.5	Green Zone			14:00	13:44	13:27
115.0	83.0	71.5	Sign		Northumberland	14:00	13:44	13:27
115.0	83.0	71.5		Caution!	Fast & Technical Descent	14:00	13:44	13:27

KM	KM to go		Feature	Instruction	Description	38kmph			42kmph			46kmph		
	Miles	Miles												
117.0	81.0	72.8	Sign		Allenheads	14:03	13:47	13:30						
117.3	80.7	72.9	X.Roads	Straight		14:04	13:47	13:30						
117.4	80.6	73.0		Keep Left	B6295	14:04	13:47	13:30						
120.9	77.1	75.2	Sign		Spartylea	14:09	13:52	13:35						
125.0	73.0	77.7	Sign		Sinderhope	14:16	13:58	13:40						
125.1	72.9	77.8		Keep Left	B6295	14:16	13:58	13:40						
129.0	69.0	80.2	Sign		Allendale Town	14:22	14:04	13:45						
129.6	68.4	80.6	X.Roads	Straight	B6303	14:23	14:05	13:46						
131.3	66.7	81.6	Sign		Catton	14:26	14:07	13:48						
131.5	66.5	81.8		Keep Right	B6306 Station Road	14:26	14:07	13:49						
132.4	65.6	82.3	X.Roads	Straight		14:28	14:09	13:50						
135.9	62.1	84.5		Keep Right		14:33	14:14	13:54						
136.9	61.1	85.1		Keep Right		14:35	14:15	13:56						
143.2	54.8	89.0		Keep Right		14:45	14:24	14:04						
143.3	54.7	89.1	Sign		Hexham	14:45	14:24	14:04						
143.6	54.4	89.3		Caution!	⚠ Fast Descent	14:45	14:25	14:04						
146.0	52.0	90.8	T.Lights	Straight	B6305	14:49	14:28	14:07						
146.8	51.2	91.3	M R/about	2nd Exit	A695 Corbridge Road	14:50	14:29	14:08						
146.9	51.1	91.3	M R/about	2nd Exit	A695 Corbridge Road	14:50	14:29	14:08						
147.2	50.8	91.5	X.Roads	Straight		14:51	14:30	14:09						
150.9	47.1	93.8	Junction	Right	A695	14:57	14:35	14:14						
152.2	45.8	94.6		Keep Right	Cut to T-Junction	14:59	14:37	14:15						
152.3	45.7	94.7	T.Junction	Right	A695	14:59	14:37	14:15						
154.8	43.2	96.3	Sign		Riding Mill	15:03	14:41	14:19						
155.6	42.4	96.8	X.Roads	Straight	A695	15:04	14:42	14:20						
155.9	42.1	96.9	X.Roads	Straight		15:04	14:42	14:20						
156.7	41.3	97.4	R/about	2nd Exit	A695	15:06	14:43	14:21						
159.2	38.8	99.0	Sign		Stocksfield	15:10	14:47	14:24						
159.2	38.8	99.0		Keep Right	A695	15:10	14:47	14:24						
161.4	36.6	100.4	Sign		West Mickley	15:13	14:50	14:27						
161.8	36.2	100.6	Sign		Mickley Square	15:14	14:51	14:28						
162.8	35.2	101.2	Sign		Prudhoe	15:15	14:52	14:29						
162.8	35.2	101.2	Junction	Right	B6395 West Road	15:15	14:52	14:29						
164.3	33.7	102.2	X.Roads	Straight	B6395 Front Street	15:18	14:54	14:31						
164.5	33.5	102.3	T.Lights	Straight	B6395 Front Street	15:18	14:55	14:31						
164.7	33.3	102.4	Sprint 3		🚗 Prudhoe	15:18	14:55	14:31						
164.7	33.3	102.4	Green Zone			15:18	14:55	14:31						
164.4	33.6	102.2	Sign		Borough of Gateshead	15:18	14:54	14:31						
166.7	74.0	103.7	R/about	3rd Exit	A695	15:21	14:58	14:34						
168.8	29.2	105.0	R/about	2nd Exit	Greenside Road	15:25	15:01	14:37						
169.3	28.7	105.3	T.Junction	Right	B6315 Woodside Lane	15:26	15:01	14:37						
169.7	28.3	105.5	T.Junction	Right	Lead Road	15:26	15:02	14:38						
169.8	28.2	105.6	Junction	Right	Lead Road	15:26	15:02	14:38						
169.9	28.1	105.7		Caution!	⚠ Speed Humps x2	15:26	15:02	14:38						
171.3	26.7	106.5		Caution!	⚠ Bollards Nearside	15:29	15:04	14:40						
171.5	26.5	106.6		Caution!	⚠ Bollards Offside	15:29	15:05	14:40						
173.5	24.5	107.9	Junction	Left	Greenhead Road	15:32	15:07	14:43						
174.4	23.6	108.5	Sign		Chopwell	15:34	15:09	14:44						
174.6	23.4	108.6	T.Junction	Right	Hall Road	15:34	15:09	14:44						
174.6	23.4	108.6		Caution!	⚠ Fast Descent	15:34	15:09	14:44						
174.7	23.3	108.6		Keep Right		15:34	15:09	14:44						
174.8	23.2	108.7		Caution!	⚠ Sharp Left	15:34	15:09	14:44						
174.5	23.5	108.5	X.Roads	Straight		15:34	15:09	14:44						
175.1	22.9	108.9		Keep Right		15:35	15:10	14:45						

KM	KM to go		Feature	Instruction	Description	38kmph			42kmph			46kmph		
	Miles	Miles												
175.2	22.8	108.9	X.Roads	Straight		15:35	15:10	14:45						
175.4	22.6	109.1		Keep Left		15:35	15:10	14:45						
176.0	22.0	109.4	X.Roads	Straight		15:36	15:11	14:46						
176.3	21.7	109.6	X.Roads	Straight		15:37	15:11	14:46						
176.5	21.5	109.8	Sign		Blackhall Mill	15:37	15:12	14:46						
176.9	21.1	110.0	Sign		County Durham	15:37	15:12	14:47						
177.3	20.7	110.3	T.Junction	Left	A694	15:38	15:13	14:47						
178.0	20.0	110.7	20km to Finish		🚗 Drinks end	15:39	15:14	14:48						
178.0	20.0	110.7	Green Zone			15:39	15:14	14:48						
178.5	19.5	111.0	Sign		Hamsterley Mill	15:40	15:15	14:49						
180.2	17.8	112.1	Sign		Borough of Gateshead	15:43	15:17	14:51						
180.4	17.6	112.2	Sign		Lintzford	15:43	15:17	14:51						
180.7	17.3	112.4		Keep Right		15:43	15:18	14:52						
181.7	16.3	113.0	Sign		Rowlands Gill	15:45	15:19	14:53						
181.9	16.1	113.1	X.Roads	Straight		15:45	15:19	14:53						
182.0	16.0	113.2		Caution!	⚠ Safety Camera	15:46	15:20	14:54						
183.0	15.0	113.8	15km to Finish			15:47	15:21	14:55						
182.7	15.3	113.6	X.Roads	Straight	A694	15:47	15:21	14:54						
182.8	15.2	113.7	X.Roads	Straight		15:47	15:21	14:55						
183.2	14.8	113.9	Junction	Right	B6314 Burnopfield Road	15:47	15:21	14:55						
182.8	15.2	113.7		Caution!	⚠ Speed Humps x5	15:47	15:21	14:55						
183.0	15.0	113.8		Keep Left	Stirling Lane	15:47	15:21	14:55						
183.2	14.8	113.9	T.Junction	Right	B6314 Burnopfield Road	15:47	15:21	14:55						
183.3	14.7	114.0		Caution!	⚠ Build Outs	15:48	15:21	14:55						
183.4	14.6	114.0		Caution!	⚠ Build Outs	15:48	15:22	14:55						
183.5	14.5	114.1		Caution!	⚠ Build Outs	15:48	15:22	14:55						
183.6	14.4	114.2	Sign		County Durham	15:48	15:22	14:56						
183.6	14.4	114.2		Caution!	⚠ Narrow Bridge	15:48	15:22	14:56						
183.6	14.4	114.2	Sign		Burnopfield	15:48	15:22	14:56						
185.3	12.7	115.2	T.Junction	Left	B6310 Front Street	15:51	15:24	14:58						
185.7	12.3	115.5	T.Junction	Left	A692 Lobley Hill Road	15:51	15:25	14:58						
185.9	12.1	115.6	Sign		Borough of Gateshead	15:52	15:25	14:59						
186.2	11.8	115.8	Sign		Byermoor	15:52	15:26	14:59						
188.0	10.0	116.9	10km to Finish			15:55	15:28	15:01						
187.9	10.1	116.8	Sign		Marley Hill	15:55	15:28	15:01						
188.7	9.3	117.3	Sign		Sunnyside	15:56	15:29	15:02						
189.0	9.0	117.5	T.Lights	Straight	A692	15:57	15:30	15:03						
189.7	8.3	118.0	Junction	Right	Pennyfine Road	15:58	15:31	15:03						
189.7	8.3	118.0		Caution!	⚠ Speed Humps x5	15:58	15:31	15:03						
191.4	6.6	119.0		Caution!	⚠ Fast Descent	16:00	15:33	15:06						
191.5	6.5	119.1		Caution!	⚠ Sharp Left Bend	16:00	15:33	15:06						
193.0	5.0	120.0	5km to Finish			16:03	15:35	15:08						
193.0	5.0	120.0	Green Zone			16:03	15:35	15:08						
194.2	3.8	120.8		Keep Left	Haggs Lane	16:05	15:37	15:09						
194.4	3.6	120.9	R/about	3rd Exit	Lamesley Road	16:05	15:37	15:09						
195.5	2.5	121.6		Keep Left	Lamesley Road	16:07	15:39	15:11						
196.8	1.2	122.4	T.Junction	Left	A167 Newcastle Bank	16:09	15:41	15:13						
197.4	0.6	122.8	R/about	2nd Exit	A167 Durham Road	16:10	15:42	15:13						
198.0	0.0	123.1	Finish		👮 Angel of the North – Gateshead	16:11	15:42	15:14						

6

FINISH GATESHEAD

Timetable

Friday 10 September

Time	Activities
04:00	Roads closed
04:30	TV vehicles move into position
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue) Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue) Volunteer marshal briefing
10:00	Media Centre open Event Control briefing
10:30	Stage 6 departs Carlisle
11:30	Finish straight available for support activities
11:45	Hospitality open
14:30	Ride for Heroes depart from junction A167/Long Bank
14:30	Support activities end
15:14	Stage 6 arrives (Fast schedule)
15:42	Stage 6 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Leader's jerseys
16:00	Hospitality closes Press conference
16:30	Volunteer marshals dismissed 24 Stewards dismissed Event Control closes
18:00	Remaining Stewards dismissed
19:00	Media Centre closes

Very Important: Junction 66 of the A1 will be closed to all traffic throughout the day – no vehicles will be able to leave the A1 here.

Team Parking will not be available until 12:00.



FINAL 1KM GATESHEAD



6



NOTES

⚠ Very Important: Junction 66 of the A1 will be closed to all traffic throughout the day – no vehicles will be able to leave the A1 here.

Team Parking will not be available until 12:00.

 Race Route
 Off-Race Route

7

ROUTES FROM HOTELS TO START HAWICK

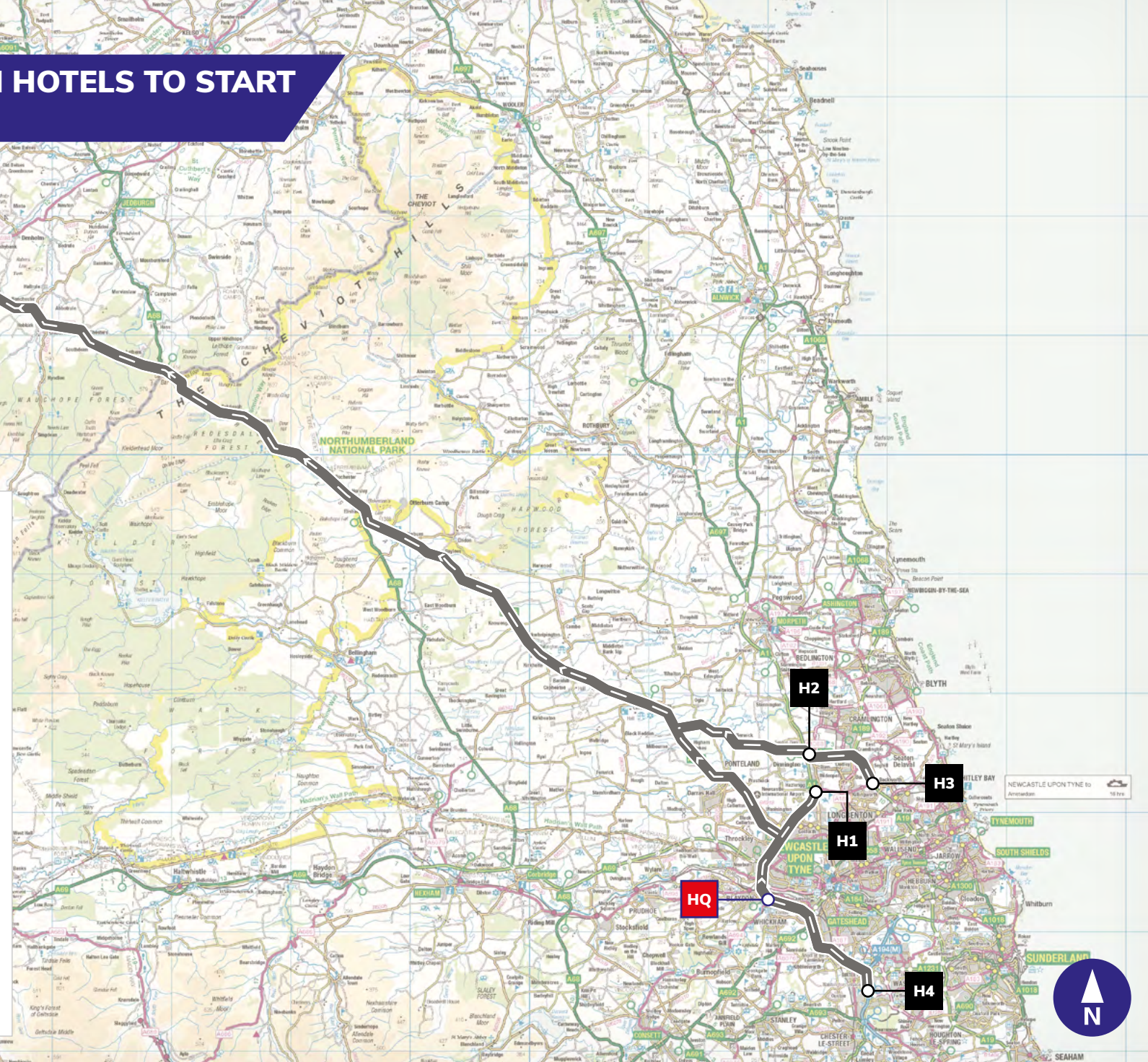
Start 

- HQ** **Marriott Metro Centre**
Time to Start: 90m
Distance to Start: 105km / 63mi
- H1** **Grand Hotel Gosforth**
Time to Start: 90m
Distance to Start: 107km / 67mi
- H2** **Holiday Inn Newcastle Gosforth Park**
Time to Start: 90m
Distance to Start: 100km / 60mi
- H3** **Doubletree By Hilton**
Time to Start: 100m
Distance to Start: 97km / 56mi
- H4** **Holiday Inn Washington**
Time to Start: 95m
Distance to Start: 119km / 74mi



See Hotel Manual for contact information

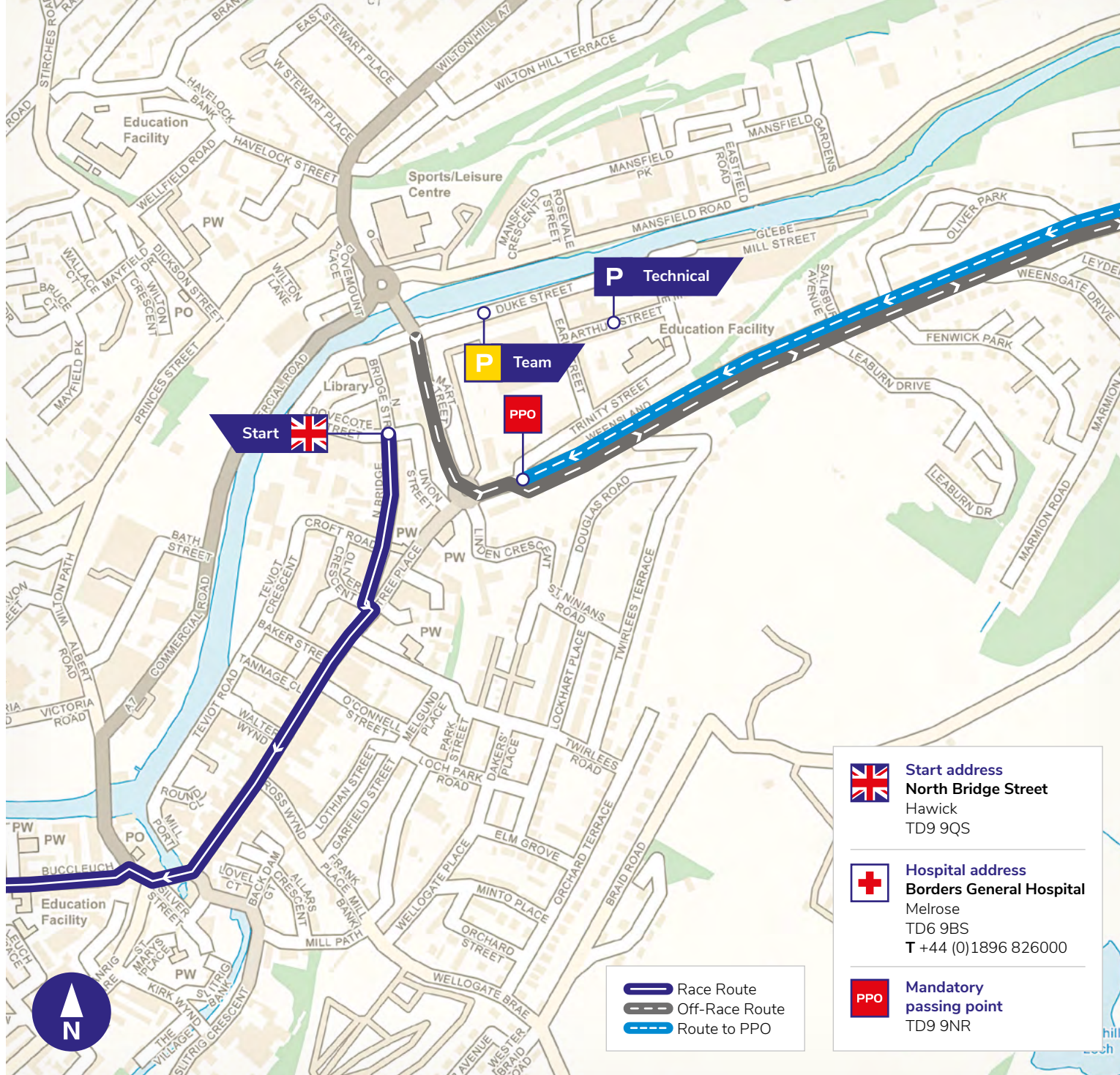
All journey times shown are approximate – additional time should be added if travelling during peak periods.



Timetable

Saturday 11 September

Time	Activities
04:00	Start area closed to traffic
04:00	Start Crew and facilities on site
07:30	Race facilities complete Race Staff, Marshals and Security on site
08:15	PPO in operation
08:45	PA operational Breakfast Club opens Guests arrive Teams start to arrive
09:45	Signing on opens
10:00	0km signage in position
10:35	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
10:40	Riders assemble on start line Forward vehicles depart
10:45	Start of Stage 7
11:00	Stage 7 de-neutralises Commence de-rig
13:00	Site clear Start Crew departs for Stonehaven



Start address
North Bridge Street
Hawick
TD9 9QS



Hospital address
Borders General Hospital
Melrose
TD6 9BS
T +44 (0)1896 826000

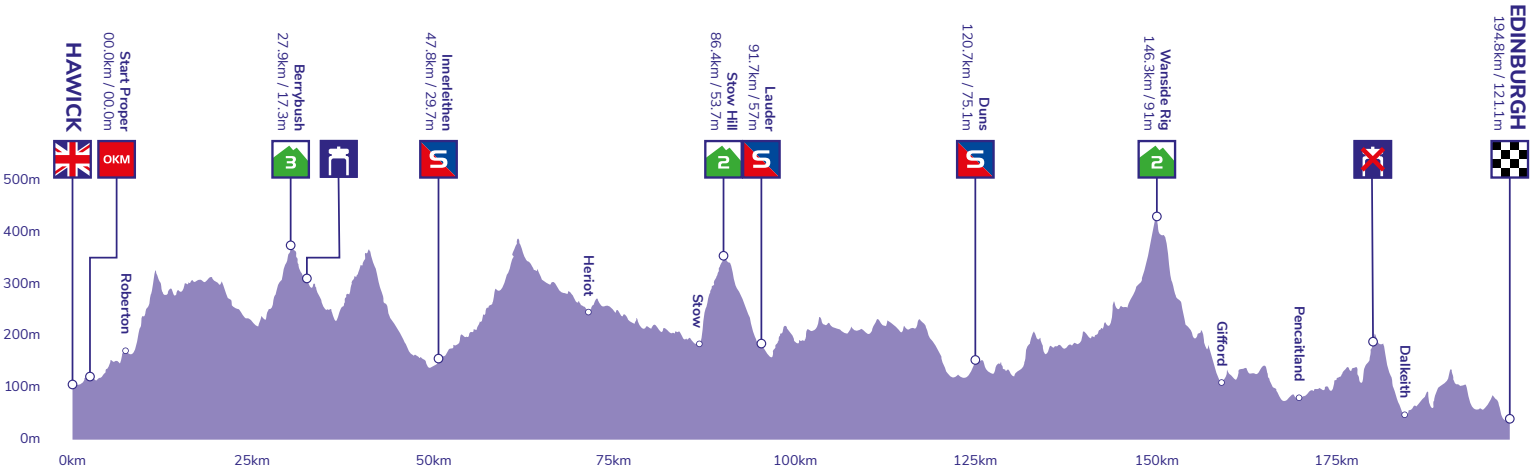


Mandatory passing point
TD9 9NR

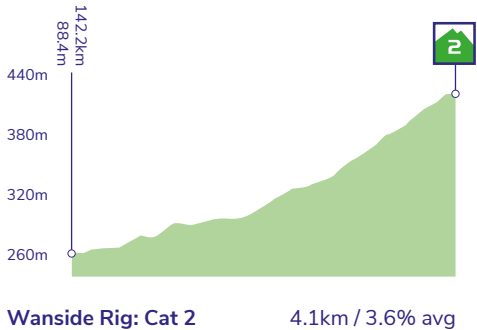
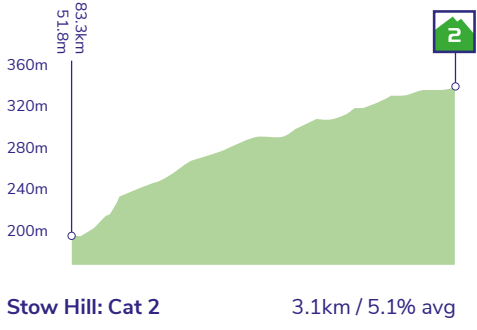
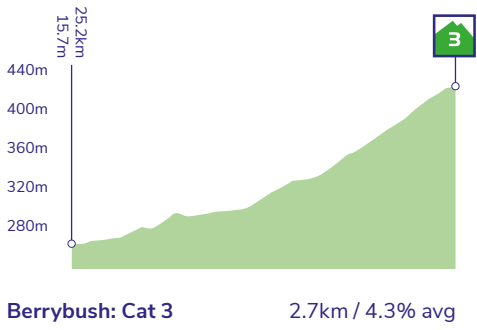
- Race Route
- Off-Race Route
- Route to PPO

7 ROUTE PROFILES HAWICK TO EDINBURGH

Stage profile



KoM profiles

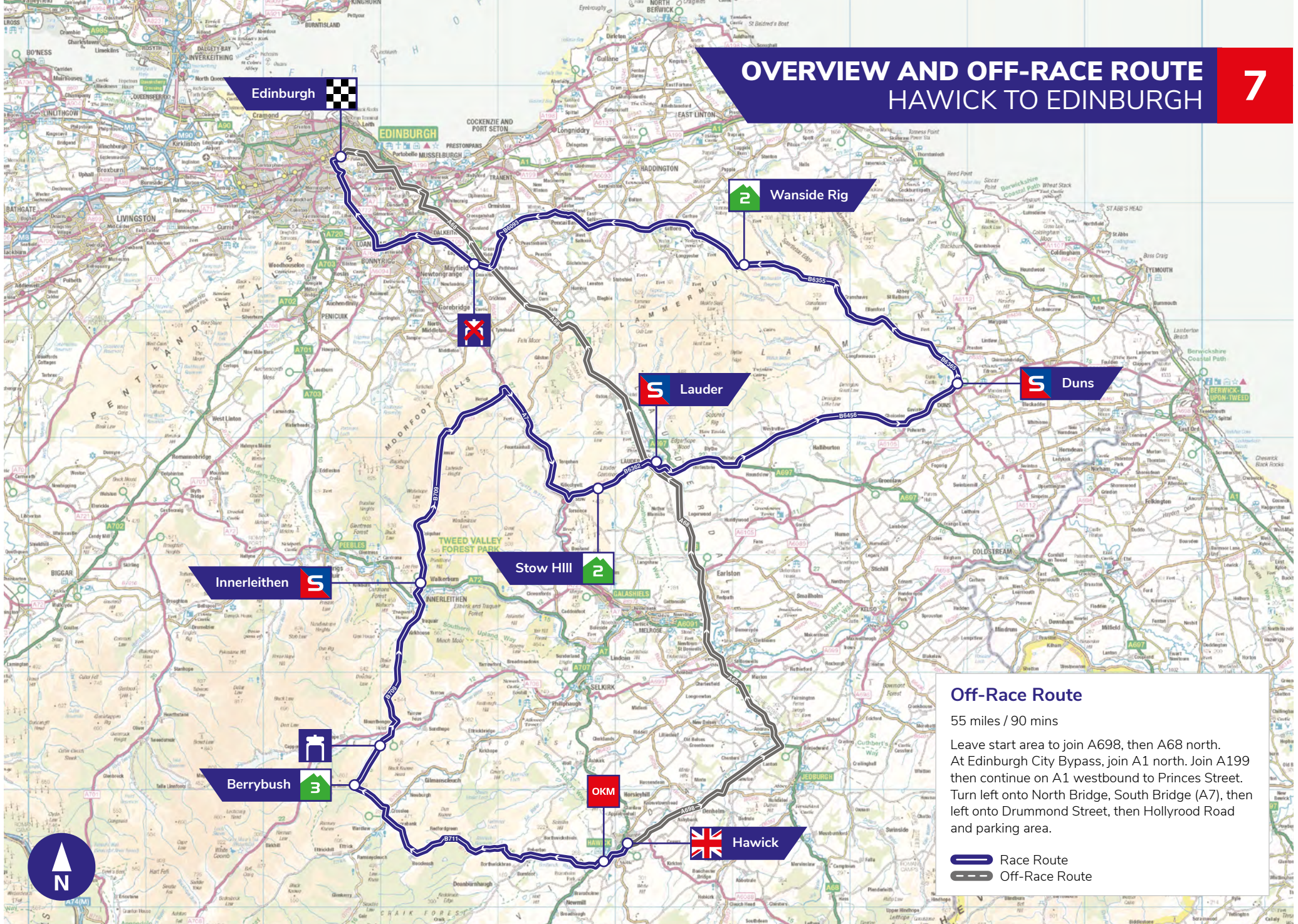


Final 3km profile



OVERVIEW AND OFF-RACE ROUTE HAWICK TO EDINBURGH

7



Off-Race Route

55 miles / 90 mins

Leave start area to join A698, then A68 north. At Edinburgh City Bypass, join A1 north. Join A199 then continue on A1 westbound to Princes Street. Turn left onto North Bridge, South Bridge (A7), then left onto Drummond Street, then Hollyrood Road and parking area.

- Race Route
- Off-Race Route

7

RACE SCHEDULE

HAWICK TO EDINBURGH

Neutralised section

North Bridge Street, High Street, Buccleuch Road, A7.

KM	KM to go	Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph		
			Start Neutralised		Hawick				10:45	10:45	10:45			
0.00	194.8	0.00	Start Proper						11:00	11:00	11:00			
0.6	194.2	0.4	Junction	Right	B711				11:00	11:00	11:00			
0.9	193.9	0.6	Sign		Borthaugh				11:01	11:01	11:01			
5.8	189.0	3.6	Sign		Roberton				11:09	11:08	11:07			
7.2	187.6	4.5		Keep Left					11:11	11:10	11:09			
9.2	185.6	5.7		Caution!	Fast & Technical Descent				11:14	11:13	11:11			
14.1	180.7	8.8		Caution!	Cattle Grid				11:22	11:20	11:18			
14.1	180.7	8.8		Caution!	Sheep				11:22	11:20	11:18			
14.1	180.7	8.8		Caution!	Narrow for 10km				11:22	11:20	11:18			
18.2	176.6	11.3		Caution!	Fast & Narrow Descent				11:28	11:26	11:23			
21.1	173.7	13.1		Caution!	Cattle Grid				11:33	11:30	11:27			
22.5	172.3	14.0		Caution!	Cattle Grid				11:35	11:32	11:28			
23.3	171.5	14.5	T.Junction	Right	B709				11:36	11:33	11:29			
24.2	170.6	15.0	Junction	Left	B709				11:38	11:34	11:31			
24.2	170.6	15.0		Caution!	Sheep				11:38	11:34	11:31			
24.7	170.1	15.4		Caution!	Narrow Bridge				11:38	11:35	11:31			
25.2	169.6	15.7		Caution!	Cattle Grid				11:39	11:36	11:32			
25.2	169.6	15.7	KoM 1 Cat 3	Start					11:39	11:36	11:32			
26.5	168.3	16.5		Caution!	Cattle Grid				11:41	11:37	11:34			
27.9	166.9	17.3		Caution!	Sharp right on ascent				11:43	11:39	11:35			
27.9	166.9	17.3	KoM 1 Cat 3	Finish	Berrybush				11:43	11:39	11:35			
27.9	166.9	17.3	Green Zone						11:43	11:39	11:35			
28.0	166.8	17.4		Caution!	Fast Descent				11:44	11:40	11:36			
30.0	164.8	18.7	Drinks	Start					11:47	11:42	11:38			
33.7	161.1	21.0		Caution!	Sharp left on Descent				11:52	11:48	11:43			
33.9	160.9	21.1	X.Roads	Straight					11:53	11:48	11:43			
35.7	159.1	22.2		Caution!	Cattle Grid				11:56	11:51	11:45			
38.4	156.4	23.9		Caution!	Cattle Grid				12:00	11:54	11:49			
38.9	155.9	24.2		Caution!	Fast Descent				12:01	11:55	11:50			
41.1	153.7	25.6		Caution!	Fast Descent				12:04	11:58	11:52			
43.3	151.5	26.9	Sign		Kirkhouse				12:08	12:01	11:55			
45.5	149.3	28.3		Keep Left	B709				12:11	12:05	11:58			
46.8	148.0	29.1		Caution!	Narrow Bridge				12:13	12:06	12:00			
46.9	147.9	29.2	Sign		Innerleithen				12:13	12:07	12:00			
47.6	147.2	29.6	X.Roads	Right	A72 High Street				12:14	12:08	12:01			
47.8	147.0	29.7	Sprint 1		Innerleithen				12:15	12:08	12:01			
47.9	146.9	29.8	X.Roads	Left	B709 Leithen Road				12:15	12:08	12:01			
49.9	144.9	31.0		Caution!	Narrow Bridge				12:18	12:11	12:04			
51.0	143.8	31.7		Caution!	Cattle Grid				12:20	12:12	12:05			
63.2	131.6	39.3	Junction	Right	B709 dir Heriot				12:39	12:30	12:21			
63.5	131.3	39.5		Caution!	Narrow Bridge				12:39	12:30	12:21			
67.7	127.1	42.1	Sign		Heriot				12:46	12:36	12:27			
67.7	127.1	42.1		Caution!	Narrow Bridge				12:46	12:36	12:27			

Approximate distance of neutralised section 1.6km / 1mile

Distance of stage 194.8km / 121.1miles

Neutralised start 10:45

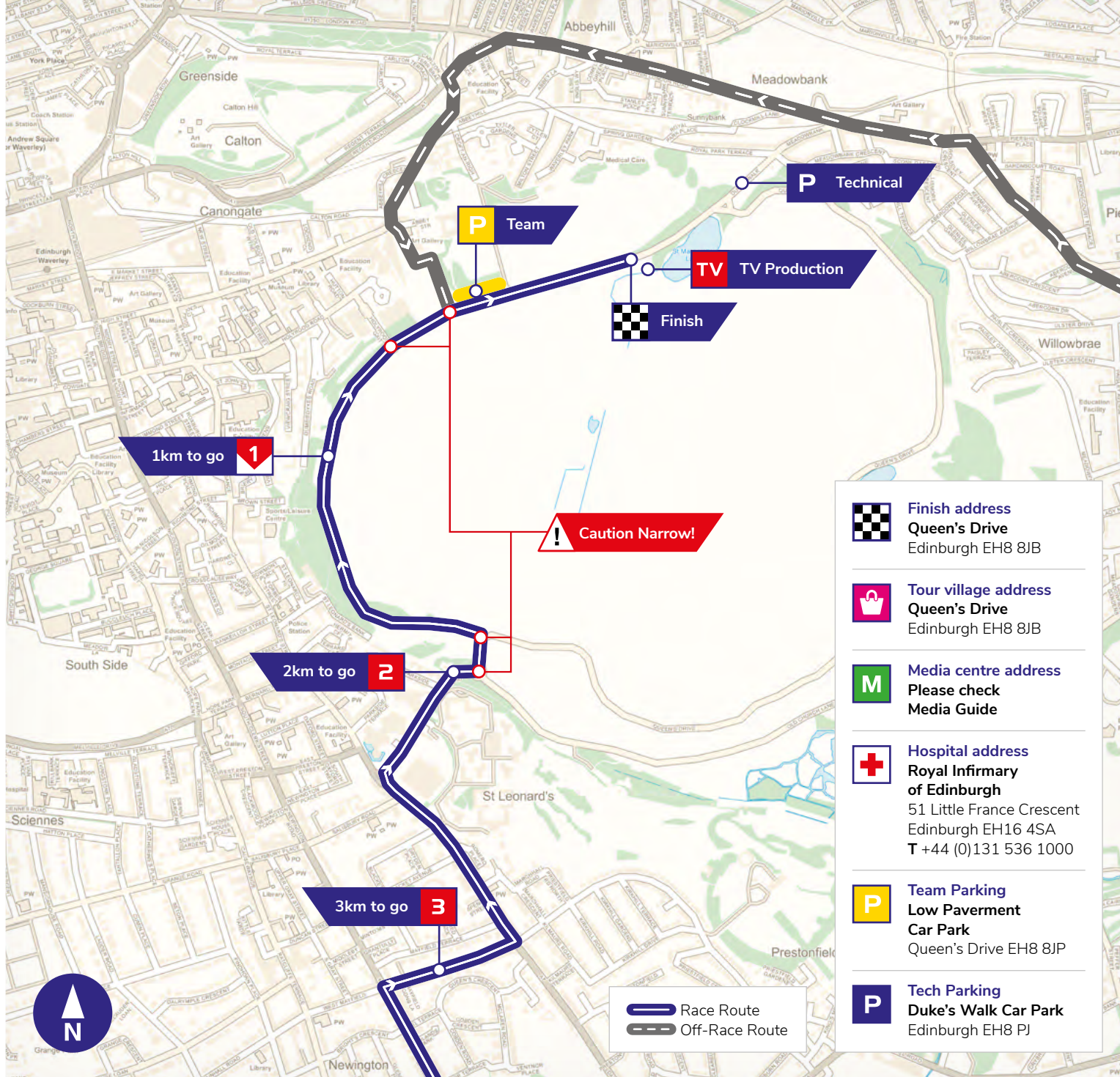
KM	KM to go	Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph		
70.3	124.5	43.7	T.Junction	Right	A7							12:50	12:40	12:30
80.6	114.2	50.1		Caution!	Sharp Left Bend							13:06	12:55	12:43
81.8	113.0	50.9	Sign		Stow							13:08	12:56	12:45
82.6	112.2	51.4		Caution!	Build Outs							13:09	12:58	12:46
83.1	111.7	51.7	X.Roads	Left	B6362 Townfoot							13:10	12:58	12:46
83.3	111.5	51.8	KoM 2 Cat 3	Start								13:10	12:59	12:47
85.9	108.9	53.4		Caution!	Cattle Grid							13:14	13:02	12:50
86.4	108.4	53.7	KoM 2 Cat 3	Finish	Stow Hill							13:15	13:03	12:51
86.4	108.4	53.7	Green Zone									13:15	13:03	12:51
87.5	107.3	54.4		Caution!	Fast Descent							13:17	13:05	12:52
89.5	105.3	55.7		Caution!	Cattle Grid							13:20	13:07	12:55
90.8	104.0	56.5	Sign		Lauder							13:22	13:09	12:56
91.3	103.5	56.8	T.Junction	Right	A68 High Street							13:23	13:10	12:57
91.7	103.1	57.0	Sprint 2		Lauder							13:24	13:11	12:57
92.5	102.3	57.5	Junction	Left	B6362							13:25	13:12	12:58
94.6	100.2	58.8		Cut Right	Slip road to T.Junction							13:28	13:15	13:01
94.7	100.1	58.9	T.Junction	Right	A697							13:28	13:15	13:01
98.8	96.0	61.4		Keep Left	A697							13:35	13:21	13:07
99.9	94.9	62.1	Junction	Left	B6456							13:36	13:22	13:08
101.2	93.6	62.9	Sign		Thornydikes							13:39	13:24	13:10
103.4	91.4	64.3		Caution!	Narrow Bridge							13:42	13:27	13:12
103.6	91.2	64.4	Sign		Westruther							13:42	13:28	13:13
103.9	90.9	64.6	X.Roads	Straight	B6456							13:43	13:28	13:13
114.1	80.7	71.0		Caution!	Fast Descent							13:59	13:43	13:26
115.2	79.6	71.6		Caution!	Sharp Left Bend							14:01	13:44	13:28
115.9	78.9	72.1	T.Junction	Left	A6105 dir Duns							14:02	13:45	13:29
117.9	76.9	73.3		Keep Left	A6105							14:05	13:48	13:31
119.3	75.5	74.2	Sign		Duns							14:07	13:50	13:33
119.4	75.4	74.2		Keep Right	A6105							14:07	13:50	13:33
120.1	74.7	74.7		Caution!	Build Outs							14:08	13:51	13:34
120.7	74.1	75.1	Sprint 3		Duns							14:09	13:52	13:35
120.9	73.9	75.2	Junction	Left	A6112 Teindhillgreen							14:09	13:52	13:35
122.9	71.9	76.4	Junction	Left	B6365							14:13	13:55	13:38
135.1	59.7	84.0		Caution!	Narrow Bridge							14:32	14:13	13:53
136.8	58.0	85.1	Sign		Cranshaws							14:34	14:15	13:55
139.7	55.1	86.9	Sign		East Lothian							14:39	14:19	13:59
140.3	54.5	87.2		Caution!	Fast & Technical Descent							14:40	14:20	14:00
142.2	52.6	88.4		Caution!	Cattle Grid							14:43	14:23	14:02
142.2	52.6	88.4	KoM 3 Cat 2	Start								14:43	14:23	14:02
144.1	50.7	89.6		Caution!	Cattle Grid							14:46	14:25	14:05
146.3	48.5	91.0	KoM 3 Cat 2	Finish	Wanside Rig							14:49	14:29	14:08
146.3	48.5	91.0	Green Zone									14:49	14:29	14:08
146.3	48.5	91.0		Keep Right								14:49	14:29	14:08
146.4	48.4	91.0		Caution!	Cattle Grid							14:50	14:29	14:08


7 FINISH EDINBURGH


Timetable


Saturday 11 September


Time	Activities
04:45	Roads closed
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue)
07:30	Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue) Volunteer marshal briefing
10:00	Media Centre open Event Control briefing
10:45	Stage 7 departs Hawick
11:30	Finish straight available for support activities
11:45	Hospitality open
14:30	Ride for Heroes depart from Holyrood Gait
14:30	Support activities end
15:10	Stage 7 arrives (Fast schedule)
15:38	Stage 7 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Leader's jerseys
16:00	Hospitality closes Press conference
16:30	Volunteer marshals dismissed 24 Stewards dismissed Event Control closes
18:00	Remaining Stewards dismissed
19:00	Media Centre closes





-  **Finish address**
Queen's Drive
Edinburgh EH8 8JB

-  **Tour village address**
Queen's Drive
Edinburgh EH8 8JB

-  **Media centre address**
Please check
Media Guide

-  **Hospital address**
Royal Infirmary
of Edinburgh
51 Little France Crescent
Edinburgh EH16 4SA
T +44 (0)131 536 1000

-  **Team Parking**
Low Paverment
Car Park
Queen's Drive EH8 8JP

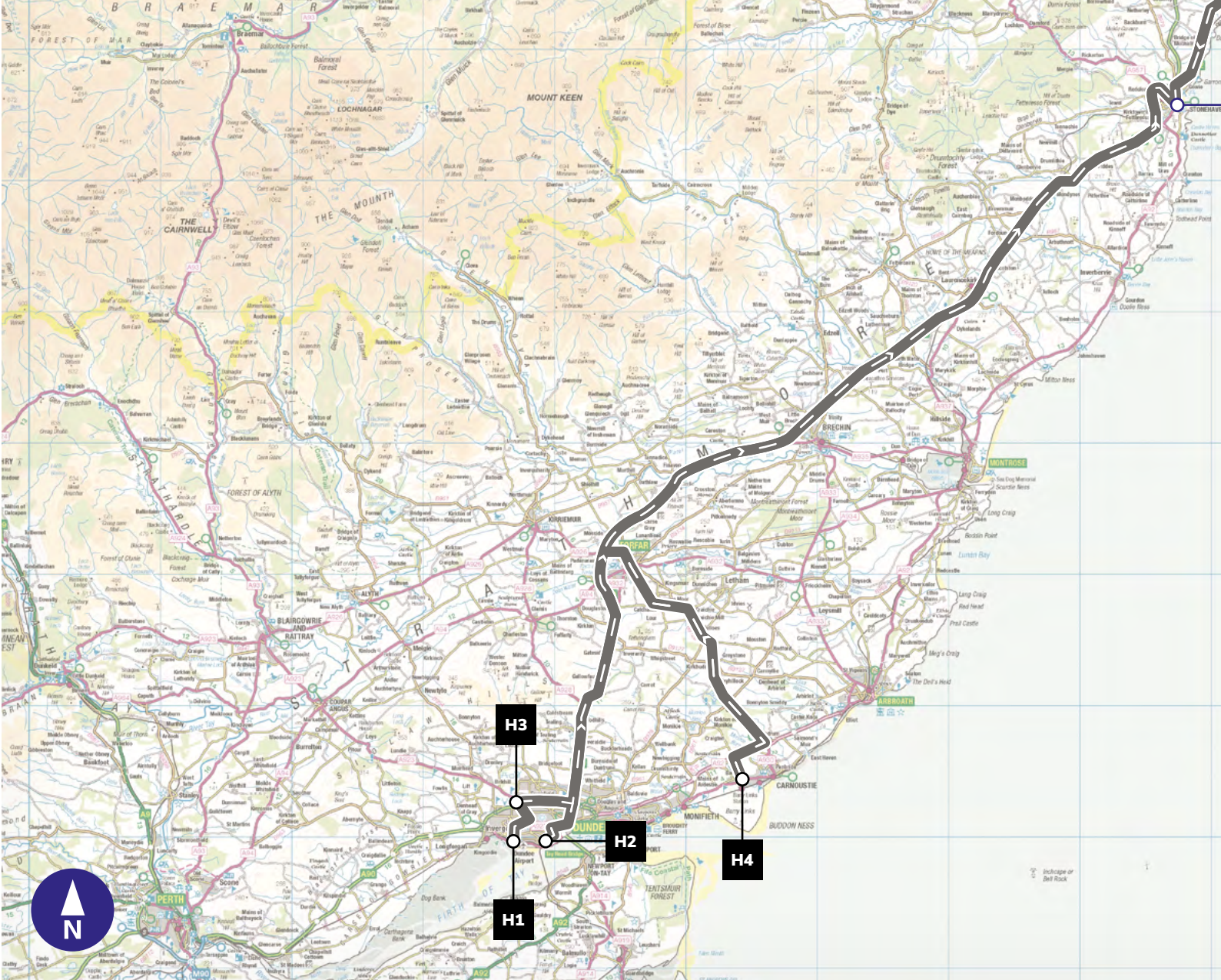
-  **Tech Parking**
Duke's Walk Car Park
Edinburgh EH8 PJ

FINAL 1KM EDINBURGH 7





8 ROUTES FROM HOTELS TO START STONEHAVEN



 Start


- HQ** **The Aberdeen Altens Hotel**
Time to Start: 16m
Distance to Start: 19km / 12mi

- H1** **Best Western Invercarse Hotel**
Time to Start: 60m
Distance to Start: 90km / 56mi

- H2** **Best Western Queens Hotel**
Time to Start: 60m
Distance to Start: 83km / 52mi

- H3** **Landmark Hotel**
Time to Start: 60m
Distance to Start: 86km / 54mi

- H4** **Carnoustie Golf Hotel & Spa**
Time to Start: 70m
Distance to Start: 72km / 45mi

 **See Hotel Manual for contact information**
All journey times shown are approximate – additional time should be added if travelling during peak periods.

START STONEHAVEN

8

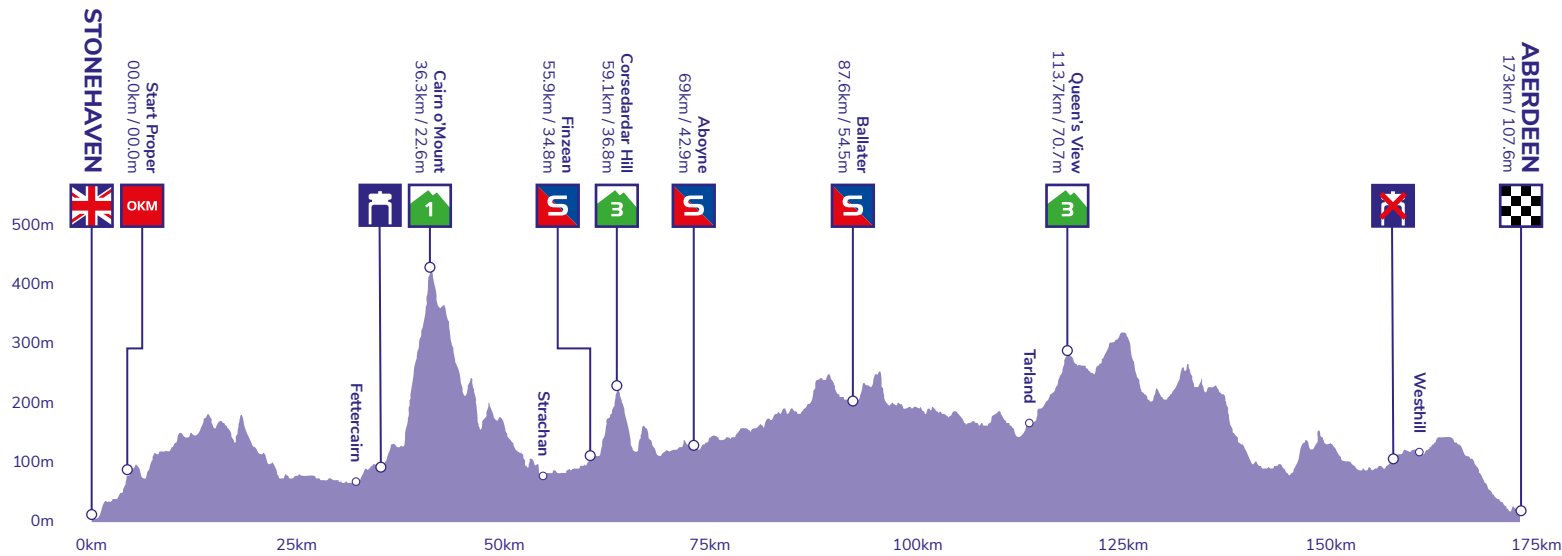
Timetable

Sunday 12 September

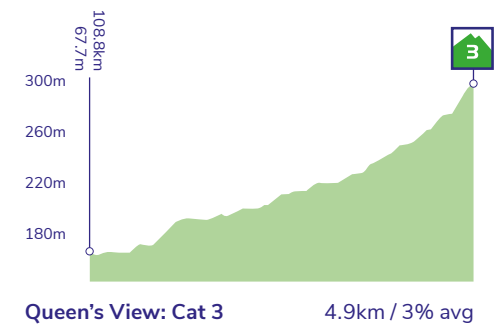
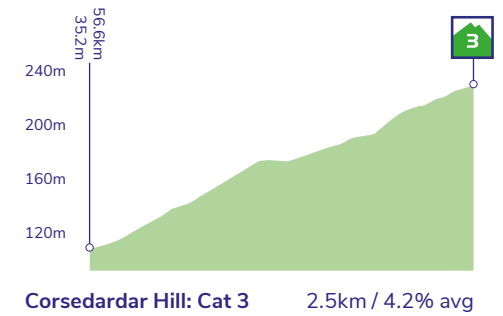
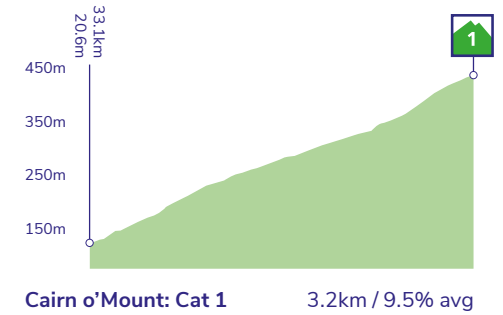
Time	Activities
04:00	Start area closed to traffic
04:30	Start Crew and facilities on site
07:00	Race facilities complete Race Staff, Marshals and Security on site
08:15	PPO in operation
08:45	PA operational
09:15	Breakfast Club opens Guests arrive Teams start to arrive
09:45	Signing on opens
10:00	0km signage in position
10:35	Signing on closes Gathering of race leaders 25m from start line Community lead out riders depart
10:40	Riders assemble on start line Forward vehicles depart
10:45	Start of Stage 8
11:00	Stage 8 de-neutralises
11:00	Commence de-rig
12:45	Site clear
12:45	Start Crew departs



Stage profile



KoM profiles

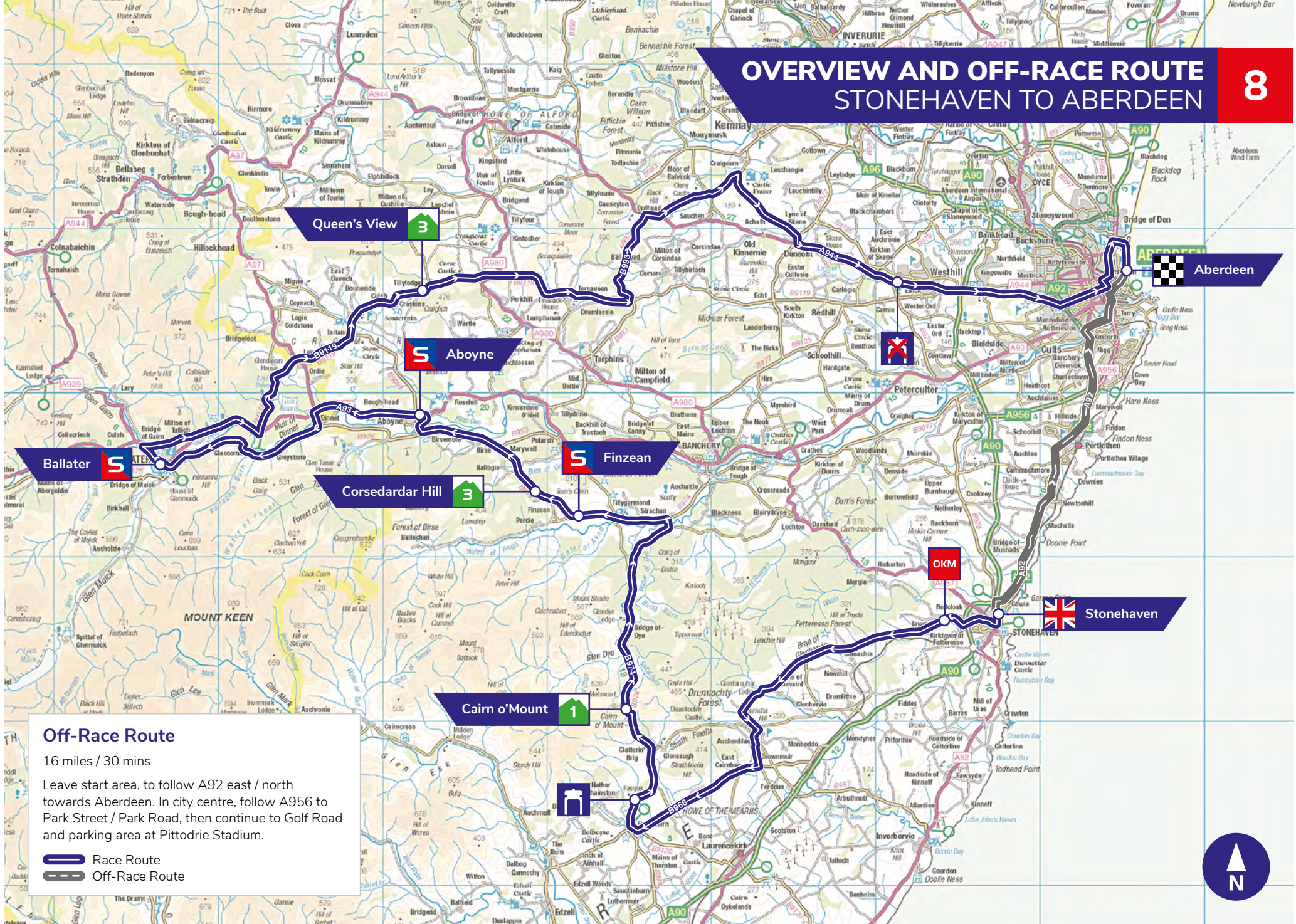


Final 3km profile



OVERVIEW AND OFF-RACE ROUTE STONEHAVEN TO ABERDEEN



8



Off-Race Route

16 miles / 30 mins

Leave start area, to follow A92 east / north towards Aberdeen. In city centre, follow A956 to Park Street / Park Road, then continue to Golf Road and parking area at Pittodrie Stadium.

-  Race Route
-  Off-Race Route



8

RACE SCHEDULE

STONEHAVEN TO ABERDEEN

Neutralised section

Beach Road, B979, David Street, Allardice Street, Market Square, A957, Evan Street, Arduthie Road, Kirkton Road, Broomhill Road

Approximate distance of neutralised section 4.7km / 2.9miles

Distance of stage 173km / 107.6miles

Neutralised start 10:30

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
			Start Neutralised		Stonehaven Leisure Centre	10:30	10:30	10:30
0.00	173.0	0.00	Start Proper			10:45	10:45	10:45
0.6	172.4	0.4		Caution!	Fast Descent	10:45	10:45	10:45
4.6	168.4	2.9		Caution!	Sharp Left Bend	10:52	10:51	10:50
12.4	160.6	7.7		Caution!	Hairpin Bend Left	11:04	11:02	11:00
12.5	160.5	7.8		Caution!	Narrow Bridge	11:04	11:02	11:01
14.3	158.7	8.9		Caution!	Sharp Left Bend	11:07	11:05	11:03
15.7	157.3	9.8	TJunction	Right	Glenfarquar Road	11:09	11:07	11:05
15.7	157.3	9.8		Caution!	Narrow Bridge after turn	11:09	11:07	11:05
16.0	157.0	9.9	Sign		Auchenblae	11:10	11:07	11:05
16.2	156.8	10.1		Caution!	Fast Descent	11:10	11:08	11:05
18.1	154.9	11.3	X.Roads	Right	B966 dir Fettercairn	11:13	11:10	11:08
18.9	154.1	11.8	Sign		Cairnton	11:14	11:12	11:09
19.0	154.0	11.8		Keep Left		11:14	11:12	11:09
24.2	148.8	15.0		Caution!	Hump Back Bridge	11:23	11:19	11:16
26.5	146.5	16.5	X.Roads	Right	B966	11:26	11:22	11:19
27.0	146.0	16.8	Sign		Fettercairn	11:27	11:23	11:19
27.2	145.8	16.9	R/about	3rd Exit	No Cut!	11:27	11:23	11:19
28.8	144.2	17.9		Caution!	Sharp Left Bend	11:30	11:26	11:22
29.3	143.7	18.2		Caution!	Narrow Bridge	11:31	11:26	11:22
30.0	143.0	18.7	Drinks	Start		11:32	11:27	11:23
33.1	139.9	20.6	KoM 1 Cat 1	Start		11:37	11:32	11:27
34.1	138.9	21.2		Caution!	Sheep	11:38	11:33	11:28
35.9	137.1	22.3		Caution!	Hairpin Left on Ascent	11:41	11:36	11:31
36.1	136.9	22.4		Caution!	Hairpin Right on Ascent	11:41	11:36	11:31
36.3	136.7	22.6	KoM 1 Cat 1	Finish	Cairn o'Mount	11:42	11:36	11:31
36.3	136.7	22.6	Green Zone			11:42	11:36	11:31
36.4	136.6	22.6		Caution!	Fast Descent	11:42	11:37	11:31
38.3	134.7	23.8		Caution!	Fast & Technical Descent	11:45	11:39	11:34
40.5	132.5	25.2		Caution!	Narrow Bridge	11:48	11:42	11:37
41.7	131.3	25.9		Caution!	Fast Descent	11:50	11:44	11:38
45.3	127.7	28.2		Caution!	Fast Descent	11:56	11:49	11:43
49.5	123.5	30.8		Caution!	Sharp Left Bend	12:02	11:55	11:48
49.6	123.4	30.8		Caution!	Sharp Right Bend	12:02	11:55	11:48
49.8	123.2	31.0		Keep Left	B974	12:03	11:56	11:49
49.9	123.1	31.0	Sign		Strachan	12:03	11:56	11:49
50.2	122.8	31.2	TJunction	Left	B976	12:03	11:56	11:49
52.5	120.5	32.6		Caution!	Sharp Right Bend	12:07	12:00	11:52
53.8	119.2	33.5		Keep Left		12:09	12:01	11:54
54.0	119.0	33.6	Sign		Finzean	12:09	12:02	11:54
55.8	117.2	34.7	Sign		Finzean Village	12:12	12:04	11:56
55.9	117.1	34.8	Sprint 1		Finzean	12:12	12:04	11:56
56.4	116.6	35.1		Keep Right		12:13	12:05	11:57
56.6	116.4	35.2	KoM 2 Cat 3	Start		12:13	12:05	11:57

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
59.1	113.9	36.8	KoM 2 Cat 3	Finish	Corsedardar Hill	12:17	12:09	12:00
59.1	113.9	36.8	Green Zone			12:17	12:09	12:00
59.1	113.9	36.8		Caution!	Fast Descent	12:17	12:09	12:00
61.2	111.8	38.1	Sign		Ballogie	12:21	12:12	12:03
62.8	110.2	39.1		Keep Left	B976	12:23	12:14	12:05
62.9	110.1	39.1	Sign		Birse	12:23	12:14	12:05
68.0	105.0	42.3	Junction	Right	B698 Bridgeview Road	12:31	12:22	12:12
68.0	105.0	42.3	Sign		Aboyne	12:31	12:22	12:12
68.3	104.7	42.5	Junction	Right	Charlestown Road	12:32	12:22	12:12
69.0	104.0	42.9	Sprint 2		Aboyne	12:33	12:23	12:13
69.2	103.8	43.0	TJunction	Left	A93 Ballater Road	12:33	12:23	12:13
69.8	103.2	43.4	X.Roads	Straight		12:34	12:24	12:14
75.4	97.6	46.9	Sign		Cairngorms National Park	12:43	12:32	12:21
75.8	97.2	47.1	Sign		Dinnet	12:44	12:33	12:22
76.2	96.8	47.4	X.Roads	Left	B9158 Firmouth Road	12:44	12:33	12:22
76.9	96.1	47.8	TJunction	Right	B976 Deerside Road	12:45	12:34	12:23
81.0	92.0	50.4		Caution!	Sharp Right Bend	12:52	12:40	12:29
87.5	85.5	54.4	Junction	Right	B976 Bridge Road	13:02	12:50	12:37
87.6	85.4	54.5	Sign		Ballater	13:02	12:50	12:37
87.6	85.4	54.5	Sprint 3		Ballater	13:02	12:50	12:37
87.8	85.2	54.6	X.Roads	Straight	A93 Bridge Street	13:02	12:50	12:37
89.8	83.2	55.8	Junction	Right	B972 Pass of Ballater	13:06	12:53	12:40
91.6	81.4	57.0	Sign		Tullich	13:08	12:55	12:42
92.8	80.2	57.7	TJunction	Right	A93	13:10	12:57	12:44
97.6	75.4	60.7	Junction	Left	B9119	13:18	13:04	12:50
101.4	71.6	63.1		Keep Right	B9119	13:24	13:09	12:55
103.3	69.7	64.2	TJunction	Right	A97	13:27	13:12	12:57
103.4	69.6	64.3	TJunction	Left	B9119	13:27	13:12	12:57
107.3	65.7	66.7		Keep Left	B9119 Bridge Street	13:33	13:18	13:02
107.8	65.2	67.0		Caution!	Narrow Bridge	13:34	13:19	13:03
108.1	64.9	67.2		Keep Right	B9119	13:34	13:19	13:03
108.4	64.6	67.4		Keep Left	B9119	13:35	13:19	13:04
108.8	64.2	67.7	KoM 3 Cat 3	Start		13:35	13:20	13:04
113.7	59.3	70.7	KoM 3 Cat 3	Finish	Queen's View	13:43	13:27	13:11
113.7	59.3	70.7	Green Zone			13:43	13:27	13:11
121.0	52.0	75.2		Caution!	Fast Descent	13:55	13:37	13:20
122.8	50.2	76.4		Caution!	Narrow Bridge	13:57	13:40	13:22
123.8	49.2	77.0		Caution!	Narrow Bridge	13:59	13:41	13:24
127.7	45.3	79.4	Junction	Left	Caution Sharp Left	14:05	13:47	13:29
129.6	43.4	80.6		Caution!	Sharp Left Bend	14:08	13:50	13:31
130.4	42.6	81.1		Caution!	Narrow Bridge	14:09	13:51	13:32
131.2	41.8	81.6		Keep Right	B993	14:11	13:52	13:33
132.3	40.7	82.3		Caution!	Sharp Left Bend	14:12	13:54	13:35
132.3	40.7	82.3		Caution!	Fast Descent	14:12	13:54	13:35

KM	KM to go		Feature	Instruction	Description	Time		
	38kmph	42kmph				46kmph		
133.8	39.2	83.2	Sign		Millbank	14:15	13:56	13:37
134.5	38.5	83.6	Sign		Ordhead	14:16	13:57	13:37
135.0	38.0	83.9	Junction	Left		14:17	13:57	13:38
138.3	34.7	86.0	X.Roads	Straight		14:22	14:02	13:42
141.0	32.0	87.7	Junction	Right		14:26	14:06	13:46
141.8	31.2	88.2		Keep Left		14:27	14:07	13:47
145.0	28.0	90.2		Caution!	⚠ Hump Back Bridge	14:32	14:12	13:51
146.9	26.1	91.3	T.Junction	Right	B977	14:35	14:14	13:53
147.0	26.0	91.4	Sign		Dunecht	14:36	14:15	13:54
147.3	25.7	91.6	T.Junction	Left	A944	14:36	14:15	13:54
151.9	21.1	94.5	X.Roads	Straight		14:43	14:22	14:00
152.7	20.3	95.0	X.Roads	Straight		14:44	14:23	14:01
153.0	20.0	95.1	20km to Finish		🚫 Drinks end	14:45	14:23	14:01
153.0	20.0	95.1	Green Zone			14:45	14:23	14:01
153.6	19.4	95.5	Sign		Mason Lodge	14:46	14:24	14:02
153.9	19.1	95.7	R/about	2nd Exit	A944 Straik Road	14:46	14:24	14:02
154.5	18.5	96.1	R/about	2nd Exit	A944 Straik Road	14:47	14:25	14:03
156.3	16.7	97.2	R/about	2nd Exit	A944 Westhill Drive	14:50	14:28	14:05
156.9	16.1	97.6	T.Lights	Straight	A944	14:51	14:29	14:06
157.1	15.9	97.7	Sign		Aberdeen	14:51	14:29	14:06
158.0	15.0	98.3			15km to Finish	14:53	14:30	14:08
158.1	14.9	98.3	R/about	4th Exit	A944	14:53	14:30	14:08
159.4	13.6	99.1	T.Lights	Straight	A944	14:55	14:32	14:09
159.7	13.3	99.3	R/about	2nd Exit	A944	14:55	14:33	14:10
160.8	12.2	100.0	R/about	2nd Exit	B9119	14:57	14:34	14:11
161.9	11.1	100.7	T.Lights	Straight	B9119 Skene Road	14:59	14:36	14:13
162.3	10.7	100.9	T.Lights	Straight	B9119 Queens Road	15:00	14:36	14:13
163.0	10.0	101.4	10km to Finish			15:01	14:37	14:14
163.1	9.9	101.4	T.Lights	Straight	B9119 Queens Road	15:01	14:38	14:14
163.3	9.7	101.5	R/about	2nd Exit	B9119 Queens Road	15:01	14:38	14:14
163.6	9.4	101.7	T.Lights	Straight	B9119 Queens Road	15:02	14:38	14:15
164.1	8.9	102.0	T.Lights	Straight	B9119 Queens Road	15:02	14:39	14:15
164.5	8.5	102.3	T.Lights	Straight	B9119 Queens Road	15:03	14:40	14:16
164.6	8.4	102.4	R/about	2nd Exit	B9119 Queens Road	15:03	14:40	14:16
164.8	8.2	102.5	X.Roads	Straight	B9119 Queens Road	15:03	14:40	14:16
165.2	7.8	102.7	R/about	2nd Exit	B9119 Queens Road	15:04	14:41	14:17
165.6	7.4	103.0	R/about	2nd Exit	B9119 Carden Place	15:05	14:41	14:17
166.2	6.8	103.4	T.Lights	Straight	B9119 Skene Street	15:06	14:42	14:18
166.5	6.5	103.5	T.Lights	Straight	B9119 Skene Street	15:06	14:42	14:19
166.8	6.2	103.7	T.Lights	Straight	B9119 Skene Street	15:07	14:43	14:19
167.1	5.9	103.9	R/about	1st Exit	Woolmanhill	15:07	14:43	14:19
167.4	5.6	104.1	R/about	2nd Exit	B986 Skene Square	15:08	14:44	14:20
167.7	5.3	104.3	T.Lights	Right	A944 Hutcheson Street	15:08	14:44	14:20
168.0	5.0	104.5	5km to Finish			15:09	14:45	14:21
168.0	5.0	104.5	Green Zone			15:09	14:45	14:21
168.1	4.9	104.5	T.Lights	Straight	A944 Hutcheson Street	15:09	14:45	14:21
168.1	4.9	104.5		Keep Left	Central Island	15:09	14:45	14:21
168.3	4.7	104.7	R/about	2nd Exit	Mounthooly Way	15:09	14:45	14:21
168.8	4.2	105.0	T.Lights	Left	A956 King Street	15:10	14:46	14:22
169.3	3.7	105.3	T.Lights	Straight	A956 King Street	15:11	14:46	14:22
169.7	3.3	105.5	T.Lights	Straight	A956 King Street	15:11	14:47	14:23
169.9	3.1	105.7	R/about	2nd Exit	A956 King Street	15:11	14:47	14:23
170.4	2.6	106.0	T.Lights	Straight	A956 King Street	15:12	14:48	14:24
170.7	2.3	106.1	T.Lights	Straight	A956 King Street	15:13	14:48	14:24

KM	KM to go		Miles	Feature	Instruction	Description	Time		
	38kmph	42kmph					46kmph		
170.9	2.1	106.3	T.Lights	Right	Esplanade (CUT)	15:13	14:49	14:24	
173.0	0.0	107.6	Finish		🚧 Esplanade – Aberdeen	15:16	14:52	14:27	

NOTES

8

FINISH ABERDEEN

Timetable

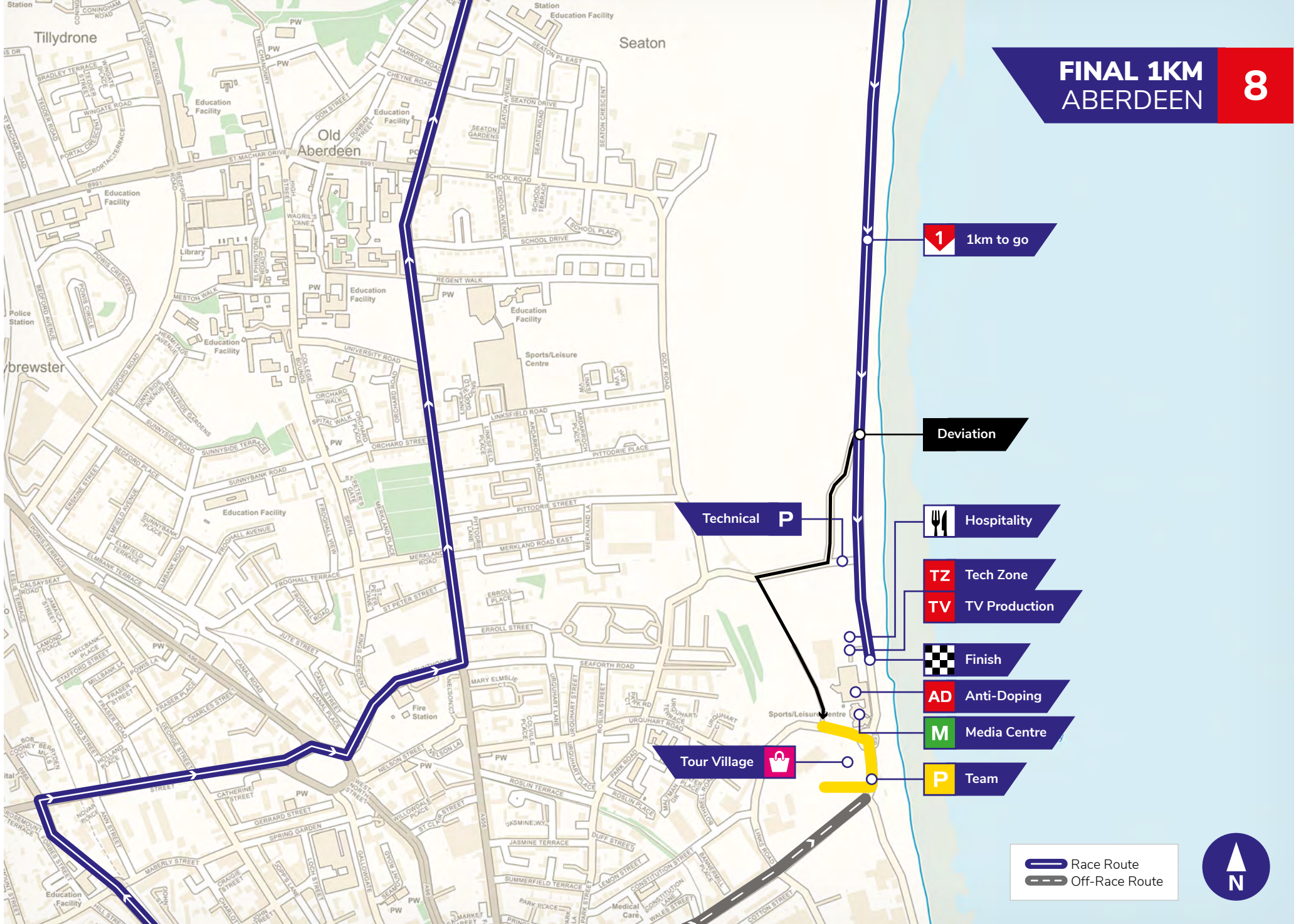
Sunday 12 September

Time	Activities
04:45	Roads closed
05:15	Race facilities/Contractors arrive on site
05:30	Commence build up
07:00	6 Stewards on site (venue)
07:30	Position promotional units
08:00	All staff on site
08:30	Crew breakfast / briefing
09:00	24 Stewards on site (venue) Volunteer marshal briefing
10:00	Media Centre open Event Control briefing
10:45	Stage 8 departs Stonehaven
11:30	Finish straight available for support activities
11:45	Hospitality open
14:00	Ride for Heroes depart from Accommodation Road
14:30	Support activities end
14:27	Stage 8 arrives (Fast schedule)
14:52	Stage 8 arrives (Expected schedule)
15:40	Presentation of Stage Winner and Winner's jerseys
16:00	Hospitality closes Press conference
16:30	Volunteer marshals dismissed 24 Stewards dismissed Event Control closes
18:00	Remaining Stewards dismissed
19:00	Media Centre closes



FINAL 1KM ABERDEEN

8



**TOUR OF
BRITAIN**

5-12 September 2021



TECHNICAL SECTION



TECHNICAL SECTION

HOSPITALS

STAGE 1

Sunday 5 September

Royal Cornwall Hospital (Treliske)

Treliske
Truro
Cornwall
TR1 3LQ
T +44 (0)1872 250000

Derriford Hospital

Derriford Road
Crownhill
Plymouth
PL6 8DH
T +44 (0)1752 202082

STAGE 2

Monday 6 September

Derriford Hospital

Derriford Road
Crownhill
Plymouth
Devon
PL6 8DH
T +44 (0)1752 202082

Royal Devon and Exeter Hospital

Barrack Road
Exeter
EX2 5DW
T +44 (0)1392 411611

STAGE 3

Tuesday 7 September

Glangwili General Hospital

Dolgwili Road
Glangwili
Carmarthen
SA31 2AF
T +44 (0)1267 235151

STAGE 4

Wednesday 8 September

Bronglais General Hospital

Caradog Road
Aberystwyth
SY23 1ER
T +44 (0)1970 623131

Glan Clwyd Hospital

Rhuddlan Road
Bodelwyddan
Rhyl
Denbighshire
LL18 5UJ
T +44 (0)1745 583910

STAGE 5

Thursday 9 September

Wythenshawe Hospital

Southmoor Road
Wythenshawe
Manchester
Greater Manchester
M23 9LT
T +44 (0)161 998 7070

Warrington Hospital

Lovely Lane
Warrington
WA5 1QG
T +44 (0)1925 635911

STAGE 6

Friday 10 September

Cumberland Infirmary

Newtown Road
Carlisle
Cumbria
CA2 7HY
T +44 (0)1228 523444

Queen Elizabeth Hospital

Queen Elizabeth Avenue
Sheriff Hill
Gateshead
NE9 6SX
T +44 (0)191 482 0000

STAGE 7

Saturday 11 September

Borders General Hospital

Melrose
TD6 9BS
T +44 (0)1896 826000

Royal Infirmary of Edinburgh

51 Little France Crescent
Edinburgh
EH16 4SA
T +44 (0)131 536 1000

STAGE 8

Sunday 12 September

Aberdeen Royal Infirmary

Foresterhill
Aberdeen
AB25 2ZN
T +44 (0)345 456 6000

TECHNICAL SECTION PRIZES AND LEADER'S JERSEYS

Placing	Daily Stages 1 – 8	Jersey Leader Daily	General Classification	Points	Mountains	Sprints	Team
1	€ 3,615	Overall Leader	€150	€ 14,460	€1,000	€1,000	€1,000
2	€ 1,805	Points	€150	€ 7,220			
3	€ 905	Mountains	€150	€ 3,620			
4	€ 455	Sprints	€150	€ 1,820			
5	€ 365			€ 1,460			
6	€ 270			€ 1,076			
7	€ 270			€ 1,076			
8	€ 180			€ 720			
9	€ 180			€ 720			
10	€ 95			€ 368			
11	€ 95			€ 368			
12	€ 95			€ 368			
13	€ 95			€ 368			
14	€ 95			€ 368			
15	€ 95			€ 368			
16	€ 95			€ 368			
17	€ 95			€ 368			
18	€ 95			€ 368			
19	€ 95			€ 368			
20	€ 95			€ 368			
	€9,090		€600				
	x 8 stages		x 7 stages				
	€72,420		€4,200	€36,220	€1,000	€1,000	€1,000
							TOTAL
							€117,140



Overall Race
Jersey



ŠKODA King of the
Mountains Jersey



Eisberg
Sprints Jersey



Sportsbreaks.com
Points Jersey



**THE
WOMEN'S
TOUR**

**WORLD-CLASS
WOMEN'S
CYCLE-RACING**

- 1** MON 4 OCT **BICESTER TO BANBURY**
- 2** TUE 5 OCT **WALSALL**
- 3** WED 6 OCT **ATHERSTONE** INDIVIDUAL TIME TRIAL
- 4** THU 7 OCT **SHOEBURYNNESS TO SOUTHEND-ON-SEA**
- 5** FRI 8 OCT **COLCHESTER TO CLACTON**
- 6** SAT 9 OCT **HAVERHILL TO FELIXSTOWE**





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