

Stage Six: Barrow -in-Furness - Whinlatter



Start :	Duke Street, Barrow-in-Furness
Neutralised section :	9.6 km or 5.9 miles
Stage Distance :	168.3 km or 104.7 miles
Finish :	Whinlatter Visitors' Centre, Whinlatter

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
9.60	9.60	5.90	5.90	Start Neutralised		Duke Street, Barrow-in-Furness	42	10:45	11:00	11:00	11:00	
0.00	168.3	0.00	104.7	Start Proper		Rampside Road	42	11:00	11:15	11:15	11:15	00:00
2.6	165.7	1.6	103.0	R/about	1st Exit	A5087 Coast Road	42	11:03	11:19	11:18	11:18	00:00
3.5	164.8	2.2	102.5	Sign		Roosebeck	42	11:05	11:20	11:20	11:19	00:01
10.4	157.9	6.5	98.2		Keep Right	A5087 Coast Road	42	11:14	11:31	11:29	11:28	00:02
14.8	153.5	9.2	95.5		Keep Right	A5087	42	11:21	11:38	11:36	11:34	00:04
15.9	152.4	9.9	94.8	Sign		Ulverston	42	11:22	11:39	11:37	11:35	00:04
17.6	150.7	10.9	93.7	Sprint 1		Ulverston	42	11:25	11:42	11:40	11:37	00:05
18.1	150.2	11.3	93.4	T.Lights	Left	A590 County Road Caution! Wrongside!	42	11:25	11:43	11:40	11:38	00:05
18.3	150.0	11.4	93.3	R/about	3rd Exit	Market Street Caution! Against One Way!	42	11:26	11:43	11:41	11:38	00:05
18.5	149.8	11.5	93.2		Caution!	Cobbled & Narrow Road	42	11:26	11:44	11:41	11:38	00:05
18.7	149.6	11.6	93.0	X.Roads	Right	King Street	42	11:26	11:44	11:41	11:39	00:05
18.9	149.4	11.8	92.9	M R/about	1st Exit	B5281 Soutergate	42	11:27	11:44	11:42	11:39	00:05
20.2	148.1	12.6	92.1		Keep Left	B5281	42	11:28	11:46	11:43	11:40	00:05
22.6	145.7	14.1	90.6	Sign		Broughton Beck	42	11:32	11:50	11:47	11:44	00:06
26.0	142.3	16.2	88.5	T.Junction	Right	A5092 Caution! Sharp Turn!	42	11:37	11:55	11:52	11:48	00:07
26.1	142.2	16.2	88.4	Sign		Gawthwaite	42	11:37	11:56	11:52	11:48	00:07
29.2	139.1	18.2	86.5	Juntion	Left	A5084 Caution! Sharp Turn!	42	11:41	12:00	11:56	11:52	00:08
32.6	135.7	20.3	84.4		Caution!	Narrow Road	42	11:46	12:06	12:01	11:56	00:09
33.3	135.0	20.7	83.9	Sign		Water Yeat	42	11:47	12:07	12:02	11:57	00:09
33.7	134.6	21.0	83.7		Caution!	Cattle Grid	42	11:48	12:07	12:03	11:58	00:09
35.5	132.8	22.1	82.6		Keep Right	A5084	42	11:50	12:10	12:05	12:00	00:10
35.7	132.6	22.2	82.5		Caution!	Cattle Grid	42	11:51	12:11	12:06	12:00	00:10
38.6	129.7	24.0	80.7	Sign		Torver	42	11:55	12:15	12:10	12:04	00:11
39.1	129.2	24.3	80.3	T.Junction	Right	A593	42	11:55	12:16	12:10	12:05	00:11
39.5	128.8	24.6	80.1		Caution!	Narrow Bridge	42	11:56	12:17	12:11	12:05	00:11
39.8	128.5	24.7	79.9		Caution!	Fast Descent & Narrow Bridge	42	11:56	12:17	12:11	12:06	00:11
41.6	126.7	25.9	78.8	Sign		Coniston	42	11:59	12:20	12:14	12:08	00:11
43.1	125.2	26.8	77.9	Junction	Right	B5285	42	12:01	12:22	12:16	12:10	00:12
43.2	125.1	26.9	77.8		Keep Right	B5285	42	12:01	12:22	12:16	12:10	00:12
43.5	124.8	27.1	77.6		Keep Right	B5285	42	12:02	12:23	12:17	12:10	00:12
44.7	123.6	27.8	76.9		Keep Left	B5285	42	00:00	12:25	12:18	12:12	00:12
45.1	123.2	28.0	76.6	KoM 1 Cat 1			42	12:04	12:25	12:19	12:12	00:12
47.0	121.3	29.2	75.4	KoM 1 Cat 1		Hawkshead Hill	42	12:07	12:28	12:22	12:15	00:13
48.0	120.3	29.8	74.8		Caution!	Fast & Narrow Descent	42	12:08	12:30	12:23	12:16	00:13
48.9	119.4	30.4	74.2	T.Junction	Left	B5286	42	12:09	12:31	12:24	12:17	00:13
49.9	118.4	31.0	73.6	Sign		Outgate	42	12:11	12:33	12:26	12:19	00:14
50.0	118.3	31.1	73.6	Drinks	Start		42	12:11	12:33	12:26	12:19	00:14
50.6	117.7	31.5	73.2		Caution!	Fast Descent	42	12:12	12:34	12:27	12:20	00:14
52.3	116.0	32.5	72.1		Keep Left	B5286	42	12:14	12:37	12:29	12:22	00:14
54.7	113.6	34.0	70.6		Caution!	Narrow Bridge	42	12:18	12:40	12:33	12:25	00:15
54.8	113.5	34.1	70.6	T.Junction	Right	A593	42	12:18	12:41	12:33	12:25	00:15
55.5	112.8	34.5	70.1	Sign		Ambleside	42	12:19	12:42	12:34	12:26	00:15
55.5	112.8	34.5	70.1		Caution!	Narrow Bridge	42	12:19	12:42	12:34	12:26	00:15
55.7	112.6	34.6	70.0		Keep Left	A593	42	12:19	12:42	12:34	12:26	00:15
55.7	112.6	34.6	70.0	T.Junction	Left	A593 Rothay Road	42	12:19	12:42	12:34	12:26	00:15
56.1	112.2	34.9	69.8		Keep Left	A593 Compston Road	42	12:20	12:43	12:35	12:27	00:16
56.3	112.0	35.0	69.6	Sprint 2		Ambleside	42	12:20	12:43	12:35	12:27	00:16
56.4	111.9	35.1	69.6		Keep Left	A591 Rydal Road	42	12:20	12:43	12:35	12:27	00:16
56.5	111.8	35.1	69.5	M R/about	1st Exit	A591 Rydal Road	42	12:20	12:43	12:35	12:27	00:16

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Stage Distance :	168.3 km or 104.7 miles
Finish :	Whinlatter Visitors' Centre, Whinlatter

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
58.1	110.2	36.1	68.5	Sign		Rydal	42	12:23	12:46	12:38	12:29	00:16
61.3	107.0	38.1	66.5	Sign		Grasmere	42	12:27	12:51	12:42	12:33	00:17
62.0	106.3	38.6	66.1	M R/about	1st Exit	B5287 Stock Lane	42	12:28	12:52	12:43	12:34	00:17
62.6	105.7	38.9	65.7		Keep Right	B5287 Church Lane	42	12:29	12:53	12:44	12:35	00:17
62.8	105.5	39.1	65.6		Keep Right	B5287 Bondgate	42	12:29	12:53	12:44	12:35	00:17
63.4	104.9	39.4	65.2		Keep Right	B5287 Swan Lane	42	12:30	12:54	12:45	12:36	00:18
63.6	104.7	39.5	65.1	T.Junction	Left	A591	42	12:30	12:54	12:45	12:36	00:18
63.8	104.5	39.7	65.0	Green Zone	Start		42	12:31	12:55	12:46	12:37	00:18
64.0	104.3	39.8	64.9	Feed Zone	Start	TBC	42	12:31	12:55	12:46	12:37	00:18
65.2	103.1	40.5	64.1	Green Zone	Finish		42	12:33	12:57	12:48	12:38	00:18
65.6	102.7	40.8	63.9	KoM 2 Cat 2	Start		42	12:33	12:58	12:48	12:39	00:18
67.0	101.3	41.7	63.0		Keep Left	Central Reservation	42	12:35	13:00	12:50	12:41	00:19
67.2	101.1	41.8	62.9	KoM 2 Cat 2	Finish	Dunmail Raise	42	12:36	13:00	12:51	12:41	00:19
67.3	101.0	41.9	62.8		Caution!	Deer	42	12:36	13:00	12:51	12:41	00:19
80.7	87.6	50.2	54.5	Sign		Keswick	42	12:55	13:21	13:10	12:58	00:23
80.7	87.6	50.2	54.5		Caution!	Fast Descent	42	12:55	13:21	13:10	12:58	00:23
83.1	85.2	51.7	53.0		Keep Right	A5271 Victoria Street	42	12:58	13:25	13:13	13:01	00:23
83.5	84.8	51.9	52.7	T.Lights	Right	A5271 Main Street	42	12:59	13:26	13:14	13:02	00:23
83.5	84.8	51.9	52.7	M R/about	2nd Exit	B52289 Main Street	42	12:59	13:26	13:14	13:02	00:23
84.3	84.0	52.4	52.2		Keep Left	B5289	42	13:00	13:27	13:15	13:03	00:24
85.2	83.1	53.0	51.7	T.Junction	Left	A66	42	13:01	13:28	13:16	13:04	00:24
86.7	81.6	53.9	50.7	Junction	Left	B5292 dir Braithwaite	42	13:03	13:31	13:18	13:06	00:24
86.8	81.5	54.0	50.7	T.Junction	Left	B5292 dir Braithwaite	42	13:04	13:31	13:19	13:06	00:24
87.3	81.0	54.3	50.4	KoM 3 Cat 1	Start		42	13:04	13:32	13:19	13:07	00:24
88.3	80.0	54.9	49.7	Sign		Whinlatter	42	13:06	13:33	13:21	13:08	00:25
90.6	77.7	56.3	48.3	KoM 3 Cat 1	Finish	Whinlatter 1st Passage	42	13:09	13:37	13:24	13:11	00:25
90.6	77.7	56.3	48.3		Caution!	Fast Descent	42	13:09	13:37	13:24	13:11	00:25
95.3	73.0	59.3	45.4	Sign		Lorton	42	13:16	13:44	13:31	13:17	00:27
97.2	71.1	60.4	44.2	Junction	Left	B5289 dir Lorton	42	13:18	13:47	13:33	13:19	00:27
97.2	71.1	60.4	44.2	T.Junction	Left	B5289	42	13:18	13:47	13:33	13:19	00:27
97.6	70.7	60.7	44.0		Keep Right	B5289	42	13:19	13:48	13:34	13:20	00:27
97.8	70.5	60.8	43.8	Sign		Lorton	42	13:19	13:48	13:34	13:20	00:27
98.2	70.1	61.1	43.6		Caution!	Narrow Road	42	13:20	13:49	13:35	13:21	00:28
98.5	69.8	61.3	43.4		Keep Right	B5289	42	13:20	13:49	13:35	13:21	00:28
102.7	65.6	63.9	40.8		Caution!	Fast Descent	42	13:26	13:56	13:41	13:27	00:29
103.2	65.1	64.2	40.5	Sign		Loweswater	42	13:27	13:57	13:42	13:27	00:29
103.8	64.5	64.5	40.1	KoM 4 Cat 1	Start		42	13:28	13:58	13:43	13:28	00:29
108.6	59.7	67.5	37.1	Junction	Right	dir Workington	42	13:35	14:05	13:50	13:34	00:31
109.2	59.1	67.9	36.8	KoM 4 Cat 1	Finish	Fangs Brow	42	13:36	14:06	13:51	13:35	00:31
109.2	59.1	67.9	36.8		Caution!	Fast Descent	42	13:36	14:06	13:51	13:35	00:31
109.5	58.8	68.1	36.6	Sign		Mockerkin	42	13:36	14:07	13:51	13:35	00:31
109.7	58.6	68.2	36.4		Caution!	Narrow Road	42	13:36	14:07	13:51	13:36	00:31
110.5	57.8	68.7	35.9	T.Junction	Right	A5086	42	13:37	14:08	13:52	13:37	00:31
110.6	57.7	68.8	35.9	Junction	Left	duir Branthwaite	42	13:38	14:08	13:53	13:37	00:31
111.2	57.1	69.1	35.5	Sign		Ullock	42	13:38	14:09	13:53	13:37	00:31
111.7	56.6	69.5	35.2		Caution!	Narrow Bridge	42	13:39	14:10	13:54	13:38	00:31
113.2	55.1	70.4	34.3	Sign		Branthwaite	42	13:41	14:12	13:56	13:40	00:32
115.4	52.9	71.8	32.9	T.Junction	Left	dir Workington	42	13:44	14:16	13:59	13:43	00:32
117.4	50.9	73.0	31.7	R/about	2nd Exit	A595 Braithwaite Road	42	13:47	14:19	14:02	13:45	00:33
118.8	49.5	73.9	30.8	T.Junction	Right	A596	42	13:49	14:21	14:04	13:47	00:33

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Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
118.9	49.4	73.9	30.7	T.Junction	Right	A596	42	13:49	14:21	14:04	13:47	00:33
121.3	47.0	75.4	29.2	M R/about	2nd Exit	A596 Washington Street	42	13:53	14:25	14:08	13:50	00:34
121.4	46.9	75.5	29.2	T.Lights	Left	B5297 Jane Street	42	13:53	14:25	14:08	13:51	00:34
121.6	46.7	75.6	29.0	M R/about	2nd Exit	B5297 Oxford Street	42	13:53	14:26	14:08	13:51	00:34
122.5	45.8	76.2	28.5		Keep Left	A597 Church Street	42	13:55	14:27	14:10	13:52	00:35
122.9	45.4	76.4	28.2	R/about	2nd Exit	A597 New Bridge Road	42	13:55	14:28	14:10	13:53	00:35
123.3	45.0	76.7	28.0		Keep Left	A597 New Bridge Road	42	13:56	14:28	14:11	13:53	00:35
123.4	44.9	76.7	27.9	R/about	1st Exit	A596 Northside Road	42	13:56	14:28	14:11	13:53	00:35
124.4	43.9	77.4	27.3	R/about	1st Exit	Calva Brow	42	13:57	14:30	14:12	13:54	00:35
124.8	43.5	77.6	27.1	Sign		Seaton	42	13:58	14:31	14:13	13:55	00:35
126.6	41.7	78.7	25.9		Keep Left		42	14:00	14:33	14:15	13:57	00:36
130.2	38.1	81.0	23.7	Sign		Broughton Moor	42	14:06	14:39	14:21	14:02	00:37
130.6	37.7	81.2	23.4	Sprint		MacRebur Sprint	42	14:06	14:40	14:21	14:02	00:37
130.9	37.4	81.4	23.3	X.Roads	Straight	Wyndham Road	42	14:07	14:40	14:22	14:03	00:37
133.5	34.8	83.0	21.6	T.Junction	Right	A594 Craggs Road	42	14:10	14:44	14:25	14:06	00:38
135.4	32.9	84.2	20.5	Sign		Dovenby	42	14:13	14:47	14:28	14:09	00:38
138.1	30.2	85.9	18.8	R/about	2nd Exit	A5086 Gote Brow	42	14:17	14:52	14:32	14:12	00:39
138.3	30.0	86.0	18.7		Caution!	Fast Descent	42	14:17	14:52	14:32	14:12	00:39
138.8	29.5	86.3	18.3	Sign		Cockermouth	42	14:18	14:53	14:33	14:13	00:39
139.5	28.8	86.7	17.9	M R/about	1st Exit	A5086 Crown Street	42	14:19	14:54	14:34	14:14	00:39
139.7	28.6	86.9	17.8	M R/about	1st Exit	A5086 Main Street	42	14:19	14:54	14:34	14:14	00:39
140.9	27.4	87.6	17.0	Sprint 3		Cockermouth	42	14:21	14:56	14:36	14:16	00:40
141.5	26.8	88.0	16.7	Junction	Left		42	14:22	14:57	14:37	14:16	00:40
146.1	22.2	90.9	13.8		Caution!	Fast Descent	42	14:28	15:04	14:43	14:22	00:41
147.6	20.7	91.8	12.9	T.Junction	Left	B5291	42	14:30	15:06	14:45	14:24	00:42
148.2	20.1	92.2	12.5		Keep Left	B5291	42	14:31	15:07	14:46	14:25	00:42
148.2	20.1	92.2	12.5		Caution!	Narrow Bridge	42	14:31	15:07	14:46	14:25	00:42
150.0	18.3	93.3	11.4	T.Junction	Right	A591	42	14:34	15:10	14:49	14:27	00:42
160.7	7.6	99.9	4.7	R/about	2nd Exit	A5271 Crosthwaite Road	42	14:49	15:27	15:04	14:41	00:45
160.8	7.5	100.0	4.7	Sign		Keswick	42	14:49	15:27	15:04	14:41	00:45
161.5	6.8	100.4	4.2	T.Junction	Right	B5289 High Hill	42	14:50	15:28	15:05	14:42	00:46
161.7	6.6	100.6	4.1		Keep Left	B5289	42	14:51	15:29	15:06	14:42	00:46
162.7	5.6	101.2	3.5	T.Junction	Left	A66	42	14:52	15:30	15:07	14:44	00:46
164.2	4.1	102.1	2.5	Junction	Left		42	14:54	15:33	15:09	14:46	00:46
164.3	4.0	102.2	2.5	T.Junction	Left	B5292 dir Braithwaite	42	14:54	15:33	15:09	14:46	00:46
164.8	3.5	102.5	2.2	KoM 5 Cat 1	Start		42	14:55	15:33	15:10	14:46	00:47
166.3	2.0	103.4	1.2	Sign		Whinlatter	42	14:57	15:36	15:12	14:48	00:47
168.1	0.2	104.5	0.1	KoM 5 Cat 1	Finish	Whinlatter Pass	42	15:00	15:39	15:15	14:51	00:48
168.3	0.0	104.7	0.0	Finish		Whinlatter Visitors' Centre	42	15:00	15:39	15:15	14:51	00:48