

# STAGE SIX | CARLISLE TO GATESHEAD FRIDAY 10 SEPTEMBER



START	Devonshire Walk, Carlisle
NEUTRALISED SECTION	6.2km or 3.8 miles
STAGE DISTANCE	198 km or 123.1 miles
FINISH	Angel of the North (Durham Road), Gateshead

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
0.00	6.20	0.00	3.80	Start Neutralised		Devonshire Walk, Carlisle	42	10:45	10:45	10:45
0.00	198.0	0.00	123.1	Start Proper		B5299 Dalston Road	42	11:00	11:00	11:00
2.1	195.9	1.3	121.8	Sign		Dalston Road	42	11:03	11:03	11:02
3.2	194.8	2.0	121.1	X.Roads	Straight		42	11:05	11:04	11:04
4.6	193.4	2.9	120.3		Keep Right	B5299	42	11:07	11:06	11:05
5.8	192.2	3.6	119.5		Keep Right	B5299	42	11:09	11:08	11:07
9.3	188.7	5.8	117.3	Sign		Welton	42	11:14	11:13	11:11
11.4	186.6	7.1	116.0	X.Roads	Left	B5305	42	11:17	11:16	11:14
12.2	185.8	7.6	115.5		Caution!	Fast Descent	42	11:19	11:17	11:15
13.1	184.9	8.1	115.0		Caution!	Narrow Bridge	42	11:20	11:18	11:16
25.5	172.5	15.9	107.3	Junction	Right	dir Greystoke	42	11:40	11:36	11:32
28.3	169.7	17.6	105.5	Sign		Blencow	42	11:44	11:40	11:36
28.8	169.2	17.9	105.2	X.Roads	Straight		42	11:45	11:41	11:37
30.0	168.0	18.7	104.5	Drinks Start			42	11:47	11:42	11:38
30.8	167.2	19.2	104.0		Keep Left		42	11:48	11:44	11:39
31.0	167.0	19.3	103.8	Sign		Greystoke	42	11:48	11:44	11:39
31.2	166.8	19.4	103.7		Keep Left		42	11:49	11:44	11:40
31.2	166.8	19.4	103.7	T.Junction	Right	B5288	42	11:49	11:44	11:40
32.0	166.0	19.9	103.2		Keep Right	B5288	42	11:50	11:45	11:41
33.8	164.2	21.0	102.1	Sign		Motherby	42	11:53	11:48	11:43
34.0	164.0	21.1	102.0	Sprint 1		Motherby	42	11:53	11:48	11:43
35.1	162.9	21.8	101.3		Cut Right	Against One Way	42	11:55	11:50	11:45
35.2	162.8	21.9	101.2	T.Junction	Right	B5288	42	11:55	11:50	11:45
35.9	162.1	22.3	100.8	X.Roads	Straight	Cross A66	42	11:56	11:51	11:46
36.8	161.2	22.9	100.2		Keep Right		42	11:57	11:52	11:47
40.4	157.6	25.1	98.0	Sign		Matterdale End	42	12:03	11:57	11:51
40.7	157.3	25.3	97.8	T.Junction	Left	A5091	42	12:03	11:58	11:52
42.5	155.5	26.4	96.7	Sign		Dockray	42	12:06	12:00	11:54
43.2	154.8	26.9	96.3		Caution!	Fast Descent	42	12:07	12:01	11:55
48.8	149.2	30.3	92.8	Sign		Watermillock	42	12:16	12:09	12:02
53.4	144.6	33.2	89.9		Keep Right	B5320	42	12:23	12:16	12:08
54.2	143.8	33.7	89.4		Caution!	Narrow Bridge	42	12:25	12:17	12:09
54.5	143.5	33.9	89.2	M R/about	1st Exit	B5370	42	12:25	12:17	12:10
57.6	140.4	35.8	87.3	Sign		Tirril	42	12:30	12:22	12:14
59.8	138.2	37.2	85.9	Sign		Yanwath	42	12:33	12:25	12:16
61.4	136.6	38.2	84.9	M R/about	1st Exit	A6	42	12:36	12:27	12:18
62.0	136.0	38.6	84.6	R/about	2nd Exit	A6 Bridge Lane	42	12:37	12:28	12:19
62.8	135.2	39.1	84.1	T.Lights	Straight	A6 Victoria Road	42	12:38	12:29	12:20
62.9	135.1	39.1	84.0	T.Lights	Straight	A6 Victoria Road	42	12:38	12:29	12:20
63.0	135.0	39.2	83.9	X.Roads	Straight	A6 King Street	42	12:39	12:30	12:21
63.3	134.7	39.4	83.8	Junction	Right	Market Street Against One Way System	42	12:39	12:30	12:21
63.4	134.6	39.4	83.7	Sprint 2		Penrith	42	12:39	12:30	12:21
63.5	134.5	39.5	83.6	X.Roads	Right	A6 Corney Square Against One Way System	42	12:39	12:30	12:21
63.6	134.4	39.5	83.6		Keep Left	A6 Wilson Row Against One Way System	42	12:39	12:30	12:21
64.1	133.9	39.9	83.3	M R/about	1st Exit	A6 Scotland Road	42	12:40	12:31	12:22

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FINISH	Angel of the North (Durham Road), Gateshead

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
64.2	133.8	39.9	83.2		Keep Right	A6 Scotland Road	42	12:40	12:31	12:22
64.4	133.6	40.0	83.1	Junction	Right	Salkeld Road	42	12:41	12:32	12:22
64.4	133.6	40.0	83.1	TJunction	Right	Salkeld Road	42	12:41	12:32	12:22
64.4	133.6	40.0	83.1	X.Roads	Right	Beacon Edge	42	12:41	12:32	12:22
64.8	133.2	40.3	82.8	M R/about	2nd Exit	Beacon Edge	42	12:41	12:32	12:23
67.7	130.3	42.1	81.0		<b>Caution!</b>	<b>Fast Descent</b>	42	12:46	12:36	12:27
68.1	129.9	42.3	80.8	TJunction	Left	A686	42	12:47	12:37	12:27
71.5	126.5	44.5	78.7	X.Roads	Straight	A686	42	12:52	12:42	12:31
71.8	126.2	44.6	78.5	T.Lights	Straight	<b>Caution! Narrow Bridge</b>	42	12:52	12:42	12:32
72.0	126.0	44.8	78.4	Sign		Langwathby	42	12:53	12:42	12:32
72.3	125.7	45.0	78.2		Keep Right	A686	42	12:53	12:43	12:32
74.7	123.3	46.5	76.7	X.Roads	Straight		42	12:57	12:46	12:36
76.3	121.7	47.4	75.7	Sign		Melmerby	42	12:59	12:49	12:38
78.9	119.1	49.1	74.1		Keep Left		42	13:03	12:52	12:41
79.1	118.9	49.2	73.9		Keep Right		42	13:04	12:53	12:41
79.2	118.8	49.3	73.9	KoM 1	Start		42	13:04	12:53	12:41
79.2	118.8	49.3	73.9		<b>Caution!</b>	<b>Hairpin Bends on Ascent</b>	42	13:04	12:53	12:41
86.3	111.7	53.7	69.5	KoM 1 Cat 1	Finish	Hartside	42	13:15	13:03	12:50
87.0	111.0	54.1	69.0	Sign		Alston Moor	42	13:16	13:04	12:51
87.0	111.0	54.1	69.0		<b>Caution!</b>	<b>Fast &amp; Technical Descent</b>	42	13:16	13:04	12:51
95.3	102.7	59.3	63.9	Sign		Alston	42	13:29	13:16	13:02
95.7	102.3	59.5	63.6		<b>Caution!</b>	<b>Narrow Bridge</b>	42	13:30	13:16	13:03
96.1	101.9	59.8	63.4	Junction	Right	A689 Front Street	42	13:31	13:17	13:03
96.4	101.6	59.9	63.2	Junction	Left	A689 Nenthead Road	42	13:31	13:17	13:03
100.5	97.5	62.5	60.6		Keep Right	A689	42	13:37	13:23	13:09
102.6	95.4	63.8	59.3	Sign		Nenthead	42	13:41	13:26	13:11
103.6	94.4	64.4	58.7		Keep Right	A689	42	13:42	13:28	13:13
103.6	94.4	64.4	58.7	KoM 2	Start		42	13:42	13:28	13:13
105.6	92.4	65.7	57.5	Sign		County Durham	42	13:45	13:30	13:15
105.6	92.4	65.7	57.5	KoM 2 Cat 1	Finish	Killhope Cross	42	13:45	13:30	13:15
105.7	92.3	65.7	57.4		<b>Caution!</b>	<b>Fast Descent</b>	42	13:46	13:31	13:15
110.5	87.5	68.7	54.4	Sign		Lanehead	42	13:53	13:37	13:22
110.5	87.5	68.7	54.4		<b>Caution!</b>	<b>Fast Descent</b>	42	13:53	13:37	13:22
110.8	87.2	68.9	54.2		<b>Caution!</b>	<b>Sharp Right on descent</b>	42	13:54	13:38	13:22
112.0	86.0	69.6	53.5	Sign		Cowshill	42	13:56	13:40	13:24
112.2	85.8	69.8	53.4		<b>Caution!</b>	<b>Sharp Left Turn Keep Wide!</b>	42	13:56	13:40	13:24
112.2	85.8	69.8	53.4	KoM 3	Start		42	13:56	13:40	13:24
115.0	83.0	71.5	51.6	KoM 3 Cat 1	Finish	Burtree Fell	42	14:00	13:44	13:27
115.0	83.0	71.5	51.6	Sign		Northumberland	42	14:00	13:44	13:27
115.0	83.0	71.5	51.6		<b>Caution!</b>	<b>Fast &amp; Technical Descent</b>	42	14:00	13:44	13:27
117.0	81.0	72.8	50.4	Sign		Allenheads	42	14:03	13:47	13:30
117.3	80.7	72.9	50.2	X.Roads	Straight		42	14:04	13:47	13:30
117.4	80.6	73.0	50.1		Keep Left	B6295	42	14:04	13:47	13:30
120.9	77.1	75.2	47.9	Sign		Spartylea	42	14:09	13:52	13:35
125.0	73.0	77.7	45.4	Sign		Sinderhope	42	14:16	13:58	13:40
125.1	72.9	77.8	45.3		Keep Left	B6295	42	14:16	13:58	13:40

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ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
129.0	69.0	80.2	42.9	Sign		Allendale Town	42	14:22	14:04	13:45
129.6	68.4	80.6	42.5	X.Roads	Straight	B6303	42	14:23	14:05	13:46
131.3	66.7	81.6	41.5	Sign		Catton	42	14:26	14:07	13:48
131.5	66.5	81.8	41.4		Keep Right	B6306 Station Road	42	14:26	14:07	13:49
132.4	65.6	82.3	40.8	X.Roads	Straight		42	14:28	14:09	13:50
135.9	62.1	84.5	38.6		Keep Right		42	14:33	14:14	13:54
136.9	61.1	85.1	38.0		Keep Right		42	14:35	14:15	13:56
143.2	54.8	89.0	34.1		Keep Right		42	14:45	14:24	14:04
143.3	54.7	89.1	34.0	Sign		Hexham	42	14:45	14:24	14:04
143.6	54.4	89.3	33.8		Caution!	Fast Descent	42	14:45	14:25	14:04
146.0	52.0	90.8	32.3	T.Lights	Straight	B6305	42	14:49	14:28	14:07
146.8	51.2	91.3	31.8	M R/about	2nd Exit	A695 Corbridge Road	42	14:50	14:29	14:08
146.9	51.1	91.3	31.8	M R/about	2nd Exit	A695 Corbridge Road	42	14:50	14:29	14:08
147.2	50.8	91.5	31.6	X.Roads	Straight		42	14:51	14:30	14:09
150.9	47.1	93.8	29.3	Junction	Right	A695	42	14:57	14:35	14:14
152.2	45.8	94.6	28.5		Keep Right	Cut to T-Junction	42	14:59	14:37	14:15
152.3	45.7	94.7	28.4	TJunction	Right	A695	42	14:59	14:37	14:15
154.8	43.2	96.3	26.9	Sign		Riding Mill	42	15:03	14:41	14:19
155.6	42.4	96.8	26.4	X.Roads	Straight	A695	42	15:04	14:42	14:20
155.9	42.1	96.9	26.2	X.Roads	Straight		42	15:04	14:42	14:20
156.7	41.3	97.4	25.7	R/about	2nd Exit	A695	42	15:06	14:43	14:21
159.2	38.8	99.0	24.1	Sign		Stocksfield	42	15:10	14:47	14:24
159.2	38.8	99.0	24.1		Keep Right	A695	42	15:10	14:47	14:24
161.4	36.6	100.4	22.8	Sign		West Mickley	42	15:13	14:50	14:27
161.8	36.2	100.6	22.5	Sign		Mickley Square	42	15:14	14:51	14:28
162.8	35.2	101.2	21.9	Sign		Prudhoe	42	15:15	14:52	14:29
162.8	35.2	101.2	21.9	Junction	Right	B6395 West Road	42	15:15	14:52	14:29
164.3	33.7	102.2	21.0	X.Roads	Straight	B6395 Front Street	42	15:18	14:54	14:31
164.5	33.5	102.3	20.8	T.Lights	Straight	B6395 Front Street	42	15:18	14:55	14:31
164.7	33.3	102.4	20.7	Sprint 3		Prudhoe	42	15:18	14:55	14:31
164.4	33.6	102.2	20.9	Sign		Borough of Gateshead	42	15:18	14:54	14:31
166.7	74.0	103.7	46.0	R/about	3rd Exit	A695	42	15:21	14:58	14:34
168.8	29.2	105.0	18.2	R/about	2nd Exit	Greenside Road	42	15:25	15:01	14:37
169.3	28.7	105.3	17.8	TJunction	Right	B6315 Woodside Lane	42	15:26	15:01	14:37
169.7	28.3	105.5	17.6	TJunction	Right	Lead Road	42	15:26	15:02	14:38
169.8	28.2	105.6	17.5	Junction	Right	Lead Road	42	15:26	15:02	14:38
169.9	28.1	105.7	17.5		Caution!	Speed Humps x2	42	15:26	15:02	14:38
171.3	26.7	106.5	16.6		Caution!	Bollards Nearside	42	15:29	15:04	14:40
171.5	26.5	106.6	16.5		Caution!	Bollards Offside	42	15:29	15:05	14:40
173.5	24.5	107.9	15.2	Junction	Left	Greenhead Road	42	15:32	15:07	14:43
174.4	23.6	108.5	14.7	Sign		Chopwell	42	15:34	15:09	14:44
174.6	23.4	108.6	14.6	TJunction	Right	Hall Road	42	15:34	15:09	14:44
174.6	23.4	108.6	14.6		Caution!	Fast Descent	42	15:34	15:09	14:44
174.7	23.3	108.6	14.5		Keep Right		42	15:34	15:09	14:44
174.8	23.2	108.7	14.4		Caution!	Sharp Left	42	15:34	15:09	14:44
174.5	23.5	108.5	14.6	X.Roads	Straight		42	15:34	15:09	14:44

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FINISH	Angel of the North (Durham Road), Gateshead

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
175.1	22.9	108.9	14.2		Keep Right		42	15:35	15:10	14:45
175.2	22.8	108.9	14.2	X.Roads	Straight		42	15:35	15:10	14:45
175.4	22.6	109.1	14.1		Keep Left		42	15:35	15:10	14:45
176.0	22.0	109.4	13.7	X.Roads	Straight		42	15:36	15:11	14:46
176.3	21.7	109.6	13.5	X.Roads	Straight		42	15:37	15:11	14:46
176.5	21.5	109.8	13.4	Sign		Blackhall Mill	42	15:37	15:12	14:46
176.9	21.1	110.0	13.1	Sign		County Durham	42	15:37	15:12	14:47
177.3	20.7	110.3	12.9	T.Junction	Left	A694	42	15:38	15:13	14:47
178.0	20.0	110.7	12.4			20km to Finish	42	15:39	15:14	14:48
178.5	19.5	111.0	12.1	Sign		Hamsterley Mill	42	15:40	15:15	14:49
180.2	17.8	112.1	11.1	Sign		Borough of Gateshead	42	15:43	15:17	14:51
180.4	17.6	112.2	10.9	Sign		Lintzford	42	15:43	15:17	14:51
180.7	17.3	112.4	10.8		Keep Right		42	15:43	15:18	14:52
181.7	16.3	113.0	10.1	Sign		Rowlands Gill	42	15:45	15:19	14:53
181.9	16.1	113.1	10.0	X.Roads	Straight		42	15:45	15:19	14:53
182.0	16.0	113.2	9.9		Caution!	Safety Camera	42	15:46	15:20	14:54
183.0	15.0	113.8	9.3			15km to Finish	42	15:47	15:21	14:55
182.7	15.3	113.6	9.5	X.Roads	Straight	A694	42	15:47	15:21	14:54
182.8	15.2	113.7	9.5	X.Roads	Straight		42	15:47	15:21	14:55
183.2	14.8	113.9	9.2	Junction	Right	B6314 Burnopfield Road	42	15:47	15:21	14:55
182.8	15.2	113.7	9.5		Caution!	Speed Humps xTBC	42	15:47	15:21	14:55
183.0	15.0	113.8	9.3		Keep Left	Stirling Lane	42	15:47	15:21	14:55
183.2	14.8	113.9	9.2	T.Junction	Right	B6314 Burnopfield Road	42	15:47	15:21	14:55
183.3	14.7	114.0	9.1		Caution!	Build Outs	42	15:48	15:21	14:55
183.4	14.6	114.0	9.1		Caution!	Build Outs	42	15:48	15:22	14:55
183.5	14.5	114.1	9.0		Caution!	Build Outs	42	15:48	15:22	14:55
183.6	14.4	114.2	9.0	Sign		County Durham	42	15:48	15:22	14:56
183.6	14.4	114.2	9.0		Caution!	Narrow Bridge	42	15:48	15:22	14:56
183.6	14.4	114.2	9.0	Sign		Burnopfield	42	15:48	15:22	14:56
185.3	12.7	115.2	7.9	T.Junction	Left	B6310 Front Street	42	15:51	15:24	14:58
185.7	12.3	115.5	7.6	T.Junction	Left	A692 Lobley Hill Road	42	15:51	15:25	14:58
185.9	12.1	115.6	7.5	Sign		Borough of Gateshead	42	15:52	15:25	14:59
186.2	11.8	115.8	7.3	Sign		Byermoor	42	15:52	15:26	14:59
188.0	10.0	116.9	6.2			10km to Finish	42	15:55	15:28	15:01
187.9	10.1	116.8	6.3	Sign		Marley Hill	42	15:55	15:28	15:01
188.7	9.3	117.3	5.8	Sign		Sunniside	42	15:56	15:29	15:02
189.0	9.0	117.5	5.6	T.Lights	Straight	A692	42	15:57	15:30	15:03
189.7	8.3	118.0	5.2	Junction	Right	Pennyfine Road	42	15:58	15:31	15:03
189.7	8.3	118.0	5.2		Caution!	Speed Humps x5	42	15:58	15:31	15:03
191.4	6.6	119.0	4.1		Caution!	Fast Descent	42	16:00	15:33	15:06
191.5	6.5	119.1	4.0		Caution!	Sharp Left Bend	42	16:00	15:33	15:06
193.0	5.0	120.0	3.1			5km to Finish	42	16:03	15:35	15:08
194.2	3.8	120.8	2.4		Keep Left	Haggs Lane	42	16:05	15:37	15:09
194.4	3.6	120.9	2.2	R/about	3rd Exit	Lamesley Road	42	16:05	15:37	15:09
195.5	2.5	121.6	1.6		Keep Left	Lamesley Road	42	16:07	15:39	15:11
196.8	1.2	122.4	0.7	T.Junction	Left	A167 Newcastle Bank	42	16:09	15:41	15:13

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FINISH	Angel of the North (Durham Road), Gateshead

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE	38kmph	42kmph	46kmph
							SPEED	110%	100%	90%
197.4	0.6	122.8	0.4	R/about	2nd Exit	A167 Durham Road	42	16:10	15:42	15:13
198.0	0.0	123.1	0.0	Finish		Angel of the North (Durham Road), Gateshead	42	16:11	15:42	15:14