

STAGE FOUR: GATESHEAD TO KENDAL - TUESDAY 10 SEPTEMBER



START	South Shore Road, Gateshead
NEUTRALISED SECTION	6.8km (4.2mi)
STAGE DISTANCE	173.2 km or 107.7 miles
FINISH	Beast Banks, Kendal

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	6.80	0.00	3.80	Start Neutralised		South Shore Road, Gateshead	42	11:00	11:00	11:00
0.00	173.2	0.00	107.7	Start Proper		A167 Durham Road	42	11:15	11:15	11:15
0.2	173.0	0.1	107.6		Keep Left	Dual Carriageway	42	11:15	11:15	11:15
2.1	171.1	1.3	106.4	R/about	3rd Exit	A167 Newcastle Bank	42	11:18	11:18	11:17
2.6	170.6	1.6	106.1	Sign		Birtley	42	11:19	11:18	11:18
3.0	170.2	1.9	105.8	Junction	Right	Lamesley Road	42	11:19	11:19	11:18
3.5	169.7	2.2	105.5		Keep Right	Lamesley Road	42	11:20	11:20	11:19
4.2	169.0	2.6	105.1		Keep Right	Lamesley Road	42	11:21	11:21	11:20
5.4	167.8	3.4	104.3	R/about	1st Exit	Whaggs Lane	42	11:23	11:22	11:21
10.1	163.1	6.3	101.4	T.Junction	Left	A692 Gateshead Road	42	11:30	11:29	11:27
10.3	162.9	6.4	101.3	Sign		Sunniside	42	11:31	11:29	11:28
10.5	162.7	6.5	101.2	T.Lights	Right	B6316 Sunniside Road	42	11:31	11:30	11:28
10.6	162.6	6.6	101.1		Keep Right	B6316	42	11:31	11:30	11:28
11.2	162.0	7.0	100.7	Sign		Whickham	42	11:32	11:31	11:29
12.5	160.7	7.8	99.9	Sprint 1		Whickham	42	11:34	11:32	11:31
13.0	160.2	8.1	99.6	T.Lights	Left	B6317 Front Street	42	11:35	11:33	11:31
13.4	159.8	8.3	99.4	T.Lights	Straight	B6317 Swalwell Bank	42	11:36	11:34	11:32
13.6	159.6	8.5	99.2		Keep Right	B6317 Swalwell Bank	42	11:36	11:34	11:32
13.6	159.6	8.5	99.2		Caution!	Fast Descent	42	11:36	11:34	11:32
14.3	158.9	8.9	98.8	X.Roads	Straight		42	11:37	11:35	11:33
14.5	158.7	9.0	98.7	T.Lights	Left	B6317 Hexham Road Keep Left!	42	11:37	11:35	11:33
15.0	158.2	9.3	98.4	R/about	2nd Exit	B6317 Shibdon Road	42	11:38	11:36	11:34
15.9	157.3	9.9	97.8	Junction	Left	Shibdon Bank	42	11:39	11:37	11:35
17.3	155.9	10.8	96.9	T.Junction	Left	Commercial Street	42	11:42	11:39	11:37
17.7	155.5	11.0	96.7	T.Junction	Left	Church Street	42	11:42	11:40	11:37
17.7	155.5	11.0	96.7	Junction	Right	West Lane	42	11:42	11:40	11:37
18.0	155.2	11.2	96.5		Caution!	Speed Humps	42	11:43	11:40	11:38
18.2	155.0	11.3	96.4	X.Roads	Straight		42	11:43	11:41	11:38
18.5	154.7	11.5	96.2	Junction	Left	Garesfield Lane	42	11:44	11:41	11:38
20.1	153.1	12.5	95.2	Junction	Right	Ashtree Lane	42	11:46	11:43	11:40
21.8	151.4	13.6	94.1		Caution!	Fast Descent	42	11:49	11:46	11:43
22.3	150.9	13.9	93.8	T.Junction	Right	B6315 Hookergate Lane	42	11:50	11:46	11:43
22.3	150.9	13.9	93.8	Junction	Left	Glossop Street	42	11:50	11:46	11:43
24.0	149.2	14.9	92.8		Keep Left	Clayton Terrace Road	42	11:52	11:49	11:45
24.7	148.5	15.4	92.3	Sign		Chopwell	42	11:53	11:50	11:46
24.7	148.5	15.4	92.3		Caution!	Fast Descent	42	11:53	11:50	11:46
25.4	147.8	15.8	91.9		Keep Left	Hall Road	42	11:54	11:51	11:47
25.7	147.5	16.0	91.7	X.Roads	Straight	Derwent Street	42	11:55	11:51	11:48
26.1	147.1	16.2	91.5	T.Junction	Left	Mill Road	42	11:56	11:52	11:48
26.1	147.1	16.2	91.5		Caution!	Fast Descent	42	11:56	11:52	11:48
27.2	146.0	16.9	90.8	Sign		Blackhall Mill	42	11:57	11:53	11:49
27.6	145.6	17.2	90.5	Sign		Durham	42	11:58	11:54	11:50
28.0	145.2	17.4	90.3	T.Junction	Right	A694	42	11:59	11:55	11:51
28.5	144.7	17.7	90.0	Sign		Low Westwood	42	11:59	11:55	11:51
29.6	143.6	18.4	89.3	Sign		Ebchester	42	12:01	11:57	11:53
30.0	143.2	18.7	89.0	Drinks	Start		42	12:02	11:57	11:53

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FINISH	Beast Banks, Kendal

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
31.0	142.2	19.3	88.4	Sign		East Law	42	12:03	11:59	11:54
32.4	140.8	20.1	87.6	Sign		Shootley Bridge	42	12:05	12:01	11:56
33.1	140.1	20.6	87.1		Keep Right	Burnmill Bank	42	12:07	12:02	11:57
33.2	140.0	20.6	87.1	Junction	Right	B6278 Burnmill Bank	42	12:07	12:02	11:57
33.2	140.0	20.6	87.1	KoM 1 Cat 2	Start		42	12:07	12:02	11:57
33.2	140.0	20.6	87.1		Caution!	Narrow Bridge	42	12:07	12:02	11:57
34.0	139.2	21.1	86.6		Keep Left	B6278 Burnmill Bank	42	12:08	12:03	11:58
35.8	137.4	22.3	85.4	Sign		Snods Edge	42	12:11	12:06	12:01
37.5	135.7	23.3	84.4	KoM 1 Cat 2	Finish	Snods Edge	42	12:13	12:08	12:03
37.8	135.4	23.5	84.2	TJunction	Right	A68	42	12:14	12:09	12:03
37.8	135.4	23.5	84.2	Junction	Left	B6278 Burnmill Bank	42	12:14	12:09	12:03
37.8	135.4	23.5	84.2	Sign		North Pennines	42	12:14	12:09	12:03
38.0	135.2	23.6	84.1		Caution!	Fast Descent	42	12:14	12:09	12:03
39.7	133.5	24.7	83.0		Keep Left	B6278	42	12:17	12:11	12:06
39.7	133.5	24.7	83.0		Caution!	Narrow Bridge	42	12:17	12:11	12:06
39.9	133.3	24.8	82.9	Sign		Durham	42	12:17	12:12	12:06
41.5	131.7	25.8	81.9	Sign		Edmundbyers	42	12:20	12:14	12:08
42.0	131.2	26.1	81.6		Caution!	Sheep!	42	12:21	12:15	12:09
42.3	130.9	26.3	81.4		Caution!	Cattle Grid	42	12:21	12:15	12:09
48.7	124.5	30.3	77.4	Sign		Weardale	42	12:31	12:24	12:17
48.9	124.3	30.4	77.3		Keep Left	B6278	42	12:31	12:24	12:17
50.5	122.7	31.4	76.3		Caution!	Fast Descent	42	12:34	12:27	12:19
52.2	121.0	32.5	75.2		Caution!	Cattle Grid	42	12:37	12:29	12:22
52.2	121.0	32.5	75.2	Sign		Crawleyside	42	12:37	12:29	12:22
52.2	121.0	32.5	75.2		Caution!	Fast Descent	42	12:37	12:29	12:22
52.8	120.4	32.8	74.9		Caution!	Hairpin Left on Descent	42	12:37	12:30	12:22
53.5	119.7	33.3	74.4	Sign		Stanhope	42	12:39	12:31	12:23
53.6	119.6	33.3	74.4	TJunction	Right	A689	42	12:39	12:31	12:23
53.9	119.3	33.5	74.2	Junction	Left	B6278	42	12:39	12:32	12:24
53.9	119.3	33.5	74.2	KoM 2 Cat 1	Start		42	12:39	12:32	12:24
54.4	118.8	33.8	73.9		Caution!	Narrow Bridge	42	12:40	12:32	12:24
54.4	118.8	33.8	73.9		Keep Left	B6278	42	12:40	12:32	12:24
55.1	118.1	34.3	73.4		Caution!	Level Crossing	42	12:41	12:33	12:25
55.4	117.8	34.5	73.3		Caution!	Hairpin Left on Ascent	42	12:42	12:34	12:26
55.4	117.8	34.5	73.3		Caution!	Hairpin Right on Ascent	42	12:42	12:34	12:26
56.8	116.4	35.3	72.4		Caution!	Cattle Grid	42	12:44	12:36	12:28
56.8	116.4	35.3	72.4		Caution!	Sheep!	42	12:44	12:36	12:28
58.0	115.2	36.1	71.6	KoM 2 Cat 1	Finish	Bollihope Common	42	12:46	12:37	12:29
58.3	114.9	36.3	71.5		Caution!	Fast Descent	42	12:46	12:38	12:29
60.0	113.2	37.3	70.4		Caution!	Hairpin Right on Descent	42	12:49	12:40	12:32
63.5	109.7	39.5	68.2	Sign		Teesdale	42	12:54	12:45	12:36
66.7	106.5	41.5	66.2	Junction	Right		42	12:59	12:50	12:40
66.9	106.3	41.6	66.1	Junction	Right		42	13:00	12:50	12:41
67.0	106.2	41.7	66.0		Caution!	Hairpin Left	42	13:00	12:50	12:41
67.0	106.2	41.7	66.0		Caution!	Narrow Bridge	42	13:00	12:50	12:41
67.1	106.1	41.7	66.0		Caution!	Cattle Grid	42	13:00	12:50	12:41

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FINISH	Beast Banks, Kendal

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph	42kmph	46kmph
								110%	100%	90%
72.2	101.0	44.9	62.8		Caution!	Fast Descent	42	13:08	12:58	12:47
72.8	100.4	45.3	62.4		Caution!	Sharp Left Bend	42	13:09	12:59	12:48
73.1	100.1	45.5	62.2	T.Junction	Left	Townhead	42	13:09	12:59	12:48
74.0	99.2	46.0	61.7	Junction	Right	B6277 Bridge Street	42	13:11	13:00	12:50
74.6	98.6	46.4	61.3		Keep Left	B6277	42	13:12	13:01	12:50
75.1	98.1	46.7	61.0	Junction	Right	B6276	42	13:13	13:02	12:51
75.9	97.3	47.2	60.5	Sign		North Pennines	42	13:14	13:03	12:52
81.8	91.4	50.9	56.8		Caution!	Sharp Left Bend	42	13:23	13:11	13:00
82.0	91.2	51.0	56.7	Green Zone	Start		42	13:23	13:12	13:00
82.2	91.0	51.1	56.6	Feed Zone	Start		42	13:24	13:12	13:00
83.4	89.8	51.9	55.8	Green Zone	Finish		42	13:26	13:14	13:02
83.5	89.7	51.9	55.8		Caution!	Narrow Bridge	42	13:26	13:14	13:02
85.6	87.6	53.2	54.5		Caution!	Narrow Bridge	42	13:29	13:17	13:05
85.8	87.4	53.4	54.3		Caution!	Narrow Bridge	42	13:29	13:17	13:05
86.1	87.1	53.5	54.2		Caution!	Cattle Grid	42	13:30	13:18	13:05
86.4	86.8	53.7	54.0		Caution!	Sheep!	42	13:30	13:18	13:06
89.5	83.7	55.7	52.0		Caution!	Cattle Grid	42	13:35	13:22	13:10
89.5	83.7	55.7	52.0	Sign		Cumbria	42	13:35	13:22	13:10
90.1	83.1	56.0	51.7		Caution!	Hump in road	42	13:36	13:23	13:10
92.6	80.6	57.6	50.1		Caution!	Fast Descent	42	13:40	13:27	13:14
96.1	77.1	59.8	47.9	T.Junction	Right	Main Street	42	13:46	13:32	13:18
96.4	76.8	59.9	47.8	Sign		Brough	42	13:46	13:32	13:18
97.2	76.0	60.4	47.3	Junction	Right		42	13:47	13:33	13:19
97.2	76.0	60.4	47.3		Keep Right		42	13:47	13:33	13:19
99.7	73.5	62.0	45.7		Caution!	Sharp Right Bend	42	13:51	13:37	13:23
100.0	73.2	62.2	45.5	Sign		Great Musgrave	42	13:52	13:37	13:23
100.5	72.7	62.5	45.2	T.Junction	Left	B6259	42	13:52	13:38	13:24
101.0	72.2	62.8	44.9		Caution!	Narrow Bridge	42	13:53	13:39	13:24
102.2	71.0	63.6	44.2		Caution!	Narrow Bridge	42	13:55	13:41	13:26
102.4	70.8	63.7	44.0		Caution!	Hump in road	42	13:55	13:41	13:26
103.0	70.2	64.1	43.7		Keep Right	B6259 Appleby Road	42	13:56	13:42	13:27
103.9	69.3	64.6	43.1		Caution!	Hump Back Bridge	42	13:58	13:43	13:28
105.0	68.2	65.3	42.4	T.Junction	Right	A685	42	14:00	13:45	13:30
105.0	68.2	65.3	42.4	Sign		Kirkby Stephen	42	14:00	13:45	13:30
105.6	67.6	65.7	42.0	M R/about	1st Exit	A685 North Road	42	14:00	13:45	13:30
105.9	67.3	65.9	41.9	Sprint 2		Kirkby Stephen	42	14:01	13:46	13:31
106.0	67.2	65.9	41.8	T.Lights	Straight	A685 High Street	42	14:01	13:46	13:31
109.1	64.1	67.8	39.9	Junction	Left	A683	42	14:06	13:50	13:35
111.6	61.6	69.4	38.3		Caution!	Cattle Grid	42	14:10	13:54	13:38
111.6	61.6	69.4	38.31		Caution!	Sheep!	42	14:10	13:54	13:38
112.6	60.6	70.0	37.7		Keep Left	A683	42	14:11	13:55	13:39
113.4	59.8	70.5	37.2		Caution!	Cattle Grid	42	14:13	13:57	13:40
114.2	59.0	71.0	36.7		Caution!	Cows Crossing!	42	14:14	13:58	13:41
126.3	46.9	78.5	29.2		Caution!	Narrow Bridge	42	14:33	14:15	13:57
126.4	46.8	78.6	29.1		Caution!	Narrow Bridge	42	14:33	14:15	13:57
127.5	45.7	79.3	28.4	Sign		Sedbergh	42	14:35	14:17	13:58

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FINISH	Beast Banks, Kendal

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
127.9	45.3	79.5	28.2	Sprint 3		Sedbergh	42	14:35	14:17	13:59
128.5	44.7	79.9	27.8	M R/about	1st Exit	Loftus Hill	42	14:36	14:18	14:00
129.3	43.9	80.4	27.3		Caution!	Narrow Bridge	42	14:38	14:19	14:01
135.7	37.5	84.4	23.3		Caution!	Narrow Bridge	42	14:48	14:28	14:09
136.0	37.2	84.6	23.1		Caution!	Hump in road	42	14:48	14:29	14:09
136.2	37.0	84.7	23.0	Junction	Right		42	14:49	14:29	14:10
136.2	37.0	84.7	23.0	KoM 3 Cat 3	Start		42	14:49	14:29	14:10
136.7	36.5	85.0	22.7	Junction	Left	Stone Rigg Outtake	42	14:49	14:30	14:10
136.0	37.2	84.6	23.1		Caution!	Cattle Grid	42	14:48	14:29	14:09
136.7	36.5	85.0	22.7		Caution!	Narrow for 11km	42	14:49	14:30	14:10
138.0	35.2	85.8	21.9	KoM 3 Cat 3	Finish	Gawthorp	42	14:51	14:32	14:12
140.3	32.9	87.3	20.4		Caution!	Cattle Grid	42	14:55	14:35	14:15
142.9	30.3	88.9	18.8		Caution!	Narrow Bridge	42	14:59	14:39	14:18
144.8	28.4	90.0	17.7		Caution!	Cattle Grid	42	15:02	14:41	14:21
145.4	27.8	90.4	17.3		Keep Right		42	15:03	14:42	14:21
145.4	27.8	90.4	17.3		Caution!	Fast and Narrow Descent	42	15:03	14:42	14:21
145.8	27.4	90.7	17.0	Sign		Barbon	42	15:04	14:43	14:22
146.4	26.8	91.0	16.7	Junction	Left	A683	42	15:05	14:44	14:23
148.2	25.0	92.2	15.5			25km to Race Finish	42	15:07	14:46	14:25
148.8	24.4	92.5	15.2	Sign		Casterton	42	15:08	14:47	14:26
150.0	23.2	93.3	14.4		Keep Right		42	15:10	14:49	14:27
151.2	22.0	94.0	13.7	T.Junction	Right	A65	42	15:12	14:51	14:29
151.7	21.5	94.3	13.4	Junction	Right	B6254 Main Street	42	15:13	14:51	14:30
152.0	21.2	94.5	13.2	Junction	Right	Main Street Against No Entry!	42	15:13	14:52	14:30
152.1	21.1	94.6	13.1		Keep Left	Market Street Against One Way!	42	15:14	14:52	14:30
152.2	21.0	94.6	13.1		Keep Right	B6254 Mitchelgate	42	15:14	14:52	14:30
152.3	20.9	94.7	13.0		Keep Left	B6254 Fairbank	42	15:14	14:52	14:30
153.2	20.0	95.3	12.4			20km to Race Finish	42	15:15	14:53	14:31
153.3	19.9	95.3	12.4	Sign		Kearstwick	42	15:15	14:54	14:32
156.6	16.6	97.4	10.3	Sign		Old Town	42	15:21	14:58	14:36
160.8	12.4	100.0	7.7		Caution!	Cows Crossing!	42	15:27	15:04	14:41
163.2	10.0	101.5	6.2			10km to Race Finish	42	15:31	15:08	14:44
163.2	10.0	101.5	6.2	Sign		Old Hutton	42	15:31	15:08	14:44
165.6	7.6	103.0	4.7		Caution!	Narrow Bridge	42	15:35	15:11	14:47
167.3	5.9	104.0	3.7	X.Roads	Right	Hayclose Lane	42	15:37	15:14	14:50
168.2	5.0	104.6	3.1			5km to Race Finish	42	15:39	15:15	14:51
168.7	4.5	104.9	2.8	T.Junction	Left	A684 dir Kendal	42	15:40	15:16	14:51
171.6	1.6	106.7	1.0	Junction	Left	Castle Street Caution! Against One Way!	42	15:44	15:20	14:55
171.8	1.4	106.8	0.9	X.Roads	Straight	Beexon Road	42	15:44	15:20	14:55
171.9	1.3	106.9	0.8	X.Roads	Left	Sandes Avenue	42	15:45	15:20	14:56
172.2	1.0	107.1	0.6			1km to Race Finish	42	15:45	15:21	14:56
172.3	0.9	107.1	0.6	Junction	Left	Stricklandgate	42	15:45	15:21	14:56
172.6	0.6	107.3	0.4	X.Roads	Right	Allhallows Lane	42	15:46	15:21	14:56
172.7	0.5	107.4	0.3		Keep Left	Beast Banks	42	15:46	15:21	14:57
173.2	0.0	107.7	0.0	Finish		Beast Banks, Kendal	42	15:47	15:22	14:57