

STAGE SEVEN | HAWICK TO EDINBURGH SATURDAY 11 SEPTEMBER



START	TBA, Hawick
NEUTRALISED SECTION	1.6km or 1 mile
STAGE DISTANCE	194.8 km or 121.1 miles
FINISH	Queen's Drive, Holyrood Park, Edinburgh

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	1.60	0.00	1.00	Start Neutralised		Hawick	42	10:45	10:45	10:45
0.00	194.8	0.00	121.1	Start Proper		A7 Parkdail	42	11:00	11:00	11:00
0.6	194.2	0.4	120.8	Junction	Right	B711	42	11:00	11:00	11:00
0.9	193.9	0.6	120.6	Sign		Borthaugh	42	11:01	11:01	11:01
5.8	189.0	3.6	117.5	Sign		Roberton	42	11:09	11:08	11:07
7.2	187.6	4.5	116.7		Keep Left		42	11:11	11:10	11:09
9.2	185.6	5.7	115.4		Caution!	Fast & Technical Descent	42	11:14	11:13	11:11
14.1	180.7	8.8	112.4		Caution!	Cattle Grid	42	11:22	11:20	11:18
14.1	180.7	8.8	112.4		Caution!	Sheep	42	11:22	11:20	11:18
14.1	180.7	8.8	112.4		Caution!	Narrow for 10km	42	11:22	11:20	11:18
18.2	176.6	11.3	109.8		Caution!	Fast & Narrow Descent	42	11:28	11:26	11:23
21.1	173.7	13.1	108.0		Caution!	Cattle Grid	42	11:33	11:30	11:27
22.5	172.3	14.0	107.1		Caution!	Cattle Grid	42	11:35	11:32	11:28
23.3	171.5	14.5	106.6	TJunction	Right	B709	42	11:36	11:33	11:29
24.2	170.6	15.0	106.1	Junction	Left	B709	42	11:38	11:34	11:31
24.2	170.6	15.0	106.1		Caution!	Sheep	42	11:38	11:34	11:31
24.7	170.1	15.4	105.8		Caution!	Narrow Bridge	42	11:38	11:35	11:31
25.2	169.6	15.7	105.5		Caution!	Cattle Grid	42	11:39	11:36	11:32
25.2	169.6	15.7	105.5	KoM 1	Start		42	11:39	11:36	11:32
26.5	168.3	16.5	104.7		Caution!	Cattle Grid	42	11:41	11:37	11:34
27.9	166.9	17.3	103.8		Caution!	Sharp right on ascent	42	11:43	11:39	11:35
27.9	166.9	17.3	103.8	KoM 1 Cat 3	Finish	Berrybush	42	11:43	11:39	11:35
28.0	166.8	17.4	103.7		Caution!	Fast Descent	42	11:44	11:40	11:36
30.0	164.8	18.7	102.5	Drinks Start			42	11:47	11:42	11:38
33.7	161.1	21.0	100.2		Caution!	Sharp left on Descent	42	11:52	11:48	11:43
33.9	160.9	21.1	100.1	X.Roads	Straight		42	11:53	11:48	11:43
35.7	159.1	22.2	98.9		Caution!	Cattle Grid	42	11:56	11:51	11:45
38.4	156.4	23.9	97.3		Caution!	Cattle Grid	42	12:00	11:54	11:49
38.9	155.9	24.2	96.9		Caution!	Fast Descent	42	12:01	11:55	11:50
41.1	153.7	25.6	95.6		Caution!	Fast Descent	42	12:04	11:58	11:52
43.3	151.5	26.9	94.2	Sign		Kirkhouse	42	12:08	12:01	11:55
45.5	149.3	28.3	92.8		Keep Left	B709	42	12:11	12:05	11:58
46.8	148.0	29.1	92.0		Caution!	Narrow Bridge	42	12:13	12:06	12:00
46.9	147.9	29.2	92.0	Sign		Innerleithen	42	12:13	12:07	12:00
47.6	147.2	29.6	91.5	X.Roads	Right	A72 High Street	42	12:14	12:08	12:01
47.8	147.0	29.7	91.4			Innerleithen	42	12:15	12:08	12:01
47.9	146.9	29.8	91.3	X.Roads	Left	B709 Leithen Road	42	12:15	12:08	12:01
49.9	144.9	31.0	90.1		Caution!	Narrow Bridge	42	12:18	12:11	12:04
51.0	143.8	31.7	89.4		Caution!	Cattle Grid	42	12:20	12:12	12:05
63.2	131.6	39.3	81.8	Junction	Right	B709 dir Heriot	42	12:39	12:30	12:21
63.5	131.3	39.5	81.6		Caution!	Narrow Bridge	42	12:39	12:30	12:21
67.7	127.1	42.1	79.0	Sign		Heriot	42	12:46	12:36	12:27
6.0	188.8	3.7	117.4	M R/about	1st Exit	A6 Scotland Road	42	11:09	11:08	11:07
67.7	127.1	42.1	79.0		Caution!	Narrow Bridge	42	12:46	12:36	12:27
70.3	124.5	43.7	77.4	TJunction	Right	A7	42	12:50	12:40	12:30

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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%	
80.6	114.2	50.1	71.0		Caution!	Sharp Left Bend	42	13:06	12:55	12:43	
81.8	113.0	50.9	70.3	Sign		Stow	42	13:08	12:56	12:45	
82.6	112.2	51.4	69.8		Caution!	Build Outs	42	13:09	12:58	12:46	
83.1	111.7	51.7	69.5	X.Roads	Left	B6362 Townfoot	42	13:10	12:58	12:46	
85.9	108.9	53.4	67.7		Caution!	Cattle Grid	42	13:14	13:02	12:50	
85.9	108.9	53.4	67.7	KoM 2	Start	Stow Hill	42	13:14	13:02	12:50	
87.2	107.6	54.2	66.9	KoM 2 Cat 3	Finish	Stow Hill	42	13:17	13:05	12:52	
87.5	107.3	54.4	66.7		Caution!	Fast Descent	42	13:17	13:05	12:52	
89.5	105.3	55.7	65.5		Caution!	Cattle Grid	42	13:20	13:07	12:55	
90.8	104.0	56.5	64.7	Sign		Lauder	42	13:22	13:09	12:56	
91.3	103.5	56.8	64.4	TJunction	Right	A68 High Street	42	13:23	13:10	12:57	
91.7	103.1	57.0	64.1	Sprint 2		Lauder	42	13:24	13:11	12:57	
92.5	102.3	57.5	63.6	Junction	Left	B6362	42	13:25	13:12	12:58	
94.6	100.2	58.8	62.3			Cut Right	Slip road to TJunction	42	13:28	13:15	13:01
94.7	100.1	58.9	62.2	TJunction	Right	A697	42	13:28	13:15	13:01	
98.8	96.0	61.4	59.7		Keep Left	A697	42	13:35	13:21	13:07	
99.9	94.9	62.1	59.0	Junction	Left	B6456	42	13:36	13:22	13:08	
101.2	93.6	62.9	58.2	Sign		Thornydykes	42	13:39	13:24	13:10	
103.4	91.4	64.3	56.8		Caution!	Narrow Bridge	42	13:42	13:27	13:12	
103.6	91.2	64.4	56.7	Sign		Westruther	42	13:42	13:28	13:13	
103.9	90.9	64.6	56.5	X.Roads	Straight	B6456	42	13:43	13:28	13:13	
114.1	80.7	71.0	50.2		Caution!	Fast Descent	42	13:59	13:43	13:26	
115.2	79.6	71.6	49.5		Caution!	Sharp Left Bend	42	14:01	13:44	13:28	
115.9	78.9	72.1	49.1	TJunction	Left	A6105 dir Duns	42	14:02	13:45	13:29	
117.9	76.9	73.3	47.8		Keep Left	A6105	42	14:05	13:48	13:31	
119.3	75.5	74.2	46.9	Sign		Duns	42	14:07	13:50	13:33	
119.4	75.4	74.2	46.9		Keep Right	A6105	42	14:07	13:50	13:33	
120.1	74.7	74.7	46.5		Caution!	Build Outs	42	14:08	13:51	13:34	
120.7	74.1	75.1	46.1	Sprint 3		Duns	42	14:09	13:52	13:35	
120.9	73.9	75.2	46.0	Junction	Left	A6112 Teindhillgreen	42	14:09	13:52	13:35	
122.9	71.9	76.4	44.7	Junction	Left	B6365	42	14:13	13:55	13:38	
135.1	59.7	84.0	37.1		Caution!	Narrow Bridge	42	14:32	14:13	13:53	
136.8	58.0	85.1	36.1	Sign		Cranshaws	42	14:34	14:15	13:55	
139.7	55.1	86.9	34.3	Sign		East Lothian	42	14:39	14:19	13:59	
140.3	54.5	87.2	33.9		Caution!	Fast & Technical Descent	42	14:40	14:20	14:00	
142.2	52.6	88.4	32.7		Caution!	Cattle Grid	42	14:43	14:23	14:02	
142.2	52.6	88.4	32.7	KoM 3	Start		42	14:43	14:23	14:02	
144.1	50.7	89.6	31.5		Caution!	Cattle Grid	42	14:46	14:25	14:05	
146.3	48.5	91.0	30.2	KoM 3 Cat 2	Finish	Wanside Rig	42	14:49	14:29	14:08	
146.3	48.5	91.0	30.2		Keep Right		42	14:49	14:29	14:08	
146.4	48.4	91.0	30.1		Caution!	Cattle Grid	42	14:50	14:29	14:08	
147.4	47.4	91.7	29.5		Caution!	Fast Descent	42	14:51	14:30	14:09	
149.0	45.8	92.7	28.5		Caution!	Cattle Grid	42	14:54	14:32	14:11	
150.8	44.0	93.8	27.4	X.Roads	Straight	B6355	42	14:56	14:35	14:13	
151.0	43.8	93.9	27.2		Caution!	Fast & Technical Descent	42	14:57	14:35	14:14	
154.6	40.2	96.1	25.0	Sign		Gifford	42	15:02	14:40	14:18	

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FINISH	Queen's Drive, Holyrood Park, Edinburgh

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
154.9	39.9	96.3	24.8		Caution!	Speed Humps	42	15:03	14:41	14:19
155.6	39.2	96.8	24.4		Keep Right	B6355	42	15:04	14:42	14:20
161.2	33.6	100.2	20.9	Sign		East Saltoun	42	15:13	14:50	14:27
161.8	33.0	100.6	20.5		Caution!	Build Out Offside	42	15:14	14:51	14:28
162.5	32.3	101.1	20.1	X.Roads	Straight	B6355	42	15:15	14:52	14:28
163.6	31.2	101.7	19.4		Caution!	Narrow Bridge	42	15:17	14:53	14:30
164.4	30.4	102.2	18.9	Sign		Pencaitland	42	15:18	14:54	14:31
164.5	30.3	102.3	18.8		Keep Right	B6355	42	15:18	14:55	14:31
164.9	29.9	102.5	18.6	X.Roads	Left	A6093 Park View	42	15:19	14:55	14:32
165.5	29.3	102.9	18.2		Caution!	Narrow Bridge	42	15:20	14:56	14:32
170.3	24.5	105.9	15.2	Junction	Left	B6367	42	15:27	15:03	14:38
171.1	23.7	106.4	14.7		Keep Right	B6367	42	15:28	15:04	14:39
172.8	22.0	107.5	13.7	X.Roads	Straight		42	15:31	15:06	14:42
173.8	21.0	108.1	13.1	T.Junction	Right	A68 dir Edinburgh	42	15:33	15:08	14:43
174.0	20.8	108.2	12.9	X.Roads	Straight	dir Ford	42	15:33	15:08	14:43
174.1	20.7	108.3	12.9	Sign		Ford	42	15:33	15:08	14:43
174.8	20.0	108.7	12.4			20km to Finish	42	15:34	15:09	14:44
175.2	19.6	108.9	12.2	X.Roads	Straight	Edgehead Road	42	15:35	15:10	14:45
175.4	19.4	109.1	12.1	Sign		Edgehead	42	15:35	15:10	14:45
175.4	19.4	109.1	12.1		Caution!	Speed Humps x 4	42	15:35	15:10	14:45
177.8	17.0	110.6	10.6		Caution!	Fast Descent	42	15:39	15:14	14:48
178.2	16.6	110.8	10.3	Sign		Whitehill	42	15:40	15:14	14:49
179.0	15.8	111.3	9.8	T.Junction	Left	A6106	42	15:41	15:15	14:50
179.3	15.5	111.5	9.6	Sign		Dalkeith	42	15:41	15:16	14:50
179.4	15.4	111.6	9.6	R/about	1st Exit	A6106 Lauder Road	42	15:41	15:16	14:50
179.6	15.2	111.7	9.5	T.Lights	Straight	A6106 Newmills Road	42	15:42	15:16	14:50
179.8	15.0	111.8	9.3		Right	15km to Finish	42	15:42	15:16	14:51
180.8	14.0	112.4	8.7	T.Lights	Left	B6373 London Road	42	15:44	15:18	14:52
180.9	13.9	112.5	8.6	T.Lights	Straight	B6373 London Road	42	15:44	15:18	14:52
181.1	13.7	112.6	8.5	T.Lights	Left	A6094 Eskbank View	42	15:44	15:18	14:52
181.9	12.9	113.1	8.0	R/about	4th Exit	A678 Lasswade Road	42	15:45	15:19	14:53
182.7	12.1	113.6	7.5	R/about	2nd Exit	A768 Melville Dykes Road	42	15:47	15:21	14:54
183.0	11.8	113.8	7.3		Caution!	Build Outs	42	15:47	15:21	14:55
183.8	11.0	114.3	6.8	Sign		Lasswade	42	15:48	15:22	14:56
183.9	10.9	114.4	6.8	T.Lights	Straight	A768 Elm Road	42	15:48	15:22	14:56
184.2	10.6	114.5	6.6		Caution!	Narrow Bridge	42	15:49	15:23	14:56
184.8	10.0	114.9	6.2			10km to Finish	42	15:50	15:24	14:57
184.9	9.9	115.0	6.2	T.Lights	Straight	Lasswade Road	42	15:50	15:24	14:57
186.4	8.4	115.9	5.2	R/about	1st Exit	Lasswade Road	42	15:52	15:26	14:59
186.9	7.9	116.2	4.9	T.Lights	Straight	Lasswade Road	42	15:53	15:27	15:00
187.8	7.0	116.8	4.4	T.Lights	Straight	Lasswade Road	42	15:55	15:28	15:01
189.1	5.7	117.6	3.5	T.Lights	Straight	Kirk Brae	42	15:57	15:30	15:03
189.3	5.5	117.7	3.4		Caution!	Fast Descent	42	15:57	15:30	15:03
189.8	5.0	118.0	3.1			5km to Finish	42	15:58	15:31	15:04
189.9	4.9	118.1	3.0	T.Lights	Right	A701 Liberton Road	42	15:58	15:31	15:04
190.4	4.4	118.4	2.7	T.Lights	straight	A701 Liberton Road	42	15:59	15:32	15:04

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FINISH	Queen's Drive, Holyrood Park, Edinburgh

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph	42kmph	46kmph
								110%	100%	90%
190.7	4.1	118.6	2.5	T.Lights	Straight	A701 Craigmillar Park	42	15:59	15:32	15:05
190.9	3.9	118.7	2.4	X.Roads	Straight		42	15:59	15:32	15:05
191.7	3.1	119.2	1.9	T.Lights	Right	East Mayfield	42	16:01	15:33	15:06
192.0	2.8	119.4	1.7	X.Roads	Left	A7 Dalkeith Road	42	16:01	15:34	15:06
192.4	2.4	119.6	1.5	T.Lights	Straight	A7 Dalkeith Road	42	16:02	15:34	15:07
192.6	2.2	119.8	1.4	T.Lights	Right	Holyrood Park Road	42	16:02	15:35	15:07
193.0	1.8	120.0	1.1	M R/about	1st Exit	Queen's Drive	42	16:03	15:35	15:08
193.1	1.7	120.1	1.1	M R/about	1st Exit	Queen's Drive	42	16:03	15:35	15:08
194.2	0.6	120.8	0.4	R/about	2nd Exit	Queen's Drive	42	16:05	15:37	15:09
194.4	0.4	120.9	0.2	R/about	2nd Exit	Queen's Drive	42	16:05	15:37	15:09
194.8	0.0	121.1	0.0	Finish		Queen's Drive, Holyrood Park, Edinburgh	42	16:06	15:38	15:10