

STAGE FIVE | ALDERLEY PARK TO WARRINGTON THURSDAY 9 SEPTEMBER



START	Glasshouse, Alderley Park
NEUTRALISED SECTION	3.3km or 2.0 miles
STAGE DISTANCE	152.2 km or 94.6 miles
FINISH	Sankey Street, Warrington

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	3.30	0.00	2.00	Start Neutralised		Glasshouse, Alderley Park	42	11:30	11:30	11:30
0.00	152.2	0.00	94.6	Start Proper		A34 Congleton Road	42	11:45	11:45	11:45
0.4	151.8	0.2	94.4	Sign		Siddington	42	11:45	11:45	11:45
1.5	150.7	0.9	93.7		Keep Right		42	11:47	11:47	11:46
3.2	149.0	2.0	92.7	Junction	Right	B5392 Salters Lane	42	11:50	11:49	11:49
3.5	148.7	2.2	92.5		Keep Left	B5392 Salters Lane	42	11:50	11:50	11:49
4.4	147.8	2.7	91.9		Keep Right	B5392 Salters Lane	42	11:51	11:51	11:50
4.7	147.5	2.9	91.7	Sign		Lower Withington	42	11:52	11:51	11:51
5.1	147.1	3.2	91.5	X.Roads	Straight		42	11:53	11:52	11:51
5.7	146.5	3.5	91.1		Caution!	Sharp Right Bend	42	11:53	11:53	11:52
6.5	145.7	4.0	90.6		Keep Right	B5392 Salters Lane	42	11:55	11:54	11:53
8.4	143.8	5.2	89.4	TJunction	Left	A535	42	11:58	11:57	11:55
10.6	141.6	6.6	88.1	Sign		Twemlow Green	42	12:01	12:00	11:58
11.1	141.1	6.9	87.7		Keep Left	A535 Chelford Road	42	12:02	12:00	11:59
12.4	139.8	7.7	86.9	Sign		Holmes Chapel	42	12:04	12:02	12:00
13.1	139.1	8.1	86.5	R/about	1st Exit	A535 Macclesfield Road	42	12:05	12:03	12:01
13.9	138.3	8.6	86.0	M R/about	1st Exit	A50 London Road	42	12:06	12:04	12:02
14.3	137.9	8.9	85.8	T.Lights	Straight	A50 London Road	42	12:07	12:05	12:03
14.8	137.4	9.2	85.4	Sign		Brereton	42	12:08	12:06	12:04
16.8	135.4	10.4	84.2	Sign		Brereton Green	42	12:11	12:09	12:06
19.2	133.0	11.9	82.7	Sign		Arclid	42	12:15	12:12	12:09
19.7	132.5	12.3	82.4	T.Lights	Straight	A50 Newcastle Road	42	12:15	12:13	12:10
22.7	129.5	14.1	80.5	T.Lights	Left	Church Lane	42	12:20	12:17	12:14
22.9	129.3	14.2	80.4	Sign		Smallwood	42	12:20	12:17	12:14
27.0	125.2	16.8	77.9	TJunction	Left	A34 Newcastle Road	42	12:27	12:23	12:19
27.9	124.3	17.3	77.3	Junction	Left	Peel Lane	42	12:28	12:24	12:20
28.5	123.7	17.7	76.9		Keep Left	Peel Lane	42	12:29	12:25	12:21
28.8	123.4	17.9	76.7		Caution!	Horses!	42	12:30	12:26	12:22
29.3	122.9	18.2	76.4		Caution!	Hump Back Bridge	42	12:31	12:26	12:22
29.8	122.4	18.5	76.1		Caution!	Narrow Bridge	42	12:31	12:27	12:23
30.0	122.2	18.7	76.0	Drinks Start			42	12:32	12:27	12:23
30.9	121.3	19.2	75.4	TJunction	Right	Leek Road	42	12:33	12:29	12:24
31.7	120.5	19.7	74.9	Sprint 1		Mossley (Congleton)	42	12:34	12:30	12:25
31.7	120.5	19.7	74.9		Green Zone		42	12:34	12:30	12:25
31.8	120.4	19.8	74.9	T.Lights	Straight	Reades Lane	42	12:34	12:30	12:25
32.1	120.1	20.0	74.7		Caution!	Fast Descent	42	12:35	12:30	12:26
32.4	119.8	20.1	74.5	KoM 1	Start		42	12:35	12:31	12:26
33.1	119.1	20.6	74.1	Junction	Left	Under Rainow Road	42	12:37	12:32	12:27
33.1	119.1	20.6	74.1	KoM 1 Cat 3	Finish	Blacky Bank	42	12:37	12:32	12:27
33.7	118.5	21.0	73.7		Keep Right	Under Rainow Road	42	12:37	12:33	12:28
34.4	117.8	21.4	73.3	X.Roads	Straight		42	12:39	12:34	12:29
35.6	116.6	22.1	72.5	Junction	Left	Pegley Lane Caution! Sharp Left!	42	12:40	12:35	12:30
36.8	115.4	22.9	71.8	TJunction	Right	Middle Lane	42	12:42	12:37	12:32
37.7	114.5	23.4	71.2	TJunction	Right	A54 Buxton Road	42	12:44	12:38	12:33
40.0	112.2	24.9	69.8	Sign		Congleton	42	12:47	12:42	12:36

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FINISH	Sankey Street, Warrington



ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
40.1	112.1	24.9	69.7		Caution!	Narrow Bridge!	42	12:48	12:42	12:36
42.8	109.4	26.6	68.0	T.Lights	Straight	A54 Buxton Road	42	12:52	12:46	12:40
43.3	108.9	26.9	67.7		Keep Right	A54	42	12:53	12:46	12:40
47.4	104.8	29.5	65.2		Keep Right	A54	42	12:59	12:52	12:45
47.8	104.4	29.7	64.9	X.Roads	Straight		42	13:00	12:53	12:46
48.2	104.0	30.0	64.7		Caution!	Fast Descent	42	13:00	12:53	12:46
49.5	102.7	30.8	63.9		Caution!	Sharp Right Bend	42	13:02	12:55	12:48
49.7	102.5	30.9	63.7	X.Roads	Left	Clough Road Caution! Sharp Bend!	42	13:03	12:56	12:48
50.6	101.6	31.5	63.2		Caution!	Severe Dip in Road!	42	13:04	12:57	12:50
56.4	95.8	35.1	59.6	TJunction	Right	dir Buxton	42	13:13	13:05	12:57
56.4	95.8	35.1	59.6	KoM 2	Start		42	13:13	13:05	12:57
58.0	94.2	36.1	58.6	KoM 2 Cat 2	Finish	Bottom-of-the-Oven	42	13:16	13:07	12:59
59.8	92.4	37.2	57.5		Caution!	Average Speed Cameras 50mph	42	13:18	13:10	13:01
61.3	90.9	38.1	56.5	X.Roads	Straight	A537	42	13:21	13:12	13:03
62.6	89.6	38.9	55.7		Caution!	Average Speed Cameras 50mph	42	13:23	13:14	13:05
62.9	89.3	39.1	55.5		Caution!	Sharp Right Bend	42	13:23	13:14	13:05
63.7	88.5	39.6	55.0		Keep Right	A537 Buxton New Road	42	13:25	13:16	13:06
64.2	88.0	39.9	54.7		Caution!	Fast & Techinal Descent	42	13:25	13:16	13:07
64.8	87.4	40.3	54.3		Keep Left	A537	42	13:26	13:17	13:08
67.0	85.2	41.7	53.0	Sign		Macclesfield	42	13:30	13:20	13:11
68.0	84.2	42.3	52.4	Junction	Right	First Avenue	42	13:31	13:22	13:12
68.6	83.6	42.7	52.0	X.Roads	Right	B5470 Hurdsfield Road	42	13:32	13:23	13:13
68.8	83.4	42.8	51.9	X.Roads	Straight	B5470	42	13:33	13:23	13:13
69.0	83.2	42.9	51.7	X.Roads	Straight	B5470	42	13:33	13:23	13:13
69.2	83.0	43.0	51.6	X.Roads	Straight		42	13:33	13:23	13:13
70.7	81.5	44.0	50.7	Sign		Rainow	42	13:36	13:26	13:15
75.5	76.7	46.9	47.7	KoM 3	Start		42	13:43	13:32	13:22
76.8	75.4	47.8	46.9	Junction	Right	Bakestondale Road	42	13:45	13:34	13:23
77.1	75.1	47.9	46.7	KoM 3 Cat 3	Finish	Bakestonedale Road	42	13:46	13:35	13:24
77.1	75.1	47.9	46.7		Green Zone		42	13:46	13:35	13:24
77.3	74.9	48.1	46.6	Sign		Pott Shrigley	42	13:46	13:35	13:24
78.6	73.6	48.9	45.8		Caution!	Fast Descent to T-Junction	42	13:48	13:37	13:26
80.4	71.8	50.0	44.6	TJunction	Right	Shrigley Road	42	13:51	13:39	13:28
81.6	70.6	50.7	43.9		Cautiuon	Fast Descent	42	13:53	13:41	13:29
81.7	70.5	50.8	43.8	Junction	Left	Caution! Sharp Left Turn!	42	13:53	13:41	13:30
82.0	70.2	51.0	43.7		Keep Left	Brookledge Lane	42	13:53	13:42	13:30
82.4	69.8	51.2	43.4		Caution!	Hump Back Bridge	42	13:54	13:42	13:30
82.5	69.7	51.3	43.3		Caution!	Fast Descent	42	13:54	13:42	13:31
84.3	67.9	52.4	42.2	T.Lights	Straight	Mill Lane	42	13:57	13:45	13:33
85.5	66.7	53.2	41.5	Sign		Prestbury	42	13:59	13:47	13:34
86.4	65.8	53.7	40.9	TJunction	Right	B5338 Wilmslow Road	42	14:00	13:48	13:36
86.9	65.3	54.0	40.6	Sign		Mottram St Andrew	42	14:01	13:49	13:36
87.3	64.9	54.3	40.4	X.Roads	Straight	Lees Lane	42	14:02	13:49	13:37
88.3	63.9	54.9	39.7	Sign		Wilmslow	42	14:03	13:51	13:38
88.5	63.7	55.0	39.6	R/about	1st Exit	A5102 Adlington Road	42	14:04	13:51	13:38
88.8	63.4	55.2	39.4	R/about	2nd Exit	Dean Row Road	42	14:04	13:51	13:39

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FINISH	Sankey Street, Warrington



ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
89.3	62.9	55.5	39.1	R/about	2nd Exit	Dean Row Road	42	14:05	13:52	13:39
90.2	62.0	56.1	38.6	T.Lights	Straight	Dean Row Road	42	14:06	13:53	13:40
90.4	61.8	56.2	38.4	R/about	3rd Exit	Dean Row Road	42	14:07	13:54	13:41
91.1	61.1	56.7	38.0	T.Lights	Left	Manchester Road	42	14:08	13:55	13:42
92.2	60.0	57.3	37.3	R/about	2nd Exit	A538 Manchester Road	42	14:09	13:56	13:43
92.5	59.7	57.5	37.1	T.Lights	Straight	A538 Alderley Road	42	14:10	13:57	13:43
92.9	59.3	57.8	36.9	T.Lights	Right	Water Lane	42	14:10	13:57	13:44
93.3	58.9	58.0	36.6	X.Roads	Straight	A538	42	14:11	13:58	13:44
93.5	58.7	58.1	36.5	X.Roads	Straight	A538 Altrincham Road	42	14:11	13:58	13:45
93.6	58.6	58.2	36.4	Sprint 2		Wilmslow	42	14:12	13:58	13:45
93.6	58.6	58.2	36.4		Green Zone		42	14:12	13:58	13:45
94.7	57.5	58.9	35.8	Junction	Left	Mobberley Road	42	14:13	14:00	13:46
95.2	57.0	59.2	35.4		Keep Left	Mobberley Road	42	14:14	14:01	13:47
96.4	55.8	59.9	34.7	Sign		Mobberley	42	14:16	14:02	13:48
97.6	54.6	60.7	34.0		Keep Left	Burleyhurst Lane	42	14:18	14:04	13:50
99.2	53.0	61.7	33.0	T.Junction	Left	B5085 Knutsford Road	42	14:20	14:06	13:52
100.5	51.7	62.5	32.1	Sign		Great Warford	42	14:22	14:08	13:54
100.9	51.3	62.7	31.9	X.Roads	Straight	B5085 Knutsford Road	42	14:23	14:09	13:54
101.2	51.0	62.9	31.7	Sign		Chorley	42	14:24	14:09	13:55
102.6	49.6	63.8	30.8	M R/about	2nd Exit	Brook Lane	42	14:26	14:11	13:56
103.9	48.3	64.6	30.0	T.Junction	Right	B5359 Wilmslow Road	42	14:28	14:13	13:58
104.1	48.1	64.7	29.9		Keep Left	B5359 Wilmslow Road	42	14:28	14:13	13:58
104.6	47.6	65.0	29.6	Junction	Left	B5087 Macclesfield Road	42	14:29	14:14	13:59
106.6	45.6	66.3	28.4	Sign		Over Alderley	42	14:32	14:17	14:02
107.4	44.8	66.8	27.9		Keep Right	B5087 Macclesfield Road	42	14:33	14:18	14:03
107.7	44.5	67.0	27.7	X.Roads	Straight	Birtles Lane	42	14:34	14:18	14:03
108.9	43.3	67.7	26.9		Keep Right	Birtles Lane	42	14:36	14:20	14:05
109.3	42.9	68.0	26.7		Caution!	Fast & Narrow Descent	42	14:36	14:21	14:05
111.6	40.6	69.4	25.2	T.Junction	Right	A537	42	14:40	14:24	14:08
112.8	39.4	70.1	24.5	T.Lights	Straight	A537 Chelford Road	42	14:42	14:26	14:10
113.3	38.9	70.5	24.2	T.Lights	Straight	A537 Chelford Road	42	14:43	14:26	14:10
115.1	37.1	71.6	23.1	Sign		Chelford	42	14:45	14:29	14:12
115.4	36.8	71.8	22.9	R/about	3rd Exit	A537 Knutsford Road	42	14:46	14:29	14:13
116.9	35.3	72.7	22.0	Sprint 3		Chelford	42	14:48	14:32	14:15
116.9	35.3	72.7	22.0		Green Zone		42	14:48	14:32	14:15
116.9	35.3	72.7	22.0	Sign		Marthall	42	14:48	14:32	14:15
121.1	31.1	75.3	19.3	Sign		Knutsford	42	14:55	14:38	14:20
122.0	30.2	75.9	18.8	R/about	2nd Exit	A537 Chelford Road	42	14:56	14:39	14:21
123.2	74.0	76.6	46.0	T.Lights	Straight	A537 Brook Street	42	14:58	14:41	14:23
123.4	28.8	76.7	17.9		Keep Left		42	14:58	14:41	14:23
123.5	28.7	76.8	17.8	T.Lights	Left	A50 Toft Road	42	14:59	14:41	14:23
123.8	28.4	77.0	17.7	T.Lights	Straight	A50 King Edward Street	42	14:59	14:41	14:24
124.0	28.2	77.1	17.5	R/about	2nd Exit	A50 Manchester Road	42	14:59	14:42	14:24
126.2	26.0	78.5	16.2	Sign		Mere	42	15:03	14:45	14:27
126.7	25.5	78.8	15.9		Keep Left	A50 Warrington Road	42	15:04	14:46	14:27
127.8	24.4	79.5	15.2	T.Lights	Straight	A50 Warrington Road	42	15:05	14:47	14:29

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FINISH	Sankey Street, Warrington

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE SPEED	38kmph 110%	42kmph 100%	46kmph 90%
128.7	23.5	80.0	14.6	R/about	2nd Exit	A50 Warrington Road	42	15:07	14:48	14:30
130.9	21.3	81.4	13.2	Sign		High Legh	42	15:10	14:52	14:33
132.2	20.0	82.2	12.4			20km To Finish	42	15:12	14:53	14:34
132.8	19.4	82.6	12.1	Junction	Left	Swineyard Lane	42	15:13	14:54	14:35
136.3	15.9	84.8	9.9	Sign		Warrington	42	15:19	14:59	14:40
137.2	15.0	85.3	9.3			15km to Finish	42	15:20	15:01	14:41
137.6	14.6	85.6	9.1	Junction	Right	B5356 Grappenhall Lane	42	15:21	15:01	14:41
138.2	14.0	85.9	8.7	Sign		Appleton Thorn	42	15:22	15:02	14:42
138.5	13.7	86.1	8.5	X.Roads	Straight	B5356 Stretton Road	42	15:22	15:02	14:43
139.0	13.2	86.4	8.2	R/about	3rd Exit	Blackcap Road	42	15:23	15:03	14:43
139.6	12.6	86.8	7.8	R/about	1st Exit	Dipping Brook Avenue	42	15:24	15:04	14:44
139.9	12.3	87.0	7.6	R/about	1st Exit	Dipping Brook Avenue	42	15:24	15:04	14:44
140.4	11.8	87.3	7.3	R/about	2nd Exit	Longwood Road	42	15:25	15:05	14:45
140.7	11.5	87.5	7.2	R/about	2nd Exit	Longwood Road	42	15:26	15:06	14:45
141.0	11.2	87.7	7.0	R/about	3rd Exit	A49 London Road	42	15:26	15:06	14:46
141.7	10.5	88.1	6.5		Caution!	Safety Camera 40mph	42	15:27	15:07	14:47
142.2	10.0	88.4	6.2			10km to Finish	42	15:28	15:08	14:47
142.6	9.6	88.7	6.0	T.Lights	Straight	A49 London Road	42	15:29	15:08	14:48
143.5	8.7	89.2	5.4	X.Roads	Straight		42	15:30	15:10	14:49
143.8	8.4	89.4	5.2	T.Lights	Right	A56 Grappenhall Road	42	15:30	15:10	14:49
144.1	8.1	89.6	5.0	X.Roads	Straight		42	15:31	15:10	14:50
144.5	7.7	89.9	4.8	T.Lights	Straight	A56 Grappenhall Road	42	15:32	15:11	14:50
144.6	7.6	89.9	4.7	T.Lights	Left	Ackers Road	42	15:32	15:11	14:50
145.0	7.2	90.2	4.5	Junction	Left	Ackers Road	42	15:32	15:12	14:51
145.4	6.8	90.4	4.2	TJunction	Right	Station Road	42	15:33	15:12	14:51
145.9	6.3	90.7	3.9	TJunction	Left	A50 Knutsford Road	42	15:34	15:13	14:52
146.0	6.2	90.8	3.9	Junction	Right	A50 Kingsway South Caution! Against No Entry!	42	15:34	15:13	14:52
146.1	6.1	90.9	3.8	T.Lights	Straight	A50	42	15:34	15:13	14:52
147.0	5.2	91.4	3.2	R/about	2nd Exit	A50 Kingsway North	42	15:36	15:15	14:54
147.2	5.0	91.5	3.1			5km to Finish	42	15:36	15:15	14:54
148.0	4.2	92.0	2.6	T.Lights	Left	A57 Manchester Road	42	15:37	15:16	14:55
148.3	3.9	92.2	2.4	T.Lights	Right	Padgate Lane	42	15:38	15:16	14:55
148.4	3.8	92.3	2.4	T.Lights	Left	Marsh House Lane	42	15:38	15:17	14:55
149.0	3.2	92.7	2.0	M R/about	2nd Exit	Marsh House Lane	42	15:39	15:17	14:56
149.1	3.1	92.7	1.9	Junction	Right	Longford Street	42	15:39	15:18	14:56
149.2	3.0	92.8	1.9	X.Roads	Straight		42	15:39	15:18	14:56
149.3	2.9	92.8	1.8	X.Roads	Straight		42	15:39	15:18	14:56
149.5	2.7	93.0	1.7	T.Lights	Left	A49 Winwick Road	42	15:39	15:18	14:57
149.9	2.3	93.2	1.4	T.Lights	Left	A49 Lythgoes Lane	42	15:40	15:19	14:57
150.1	2.1	93.3	1.3	T.Lights	Right	Pinner's Brow	42	15:40	15:19	14:57
150.3	1.9	93.5	1.2	R/about	2nd Exit	Winwick Street	42	15:41	15:19	14:58
150.3	1.9	93.5	1.2	T.Lights	Right	Tanners Lane	42	15:41	15:19	14:58
150.4	1.8	93.5	1.1	X.Roads	Straight		42	15:41	15:19	14:58
150.6	1.6	93.7	1.0	T.Lights	Straight	Tanners Lane	42	15:41	15:20	14:58
150.9	1.3	93.8	0.8	T.Lights	Right	A57 Froghall Lane	42	15:42	15:20	14:59
151.5	0.7	94.2	0.4	R/about	1st Exit	A5061 Liverpool Road	42	15:43	15:21	14:59

STAGE FIVE | ALDERLEY PARK TO WARRINGTON THURSDAY 9 SEPTEMBER



START	Glasshouse, Alderley Park
NEUTRALISED SECTION	3.3km or 2.0 miles
STAGE DISTANCE	152.2 km or 94.6 miles
FINISH	Sankey Street, Warrington

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	BASE	38kmph	42kmph	46kmph
							SPEED	110%	100%	90%
152.0	0.2	94.5	0.1	T.Lights	Straight	Sankey Street	42	15:43	15:22	15:00
152.2	0.0	94.6	0.0	Finish		Sankey Street, Warrington	42	15:44	15:22	15:00