

TIMETABLE | STAGE FIVE | COLCHESTER TO CLACTON-ON-SEA FRIDAY 8 OCTOBER



START	Northern Gateway Sports Park, Colchester
NEUTRALISED SECTION	11.9 km or 7.4 miles
STAGE DISTANCE	95.4 km or 59.3 miles
FINISH	Marine Parade West, Clacton-on-Sea

Route Details							Estimated Time of Arrival			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	35	38	42
							110%	100%	90%	
							Duration	02:45	02:30	02:15
0.00	11.90	0.00	7.40	Start Neutralised		Northern Gateway - Colchester	38	11:30	11:30	11:30
0.00	95.4	0.00	59.3	Start Proper		A137 Parsons Heath	38	11:50	11:50	11:50
0.3	95.1	0.2	59.1	Sign		Fox Street	38	11:50	11:50	11:50
3.4	92.0	2.1	57.2		Keep Right	A137	38	11:55	11:55	11:54
3.5	91.9	2.2	57.1	Sign		Ardleigh	38	11:56	11:55	11:54
4.1	91.3	2.5	56.8	X.Roads	Right	B1029 Station Road	38	11:57	11:56	11:55
4.5	90.9	2.8	56.5		Caution!	Level Crossing	38	11:57	11:57	11:56
4.9	90.5	3.0	56.3		Keep Left	B1029 Frating Road	38	11:58	11:57	11:56
6.6	88.8	4.1	55.2	Sign		Tendring	38	12:01	12:00	11:59
8.5	86.9	5.3	54.0	Sign		Great Bromley	38	12:04	12:03	12:02
8.9	86.5	5.5	53.8		Keep Right	B1029 Brook Street	38	12:05	12:04	12:02
8.9	86.5	5.5	53.8			Entry to Loop 63km (39 miles)	38	12:05	12:04	12:02
9.2	86.2	5.7	53.6		Keep Right	B1029 Parsons Hill	38	12:05	12:04	12:03
10.6	84.8	6.6	52.7	X.Roads	Right	Harwich Road	38	12:08	12:06	12:05
12.7	82.7	7.9	51.4	Sign		Elmstead Market	38	12:12	12:10	12:08
13.1	82.3	8.1	51.2	T.Lights	Right	A133 Clacton Road	38	12:12	12:10	12:08
13.3	82.1	8.3	51.1	X.Roads	Left	B1027 Colchester Main Road	38	12:13	12:11	12:08
14.8	80.6	9.2	50.1	Sign		Alresford	38	12:15	12:13	12:11
17.8	77.6	11.1	48.3	Sign		Thorrington	38	12:20	12:18	12:15
17.8	77.6	11.1	48.3	QoM 1	Start		38	12:20	12:18	12:15
18.7	76.7	11.6	47.7	QoM 1 Cat 3	Finish	Tenpenny Hill	38	12:22	12:19	12:16
18.7	76.7	11.6	47.7			Green Zone	38	12:22	12:19	12:16
18.8	76.6	11.7	47.6	M R/about	Straight	Double Mini Roundabout B1027 Clacton Road	38	12:22	12:19	12:16
24.9	70.5	15.5	43.8		Keep Left	B1027 Bypass Road	38	12:33	12:29	12:25
27.7	67.7	17.2	42.1	M R/about	2nd Exit	Jaywick Lane	38	12:38	12:33	12:29
28.8	66.6	17.9	41.4	Sign		Jaywick Sands	38	12:40	12:35	12:30
30.0	65.4	18.7	40.7	M R/about	1st Exit	West Road	38	12:42	12:37	12:32
30.0	65.4	18.7	40.7	Drinks	Start		38	12:42	12:37	12:32
31.9	63.5	19.8	39.5			1st Passage of Finish Line	38	12:45	12:40	12:35
32.4	63.0	20.1	39.2	M R/about	2nd Exit	Marine Parade West	38	12:46	12:41	12:36
32.5	62.9	20.2	39.1	T.Lights	Straight	Marine Parade East	38	12:46	12:41	12:36
34.5	60.9	21.5	37.9	Sign		Holland-on-Sea	38	12:49	12:44	12:39
36.1	59.3	22.4	36.9	Sprint 1		Holland-on-Sea	38	12:52	12:47	12:41
36.1	59.3	22.4	36.9			Green Zone	38	12:52	12:47	12:41
36.4	59.0	22.6	36.7	R/about	2nd Exit	B1032 Frinton Road	38	12:53	12:47	12:41
38.5	56.9	23.9	35.4	Sign		Great Holland	38	12:56	12:50	12:44
39.1	56.3	24.3	35.0	M R/about	2nd Exit	B1032 Main Road	38	12:57	12:51	12:45
39.8	55.6	24.7	34.6		Keep Right	B1032 Kirby Road	38	12:59	12:52	12:46
40.8	54.6	25.4	34.0	Sign		Kirby Cross	38	13:00	12:54	12:47
41.1	54.3	25.6	33.8	M R/about	1st Exit	B1033 Thorpe Road	38	13:01	12:54	12:48
43.3	52.1	26.9	32.4	X.Roads	Straight		38	13:05	12:58	12:51
43.9	51.5	27.3	32.0	Sign		Thorpe-le-Soken	38	13:06	12:59	12:52

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FINISH	Marine Parade West, Clacton-on-Sea

Route Details							Estimated Time of Arrival			
kms	kms	Miles	Miles	Feature	Instruction	Description	Base Speed	35	38	42
								110%	100%	90%
45.2	50.2	28.1	31.2	M R/about	2nd Exit	B1414 Landmermere Road	38	13:08	13:01	12:54
46.5	48.9	28.9	30.4		Keep Left		38	13:10	13:03	12:56
48.3	47.1	30.0	29.3	Sign		Beaumont cum Moze	38	13:13	13:06	12:58
48.6	46.8	30.2	29.1		Keep Right	B1414 Harwich Road	38	13:14	13:06	12:59
49.2	46.2	30.6	28.7		Keep Right	B1414 Harwich Road	38	13:15	13:07	12:59
51.5	43.9	32.0	27.3		Caution!	Sharp Left Bend	38	13:19	13:11	13:03
52.7	42.7	32.8	26.6	Sign		Great Oakley	38	13:21	13:13	13:04
52.8	42.6	32.8	26.5	Junction	Left	Wix Road	38	13:21	13:13	13:05
55.3	40.1	34.4	24.9	TJunction	Left	Harwich Road	38	13:26	13:17	13:08
55.3	40.1	34.4	24.9	Sign		Wix	38	13:26	13:17	13:08
56.0	39.4	34.8	24.5	X.Roads	Right	Bradfield Road	38	13:27	13:18	13:09
56.4	39.0	35.1	24.3		Keep Left	Bradfield Road	38	13:27	13:19	13:10
58.9	36.5	36.6	22.7	TJunction	Right	The Street	38	13:32	13:23	13:13
61.5	33.9	38.2	21.1	Sign		Mistley	38	13:36	13:27	13:17
61.9	33.5	38.5	20.8	Sprint 2		Mistley	38	13:37	13:27	13:17
61.9	33.5	38.5	20.8			Green Zone	38	13:37	13:27	13:17
62.1	33.3	38.6	20.7		Keep Right	B1352 Harwich Road	38	13:37	13:28	13:18
63.9	31.5	39.7	19.6		Keep Left	B1352 Harwich Road	38	13:40	13:30	13:20
64.0	31.4	39.8	19.5		Caution!	Sharp Right Bend/Narrow!	38	13:41	13:31	13:20
64.2	31.2	39.9	19.4		Keep Right	B1352 High Street	38	13:41	13:31	13:21
64.3	31.1	40.0	19.3	Junction	Left	Colchester Road	38	13:41	13:31	13:21
64.3	31.1	40.0	19.3	QoM 2	Start		38	13:41	13:31	13:21
65.1	30.3	40.5	18.8	QoM 2 Cat 3	Finish	Manningtree	38	13:43	13:32	13:22
65.1	30.3	40.5	18.8			Green Zone	38	13:43	13:32	13:22
65.3	30.1	40.6	18.7		Keep Left	Colchester Road	38	13:43	13:33	13:22
65.7	29.7	40.9	18.5	TJunction	Right	B1352 Long Road	38	13:44	13:33	13:23
66.1	29.3	41.1	18.2	M R/about	1st Exit	A137 Wignall Street	38	13:44	13:34	13:23
66.2	29.2	41.2	18.2	Junction	Left	Bromley Road	38	13:44	13:34	13:24
66.8	28.6	41.5	17.8	Sign		Little Bromley	38	13:46	13:35	13:24
68.4	27.0	42.5	16.8		Keep Right		38	13:48	13:38	13:27
68.5	26.9	42.6	16.7		Keep Left		38	13:48	13:38	13:27
69.5	25.9	43.2	16.1	Junction	Right	Church Road	38	13:50	13:39	13:28
70.1	25.3	43.6	15.7	TJunction	Left	Spratts Lane Caution! Narrow	38	13:51	13:40	13:29
71.1	24.3	44.2	15.1		Keep Right	Badley Hall Road	38	13:53	13:42	13:31
72.5	22.9	45.1	14.2	TJunction	Left	B1029 Brook Street	38	13:55	13:44	13:33
72.5	22.9	45.1	14.2			Rejoin Loop	38	13:55	13:44	13:33
72.8	22.6	45.3	14.1		Keep Right	B1029 Parsons Hill	38	13:56	13:44	13:33
74.1	21.3	46.1	13.2	X.Roads	Right	Harwich Road	38	13:58	13:47	13:35
75.4	20.0	46.9	12.4			20km to Finish - Green Zone	38	14:00	13:49	13:37
76.3	19.1	47.4	11.9	Sign		Elmstead Market	38	14:02	13:50	13:38
76.7	18.7	47.7	11.6	T.Lights	Right	A133 Clacton Road	38	14:03	13:51	13:39
76.9	18.5	47.8	11.5	X.Roads	Left	School Road	38	14:03	13:51	13:39

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Route Details							Estimated Time of Arrival			
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								110%	100%	90%
78.4	17.0	48.8	10.6	TJunction	Left	B1027 Colchester Main Road	38	14:06	13:53	13:41
78.4	17.0	48.8	10.6	Sign		Alresford	38	14:06	13:53	13:41
80.4	15.0	50.0	9.3			15km to Finish	38	14:09	13:56	13:44
81.4	14.0	50.6	8.7	Sign		Thorrington	38	14:11	13:58	13:45
81.4	14.0	50.6	8.7	QoM 3	Start		38	14:11	13:58	13:45
82.3	13.1	51.2	8.1	QoM 3 Cat 3	Finish	Tenpenny Hill	38	14:12	13:59	13:46
82.3	13.1	51.2	8.1			Green Zone	38	14:12	13:59	13:46
82.4	13.0	51.2	8.1	M R/about	Straight	Double Mini Roundabout B1027 Clacton Road	38	14:13	14:00	13:47
85.4	10.0	53.1	6.2			10km to Race Finish	38	14:18	14:04	13:51
88.5	6.9	55.0	4.3		Keep Left	B1027 Bypass Road	38	14:23	14:09	13:55
90.4	5.0	56.2	3.1			5km to Finish - Green Zone	38	14:27	14:12	13:58
91.3	4.1	56.8	2.5	M R/about	2nd Exit	Jaywick Lane	38	14:28	14:14	13:59
92.3	3.1	57.4	1.9	Sign		Jaywick Sands	38	14:30	14:15	14:01
92.7	2.7	57.6	1.7		Keep Left	Jaywick Lane	38	14:31	14:16	14:01
93.5	1.9	58.1	1.2	M R/about	1st Exit	West Road	38	14:32	14:17	14:02
95.2	0.2	59.2	0.1	X.Roads	Straight	Marine Parade West	38	14:35	14:20	14:05
95.4	0.0	59.3	0.0	Finish		Marine Parade West, Clacton-on-Sea	38	14:35	14:20	14:05