

4

RACE SCHEDULE

GATESHEAD TO KENDAL

Neutralised section

South Shore Road, Hillgate, Bridge Street, Church Street, Cannon Street, Oakwellgate, Hawks Road, Saltmeadows Road, Albany Road, Park Lane, Gateshead Highway, Durham Road




| KM | KM to go | Miles | Feature | Instruction | Description | 35kmph | 38kmph | 42kmph |
|-------------|--------------|-------------|--------------------------|-----------------|------------------------------------|--------------|--------------|--------------|
| | | | Start Neutralised | | South Shore Road, Gateshead | 11:00 | 11:00 | 11:00 |
| 0.00 | 173.2 | 0.00 | Start Proper | | A167 Durham Road | 11:15 | 11:15 | 11:15 |
| 0.2 | 173.0 | 0.1 | | Keep Left | Dual Carriageway | 11:15 | 11:15 | 11:15 |
| 2.1 | 171.1 | 1.3 | R/about | 3rd Exit | A167 Newcastle Bank | 11:18 | 11:18 | 11:17 |
| 2.6 | 170.6 | 1.6 | Sign | | Birtley | 11:19 | 11:18 | 11:18 |
| 3.0 | 170.2 | 1.9 | Junction | Right | Lamesley Road | 11:19 | 11:19 | 11:18 |
| 3.5 | 169.7 | 2.2 | | Keep Right | Lamesley Road | 11:20 | 11:20 | 11:19 |
| 4.2 | 169.0 | 2.6 | | Keep Right | Lamesley Road | 11:21 | 11:21 | 11:20 |
| 5.4 | 167.8 | 3.4 | R/about | 1st Exit | Whaggs Lane | 11:23 | 11:22 | 11:21 |
| 10.1 | 163.1 | 6.3 | T.Junction | Left | A692 Gateshead Road | 11:30 | 11:29 | 11:27 |
| 10.3 | 162.9 | 6.4 | Sign | | Sunniside | 11:31 | 11:29 | 11:28 |
| 10.5 | 162.7 | 6.5 | T.Lights | Right | B6316 Sunniside Road | 11:31 | 11:30 | 11:28 |
| 10.6 | 162.6 | 6.6 | | Keep Right | B6316 | 11:31 | 11:30 | 11:28 |
| 11.2 | 162.0 | 7.0 | Sign | | Whickham | 11:32 | 11:31 | 11:29 |
| 12.5 | 160.7 | 7.8 | Sprint 1 | | Whickham | 11:34 | 11:32 | 11:31 |
| 13.0 | 160.2 | 8.1 | T.Lights | Left | B6317 Front Street | 11:35 | 11:33 | 11:31 |
| 13.4 | 159.8 | 8.3 | T.Lights | Straight | B6317 Swalwell Bank | 11:36 | 11:34 | 11:32 |
| 13.6 | 159.6 | 8.5 | | Keep Right | B6317 Swalwell Bank | 11:36 | 11:34 | 11:32 |
| 13.6 | 159.6 | 8.5 | | Caution! | Fast Descent | 11:36 | 11:34 | 11:32 |
| 14.3 | 158.9 | 8.9 | X.Roads | Straight | | 11:37 | 11:35 | 11:33 |
| 14.5 | 158.7 | 9.0 | T.Lights | Left | B6317 Hexham Road Keep Left! | 11:37 | 11:35 | 11:33 |
| 15.0 | 158.2 | 9.3 | R/about | 2nd Exit | B6317 Shibdon Road | 11:38 | 11:36 | 11:34 |
| 15.9 | 157.3 | 9.9 | Junction | Left | Shibdon Bank | 11:39 | 11:37 | 11:35 |
| 17.3 | 155.9 | 10.8 | T.Junction | Left | Commercial Street | 11:42 | 11:39 | 11:37 |
| 17.7 | 155.5 | 11.0 | T.Junction | Left | Church Street | 11:42 | 11:40 | 11:37 |
| 17.7 | 155.5 | 11.0 | Junction | Right | West Lane | 11:42 | 11:40 | 11:37 |
| 18.0 | 155.2 | 11.2 | | Caution! | Speed Humps | 11:43 | 11:40 | 11:38 |
| 18.2 | 155.0 | 11.3 | X.Roads | Straight | | 11:43 | 11:41 | 11:38 |
| 18.5 | 154.7 | 11.5 | Junction | Left | Garesfield Lane | 11:44 | 11:41 | 11:38 |
| 20.1 | 153.1 | 12.5 | Junction | Right | Ashtree Lane | 11:46 | 11:43 | 11:40 |
| 21.8 | 151.4 | 13.6 | | Caution! | Fast Descent | 11:49 | 11:46 | 11:43 |
| 22.3 | 150.9 | 13.9 | T.Junction | Right | B6315 Hookergate Lane | 11:50 | 11:46 | 11:43 |
| 22.3 | 150.9 | 13.9 | Junction | Left | Glossop Street | 11:50 | 11:46 | 11:43 |
| 24.0 | 149.2 | 14.9 | | Keep Left | Clayton Terrace Road | 11:52 | 11:49 | 11:45 |
| 24.7 | 148.5 | 15.4 | Sign | | Chopwell | 11:53 | 11:50 | 11:46 |
| 24.7 | 148.5 | 15.4 | | Caution! | Fast Descent | 11:53 | 11:50 | 11:46 |
| 25.4 | 147.8 | 15.8 | | Keep Left | Hall Road | 11:54 | 11:51 | 11:47 |
| 25.7 | 147.5 | 16.0 | X.Roads | Straight | Derwent Street | 11:55 | 11:51 | 11:48 |
| 26.1 | 147.1 | 16.2 | T.Junction | Left | Mill Road | 11:56 | 11:52 | 11:48 |
| 26.1 | 147.1 | 16.2 | | Caution! | Fast Descent | 11:56 | 11:52 | 11:48 |
| 27.2 | 146.0 | 16.9 | Sign | | Blackhall Mill | 11:57 | 11:53 | 11:49 |
| 27.6 | 145.6 | 17.2 | Sign | | Durham | 11:58 | 11:54 | 11:50 |
| 28.0 | 145.2 | 17.4 | T.Junction | Right | A694 | 11:59 | 11:55 | 11:51 |
| 28.5 | 144.7 | 17.7 | Sign | | Low Westwood | 11:59 | 11:55 | 11:51 |



Approximate distance of neutralised section 6.8km / 4.2miles

Distance of stage 173.2km / 107.7miles

Neutralised start 11:00

| KM | KM to go | Miles | Feature | Instruction | Description | 35kmph | 38kmph | 42kmph |
|-------------|--------------|-------------|--------------------|-----------------|---------------------------------|--------------|--------------|--------------|
| 29.6 | 143.6 | 18.4 | Sign | | Ebchester | 12:01 | 11:57 | 11:53 |
| 30.0 | 143.2 | 18.7 | Drinks | Start | | 12:02 | 11:57 | 11:53 |
| 31.0 | 142.2 | 19.3 | Sign | | East Law | 12:03 | 11:59 | 11:54 |
| 32.4 | 140.8 | 20.1 | Sign | | Shootley Bridge | 12:05 | 12:01 | 11:56 |
| 33.1 | 140.1 | 20.6 | | Keep Right | Burnmill Bank | 12:07 | 12:02 | 11:57 |
| 33.2 | 140.0 | 20.6 | Junction | Right | B6278 Burnmill Bank | 12:07 | 12:02 | 11:57 |
| 33.2 | 140.0 | 20.6 | KoM 1 Cat 2 | Start | | 12:07 | 12:02 | 11:57 |
| 33.2 | 140.0 | 20.6 | | Caution! | Narrow Bridge | 12:07 | 12:02 | 11:57 |
| 34.0 | 139.2 | 21.1 | | Keep Left | B6278 Burnmill Bank | 12:08 | 12:03 | 11:58 |
| 35.8 | 137.4 | 22.3 | Sign | | Snods Edge | 12:11 | 12:06 | 12:01 |
| 37.5 | 135.7 | 23.3 | KoM 1 Cat 2 | Finish | Snods Edge | 12:13 | 12:08 | 12:03 |
| 37.8 | 135.4 | 23.5 | T.Junction | Right | A68 | 12:14 | 12:09 | 12:03 |
| 37.8 | 135.4 | 23.5 | Junction | Left | B6278 Burnmill Bank | 12:14 | 12:09 | 12:03 |
| 37.8 | 135.4 | 23.5 | Sign | | North Pennines | 12:14 | 12:09 | 12:03 |
| 38.0 | 135.2 | 23.6 | | Caution! | Fast Descent | 12:14 | 12:09 | 12:03 |
| 39.7 | 133.5 | 24.7 | | Keep Left | B6278 | 12:17 | 12:11 | 12:06 |
| 39.7 | 133.5 | 24.7 | | Caution! | Narrow Bridge | 12:17 | 12:11 | 12:06 |
| 39.9 | 133.3 | 24.8 | Sign | | Durham | 12:17 | 12:12 | 12:06 |
| 41.5 | 131.7 | 25.8 | Sign | | Edmundbyers | 12:20 | 12:14 | 12:08 |
| 42.0 | 131.2 | 26.1 | | Caution! | Sheep! | 12:21 | 12:15 | 12:09 |
| 42.3 | 130.9 | 26.3 | | Caution! | Cattle Grid | 12:21 | 12:15 | 12:09 |
| 48.7 | 124.5 | 30.3 | Sign | | Weardale | 12:31 | 12:24 | 12:17 |
| 48.9 | 124.3 | 30.4 | | Keep Left | B6278 | 12:31 | 12:24 | 12:17 |
| 50.5 | 122.7 | 31.4 | | Caution! | Fast Descent | 12:34 | 12:27 | 12:19 |
| 52.2 | 121.0 | 32.5 | | Caution! | Cattle Grid | 12:37 | 12:29 | 12:22 |
| 52.2 | 121.0 | 32.5 | Sign | | Crawleyside | 12:37 | 12:29 | 12:22 |
| 52.2 | 121.0 | 32.5 | | Caution! | Fast Descent | 12:37 | 12:29 | 12:22 |
| 52.8 | 120.4 | 32.8 | | Caution! | Hairpin Left on Descent | 12:37 | 12:30 | 12:22 |
| 53.5 | 119.7 | 33.3 | Sign | | Stanhope | 12:39 | 12:31 | 12:23 |
| 53.6 | 119.6 | 33.3 | T.Junction | Right | A689 | 12:39 | 12:31 | 12:23 |
| 53.9 | 119.3 | 33.5 | Junction | Left | B6278 | 12:39 | 12:32 | 12:24 |
| 53.9 | 119.3 | 33.5 | KoM 2 Cat 1 | Start | | 12:39 | 12:32 | 12:24 |
| 54.4 | 118.8 | 33.8 | | Caution! | Narrow Bridge | 12:40 | 12:32 | 12:24 |
| 54.4 | 118.8 | 33.8 | | Keep Left | B6278 | 12:40 | 12:32 | 12:24 |
| 55.1 | 118.1 | 34.3 | | Caution! | Level Crossing | 12:41 | 12:33 | 12:25 |
| 55.4 | 117.8 | 34.5 | | Caution! | Hairpin Left on Ascent | 12:42 | 12:34 | 12:26 |
| 55.4 | 117.8 | 34.5 | | Caution! | Hairpin Right on Ascent | 12:42 | 12:34 | 12:26 |
| 56.8 | 116.4 | 35.3 | | Caution! | Cattle Grid | 12:44 | 12:36 | 12:28 |
| 56.8 | 116.4 | 35.3 | | Caution! | Sheep! | 12:44 | 12:36 | 12:28 |
| 58.0 | 115.2 | 36.1 | KoM 2 Cat 1 | Finish | Bollihope Common | 12:46 | 12:37 | 12:29 |
| 58.3 | 114.9 | 36.3 | | Caution! | Fast Descent | 12:46 | 12:38 | 12:29 |
| 60.0 | 113.2 | 37.3 | | Caution! | Hairpin Right on Descent | 12:49 | 12:40 | 12:32 |
| 63.5 | 109.7 | 39.5 | Sign | | Teesdale | 12:54 | 12:45 | 12:36 |
| 66.7 | 106.5 | 41.5 | Junction | Right | | 12:59 | 12:50 | 12:40 |

| KM | KM to go | | Miles | Feature | Instruction | Description | 35kmph | | |
|--------------|--------------|-------------|-------------------|-----------------|---|-------------|--------------|--------------|--------------|
| | | | | | | | | | |
| 66.9 | 106.3 | 41.6 | Junction | Right | | | 13:00 | 12:50 | 12:41 |
| 67.0 | 106.2 | 41.7 | | Caution! | ⚠ Hairpin Left | | 13:00 | 12:50 | 12:41 |
| 67.0 | 106.2 | 41.7 | | Caution! | ⚠ Narrow Bridge | | 13:00 | 12:50 | 12:41 |
| 67.1 | 106.1 | 41.7 | | Caution! | ⚠ Cattle Grid | | 13:00 | 12:50 | 12:41 |
| 72.2 | 101.0 | 44.9 | | Caution! | ⚠ Fast Descent | | 13:08 | 12:58 | 12:47 |
| 72.8 | 100.4 | 45.3 | | Caution! | ⚠ Sharp Left Bend | | 13:09 | 12:59 | 12:48 |
| 73.1 | 100.1 | 45.5 | TJunction | Left | Townhead | | 13:09 | 12:59 | 12:48 |
| 74.0 | 99.2 | 46.0 | Junction | Right | B6277 Bridge Street | | 13:11 | 13:00 | 12:50 |
| 74.6 | 98.6 | 46.4 | | Keep Left | B6277 | | 13:12 | 13:01 | 12:50 |
| 75.1 | 98.1 | 46.7 | Junction | Right | B6276 | | 13:13 | 13:02 | 12:51 |
| 75.9 | 97.3 | 47.2 | Sign | | North Pennines | | 13:14 | 13:03 | 12:52 |
| 81.8 | 91.4 | 50.9 | | Caution! | ⚠ Sharp Left Bend | | 13:23 | 13:11 | 13:00 |
| 82.0 | 91.2 | 51.0 | Green Zone | Start | | | 13:23 | 13:12 | 13:00 |
| 82.2 | 91.0 | 51.1 | Feed Zone | Start |  | | 13:24 | 13:12 | 13:00 |
| 83.4 | 89.8 | 51.9 | Green Zone | Finish | | | 13:26 | 13:14 | 13:02 |
| 83.5 | 89.7 | 51.9 | | Caution! | ⚠ Narrow Bridge | | 13:26 | 13:14 | 13:02 |
| 85.6 | 87.6 | 53.2 | | Caution! | ⚠ Narrow Bridge | | 13:29 | 13:17 | 13:05 |
| 85.8 | 87.4 | 53.4 | | Caution! | ⚠ Narrow Bridge | | 13:29 | 13:17 | 13:05 |
| 86.1 | 87.1 | 53.5 | | Caution! | ⚠ Cattle Grid | | 13:30 | 13:18 | 13:05 |
| 86.4 | 86.8 | 53.7 | | Caution! | ⚠ Sheep! | | 13:30 | 13:18 | 13:06 |
| 89.5 | 83.7 | 55.7 | | Caution! | ⚠ Cattle Grid | | 13:35 | 13:22 | 13:10 |
| 89.5 | 83.7 | 55.7 | Sign | | Cumbria | | 13:35 | 13:22 | 13:10 |
| 90.1 | 83.1 | 56.0 | | Caution! | ⚠ Hump in road | | 13:36 | 13:23 | 13:10 |
| 92.6 | 80.6 | 57.6 | | Caution! | ⚠ Fast Descent | | 13:40 | 13:27 | 13:14 |
| 96.1 | 77.1 | 59.8 | TJunction | Right | Main Street | | 13:46 | 13:32 | 13:18 |
| 96.4 | 76.8 | 59.9 | Sign | | Brough | | 13:46 | 13:32 | 13:18 |
| 97.2 | 76.0 | 60.4 | Junction | Right | | | 13:47 | 13:33 | 13:19 |
| 97.2 | 76.0 | 60.4 | | Keep Right | | | 13:47 | 13:33 | 13:19 |
| 99.7 | 73.5 | 62.0 | | Caution! | ⚠ Sharp Right Bend | | 13:51 | 13:37 | 13:23 |
| 100.0 | 73.2 | 62.2 | Sign | | Great Musgrave | | 13:52 | 13:37 | 13:23 |
| 100.5 | 72.7 | 62.5 | TJunction | Left | B6259 | | 13:52 | 13:38 | 13:24 |
| 101.0 | 72.2 | 62.8 | | Caution! | ⚠ Narrow Bridge | | 13:53 | 13:39 | 13:24 |
| 102.2 | 71.0 | 63.6 | | Caution! | ⚠ Narrow Bridge | | 13:55 | 13:41 | 13:26 |
| 102.4 | 70.8 | 63.7 | | Caution! | ⚠ Hump in road | | 13:55 | 13:41 | 13:26 |
| 103.0 | 70.2 | 64.1 | | Keep Right | B6259 Appleby Road | | 13:56 | 13:42 | 13:27 |
| 103.9 | 69.3 | 64.6 | | Caution! | ⚠ Hump Back Bridge | | 13:58 | 13:43 | 13:28 |
| 105.0 | 68.2 | 65.3 | TJunction | Right | A685 | | 14:00 | 13:45 | 13:30 |
| 105.0 | 68.2 | 65.3 | Sign | | Kirkby Stephen | | 14:00 | 13:45 | 13:30 |
| 105.6 | 67.6 | 65.7 | M R/about | 1st Exit | A685 North Road | | 14:00 | 13:45 | 13:30 |
| 105.9 | 67.3 | 65.9 | Sprint 1 | |  Kirkby Stephen | | 14:01 | 13:46 | 13:31 |
| 106.0 | 67.2 | 65.9 | T.Lights | Straight | A685 High Street | | 14:01 | 13:46 | 13:31 |
| 109.1 | 64.1 | 67.8 | Junction | Left | A683 | | 14:06 | 13:50 | 13:35 |
| 111.6 | 61.6 | 69.4 | | Caution! | ⚠ Cattle Grid | | 14:10 | 13:54 | 13:38 |
| 111.6 | 61.6 | 69.4 | | Caution! | ⚠ Sheep! | | 14:10 | 13:54 | 13:38 |
| 112.6 | 60.6 | 70.0 | | Keep Left | A683 | | 14:11 | 13:55 | 13:39 |
| 113.4 | 59.8 | 70.5 | | Caution! | ⚠ Cattle Grid | | 14:13 | 13:57 | 13:40 |
| 114.2 | 59.0 | 71.0 | | Caution! | ⚠ Cows Crossing! | | 14:14 | 13:58 | 13:41 |
| 126.3 | 46.9 | 78.5 | | Caution! | ⚠ Narrow Bridge | | 14:33 | 14:15 | 13:57 |
| 126.4 | 46.8 | 78.6 | | Caution! | ⚠ Narrow Bridge | | 14:33 | 14:15 | 13:57 |
| 127.5 | 45.7 | 79.3 | Sign | | Sedbergh | | 14:35 | 14:17 | 13:58 |
| 127.9 | 45.3 | 79.5 | Sprint 3 | |  Sedbergh | | 14:35 | 14:17 | 13:59 |
| 128.5 | 44.7 | 79.9 | M R/about | 1st Exit | Loftus Hill | | 14:36 | 14:18 | 14:00 |
| 129.3 | 43.9 | 80.4 | | Caution! | ⚠ Narrow Bridge | | 14:38 | 14:19 | 14:01 |
| 135.7 | 37.5 | 84.4 | | Caution! | ⚠ Narrow Bridge | | 14:48 | 14:28 | 14:09 |

| KM | KM to go | | Miles | Feature | Instruction | Description | 35kmph | | |
|--------------|-------------|--------------|--------------------|-----------------|--|-------------|--------------|--------------|--------------|
| | | | | | | | | | |
| 136.0 | 37.2 | 84.6 | | Caution! | ⚠ Hump in road | | 14:48 | 14:29 | 14:09 |
| 136.2 | 37.0 | 84.7 | Junction | Right | | | 14:49 | 14:29 | 14:10 |
| 136.2 | 37.0 | 84.7 | KoM 3 Cat 3 | Start | | | 14:49 | 14:29 | 14:10 |
| 136.7 | 36.5 | 85.0 | Junction | Left | Stone Rigg Outrake | | 14:49 | 14:30 | 14:10 |
| 136.0 | 37.2 | 84.6 | | Caution! | ⚠ Cattle Grid | | 14:48 | 14:29 | 14:09 |
| 136.7 | 36.5 | 85.0 | | Caution! | ⚠ Narrow for 11km | | 14:49 | 14:30 | 14:10 |
| 138.0 | 35.2 | 85.8 | KoM 3 Cat 3 | Finish |  Gawthorpe | | 14:51 | 14:32 | 14:12 |
| 140.3 | 32.9 | 87.3 | | Caution! | ⚠ Cattle Grid | | 14:55 | 14:35 | 14:15 |
| 142.9 | 30.3 | 88.9 | | Caution! | ⚠ Narrow Bridge | | 14:59 | 14:39 | 14:18 |
| 144.8 | 28.4 | 90.0 | | Caution! | ⚠ Cattle Grid | | 15:02 | 14:41 | 14:21 |
| 145.4 | 27.8 | 90.4 | | Keep Right | | | 15:03 | 14:42 | 14:21 |
| 145.4 | 27.8 | 90.4 | | Caution! | ⚠ Fast and Narrow Descent | | 15:03 | 14:42 | 14:21 |
| 145.8 | 27.4 | 90.7 | Sign | | Barbon | | 15:04 | 14:43 | 14:22 |
| 146.4 | 26.8 | 91.0 | Junction | Left | A683 | | 15:05 | 14:44 | 14:23 |
| 148.2 | 25.0 | 92.2 | | | 25km to Race Finish | | 15:07 | 14:46 | 14:25 |
| 148.8 | 24.4 | 92.5 | Sign | | Casterton | | 15:08 | 14:47 | 14:26 |
| 150.0 | 23.2 | 93.3 | | Keep Right | | | 15:10 | 14:49 | 14:27 |
| 151.2 | 22.0 | 94.0 | TJunction | Right | A65 | | 15:12 | 14:51 | 14:29 |
| 151.7 | 21.5 | 94.3 | Junction | Right | B6254 Main Street | | 15:13 | 14:51 | 14:30 |
| 152.0 | 21.2 | 94.5 | Junction | Right | Main Street Against No Entry! | | 15:13 | 14:52 | 14:30 |
| 152.1 | 21.1 | 94.6 | | Keep Left | Market Street Against One Way! | | 15:14 | 14:52 | 14:30 |
| 152.2 | 21.0 | 94.6 | | Keep Right | B6254 Mitchelgate | | 15:14 | 14:52 | 14:30 |
| 152.3 | 20.9 | 94.7 | | Keep Left | B6254 Fairbank | | 15:14 | 14:52 | 14:30 |
| 153.2 | 20.0 | 95.3 | | | 20km to Race Finish | | 15:15 | 14:53 | 14:31 |
| 153.3 | 19.9 | 95.3 | Sign | | Kearstwick | | 15:15 | 14:54 | 14:32 |
| 156.6 | 16.6 | 97.4 | Sign | | Old Town | | 15:21 | 14:58 | 14:36 |
| 160.8 | 12.4 | 100.0 | | Caution! | ⚠ Cows Crossing! | | 15:27 | 15:04 | 14:41 |
| 163.2 | 10.0 | 101.5 | | | 10km to Race Finish | | 15:31 | 15:08 | 14:44 |
| 163.2 | 10.0 | 101.5 | Sign | | Old Hutton | | 15:31 | 15:08 | 14:44 |
| 165.6 | 7.6 | 103.0 | | Caution! | ⚠ Narrow Bridge | | 15:35 | 15:11 | 14:47 |
| 167.3 | 5.9 | 104.0 | X.Roads | Right | Hayclose Lane | | 15:37 | 15:14 | 14:50 |
| 168.2 | 5.0 | 104.6 | | | 5km to Race Finish | | 15:39 | 15:15 | 14:51 |
| 168.7 | 4.5 | 104.9 | TJunction | Left | A684 dir Kendal | | 15:40 | 15:16 | 14:51 |
| 171.6 | 1.6 | 106.7 | Junction | Left | Castle Street Caution! Against One Way! | | 15:44 | 15:20 | 14:55 |
| 171.8 | 1.4 | 106.8 | X.Roads | Straight | Beexon Road | | 15:44 | 15:20 | 14:55 |
| 171.9 | 1.3 | 106.9 | X.Roads | Left | Sandes Avenue | | 15:45 | 15:20 | 14:56 |
| 172.2 | 1.0 | 107.1 | | | 1km to Race Finish | | 15:45 | 15:21 | 14:56 |
| 172.3 | 0.9 | 107.1 | Junction | Left | Stricklandgate | | 15:45 | 15:21 | 14:56 |
| 172.6 | 0.6 | 107.3 | X.Roads | Right | Allhallows Lane | | 15:46 | 15:21 | 14:56 |
| 172.7 | 0.5 | 107.4 | | Keep Left | Beast Banks | | 15:46 | 15:21 | 14:57 |
| 173.2 | 0.0 | 107.7 | Finish | |  Beast Banks, Kendal | | 15:47 | 15:22 | 14:57 |