

## 7

# RACE SCHEDULE

## WEST BAY TO FERNDOWN

### Neutralised section

Espanade, Quayside, Station Road, Burton Road, Barr Lane, High Street, Common Lane.

Approximate distance of neutralised section 3.8km / 2.4miles

Distance of stage 175.9km / 109.4miles

Neutralised start 11:00

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
			Start Neutralised		The Esplanade – West Bay	11:00	11:00	11:00
0.00	175.9	0.00	Start Proper		B3157 Common Lane – Burton Bradstock	11:15	11:15	11:15
3.6	172.3	2.2	Sign		Swyre	11:20	11:20	11:19
3.9	172.0	2.4		Keep Right		11:21	11:20	11:20
7.9	168.0	4.9		Caution!	Fast Descent!	11:27	11:26	11:25
8.7	167.2	5.4		Keep Left		11:28	11:27	11:26
9.1	166.8	5.7		Keep Left		11:29	11:28	11:26
9.3	166.6	5.8	Sign		Abbotsbury	11:29	11:28	11:26
9.4	166.5	5.8	X.Roads	Straight	B3157 Market Street	11:29	11:28	11:27
10.1	165.8	6.3		Keep Left	B3157 Rodden Row	11:30	11:29	11:27
12.5	163.4	7.8	Sign		Portesham	11:34	11:32	11:31
12.9	163.0	8.0		Keep Right	B3157 Bramdon Lane	11:35	11:33	11:31
18.2	157.7	11.3	Sign		Chickerell	11:43	11:41	11:38
19.6	156.3	12.2	M R/about	1st Exit	B3157 Garston Hill	11:45	11:43	11:40
20.9	155.0	13.0	T.Lights	Right	B3157 Chickerell Link Road	11:47	11:44	11:41
21.7	154.2	13.5	T.Lights	Straight	B3157 Hampshire Road	11:49	11:46	11:42
22.2	153.7	13.8	R/about	2nd Exit	Radipole Lane	11:49	11:46	11:43
22.8	153.1	14.2	T.Junction	Right	Radipole Lane	11:50	11:47	11:44
23.4	152.5	14.6	Sign		Radipole	11:51	11:48	11:45
23.7	152.2	14.7		Caution!	Narrow Bridge	11:52	11:48	11:45
23.9	152.0	14.9		Caution!	Road Narrows	11:52	11:49	11:45
24.0	151.9	14.9	Junction	Left	Radipole Lane	11:52	11:49	11:45
24.8	151.1	15.4	T.Junction	Left	B3159 Dorchester Road	11:53	11:50	11:46
26.5	149.4	16.5	M R/about	2nd Exit	Littlemoor Road	11:56	11:52	11:49
27.4	148.5	17.0	R/about	3rd Exit	A354 Littlemore Road	11:58	11:54	11:50
29.5	146.4	18.3	Junction	Left	Coombe Valley Road	12:01	11:57	11:52
30.0	145.9	18.7	Drinks	Start		12:02	11:57	11:53
32.4	143.5	20.1	X.Roads	Left		12:05	12:01	11:56
33.7	142.2	21.0		Keep Right		12:07	12:03	11:58
34.0	141.9	21.1		Caution!	Fast Descent!	12:08	12:03	11:58
35.2	140.7	21.9		Keep Left		12:10	12:05	12:00
36.5	139.4	22.7		Caution!	Hump Back Bridge	12:12	12:07	12:01
36.7	139.2	22.8		Keep Right	Herringston Road	12:12	12:07	12:02
38.2	137.7	23.8		Keep Left		12:15	12:09	12:04
38.2	137.7	23.8	T.Junction	Left	Maumbury Road	12:15	12:09	12:04
38.4	137.5	23.9	T.Lights	Straight	B3147 Maumbury Road	12:15	12:09	12:04
38.7	137.2	24.1	T.Lights	Straight	B3147 Cornwall Road	12:15	12:10	12:04
39.0	136.9	24.3		Keep Right	B3147 Albert Road	12:16	12:10	12:05
39.2	136.7	24.4	R/about	3rd Exit	B3150 West Street	12:16	12:11	12:05
39.5	136.4	24.6	T.Lights	Straight	B3150 High West Street	12:17	12:11	12:05
39.6	136.3	24.6	T.Lights	Straight	B3150 High East Street	12:17	12:11	12:05
39.8	136.1	24.7	Sprint 1		Dorchester	12:17	12:11	12:06
39.8	136.1	24.7			Green Zone for 200m	12:17	12:11	12:06
40.3	135.6	25.1	T.Lights	Right	B3143 Kings Road	12:18	12:12	12:06

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
40.8	135.1	25.4	M R/about	2nd Exit	B3143 Kings Road	12:19	12:13	12:07
40.9	135.0	25.4		Keep Right	Icen Way	12:19	12:13	12:07
41.2	134.7	25.6		Keep Left	South Walks Road	12:19	12:13	12:07
41.4	134.5	25.7	T.Lights	Straight	South Walks Road	12:20	12:14	12:08
41.6	134.3	25.9	T.Lights	Left	B3144 Prince of Wales Road	12:20	12:14	12:08
41.9	134.0	26.1		Keep Right	B3144 Prince of Wales Road	12:20	12:14	12:08
42.1	133.8	26.2	T.Lights	Straight	B3144 Prince of Wales Road	12:21	12:15	12:09
42.3	133.6	26.3	X.Roads	Straight		12:21	12:15	12:09
42.5	133.4	26.4		Keep Right	B3144 Prince of Wales Road	12:21	12:15	12:09
42.6	133.3	26.5	M R/about	2nd Exit	B3144 Alington Avenue	12:21	12:15	12:09
42.9	133.0	26.7	R/about	2nd Exit	B3144 Alington Avenue	12:22	12:16	12:10
43.1	132.8	26.8	R/about	2nd Exit	A352	12:22	12:16	12:10
43.4	132.5	27.0	R/about	2nd Exit	A352	12:23	12:17	12:10
45.2	130.7	28.1	Sign		Whitcombe	12:26	12:19	12:13
47.0	128.9	29.2	Sign		Broadmayne	12:28	12:22	12:15
47.6	128.3	29.6	X.Roads	Straight		12:29	12:23	12:16
49.9	126.0	31.0	R/about	2nd Exit	A352 Wareham Road	12:33	12:26	12:19
50.1	125.8	31.2		Caution!	Deer	12:33	12:26	12:19
53.8	122.1	33.5	X.Roads	Straight	A352	12:39	12:31	12:24
54.8	121.1	34.1	Sign		Winfrith Newburgh	12:41	12:33	12:25
55.7	120.2	34.6	Junction	Right	Water Lane	12:42	12:34	12:26
56.3	119.6	35.0	X.Roads	Straight	High Street	12:43	12:35	12:27
56.8	119.1	35.3		Keep Left		12:44	12:36	12:28
56.8	119.1	35.3	KoM 1 Cat 3	Start		12:44	12:36	12:28
60.1	115.8	37.4	KoM 1 Cat 3	Finish	Daggars Gate	12:49	12:40	12:32
60.1	115.8	37.4			Green Zone for 200m	12:49	12:40	12:32
60.8	115.1	37.8		Caution!	Fast Descent!	12:50	12:41	12:33
61.2	114.7	38.1	Sign		West Lulworth	12:51	12:42	12:33
61.6	114.3	38.3	Junction	Left	West Road –  Caution! Narrow Road	12:51	12:43	12:34
61.9	114.0	38.5	T.Junction	Left	B3070 Main Road	12:52	12:43	12:34
62.2	113.7	38.7	X.Roads	Straight		12:52	12:43	12:34
63.3	112.6	39.4	Junction	Right	B3070	12:54	12:45	12:36
65.3	110.6	40.6	Sign		Isle of Purbeck	12:57	12:48	12:38
65.4	110.5	40.7	Sign		East Lulworth	12:57	12:48	12:39
65.5	110.4	40.7	Junction	Right		12:57	12:48	12:39
65.8	110.1	40.9	Junction	Right		12:58	12:49	12:39
65.8	110.1	40.9	KoM 2 Cat 2	Start		12:58	12:49	12:39
68.9	107.0	42.8	KoM 2 Cat 2	Finish	Whiteways Hill	13:03	12:53	12:43
68.9	107.0	42.8			Green Zone for 200m	13:03	12:53	12:43
70.4	105.5	43.8	Junction	Right		13:05	12:55	12:45
70.4	105.5	43.8	Junction	Right		13:05	12:55	12:45
70.4	105.5	43.8		Caution!	Fast Descent!	13:05	12:55	12:45
71.1	104.8	44.2		Caution!	Sharp Right on Descent	13:06	12:56	12:46
71.6	104.3	44.5		Keep Left		13:07	12:57	12:47

KM	KM to go		Feature	Instruction	Description	38kmph			42kmph			46kmph		
	Miles	Miles												
74.1	101.8	46.1	X.Roads	Straight	Tyneham Road	13:11	13:00	12:50						
74.3	101.6	46.2	Sign		Church Knowle	13:11	13:01	12:50						
<b>76.9</b>	<b>99.0</b>	<b>47.8</b>		<b>Caution!</b>	<b>⚠️ Narrow Bridge</b>	<b>13:15</b>	<b>13:04</b>	<b>12:53</b>						
77.1	98.8	47.9	Sign		Corfe Castle	13:16	13:05	12:54						
77.2	98.7	48.0	T.Junction	Left	A351	13:16	13:05	12:54						
77.8	98.1	48.4	R/about	1st Exit	A351	13:17	13:06	12:55						
<b>78.0</b>	<b>97.9</b>	<b>48.5</b>		<b>Caution!</b>	<b>⚠️ Deer</b>	<b>13:17</b>	<b>13:06</b>	<b>12:55</b>						
81.6	94.3	50.7	R/about	3rd Exit	B3075 Corfe Road	13:23	13:11	12:59						
81.7	94.2	50.8	Sign		Stoborough	13:23	13:11	13:00						
83.6	92.3	52.0	Sign		Wareham	13:26	13:14	13:02						
<b>83.6</b>	<b>92.3</b>	<b>52.0</b>	<b>Sprint 2</b>		<b>🚦 Wareham</b>	<b>13:26</b>	<b>13:14</b>	<b>13:02</b>						
<b>83.6</b>	<b>92.3</b>	<b>52.0</b>			<b>Green Zone for 200m</b>	<b>13:26</b>	<b>13:14</b>	<b>13:02</b>						
83.7	92.2	52.0	T.Lights	Left	B3070 West Street	13:26	13:14	13:02						
83.9	92.0	52.2	X.Roads	Straight	Long Central Island	13:26	13:14	13:02						
84.0	91.9	52.2	X.Roads	Straight		13:27	13:15	13:03						
84.1	91.8	52.3	X.Roads	Straight		13:27	13:15	13:03						
84.8	91.1	52.7	R/about	2nd Exit	A352 Worgret Hill	13:28	13:16	13:04						
85.2	90.7	53.0	Sign		Worgret	13:28	13:16	13:04						
85.7	90.2	53.3	Junction	Right	Puddletown Road	13:29	13:17	13:05						
92.8	83.1	57.7	T.Junction	Right		13:40	13:27	13:14						
95.9	80.0	59.6		Keep Left		13:45	13:32	13:18						
96.1	79.8	59.8	Sign		Bere Regis	13:46	13:32	13:18						
97.4	78.5	60.6	Junction	Left	The Cross	13:48	13:34	13:20						
<b>97.5</b>	<b>78.4</b>	<b>60.6</b>		<b>Caution!</b>	<b>⚠️ Speed Humps x 9</b>	<b>13:48</b>	<b>13:34</b>	<b>13:20</b>						
<b>97.9</b>	<b>78.0</b>	<b>60.9</b>		<b>Caution!</b>	<b>⚠️ Build outs</b>	<b>13:48</b>	<b>13:34</b>	<b>13:20</b>						
<b>98.1</b>	<b>77.8</b>	<b>61.0</b>		<b>Caution!</b>	<b>⚠️ Central Island pass both sides</b>	<b>13:49</b>	<b>13:35</b>	<b>13:21</b>						
98.2	77.7	61.1		Keep Right	Roke Road	13:49	13:35	13:21						
99.0	76.9	61.6		Keep Left		13:50	13:36	13:22						
<b>99.3</b>	<b>76.6</b>	<b>61.7</b>		<b>Caution!</b>	<b>⚠️ Narrow Bridge</b>	<b>13:51</b>	<b>13:36</b>	<b>13:22</b>						
102.6	73.3	63.8	X.Roads	Right	Lane End	13:56	13:41	13:26						
102.9	73.0	64.0	T.Junction	Left	A354 Blandford Hill	13:56	13:42	13:27						
103.3	72.6	64.2		Keep Right	A354 The Square	13:57	13:42	13:27						
103.5	72.4	64.4	Junction	Right		13:57	13:42	13:28						
107.2	68.7	66.7		Keep Right		14:03	13:48	13:32						
108.5	67.4	67.5	T.Junction	Left		14:05	13:50	13:34						
108.5	67.4	67.5	T.Junction	Left		14:05	13:50	13:34						
109.5	66.4	68.1	Junction	Left		14:07	13:51	13:35						
113.0	74.0	70.3	T.Junction	Left		14:12	13:56	13:40						
113.6	62.3	70.6	Junction	Right		14:13	13:57	13:41						
<b>116.1</b>	<b>59.8</b>	<b>72.2</b>		<b>Caution!</b>	<b>⚠️ Fast &amp; Narrow Descent</b>	<b>14:17</b>	<b>14:00</b>	<b>13:44</b>						
117.1	58.8	72.8	Sign		Belchalwell	14:19	14:02	13:45						
117.2	58.7	72.9	T.Junction	Right		14:19	14:02	13:45						
118.8	57.1	73.9	Junction	Right		14:21	14:04	13:47						
<b>118.8</b>	<b>57.1</b>	<b>73.9</b>	<b>KoM 3 Cat 2</b>	<b>Start</b>		<b>14:21</b>	<b>14:04</b>	<b>13:47</b>						
<b>120.1</b>	<b>55.8</b>	<b>74.7</b>	<b>KoM 3 Cat 2</b>	<b>Finish</b>	<b>🏁 Okeford Hill</b>	<b>14:23</b>	<b>14:06</b>	<b>13:49</b>						
<b>120.1</b>	<b>55.8</b>	<b>74.7</b>			<b>Green Zone for 200m</b>	<b>14:23</b>	<b>14:06</b>	<b>13:49</b>						
<b>120.1</b>	<b>55.8</b>	<b>74.7</b>		<b>Caution!</b>	<b>⚠️ Fast Descent!</b>	<b>14:23</b>	<b>14:06</b>	<b>13:49</b>						
121.2	54.7	75.4	Sign		Turnworth	14:25	14:08	13:50						
125.1	50.8	77.8	Junction	Left		14:31	14:13	13:55						
125.1	50.8	77.8	T.Junction	Left		14:31	14:13	13:55						
126.7	49.2	78.8		Keep Right		14:34	14:16	13:57						
131.3	44.6	81.6	T.Junction	Left		14:41	14:22	14:03						
131.4	44.5	81.7	M R/about	2nd Exit	West Street	14:41	14:22	14:03						
<b>131.8</b>	<b>44.1</b>	<b>82.0</b>	<b>T.Junction</b>	<b>Right</b>	<b>Market Place – Caution! ⚠️ Against One Way</b>	<b>14:42</b>	<b>14:23</b>	<b>14:04</b>						

KM	KM to go		Feature	Instruction	Description	38kmph			42kmph			46kmph		
	Miles	Miles												
132.2	43.7	82.2	T.Lights	Straight		14:42	14:23	14:04						
132.3	43.6	82.3	T.Lights	Straight		14:42	14:24	14:05						
133.0	42.9	82.7	R/about	2nd Exit	B3082 Wimborne Road	14:44	14:25	14:06						
136.5	39.4	84.9	Sign		Tarrant Keyneston	14:49	14:30	14:10						
137.9	38.0	85.8	X.Roads	Straight	B3082	14:51	14:32	14:12						
<b>143.0</b>	<b>32.9</b>	<b>88.9</b>		<b>Caution!</b>	<b>⚠️ Deer</b>	<b>14:59</b>	<b>14:39</b>	<b>14:18</b>						
145.1	30.8	90.2	X.Roads	Straight	B3082	15:03	14:42	14:21						
145.8	30.1	90.7	T.Lights	Straight	B3082 Blandford Road	15:04	14:43	14:22						
146.1	29.8	90.9	T.Lights	Straight	B3082 Blandford Road	15:04	14:43	14:22						
146.9	29.0	91.3	M R/about	1st Exit	B3078	15:05	14:44	14:23						
147.1	28.8	91.5		Keep Left	B3078 West Street	15:06	14:45	14:24						
147.2	28.7	91.5		Keep Left	B3078 West Borough	15:06	14:45	14:24						
147.3	28.6	91.6	T.Lights	Straight	B3078 West Borough	15:06	14:45	14:24						
147.6	28.3	91.8	T.Lights	Straight	B3078 West Borough	15:06	14:45	14:24						
149.7	26.2	93.1	X.Roads	Straight	B3078	15:10	14:48	14:27						
153.1	22.8	95.2	X.Roads	Straight	B3078	15:15	14:53	14:31						
<b>155.9</b>	<b>20.0</b>	<b>96.9</b>	<b>Drinks</b>	<b>End</b>	<b>🏁 20km to Finish</b>	<b>15:19</b>	<b>14:57</b>	<b>14:35</b>						
<b>155.9</b>	<b>20.0</b>	<b>96.9</b>			<b>Green Zone for 200m</b>	<b>15:19</b>	<b>14:57</b>	<b>14:35</b>						
<b>156.4</b>	<b>19.5</b>	<b>97.3</b>	<b>Sprint 3</b>		<b>🚦 Knowlton</b>	<b>15:20</b>	<b>14:58</b>	<b>14:36</b>						
160.3	15.6	99.7	Junction	Right	B3081	15:26	15:04	14:41						
<b>160.9</b>	<b>15.0</b>	<b>100.1</b>			<b>15km to Finish</b>	<b>15:27</b>	<b>15:04</b>	<b>14:41</b>						
161.6	14.3	100.5		Keep Left		15:28	15:05	14:42						
163.9	12.0	101.9	Sign		Verwood	15:32	15:09	14:45						
165.0	10.9	102.6	R/about	3rd Exit	B3072 Home Farm Road	15:34	15:10	14:47						
165.2	10.7	102.7		Keep Left	B3072 Home Farm Road	15:34	15:11	14:47						
165.4	10.5	102.9	R/about	3rd Exit	B3072 Manor Road	15:34	15:11	14:47						
<b>165.9</b>	<b>10.0</b>	<b>103.2</b>			<b>10km to Finish</b>	<b>15:35</b>	<b>15:12</b>	<b>14:48</b>						
166.1	9.8	103.3	R/about	3rd Exit	B3072 Manor Road	15:36	15:12	14:48						
166.3	9.6	103.4	X.Roads	Straight		15:36	15:12	14:48						
167.0	8.9	103.8		Keep Right		15:37	15:13	14:49						
168.1	7.8	104.5		Keep Right		15:39	15:15	14:51						
168.3	7.6	104.7		Keep Left		15:39	15:15	14:51						
169.6	6.3	105.5	M R/about	2nd Exit	B3072 Ringwood Road	15:41	15:17	14:53						
169.9	6.0	105.7	M R/about	1st Exit	B3072 West Moors Road	15:41	15:17	14:53						
170.8	5.1	106.2	Sign		West Moors	15:43	15:19	14:54						
<b>170.9</b>	<b>5.0</b>	<b>106.3</b>			<b>5km to Finish</b>	<b>15:43</b>	<b>15:19</b>	<b>14:54</b>						
171.3	4.6	106.5		Keep Right	B3072 West Moors Road	15:44	15:19	14:55						
172.4	3.5	107.2	X.Roads	Straight		15:45	15:21	14:56						
<b>172.9</b>	<b>3.0</b>	<b>107.5</b>			<b>3km to Finish</b>	<b>15:46</b>	<b>15:22</b>	<b>14:57</b>						
<b>172.9</b>	<b>3.0</b>	<b>107.5</b>			<b>Green Zone for 200m</b>	<b>15:46</b>	<b>15:22</b>	<b>14:57</b>						
173.0	2.9	107.6	X.Roads	Straight		15:46	15:22	14:57						
173.4	2.5	107.8	M R/about	3rd Exit	B3072 Station Road	15:47	15:22	14:57						
173.9	2.0	108.1	R/about	1st Exit	B3072	15:48	15:23	14:58						
174.4	1.5	108.5	R/about	2nd Exit	West Moors Road	15:49	15:24	14:59						
174.4	1.5	108.5	Sign		Ferndown	15:49	15:24	14:59						
175.1	0.8	108.9	T.Lights	Right	B3072 Wimborne Road	15:50	15:25	15:00						
175.2	0.7	108.9	T.Lights	Left	B3072 Victoria Road	15:50	15:25	15:00						
<b>175.9</b>	<b>0.0</b>	<b>109.4</b>	<b>Finish</b>		<b>🏁 Victoria Road – Ferndown</b>	<b>15:51</b>	<b>15:26</b>	<b>15:01</b>						