







KM	KM to go	Miles	Feature	Instruction	Description			
						38km/h	42km/h	46km/h
115.9	33.0	72.1	T.Junction	Right	Zig Zag Road	14:17	14:00	13:44
116.2	32.7	72.3		Keep Left	Castle Road	14:17	14:01	13:44
116.3	32.6	72.3	T.Lights	Right	Gill's Cliff Road	14:17	14:01	13:44
118.8	30.1	73.9	X.Roads	Straight	Whitwell Road	14:21	14:04	13:47
120.1	28.8	74.7	Sign		Whitwell	14:23	14:06	13:49
120.5	28.4	74.9	Junction	Left	Kemming Road	14:24	14:07	13:49
122.0	26.9	75.9	Sign		Niton	14:26	14:09	13:51
122.5	26.4	76.2	T.Junction	Left	A3055 High Street	14:27	14:10	13:52
122.6	26.3	76.2		Keep Right	A3055 Blackgang Road	14:27	14:10	13:52
122.7	26.2	76.3		Keep Left	A3055 Blackgang Road	14:27	14:10	13:52
125.2	23.7	77.9	R/about	2nd Exit	A3055 Blackgang Road	14:31	14:13	13:55
125.4	23.5	78.0	Sign		Chale	14:32	14:14	13:56
128.9	20.0	80.2	Drinks	End	 20km to Finish	14:37	14:19	14:00
128.9	20.0	80.2			Green Zone for 200m	14:37	14:19	14:00
133.9	15.0	83.3			15km to Finish	14:45	14:26	14:07
138.9	10.0	86.4			10km to Finish	14:53	14:33	14:13
140.1	8.8	87.1		Caution!	 Sharp Right Bend	14:55	14:35	14:15
142.5	6.4	88.6	Sign		Freshwater Bay	14:58	14:38	14:18
142.8	6.1	88.8		Keep Left	Gate Lane	14:59	14:39	14:18
143.5	5.4	89.2		Keep Left	Bedbury Lane	15:00	14:40	14:19
143.9	5.0	89.5			5km to Finish	15:01	14:40	14:20
144.2	4.7	89.7		Keep Left		15:01	14:41	14:20
144.3	4.6	89.7	Sign		Totland	15:01	14:41	14:20
145.5	3.4	90.5		Keep Right	Alum Bay Old Road	15:03	14:42	14:22
145.5	3.4	90.5		Keep Left	Alum Bay Old Road	15:03	14:42	14:22
145.9	3.0	90.7			3km to Finish	15:04	14:43	14:22
145.9	3.0	90.7			Green Zone for 200m	15:04	14:43	14:22
146.5	2.4	91.1	T.Junction	Left	B3322 Alum Bay New Road	15:05	14:44	14:23
147.1	1.8	91.5	Sign		Needles	15:06	14:45	14:24
147.2	1.7	91.5		Keep Left	B3322	15:06	14:45	14:24
147.3	1.6	91.6		Caution!	 Severe Speed Hump	15:06	14:45	14:24
147.4	1.5	91.7	Junction	Left		15:06	14:45	14:24
147.4	1.5	91.7	KoM 4 Cat 2	Start		15:06	14:45	14:24
148.5	0.4	92.3		Caution!	 Hairpin Left	15:08	14:47	14:25
148.8	0.1	92.5		Caution!	 Hairpin Right	15:08	14:47	14:26
148.9	0.0	92.6	Finish		 The Needles	15:08	14:47	14:26