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RACE SCHEDULE ALTRINCHAM TO MANCHESTER

Neutralised section

Market Street, A56 Dunham Road, Kingsway, Stamford Street, A538 Stamford New Road, Ashley Road, Hale Road, Victoria Road, B5613 Ashley Road, Cow Lane.

Approximate distance of neutralised section 4.5km / 2.8miles

Distance of stage 163.6km / 101.7miles

Neutralised start 11:45

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
				Start Neutralised		Market Street – Altrincham	11:45	11:45	11:45							
0.00	163.6	0.00		Start Proper		Cow Lane	12:00	12:00	12:00							
0.1	163.5	0.1		Sign		Ashley	12:00	12:00	12:00							
0.3	163.3	0.2		X.Roads	Straight	Mobberley Road	12:00	12:00	12:00							
0.9	162.7	0.6			Caution!	Hump Back Bridge	12:01	12:01	12:01							
2.3	161.3	1.4		Sign		Mobberley	12:03	12:03	12:02							
2.4	161.2	1.5			Keep Right	Pepper Street	12:03	12:03	12:03							
3.0	160.6	1.9			Keep Left	Small Lane	12:04	12:04	12:03							
3.6	160.0	2.2			Keep Right	Small Lane	12:05	12:05	12:04							
4.1	159.5	2.5			Keep Left	Hobcroft Lane	12:06	12:05	12:05							
5.1	158.5	3.2		Junction	Left	Lady Lane	12:08	12:07	12:06							
5.5	158.1	3.4		Junction	Right	Davenport Lane	12:08	12:07	12:07							
6.4	157.2	4.0			Caution!	Narrow Bridge	12:10	12:09	12:08							
6.6	157.0	4.1		T.Junction	Right	Davenport Lane	12:10	12:09	12:08							
7.3	156.3	4.5		T.Junction	Left	Burlyhurst Lane	12:11	12:10	12:09							
9.7	153.9	6.0			Keep Right	Mobberley Road	12:15	12:13	12:12							
10.3	153.3	6.4		T.Junction	Right	Altrincham Road	12:16	12:14	12:13							
12.1	151.5	7.5		T.Lights	Straight	A538 Alderley Road/B5086	12:19	12:17	12:15							
12.4	151.2	7.7		Caution!	Keep Left	Central Island	12:19	12:17	12:15							
12.4	151.2	7.7		Caution!	Keep Right	Central Island	12:19	12:17	12:15							
12.5	151.1	7.8		T.Lights	Right	Station Road	12:19	12:17	12:16							
12.7	150.9	7.9			Caution!	Narrow Bridge	12:19	12:18	12:16							
13.6	150.0	8.5		M R/about	1st Exit	A5102 Adlington Road	12:21	12:19	12:17							
14.2	149.4	8.8			Keep Right	A5102 Adlington Road	12:22	12:20	12:18							
15.4	148.2	9.6		R/about	2nd Exit	A5102 Adlington Road	12:24	12:22	12:19							
15.7	147.9	9.8		R/about	1st Exit	A5102 Woodford Road	12:24	12:22	12:20							
16.1	147.5	10.0		Sign		Stockport	12:25	12:23	12:20							
18.1	145.5	11.3		R/about	1st Exit	A5102 Chester Road	12:28	12:25	12:23							
18.4	145.2	11.4		R/about	1st Exit	A5102 Woodford Road	12:28	12:26	12:23							
19.1	144.5	11.9		T.Lights	Straight	A5102 Woodford Road/A555	12:30	12:27	12:24							
19.2	144.4	11.9		T.Lights	Straight	A5102/A555	12:30	12:27	12:24							
19.8	143.8	12.3		Sign		Bramhall	12:31	12:28	12:25							
20.0	143.6	12.4		M R/about	2nd Exit	A5102 Bramall Lane South	12:31	12:28	12:25							
20.0	143.6	12.4			Caution!	Central Island Exit of roundabout	12:31	12:28	12:25							
20.6	143.0	12.8			Keep Left	A5102 Bramall Lane South	12:32	12:29	12:26							
21.0	142.6	13.1		X.Roads	Straight	A5102	12:33	12:30	12:27							
21.8	141.8	13.6		R/about	2nd Exit	A5143 Bridge Lane	12:34	12:31	12:28							
22.8	140.8	14.2		R/about	3rd Exit	A5143 Jackson's Lane	12:35	12:32	12:29							
23.3	140.3	14.5		R/about	2nd Exit	A5143 Jackson's Lane	12:36	12:33	12:29							
23.6	140.0	14.7		Sprint		Hazel Grove	12:37	12:33	12:30							
24.4	139.2	15.2		T.Lights	Straight	A5143 Dean Lane/Chester Road	12:38	12:34	12:31							
25.1	138.5	15.6		T.Lights	Right	A523 Macclesfield Road	12:39	12:35	12:32							
25.7	137.9	16.0			Caution!	Central Island – Pass Both Sides	12:40	12:36	12:33							
25.9	137.7	16.1		T.Lights	Straight		12:40	12:37	12:33							

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
26.0	137.6	16.2		T.Lights	Right	A6 Buxton Road	12:40	12:37	12:33							
26.3	137.3	16.4		T.Lights	Straight	A6 Buxton Road	12:41	12:37	12:33							
27.7	135.9	17.2			Keep Left	Buxton Road	12:43	12:39	12:35							
27.6	136.0	17.2		T.Lights	Right	A6 Buxton Road	12:43	12:39	12:35							
27.6	136.0	17.2			Caution!	Central Island	12:43	12:39	12:35							
28.5	135.1	17.7		Sign		High Lane	12:44	12:40	12:36							
28.7	134.9	17.8		T.Lights	Straight	A6 Buxton Road/Windlehurst Road	12:45	12:41	12:36							
29.8	133.8	18.5		Junction	Left	Carr Brow	12:46	12:42	12:38							
29.9	133.7	18.6			Caution!	Buildout – Nearside	12:46	12:42	12:38							
30.0	133.6	18.7			Caution!	Buildout – Offside	12:47	12:42	12:38							
30.0	133.6	18.7			Caution!	Buildout – Nearside	12:47	12:42	12:38							
30.0	133.6	18.7		Drinks	Start	Drinks	12:47	12:42	12:38							
30.1	133.5	18.7		Junction	Left	Wybersley Road	12:47	12:43	12:38							
30.3	133.3	18.8			Caution!	Narrow	12:47	12:43	12:38							
30.9	132.7	19.2			Caution!	Fast and Narrow Descent	12:48	12:44	12:39							
31.1	132.5	19.3			Caution!	Hairpin Right on Descent	12:48	12:44	12:39							
31.2	132.4	19.4			Caution!	Sharp Left Bend on Descent	12:49	12:44	12:40							
31.3	132.3	19.5			Caution!	Sharp Right Bend on Descent	12:49	12:44	12:40							
31.5	132.1	19.6			Keep Left	Wybersley Lane	12:49	12:45	12:40							
31.8	131.8	19.8			Keep Left		12:49	12:45	12:40							
32.2	131.4	20.0			Caution!	Fast Descent	12:50	12:46	12:41							
33.3	130.3	20.7			Caution!	Fast Descent	12:52	12:47	12:42							
34.0	129.6	21.1		M R/about	3rd Exit	Hibbert Lane	12:53	12:48	12:43							
34.2	129.4	21.3		T.Lights	Left	B1606 Stockport Road	12:53	12:48	12:43							
34.6	129.0	21.5		T.Lights	Right	A626 Station Road – Sharp Turn	12:54	12:49	12:44							
35.2	128.4	21.9			Caution!	Fast Descent	12:55	12:50	12:45							
35.7	127.9	22.2			Caution!	Central Bollard on Descent	12:56	12:51	12:45							
35.8	127.8	22.3		T.Lights	Straight	A626 Lower Fold	12:56	12:51	12:46							
36.4	127.2	22.6		Junction	Left	B6104 Compstal Road	12:57	12:52	12:46							
37.3	126.3	23.2			Keep Left	B6104 Compstal Road	12:58	12:53	12:47							
37.9	125.7	23.6		Junction	Right	Cowlshaw Road	12:59	12:54	12:48							
38.0	125.6	23.6		T.Junction	Right	Cowlshaw Road	12:59	12:54	12:48							
39.3	124.3	24.4		Junction	Right	Werneth Road	13:01	12:56	12:50							
39.4	124.2	24.5			Caution!	Narrow	13:01	12:56	12:50							
39.4	124.2	24.5			Caution!	Buildout – Nearside Exit Bend	13:01	12:56	12:50							
39.4	124.2	24.5			Caution!	Severe Humps	13:01	12:56	12:50							
40.0	123.6	24.9			Keep Left	Joel Lane	13:02	12:57	12:51							
40.0	123.6	24.9			Caution!	Fast Descent	13:02	12:57	12:51							
40.0	123.6	24.9			Caution!	Severe Humps on Decsent	13:02	12:57	12:51							
40.8	122.8	25.4		T.Junction	Right	A560 Stockport Road	13:04	12:58	12:52</							

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
44.4	119.2	27.6			Keep Left	Central Reservation	13:09	13:03	12:57							
44.8	118.8	27.9	T.Lights		Right	B6174 Ashworth Lane	13:10	13:04	12:57							
45.0	118.6	28.0	T.Lights		Straight	B6174 Ashworth Lane	13:10	13:04	12:57							
45.9	117.7	28.5	Junction		Right	Market Place	13:12	13:05	12:59							
45.9	117.7	28.5	T.Junction		Left	B6174 Market Place	13:12	13:05	12:59							
46.1	117.5	28.7	T.Lights		Straight	Staleybridge Road/A57	13:12	13:05	12:59							
46.4	117.2	28.9	R/about		1st Exit	A6018 Roe Cross Road – Splitter Nearside	13:12	13:06	12:59							
47.4	116.2	29.5	Sign			Stalybridge	13:14	13:07	13:00							
48.0	115.6	29.8			Caution!	⚠ Fast Descent	13:15	13:08	13:01							
50.1	113.5	31.2	T.Lights		Straight	A6108 Mottram Road	13:18	13:11	13:04							
50.2	113.4	31.2	T.Lights		Right	B6175 Huddersfield Road	13:18	13:11	13:04							
51.6	112.0	32.1	Sign			Milbrook Village	13:21	13:13	13:06							
51.6	112.0	32.1			Caution!	⚠ Fast Descent	13:21	13:13	13:06							
51.8	111.8	32.2			Caution!	⚠ Sharp Right Bend on Descent	13:21	13:14	13:06							
51.8	111.8	32.2	T.Lights		Straight	B6175 Huddersfield Road/Grove Road	13:21	13:14	13:06							
53.2	110.4	33.1	M R/about		2nd Exit	B6175 Huddersfield Road	13:23	13:16	13:08							
53.5	110.1	33.3	T.Lights		Straight	B6175 Huddersfield Road	13:24	13:16	13:08							
53.8	109.8	33.5	Sign			Mossley	13:24	13:16	13:09							
54.0	109.6	33.6			Caution!	⚠ Series of Bends	13:24	13:17	13:09							
54.0	109.6	33.6			Caution!	⚠ Sharp Left Bend	13:24	13:17	13:09							
54.6	109.0	34.0			Keep Left	B6175	13:25	13:18	13:10							
56.3	107.3	35.0	Sign			Greenfield	13:28	13:20	13:12							
56.4	107.2	35.1	X.Roads		Straight	B6175 Well – I – Hole Road/A635	13:28	13:20	13:12							
56.8	106.8	35.3			Caution!	⚠ Narrow Bridge	13:29	13:21	13:13							
57.6	106.0	35.8	T.Junction		Left	A669 Shaw Hall Bank Road	13:30	13:22	13:14							
57.7	105.9	35.9	T.Junction		Right	A670 Oldham Road	13:30	13:22	13:14							
58.2	105.4	36.2			Caution!	⚠ Buildout – Nearside	13:31	13:23	13:14							
58.2	105.4	36.2	Sign			Uppermill	13:31	13:23	13:14							
59.6	104.0	37.1	M R/about		1st Exit	A6052 Dobcross New Road/A670	13:33	13:25	13:16							
60.2	103.4	37.4	M R/about		1st Exit	A6052 Dobcross New Road	13:34	13:26	13:17							
60.4	103.2	37.6			Keep Right	A6052 Delph New Road	13:34	13:26	13:17							
61.8	101.8	38.4	T.Junction		Right	A62 Oldham Road	13:37	13:28	13:19							
61.8	101.8	38.4	Junction		Left	A6052 The Sound	13:37	13:28	13:19							
62.2	101.4	38.7	Junction		Left	B6197 Grains Road	13:37	13:28	13:19							
62.2	101.4	38.7	KoM 1 Cat 2		Start		13:37	13:28	13:19							
64.6	99.0	40.2	KoM 1 Cat 2		Finish	🏠 Grains Bar	13:40	13:31	13:22							
64.9	98.7	40.4	T.Junction		Right	A672 Oldham Road	13:41	13:32	13:23							
64.9	98.7	40.4	Junction		Left	B6197 Buckstones Road	13:41	13:32	13:23							
65.9	97.7	41.0			Caution!	⚠ Fast Descent	13:43	13:34	13:24							
67.9	95.7	42.2	T.Junction		Left	A633 Milnrow Road	13:46	13:37	13:27							
68.7	94.9	42.7	T.Lights		Straight	A663 Crompton Road	13:47	13:38	13:28							
69.1	94.5	43.0	T.Lights		Right	B6194 Rochdale Road/A663	13:48	13:38	13:28							
69.5	94.1	43.2	X.Roads		Straight	B6194	13:49	13:39	13:29							
70.2	93.4	43.7	M R/about		2nd Exit	B6194 Rochdale Road	13:50	13:40	13:30							
70.5	93.1	43.8	M R/about		1st Exit	B6194 Rochdale Road	13:50	13:40	13:30							
71.4	92.2	44.4	Sign			Rochdale	13:52	13:42	13:31							
72.3	91.3	45.0	M R/about		2nd Exit	B6194 New Broad Lane	13:53	13:43	13:32							
72.4	91.2	45.0			Caution!	⚠ Speed Humps x 5	13:53	13:43	13:33							
73.1	90.5	45.5	M R/about		1st Exit	B6194 Broad Lane/Turf Hill Road	13:54	13:44	13:33							
73.5	90.1	45.7	T.Lights		Right	A671 Oldham Road	13:55	13:45	13:34							
74.1	89.5	46.1	T.Lights		Straight	A671 Oldham Road – Against No Entry	13:56	13:45	13:35							
74.3	89.3	46.2	T.Lights		Straight	A671 Oldham Road – Against One Way	13:56	13:46	13:35							
74.3	89.3	46.2	T.Lights		Straight	A672 Oldham Road – Against One Way	13:56	13:46	13:35							
74.6	89.0	46.4	T.Lights		Straight	Oldham Road/Durham Street	13:57	13:46	13:35							

KM	KM to go		Miles	Feature	Instruction	Description	38kmph			42kmph			46kmph			
75.1	88.5	46.7	T.Lights		Right	Wood Street/Retail Street	13:58	13:47	13:36							
75.4	88.2	46.9	T.Lights		Straight	A671 Molesworth Street	13:58	13:47	13:36							
75.7	87.9	47.1	X.Roads		Straight		13:58	13:48	13:37							
75.8	87.8	47.1	Caution!		Keep Left	Long Central Island	13:59	13:48	13:37							
75.9	87.7	47.2	T.Lights		Straight	A671 – Keep Left	13:59	13:48	13:37							
76.0	87.6	47.3	T.Lights		Straight	A671 John Street – Keep Left	13:59	13:48	13:37							
76.2	87.4	47.4	T.Lights		Left	A58 – Keep Left	13:59	13:48	13:37							
76.6	87.0	47.6	T.Lights		Right	A680 Spotland Lane	14:00	13:49	13:38							
76.6	87.0	47.6			Caution!	⚠ Central Island – Pass Both Sides	14:00	13:49	13:38							
76.7	86.9	47.7			Caution!	⚠ Central Island – Pass Both Sides	14:00	13:49	13:38							
76.8	86.8	47.8	T.Lights		Straight	A680 Spotland Road	14:00	13:49	13:38							
77.5	86.1	48.2	M R/about		3rd Exit	A680 Edenfield Road	14:01	13:50	13:39							
77.6	86.0	48.3	M R/about		1st Exit	A680 Edenfield Road	14:01	13:50	13:39							
77.8	85.8	48.4	Caution!		Keep Left	Central Island	14:02	13:51	13:40							
78.1	85.5	48.6	T.Lights		Straight	A680 Edenfield Road	14:02	13:51	13:40							
78.2	85.4	48.6			Caution!	⚠ Central Island	14:02	13:51	13:40							
78.9	84.7	49.1	Sign			Norden	14:03	13:52	13:41							
79.1	84.5	49.2	M R/about		2nd Exit	A680 Edenfield Road	14:04	13:53	13:41							
79.2	84.4	49.3	M R/about		1st Exit	A680 Edenfield Road	14:04	13:53	13:41							
79.5	84.1	49.4	Caution!		Keep Left	Central Island	14:04	13:53	13:42							
79.9	83.7	49.7			Caution!	⚠ Central Island	14:05	13:54	13:42							
80.0	83.6	49.7			Caution!	⚠ Central Island	14:05	13:54	13:42							
84.8	78.8	52.7	Sign			Lancashire and Rossendale	14:13	14:01	13:49							
84.9	78.7	52.8			Caution!	⚠ Fast Descent	14:13	14:01	13:49							
86.9	76.7	54.0	Sign			Turn Village	14:16	14:04	13:51							
88.5	75.1	55.0	M R/about		1st Exit	A56 Bury Road	14:19	14:06	13:53							
90.9	72.7	56.5	Junction		Right	Peel Brow	14:22	14:09	13:56							
90.9	72.7	56.5			Caution!	⚠ Fast Descent	14:22	14:09	13:56							
91.4	72.2	56.8	T.Junction		Right	Peel Brow	14:23	14:10	13:57							
91.4	72.2	56.8	Sign			Ramsbottom	14:23	14:10	13:57							
91.6	72.0	57.0			Caution!	⚠ Level Crossing	14:23	14:10	13:57							
91.9	71.7	57.1	T.Lights		Straight	Carr Street/A676	14:24	14:11	13:58							
91.9	71.7	57.1	KoM 2 Cat 1		Start		14:24	14:11	13:58							
92.6	71.0	57.6	Junction		Right	Rawsons Rake	14:25	14:12	13:59							
93.0	70.6	57.8	KoM 2 Cat 1		Finish	🏠 Ramsbottom Rake	14:26	14:12	13:59							
93.0	70.6	57.8	Junction		Left	B6214 Lumb Carr Road	14:26	14:12	13:59							
93.2	70.4	58.0			Caution!	⚠ Fast Descent	14:26	14:13	13:59							
94.4	69.2	58.7	T.Junction		Right	A676 Bolton Road West	14:28	14:14	14:01							
94.5	69.1	58.8	T.Lights		Straight	A676 Bolton Road West/B6214	14:28	14:15	14:01							
94.8	68.8	59.0			Keep Left	A676 Bolton Road West	14:28	14:15	14:01							
96.2	67.4	59.8	Sign			Hawkshaw	14:31	14:17	14:03					</		

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RACE SCHEDULE

ALTRINCHAM TO MANCHESTER

KM	KM to go		Feature	Instruction	Description	Speed		
	Miles					38kmph	42kmph	46kmph
106.0	57.6	65.9	T.Junction	Left	A666 Blackburn Road	14:46	14:31	14:16
106.6	57.0	66.3		Keep Left	A666	14:47	14:32	14:17
107.7	55.9	67.0	Sign		Bolton	14:49	14:33	14:18
109.0	54.6	67.8	Junction	Right	Longworth Road	14:51	14:35	14:20
109.4	54.2	68.0	Sign		Blackburn and Darwen	14:51	14:36	14:20
111.5	52.1	69.3	X.Roads	Left	Egerton Road	14:55	14:39	14:23
111.5	52.1	69.3		Caution!	⚠️ Fast and Narrow Descent	14:55	14:39	14:23
112.8	50.8	70.1	T.Junction	Right	A675 Belmont Road	14:57	14:41	14:25
113.0	50.6	70.3	Junction	Left	Church Street	14:57	14:41	14:25
113.9	49.7	70.8		Caution!	⚠️ Narrow Bridge	14:58	14:42	14:26
115.0	48.6	71.5	Sign		Chorley/Rivington	15:00	14:44	14:27
116.3	47.3	72.3		Caution!	⚠️ Sharp Right Bend	15:02	14:46	14:29
117.2	46.4	72.9		Caution!	⚠️ Sharp Right Bend	15:04	14:47	14:30
117.5	46.1	73.1		Keep Left	Sheep House Lane	15:04	14:47	14:31
117.9	45.7	73.3		Caution!	⚠️ Cattle Grid	15:05	14:48	14:31
118.4	45.2	73.6	Sign		Rivington	15:06	14:49	14:32
118.5	45.1	73.7	T.Junction	Right	Horrobin Lane	15:06	14:49	14:32
119.7	43.9	74.4	X.Roads	Left	New Road	15:08	14:51	14:33
120.8	42.8	75.1	Junction	Right		15:09	14:52	14:35
121.8	41.8	75.7		Caution!	⚠️ Narrow Bridge	15:11	14:54	14:36
123.4	40.2	76.7	T.Junction	Right	Little Scotland	15:13	14:56	14:38
123.8	39.8	77.0		Keep Left	Tucker's Hill Brow	15:14	14:56	14:39
124.2	39.4	77.2	Sign		Wigan	15:15	14:57	14:39
124.6	39.0	77.5		Keep Right		15:15	14:58	14:40
124.7	38.9	77.5		Caution!	⚠️ Sharp Left Bend	15:15	14:58	14:40
125.0	38.6	77.7	T.Junction	Right	B5329 Meadow Pitt Lane	15:16	14:58	14:40
126.3	37.3	78.5	Junction	Left	School Lane	15:18	15:00	14:42
126.3	37.3	78.5		Caution!	⚠️ Speed Humps x 17	15:18	15:00	14:42
128.2	35.4	79.7		Caution!	⚠️ Buildouts – Both Sides	15:21	15:03	14:44
128.3	35.3	79.8		Caution!	⚠️ Cobble Road Surface	15:21	15:03	14:44
128.3	35.3	79.8	T.Junction	Right	B5239 Haigh Road	15:21	15:03	14:44
128.4	35.2	79.8		Caution!	⚠️ Buildout – Nearside	15:21	15:03	14:45
129.4	34.2	80.5	D M R/about	2nd Exit	B5238 Wigan Road	15:23	15:04	14:46
131.3	32.3	81.6	T.Lights	Straight	B5238 Wigan Road/Cale Lane	15:26	15:07	14:48
132.0	31.6	82.1		Caution!	⚠️ Central Island	15:27	15:08	14:49
132.7	30.9	82.5	T.Lights	Straight	B5238/Platt Lane	15:28	15:09	14:50
133.0	30.6	82.7	T.Lights	Left	Schofield Lane	15:29	15:10	14:51
133.5	30.1	83.0	T.Lights	Straight	A577 Manchester Road/A577 D S E	15:29	15:10	14:51
134.2	29.4	83.5	T.Lights	Straight	A577 Manchester Road/Makerfield Way	15:30	15:11	14:52
135.5	28.1	84.3	Sign		Hindley	15:32	15:13	14:54
136.0	27.6	84.6	T.Lights	Straight	A577 Wigan Road/B5222 Cross Street	15:33	15:14	14:54
136.2	27.4	84.7	T.Lights	Straight	A577 Wigan Road/A58 Market Street	15:34	15:14	14:55
137.3	26.3	85.4	Sign		Hindley Green	15:35	15:16	14:56
137.7	25.9	85.6	R/about	2nd Exit	A577 Atherton Road/Ashfield Avenue	15:36	15:16	14:57

KM	KM to go		Feature	Instruction	Description	Speed		
	Miles					38kmph	42kmph	46kmph
139.0	24.6	86.4	T.Lights	Straight	A577 Atherton Road/A578 Leigh Road	15:38	15:18	14:58
139.4	24.2	86.7	Sign		Leigh	15:39	15:19	14:59
140.4	23.2	87.3	Sign		Atherton	15:40	15:20	15:00
140.8	22.8	87.6	T.Lights	Straight	Wigan Road/B5235 Schofield Lane	15:41	15:21	15:01
141.3	22.3	87.9	R/about	2nd Exit	A577 Wigan Road/Gibfield Park Way	15:42	15:21	15:01
141.9	21.7	88.2	R/about	3rd Exit	A577 Wigan Road	15:42	15:22	15:02
142.1	21.5	88.4	T.Junction	Left	A577 Mealhouse Lane	15:43	15:23	15:02
142.2	21.4	88.4		Keep left		15:43	15:23	15:02
142.5	21.1	88.6	T.Lights	Straight	A577 Mealhouse Lane/Flapper Fold Lane	15:43	15:23	15:03
142.6	21.0	88.7	T.Lights	Straight	A577 Mealhouse Lane/St John Street	15:44	15:23	15:03
142.7	20.9	88.7	T.Lights	Right	A577 Church Street	15:44	15:23	15:03
142.8	20.8	88.8		Keep Left	A577 Tyldesley Road	15:44	15:24	15:03
143.0	20.6	88.9		Keep Right	A577 Tyldesley Road	15:44	15:24	15:03
143.1	20.5	89.0	T.Lights	Straight	A577 Tyldesley Road/Kay Street	15:44	15:24	15:03
143.6	20.0	89.3	Drinks	End	🏆 20km to Finish	15:45	15:25	15:04
143.6	20.0	89.3			Green Zone for 200m	15:45	15:25	15:04
144.2	19.4	89.7	T.Lights	Straight	A577 Tyldesley Road/Shakerley Road	15:46	15:26	15:05
144.4	19.2	89.8		Keep Left	A577 Shuttle Street	15:46	15:26	15:05
144.6	19.0	89.9		Keep Right	A577	15:47	15:26	15:05
145.0	18.6	90.2		Keep Right	A577 Common Lane	15:47	15:27	15:06
145.1	18.5	90.2		Keep Left	A577 Manchester Road	15:48	15:27	15:06
146.2	17.4	90.9	T.Light	Straight	A577 Manchester Road/A5082 Hough Lane	15:49	15:28	15:07
146.8	16.8	91.3	R/about	1st Exit	A5082 Mort Lane/A577 Sale Lane	15:50	15:29	15:08
148.0	15.6	92.0	Sign		Salford	15:52	15:31	15:10
148.3	15.3	92.2	M R/about	2nd Exit	A5082 Peel Lane	15:53	15:31	15:10
148.6	15.0	92.4			15km to Finish	15:53	15:31	15:10
149.0	14.6	92.7	T.Lights	Right	A6 Manchester Road East/A5082	15:54	15:32	15:11
150.1	13.5	93.3	T.Lights	Straight	A6 Manchester Road East/Ellesmere Street	15:55	15:34	15:12
150.5	13.1	93.6	T.Lights	Straight	A6 Manchester Road East/Campbell Way	15:56	15:35	15:13
150.6	13.0	93.7	T.Lights	Straight	A6 High Street	15:56	15:35	15:13
150.7	12.9	93.7	T.Lights	Straight	A6/A575	15:56	15:35	15:13
151.1	12.5	94.0	T.Lights	Straight	A6 Manchester Road/A575	15:57	15:35	15:14
153.5	10.1	95.5		Caution!	⚠️ Central Island	16:01	15:39	15:17
153.6	10.0	95.5			10km to Finish	16:01	15:39	15:17
154.2	9.4	95.9	T.Lights	Straight	A6 Chorley Road/Moss Lane	16:02	15:40	15:18
155.1	8.5	96.4	T.Lights	Straight	A6 Chorley Road/Station Road	16:03	15:41	15:19
155.3	8.3	96.6	T.Lights	Straight	A6 Chorley Road/Wellington Road	16:04	15:41	15:19
155.8	7.8	96.9	T.Lights	Straight		16:04	15:42	15:20
157.4	6.2	97.9	R/about	2nd Exit	A6 Broad Street/A666	16:07	15:44	15:22
157.5	6.1	97.9	Sign		Salford	16:07	15:45	15:22
158.6	5.0	98.6			5km to Finish	16:09	15:46	15:23
159.2	4.4	99.0		Keep Right	A6 D/C	16:10	15:47	15:24
160.0	3.6	99.5	T.Lights	Straight	A6/B6186 Frederick Road	16:11	15:48	15:25
160.4	3.2	99.7		Keep Left	Slip Road A5063 Albion Way	16:12	15:49	15:26

