

## 5

# RACE SCHEDULE

## FELIXSTOWE TO FELIXSTOWE

### Neutralised section

Sea Road, Undercliff Road West, Convalescent Hill, Wolsey Gardens, Hamilton Road, A1021 Orwell Road, A1021 Leopold Road, A1021 Crescent Road, A1021 Hamilton Road, High Road West, High Road, Felixstowe Road.

Approximate distance of neutralised section 8.8km / 4.5miles

Distance of stage 192.4km / 119.6miles

Neutralised start 10:45

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
			Start Neutralised		Sea Road – Felixstowe	10:45	10:45	10:45
0.00	192.4	0.00	Start Proper			11:00	11:00	11:00
0.8	191.6	0.5		Caution!	Dual carriageway – keep left	11:01	11:01	11:01
2.8	189.6	1.7	T.Junction	Left	A1156 Felixstowe Road	11:04	11:04	11:03
3.5	188.9	2.2	Sign		Foxhall	11:05	11:05	11:04
3.7	188.7	2.3	Junction	Right	Straight Road	11:05	11:05	11:04
4.5	187.9	2.8	X.Roads	Right	Bucklesham Road	11:07	11:06	11:05
5.6	186.8	3.5	Junction	Left	Hall Road – Narrow for 2km!	11:08	11:08	11:07
7.4	185.0	4.6	X.Roads	Straight	Dobbs Lane/Foxhall Road	11:11	11:10	11:09
9.6	182.8	6.0	T.Junction	Left	A1214 Main Road	11:15	11:13	11:12
10.2	182.2	6.3	R/about	2nd Exit	A1124 Main Road	11:16	11:14	11:13
11.1	181.3	6.9	R/about	2nd Exit	A1214 Main Road	11:17	11:15	11:14
11.4	181.0	7.1	T.Lights	Straight	A1214 Main Road	11:17	11:16	11:14
12.3	180.1	7.6	Sign		Rushmore St Andrew	11:19	11:17	11:15
12.5	179.9	7.8	T.Lights	Straight	A1214 Woodbridge Road/Beach Road	11:19	11:17	11:16
13.4	179.0	8.3	Sign		Ipswich	11:21	11:19	11:17
13.8	178.6	8.6	R/about	1st Exit	A1189 Heath Road	11:21	11:19	11:17
14.1	178.3	8.8		Caution!	Central Island – keep left	11:22	11:20	11:18
15.0	177.4	9.3	R/about	2nd Exit	A1189 Bixley Road/Foxhall Road	11:23	11:21	11:19
16.0	176.4	9.9	R/about	3rd Exit	A1156 Felixstowe Road	11:25	11:22	11:20
16.2	176.2	10.1	T.Lights	Straight	A1156 Felixstowe Road/King's Way	11:25	11:23	11:20
16.7	175.7	10.4		Caution!	Central Island pass both sides	11:26	11:23	11:21
17.1	175.3	10.6	T.Lights	Straight	A1156 Felixstowe Road/Murray Road	11:26	11:24	11:21
17.3	175.1	10.8	T.Lights	Straight	A1156 Felixstowe Road/B1075	11:27	11:24	11:22
18.4	174.0	11.4	T.Lights	Straight	A1156 Fore Hamlet/Pownall Road	11:28	11:26	11:23
18.5	173.9	11.5	T.Lights	Straight	A1156 Fore Hamlet/B1458 Duke Street	11:29	11:26	11:23
18.7	173.7	11.6	Caution!	Keep Left	Central Island – A1156 Fore St/Grimwade St	11:29	11:26	11:24
18.9	173.5	11.8			Salthouse Street – One Way System	11:29	11:27	11:24
19.0	173.4	11.8		Caution!	Central Island pass both sides	11:29	11:27	11:24
19.4	173.0	12.1	R/about	1st Exit	A137 Bridge Street	11:30	11:27	11:24
19.6	172.8	12.2	Caution!	Keep Left	Central Island – A137 Bridge Street	11:30	11:28	11:25
20.0	172.4	12.4	R/about	3rd Exit	A137 Hawes Street	11:31	11:28	11:25
20.0	172.4	12.4	R/about	2nd Exit	A137 Hawes Street	11:31	11:28	11:25
20.4	172.0	12.7	R/about	3rd Exit	A137 Wherstead Road	11:32	11:29	11:26
21.7	170.7	13.5	R/about	2nd Exit	A137 Keep Left for Next Round About	11:34	11:31	11:27
21.8	170.6	13.6	Sign		Wherstead	11:34	11:31	11:28
21.9	170.5	13.6	R/about	1st Exit	B1456 The Strand/A137	11:34	11:31	11:28
24.0	168.4	14.9	KoM 1 Cat 3	Start		11:37	11:34	11:30
24.3	168.1	15.1	Sign		Freston	11:38	11:34	11:31
25.0	167.4	15.5	KoM 1 Cat 3	Finish	Freston Hill	11:39	11:35	11:32
25.0	167.4	15.5			Green Zone for 200m	11:39	11:35	11:32
25.6	166.8	15.9		Keep Left	B1456 Main Road	11:40	11:36	11:32
28.6	163.8	17.8	Sign		Chelmondston	11:44	11:40	11:36
30.1	162.3	18.7	Drinks	Start		11:47	11:43	11:38

KM	KM to go	Miles	Feature	Instruction	Description	38kmph	42kmph	46kmph
32.7	159.7	20.3	Sign		Shotley	11:51	11:46	11:42
32.8	159.6	20.4	Caution!	Right	Narrow!	11:51	11:46	11:42
34.0	158.4	21.1	Sign		Erwarton	11:53	11:48	11:43
35.2	157.2	21.9		Caution!	Sharp left bend!	11:55	11:50	11:45
35.3	157.1	22.0		Caution!	Sharp right bend!	11:55	11:50	11:45
36.8	155.6	22.9		Keep Right		11:57	11:52	11:47
37.5	154.9	23.3		Keep Left		11:58	11:53	11:48
37.8	154.6	23.5		Keep Right		11:59	11:54	11:48
38.2	154.2	23.8	Sign		Harkstead	12:00	11:54	11:49
38.6	153.8	24.0		Keep Right		12:00	11:55	11:49
39.0	153.4	24.3	Sign		Lower Holbrook	12:01	11:55	11:50
41.1	151.3	25.6	T.Junction	Left	B1080 Church Hill	12:04	11:58	11:52
41.6	150.8	25.9	KoM 2 Cat 3	Start		12:05	11:59	11:53
42.2	150.2	26.2	KoM 2 Cat 3	Finish	Holbrook	12:06	12:00	11:54
42.2	150.2	26.2			Green Zone for 200m	12:06	12:00	11:54
43.9	148.5	27.3		Keep Right		12:08	12:02	11:56
43.9	148.5	27.3		Keep Left	B1080 Manningtree Road	12:08	12:02	11:56
46.9	145.5	29.2	T.Junction	Left	A137 The Street	12:13	12:07	12:00
48.3	144.1	30.0		Keep Left	A137	12:15	12:09	12:02
49.9	142.5	31.0	R/about	3rd Exit	B1070 Bergholt Road	12:18	12:11	12:04
51.4	141.0	32.0	Sign		East Bergholt	12:20	12:13	12:06
52.1	140.3	32.4	Junction	Left	White Horse Road	12:21	12:14	12:06
52.7	139.7	32.8	X.Roads	Right	Grandish Road	12:22	12:15	12:07
53.6	138.8	33.3	X.Roads	Left	B1070 Mill Road	12:24	12:16	12:08
54.2	138.2	33.7		Keep Left	B1070 Heath Road	12:25	12:17	12:09
54.9	137.5	34.1		Keep Left	B1070 Gaston End	12:26	12:18	12:10
55.0	137.4	34.2		Keep Right	B1070 Gaston End	12:26	12:18	12:10
56.7	135.7	35.3	Sign		Holton St Mary	12:29	12:21	12:12
57.8	134.6	35.9		Keep Right	B1070	12:30	12:22	12:14
58.6	133.8	36.4	Sign		Raydon	12:32	12:23	12:15
59.0	133.4	36.7		Keep Left	B1070	12:32	12:24	12:15
59.7	132.7	37.1		Keep Left	B1070	12:33	12:25	12:16
61.3	131.1	38.1		Keep Right	B1070	12:36	12:27	12:18
61.5	130.9	38.2	Sign		Upper Layham	12:36	12:27	12:19
63.0	129.4	39.2	Sign		Hadleigh	12:39	12:30	12:21
64.0	128.4	39.8		Caution!	Buildout – offside in carriageway	12:40	12:31	12:22
64.6	127.8	40.2	M R/about	1st Exit	B1070 High Street	12:41	12:32	12:23
64.8	127.6	40.3	Sprint	Start	Hadleigh	12:41	12:32	12:23
64.8	127.6	40.3			Green Zone for 200m	12:41	12:32	12:23
64.9	127.5	40.4		Keep Left	B1070 Bridge Street	12:41	12:32	12:23
65.3	127.1	40.6		Keep Right	B1070 Gallows Hill	12:42	12:33	12:23
65.8	126.6	40.9	T.Junction	Left	A1071	12:43	12:34	12:24
65.9	126.5	41.0	Junction	Right	A1141	12:43	12:34	12:24
67.9	124.5	42.2	Sign		Semer	12:46	12:37	12:27

KM	KM to go		Feature	Instruction	Description	38kmph		
	Miles	Miles				42kmph	46kmph	46kmph
68.0	124.4	42.3		Keep Left	A1141	12:46	12:37	12:27
69.7	122.7	43.3		Keep Right	B1115	12:49	12:39	12:29
69.8	122.6	43.4		Keep Left	B1115	12:49	12:39	12:29
71.1	121.3	44.2		Keep Left	B1115	12:51	12:41	12:31
72.4	120.0	45.0	Sign		Bildeston	12:53	12:43	12:33
73.1	119.3	45.5	X.Roads	Right	Wattisham Road	12:54	12:44	12:33
76.1	116.3	47.3	Sign		Wattisham	12:59	12:48	12:37
76.5	115.9	47.6		Keep Left	Hitcham Road	13:00	12:49	12:38
76.7	115.7	47.7	Junction	Right	Well Road	13:00	12:49	12:38
77.6	114.8	48.3	Sign		Ringshall	13:01	12:50	12:39
79.8	112.6	49.6	T.Junction	Left	Stowmarket Road	13:05	12:54	12:42
80.7	111.7	50.2		Keep Right		13:06	12:55	12:43
80.7	111.7	50.2	T.Junction	Right	Straight Road	13:06	12:55	12:43
81.7	110.7	50.8	Junction	Right	Valley Road	13:08	12:56	12:45
83.4	109.0	51.9	T.Junction	Right	Hascot Hill	13:11	12:59	12:47
84.7	107.7	52.7	Sign		Barking	13:13	13:01	12:48
85.0	107.4	52.9	T.Junction	Left	B1078 Barking Hill	13:13	13:01	12:49
86.9	105.5	54.0	Sign		Needham Market	13:16	13:04	12:51
87.7	104.7	54.5	T.Junction	Left	B1113 Ipswich Road	13:17	13:05	12:52
<b>90.9</b>	<b>101.5</b>	<b>56.5</b>		<b>Caution!</b>	<b>⚠️ Dual carriageway – keep left</b>	<b>13:22</b>	<b>13:09</b>	<b>12:56</b>
91.3	101.1	56.8	Sign		Stowmarket	13:23	13:10	12:57
91.8	100.6	57.1	T.Lights	Straight	A1308 Needham Road	13:24	13:11	12:58
92.4	100.0	57.5	R/about	2nd Exit	Needham Road	13:25	13:12	12:58
92.9	99.5	57.8	M R/about	2nd Exit	Ipswich Road	13:25	13:12	12:59
93.4	99.0	58.1	M R/about	1st Exit	Ipswich Road	13:26	13:13	13:00
93.6	98.8	58.2	T.Lights	Right	Milton Road South	13:27	13:13	13:00
93.7	98.7	58.3	T.Lights	Left	A1308 Gipping Way	13:27	13:13	13:00
93.8	98.6	58.3	T.Lights	Right	B1115 Navigation Approach	13:27	13:14	13:00
94.5	97.9	58.8	R/about	2nd Exit	B1115 Mortimer Road	13:28	13:15	13:01
<b>94.8</b>	<b>97.6</b>	<b>59.0</b>		<b>Caution!</b>	<b>⚠️ Central Island – pass both sides</b>	<b>13:28</b>	<b>13:15</b>	<b>13:01</b>
95.3	97.1	59.3	R/about	2nd Exit	B1115 Stowmarket Road	13:29	13:16	13:02
95.5	96.9	59.4	Sign		Stowupland	13:30	13:16	13:02
96.2	96.2	59.8	T.Junction	Left	A1120 Church Road	13:31	13:17	13:03
97.9	94.5	60.9		Keep Right	A1120 Bells Lane	13:33	13:19	13:05
98.7	93.7	61.4	Sign		Earl Stonham	13:35	13:21	13:06
99.1	93.3	61.6	Sign		Forward Green	13:35	13:21	13:07
102.8	89.6	63.9	T.Junction	Left	A140	13:41	13:26	13:12
102.9	89.5	64.0	Junction	Right	A1120 Stowmarket Road	13:41	13:27	13:12
104.2	88.2	64.8	Sign		Stonham Aspal	13:43	13:28	13:13
104.3	88.1	64.9	Junction	Left	Scott's Hill	13:43	13:29	13:14
105.6	86.8	65.7		Keep Right		13:45	13:30	13:15
109.7	82.7	68.2	Sign		Debenham	13:52	13:36	13:21
110.7	81.7	68.8	T.Junction	Right	B1077 High Street	13:53	13:38	13:22
111.1	81.3	69.1	Junction	Left	Kenton Road	13:54	13:38	13:22
111.3	81.1	69.2		Keep Right	Thorpe Lane	13:54	13:39	13:23
114.6	74.0	71.3	X.Roads	Left	A1120	14:00	13:43	13:27
117.0	75.4	72.8	Sign		Earl Soham	14:03	13:47	13:30
117.6	74.8	73.1	T.Junction	Right	A1120 The Street	14:04	13:48	13:31
117.9	74.5	73.3		Keep Left	A1120	14:05	13:48	13:31
118.6	73.8	73.8		Keep Right		14:06	13:49	13:32
119.9	72.5	74.6		Keep Right	A1120	14:08	13:51	13:34
120.5	71.9	74.9	Junction	Right	B1119	14:09	13:52	13:34
121.5	70.9	75.6	Sign		Framlingham	14:10	13:53	13:36
121.6	70.8	75.6		Keep Right	B1119 Saxted Road	14:11	13:53	13:36

KM	KM to go		Feature	Instruction	Description	38kmph		
	Miles	Miles				42kmph	46kmph	46kmph
122.9	69.5	76.4		Keep Right	B1119 Mount Pleasant	14:13	13:55	13:38
123.5	68.9	76.8	T.Junction	Right	B1116 College Road	14:14	13:56	13:38
123.8	68.6	77.0	M R/about	2nd Exit	Bridge Street	14:14	13:56	13:39
124.3	68.1	77.3		Keep Right	Castle Street	14:15	13:57	13:39
124.4	68.0	77.4	T.Junction	Left	B1119 Saxmundham Road	14:15	13:57	13:39
127.2	65.2	79.1		Keep Right	B1119	14:19	14:01	13:43
130.5	61.9	81.2		Keep Left	B1119	14:25	14:06	13:47
131.3	61.1	81.6	Sign		Rendham	14:26	14:07	13:48
131.4	61.0	81.7		Keep Right	B1119	14:26	14:07	13:48
131.9	60.5	82.0		Keep Right	B1119	14:27	14:08	13:49
132.9	59.5	82.6		Keep Right	B1119	14:28	14:09	13:50
133.2	59.2	82.8		Keep Left	B1119 Rendham Road	14:29	14:10	13:51
134.7	57.7	83.8		Keep Left	to A12 Junction	14:31	14:12	13:53
134.7	57.7	83.8	T.Junction	Right	A12 – Cross Dual Carriageway	14:31	14:12	13:53
134.8	57.6	83.8	Junction	Left	B1119 Rendham Road	14:31	14:12	13:53
135.6	56.8	84.3		Keep Left	B1119 Chapel Road	14:33	14:13	13:54
135.8	56.6	84.4		Keep Right	B1119 Fairfield Road	14:33	14:14	13:54
136.0	56.4	84.6	T.Junction	Right	B1119 North Entrance	14:33	14:14	13:54
136.1	56.3	84.6	Sign		Saxmundham	14:33	14:14	13:54
136.4	56.0	84.8	T.Lights	Left	B1119 Church Street	14:34	14:14	13:55
141.0	51.4	87.7		Keep Right	B1115 level crossing – left	14:41	14:21	14:01
141.7	50.7	88.1	Sign		Leiston	14:42	14:22	14:02
142.9	49.5	88.9	T.Lights	Straight	B1122 Main Street	14:44	14:24	14:03
143.0	49.4	88.9		Keep Right	B1122 High Street	14:44	14:24	14:03
<b>143.2</b>	<b>49.2</b>	<b>89.0</b>		<b>Caution!</b>	<b>⚠️ Speed cushions x2</b>	<b>14:45</b>	<b>14:24</b>	<b>14:04</b>
143.3	49.1	89.1	T.Lights	Straight	B1122 High Street	14:45	14:24	14:04
144.0	48.4	89.5	Sign		Aldringham	14:46	14:25	14:05
144.7	47.7	90.0	X.Roads	Right	B1353 Aldringham Lane	14:47	14:26	14:06
145.7	46.7	90.6	T.Junction	Left	B1069 Leiston Road	14:48	14:28	14:07
148.2	44.2	92.2	T.Junction	Right	A1094 Aldeburgh Road	14:52	14:31	14:10
148.4	44.0	92.3		Keep Left	A1094	14:53	14:32	14:10
150.5	41.9	93.6	Sign		Snape	14:56	14:35	14:13
150.6	41.8	93.7	Junction	Left	B1069 Church Road	14:56	14:35	14:13
153.0	39.4	95.1		Keep Left	B1069	15:00	14:38	14:16
154.7	37.7	96.2		Keep Right	B1069	15:03	14:41	14:18
156.5	35.9	97.3	Sign		Tunstall	15:05	14:43	14:21
156.6	35.8	97.4	T.Junction	Right	B1069 Orford Road	15:06	14:43	14:21
156.8	35.6	97.5		Keep Left	B1068 Woodbridge Road	15:06	14:44	14:21
158.3	34.1	98.4	Sign		Rendlesham	15:08	14:46	14:23
159.0	33.4	98.9	R/about	2nd Exit	A1152	15:09	14:47	14:24
161.9	30.5	100.7	Sign		Eyke	15:14	14:51	14:28
164.3	28.1	102.2	Junction	Right	A1152 Orford Road	15:18	14:54	14:31
164.3	28.1	102.2	T.Junction	Right	Orford Road	15:18	14:54	14:31
165.7	26.7	103.0	R/about	2nd Exit	A1152 Wilford Bridge Road	15:20	14:56	14:33
166.1	26.3	103.3	Sign		Melton	15:21	14:57	14:33
<b>165.3</b>	<b>27.1</b>	<b>102.8</b>		<b>Caution!</b>	<b>⚠️ Level Crossing</b>	<b>15:19</b>	<b>14:56</b>	<b>14:32</b>
167.0	25.4	103.8	T.Lights		B1438 Melton Road	15:22	14:58	14:34
168.2	24.2	104.6	T.Lights	Left	B1438 Lime Kiln Quay Road	15:24	15:00	14:36
168.8	23.6	105.0	T.Lights	Straight	B1438 Quayside	15:25	15:01	14:37
169.6	22.8	105.5	M R/about	2nd Exit	B1438 Ipswich Road	15:26	15:02	14:38
170.1	22.3	105.8	Junction	Left	Sandy Lane	15:27	15:03	14:38
<b>171.0</b>	<b>21.4</b>	<b>106.3</b>		<b>Caution!</b>	<b>⚠️ Narrow Bridge!</b>	<b>15:28</b>	<b>15:04</b>	<b>14:39</b>
171.6	20.8	106.7	T.Junction	Left	The Street	15:29	15:05	14:40
171.9	20.5	106.9	Junction	Left	School Lane	15:30	15:05	14:41

# 5 RACE SCHEDULE FELIXSTOWE TO FELIXSTOWE

KM	KM to go	Miles	Feature	Instruction	Description		38km/h	42km/h	46km/h
172.4	20.0	107.2		Keep Right	Waldringfield Road		15:30	15:06	14:41
<b>172.4</b>	<b>20.0</b>	<b>107.2</b>	<b>Drinks</b>	<b>Finish</b>	<b>20km to Finish</b>		<b>15:30</b>	<b>15:06</b>	<b>14:41</b>
<b>172.4</b>	<b>20.0</b>	<b>107.2</b>			<b>Green Zone for 200m</b>		<b>15:30</b>	<b>15:06</b>	<b>14:41</b>
174.5	17.9	108.5	Sign		Waldringfield Heath		15:34	15:09	14:44
175.2	17.2	108.9	X.Roads	Right	Ipswich Road		15:35	15:10	14:45
176.6	15.8	109.8		Keep Left			15:37	15:12	14:47
176.8	15.6	109.9		Keep Right	Newbourne Road		15:37	15:12	14:47
177.4	15.0	110.3	Junction	Left	DIR Brightwell		15:38	15:13	14:48
177.7	14.7	110.5	Sign		Brightwell		15:39	15:13	14:48
182.2	10.2	113.3	Junction	Left			15:46	15:20	14:54
182.3	10.1	113.4	T.Junction	Left	Innocence Lane		15:46	15:20	14:54
<b>182.4</b>	<b>10.0</b>	<b>113.4</b>			<b>10km to Finish</b>		<b>15:46</b>	<b>15:20</b>	<b>14:54</b>
183.9	8.5	114.4	T.Junction	Right	Kirton Road		15:48	15:22	14:56
185.5	6.9	115.4	R/about	2nd Exit	Howlett Way/A14		15:51	15:25	14:58
186.2	6.2	115.8	Sign		Trimley St Martin		15:52	15:26	14:59
186.2	6.2	115.8	R/about	1st Exit	High Road		15:52	15:26	14:59
187.1	5.3	116.3	M R/about	2nd Exit	High Road		15:54	15:27	15:00
<b>187.4</b>	<b>5.0</b>	<b>116.5</b>			<b>3km to Finish</b>		<b>15:54</b>	<b>15:27</b>	<b>15:00</b>
187.7	4.7	116.7	M R/about	2nd Exit	High Road/Faulkeners Way		15:54	15:28	15:01
188.3	4.1	117.1	R/about	2nd Exit	High Road – both sides		15:55	15:29	15:02
<b>188.7</b>	<b>3.7</b>	<b>117.3</b>		<b>Caution!</b>	<b>Central Island pass both sides</b>		<b>15:56</b>	<b>15:29</b>	<b>15:02</b>
<b>189.4</b>	<b>3.0</b>	<b>117.8</b>			<b>3km to Finish</b>		<b>15:57</b>	<b>15:30</b>	<b>15:03</b>
<b>189.4</b>	<b>3.0</b>	<b>117.8</b>			<b>Green Zone for 200m</b>		<b>15:57</b>	<b>15:30</b>	<b>15:03</b>
189.6	2.8	117.9	T.Lights	Right	A154 Garrison Lane		15:57	15:30	15:03
190.2	2.2	118.3	T.Lights	Straight	A154 Garrison Lane/Mill Lane		15:58	15:31	15:04
191.6	0.8	119.1	T.Lights	Left	Beach Station Road		16:01	15:33	15:06
191.8	0.6	119.3	T.Junction	Left	Sea Road		16:01	15:34	15:06
<b>192.4</b>	<b>0.0</b>	<b>119.6</b>	<b>Finish</b>		<b>Sea Road – Felixstowe</b>		<b>16:02</b>	<b>15:34</b>	<b>15:07</b>

## NOTES

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