

KM	KM to go		Miles	Feature	Instruction	Description	38kmph		
	to go	Miles					38kmph	42kmph	46kmph
86.0	60.3	53.5	Junction	Left	Goat House Lane	14:15	14:02	13:50	
87.1	59.2	54.2	X.Roads	Straight	Slough Lane/Marlpipts Lane	14:16	14:04	13:51	
87.6	58.7	54.5		Caution!	⚠ Hump in Road	14:17	14:05	13:52	
88.7	57.6	55.2	T.Junction	Left	B1418 White Elm Road	14:19	14:06	13:54	
89.0	57.3	55.3	Sign		Bicknacre	14:19	14:07	13:54	
89.6	56.7	55.7	M R/about	1st Exit	B1418 Main Road	14:20	14:08	13:55	
89.7	56.6	55.8	M R/about	2nd Exit	Priory Road	14:20	14:08	13:55	
91.9	54.4	57.1		Caution!	⚠ Buildout – nearside	14:24	14:11	13:58	
92.1	54.2	57.3	M R/about	1st Exit	The Tye	14:24	14:11	13:58	
92.3	54.0	57.4		Caution!	⚠ Buildouts – both sides	14:25	14:11	13:58	
92.5	53.8	57.5		Keep Right	Old Church Road	14:25	14:12	13:58	
92.7	53.6	57.6		Keep Left	Old Church Road	14:25	14:12	13:59	
93.4	52.9	58.1		Keep Right	Pan Lane	14:26	14:13	14:00	
94.9	51.4	59.0	T.Junction	Right	Southend Road	14:29	14:15	14:02	
95.0	51.3	59.1	Junction	Left	Church Road	14:29	14:15	14:02	
96.3	50.0	59.9	Sign		West Hanningfield	14:31	14:17	14:03	
98.3	48.0	61.1	KoM 1 Cat 3	Start		14:34	14:20	14:06	
100.2	46.1	62.3	KoM 1 Cat 3	Finish	🚢 Ship Road	14:37	14:23	14:08	
100.2	46.1	62.3	T.Junction	Left	B1007 Stock Road	14:37	14:23	14:08	
101.8	44.5	63.3	Sign		Stock	14:39	14:25	14:10	
102.4	43.9	63.7	X.Roads	Straight	B1007 Stock Road	14:40	14:26	14:11	
103.5	42.8	64.4	Junction	Right	Ingatestone Road	14:42	14:27	14:13	
103.9	42.4	64.6		Keep Left	Ingatestone Road	14:43	14:28	14:13	
105.9	40.4	65.9		Keep Right	Ingatestone Road	14:46	14:31	14:16	
106.5	39.8	66.2		Caution!	⚠ Narrow Hump Bridge	14:47	14:32	14:16	
108.0	38.3	67.2	X.Roads	Straight	Fryerning Lane/B1002	14:49	14:34	14:18	
108.3	38.0	67.3		Keep Right	Fryerning Lane	14:50	14:34	14:19	
108.6	37.7	67.5	Sign		Fryerning	14:50	14:35	14:19	
109.2	37.1	67.9	Junction	Left	Fryerning Lane	14:51	14:36	14:20	
109.3	37.0	68.0	T.Junction	Left	Blackmore Road	14:51	14:36	14:20	
111.2	35.1	69.1		Keep Left	Blackmore Road	14:54	14:38	14:22	
111.8	34.5	69.5	T.Junction	Right	Blackmore Road	14:55	14:39	14:23	
113.4	32.9	70.5		Keep Right	Ingatestone Road	14:58	14:42	14:25	
114.4	31.9	71.1	Junction	Left	The Green	14:59	14:43	14:27	
114.7	31.6	71.3	R/about	2nd Exit	Nine Ashes Road	15:00	14:43	14:27	
116.0	30.3	72.1	Junction	Left	Nine Ashes Road	15:02	14:45	14:29	
116.1	30.2	72.2	T.Junction	Left	Nine Ashes Road	15:02	14:45	14:29	
118.0	28.3	73.4	Sign		Stondon Massey	15:05	14:48	14:31	
118.7	27.6	73.8	Junction	Right	Ongar Road	15:06	14:49	14:32	
118.7	27.6	73.8	T.Junction	Right	Ongar Road	15:06	14:49	14:32	
119.4	26.9	74.2		Keep Right	Ongar Road	15:07	14:50	14:33	
121.9	24.0	75.8		Keep Left	Stondon Road	15:11	14:54	14:36	
122.7	23.6	76.3	T.Junction	Right	A128 Brentwood Road	15:12	14:55	14:37	
123.0	23.3	76.5	M R/about	3rd Exit	A113 Coopers Hill	15:13	14:55	14:38	
123.2	23.1	76.6	Sign		Chipping Ongar	15:13	14:56	14:38	
123.4	22.9	76.7	Junction	Left	The Borough	15:13	14:56	14:38	
123.6	22.7	76.9		Keep Left	The Borough	15:14	14:56	14:38	
125.4	20.9	78.0		Keep Right	Greensted Road	15:17	14:59	14:41	
126.2	20.1	78.5	Drinks	Finish	🚗 20km to Finish	15:18	15:00	14:42	
126.2	20.1	78.5			Green Zone for 200m	15:18	15:00	14:42	
127.0	19.3	79.0		Caution!	⚠ Hump Back Bridge	15:19	15:01	14:43	
127.5	18.8	79.3		Caution!	⚠ Narrow Bridge	15:20	15:02	14:43	
128.4	17.9	79.8	X.Roads	Left	Epping Road	15:21	15:03	14:45	
129.9	16.4	80.8	Sign		North Weald Basset	15:24	15:05	14:47	

KM	KM to go		Miles	Feature	Instruction	Description	38kmph		
	to go	Miles					38kmph	42kmph	46kmph
130.1	16.2	80.9	R/about	1st Exit	B181 High Road	15:24	15:05	14:47	
130.6	15.7	81.2	Sign		North Weald Bassett	15:25	15:06	14:47	
131.2	15.1	81.6	M R/about	2nd Exit	B181 High Road	15:26	15:07	14:48	
131.5	14.8	81.8		Keep Left	B181 High Road	15:26	15:07	14:49	
132.0	14.3	82.1	M R/about	1st Exit	B181 Epping Road	15:27	15:08	14:49	
133.3	13.0	82.9	X.Roads	Right	Woodside	15:29	15:10	14:51	
133.4	12.9	83.0	Sign		Thornwood Common	15:29	15:10	14:51	
134.7	11.6	83.8	T.Junction	Right	B1393 High Road	15:31	15:12	14:53	
135.5	10.8	84.3	Junction	Left	Upland Road	15:32	15:13	14:54	
136.2	10.1	84.7			10km to Finish	15:34	15:14	14:55	
136.9	9.4	85.1		Caution!	⚠ Narrow Bridge	15:35	15:15	14:56	
137.4	8.9	85.4		Caution!	⚠ Sharp left bend	15:35	15:16	14:56	
137.6	8.7	85.6		Keep Left	Upland Road	15:36	15:16	14:56	
139.0	7.3	86.4		Keep Right	B181 Epping Road	15:38	15:18	14:58	
141.2	5.1	87.8			5km to Finish	15:41	15:21	15:01	
141.5	4.8	88.0		Keep Left	B181 Epping Road	15:42	15:22	15:01	
143.2	3.1	89.0			3km to Finish	15:45	15:24	15:04	
143.2	3.1	89.0			Green Zone for 200m	15:45	15:24	15:04	
143.1	3.2	89.0	R/about	3rd Exit	B1133 Water Lane	15:44	15:24	15:03	
143.9	2.4	89.5	R/about	2nd Exit	B1133 Water Lane	15:46	15:25	15:05	
144.3	2.0	89.7	R/about	1st Exit	A1169 Katherine's Road	15:46	15:26	15:05	
145.3	1.0	90.4	R/about	3rd Exit	A1025 Third Avenue	15:48	15:27	15:06	
145.8	0.5	90.7	T.Lights	Straight	A1025 Third Avenue	15:49	15:28	15:07	
146.2	0.1	90.9	Finish		🚦 Third Avenue – Harlow	15:49	15:28	15:07	