

Stage 5 Northampton - Northampton Sat 7 Sep



Start :	Northampton University - Northampton
Neutralised section :	7.0 km or 4.3 miles
Stage Distance :	146.9 km or 91.3 miles
Finish :	Derngate - Northampton

Route Details							Estimated Time of Arrival					
KMs	KMs to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
0.00	7.00	0.00	4.30	Start Neutralised		Northampton University - Northampton	42	10:45	11:00	11:00	11:00	
0.00	146.9	0.00	91.3	Start Proper		Roman Road	42	11:00	11:15	11:15	11:15	00:00
2.7	144.2	1.7	89.7	Sign		Nobottle	42	11:03	11:19	11:18	11:18	00:00
3.4	143.5	2.1	89.2		Keep Left		42	11:04	11:20	11:19	11:19	00:00
7.1	139.8	4.4	86.9		Keep Right		42	11:10	11:26	11:25	11:24	00:02
7.9	139.0	4.9	86.4		Keep Left	Caution! Sharp Bend Left!	42	11:11	11:27	11:26	11:25	00:02
8.5	138.4	5.3	86.1	Sign		Whilton Locks	42	11:12	11:28	11:27	11:25	00:02
9.0	137.9	5.6	85.8		Caution!	Hump Back Bridge	42	11:12	11:29	11:27	11:26	00:02
9.5	137.4	5.9	85.4	X.Roads	Straight	Daventry Road/A5 Watling Street	42	11:13	11:29	11:28	11:27	00:02
10.5	136.4	6.5	84.8	Sign		Norton	42	11:15	11:31	11:30	11:28	00:03
12.6	134.3	7.8	83.5	Sign		Daventry	42	11:18	11:34	11:33	11:31	00:03
13.0	133.9	8.1	83.3	R/about	1st Exit	Admirals Way	42	11:18	11:35	11:33	11:31	00:03
13.0	133.9	8.1	83.3		Caution!	Speed Humps x 13	42	11:18	11:35	11:33	11:31	00:03
14.1	132.8	8.8	82.6	R/about	1st Exit	Admirals Way	42	11:20	11:37	11:35	11:33	00:04
14.4	132.5	9.0	82.4	R/about	3rd Exit	Long March	42	11:20	11:37	11:35	11:33	00:04
15.0	131.9	9.3	82.0	T.Junction	Left	B4038 London Road	42	11:21	11:38	11:36	11:34	00:04
15.2	131.7	9.5	81.9	Junction	Right	Daventry Road	42	11:21	11:38	11:36	11:34	00:04
15.2	131.7	9.5	81.9	KoM 1 Cat 3	Start		42	11:21	11:38	11:36	11:34	00:04
15.8	131.1	9.8	81.5	KoM 1 Cat 3	Finish	Newnham Hill	42	11:22	11:39	11:37	11:35	00:04
16.0	130.9	9.9	81.4		Caution!	Fast Descent!	42	11:22	11:40	11:37	11:35	00:04
16.8	130.1	10.4	80.9	X.Roads	Left		42	11:24	11:41	11:39	11:36	00:04
17.1	129.8	10.6	80.7	Junction	Right		42	11:24	11:41	11:39	11:36	00:04
17.1	129.8	10.6	80.7	T.Junction	Right	B4037 Church Street	42	11:24	11:41	11:39	11:36	00:04
17.4	129.5	10.8	80.5		Keep Right	B4037 Church Street	42	11:24	11:42	11:39	11:37	00:04
17.7	129.2	11.0	80.3	Junction	Left	School Hill	42	11:25	11:42	11:40	11:37	00:05
17.7	129.2	11.0	80.3	X.Roads	Straight		42	11:25	11:42	11:40	11:37	00:05
18.2	128.7	11.3	80.0	KoM 2 Cat 3	Start		42	11:26	11:43	11:41	11:38	00:05
18.7	128.2	11.6	79.7	X.Roads	Straight		42	11:26	11:44	11:41	11:39	00:05
19.5	127.4	12.1	79.2	KoM 2 Cat 3	Finish	Bullshill	42	11:27	11:45	11:42	11:40	00:05
19.5	127.4	12.1	79.2			Green Zone for 200m	42	11:27	11:45	11:42	11:40	00:05
20.6	126.3	12.8	78.5	X.Roads	Straight		42	11:29	11:47	11:44	11:41	00:05
22.5	124.4	14.0	77.4	Sign		Preston Capes	42	11:32	11:50	11:47	11:43	00:06
23.0	123.9	14.3	77.0	X.Roads	Left	Charlwellton Road	42	11:32	11:51	11:47	11:44	00:06
23.9	123.0	14.9	76.5	Sign		Little Preston	42	11:34	11:52	11:49	11:45	00:06
24.2	122.7	15.0	76.3		Keep Right		42	11:34	11:53	11:49	11:46	00:06
26.2	120.7	16.3	82.1		Keep Right		42	11:37	11:56	11:52	11:48	00:07
26.6	120.3	16.5	74.8	Sign		Maidford	42	11:38	11:56	11:53	11:49	00:07
27.2	119.7	16.9	74.4	X.Roads	Straight		42	11:38	11:57	11:53	11:49	00:07
29.4	117.5	18.3	73.1	Sign		Blakesley	42	11:42	12:01	11:57	11:52	00:08
29.7	117.2	18.5	72.9		Keep Left		42	11:42	12:01	11:57	11:53	00:08
29.8	117.1	18.5	72.8	Junction	Right	High Street	42	11:42	12:01	11:57	11:53	00:08
29.9	117.0	18.6	72.8	T.Junction	Right	High Street	42	11:42	12:01	11:57	11:53	00:08
30.0	116.9	18.7	72.7	X.Roads	Straight		42	11:42	12:02	11:57	11:53	00:08
30.0	116.9	18.7	72.7	Drinks	Start		42	11:42	12:02	11:57	11:53	00:08
30.0	116.9	18.7	72.7			Green Zone for 200m	42	11:42	12:02	11:57	11:53	00:08
30.4	116.5	18.9	72.4	Junction	Left		42	11:43	12:02	11:58	11:54	00:08

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Route Details							Estimated Time of Arrival					
KMs	KMs to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
33.4	113.5	20.8	70.6		Keep Right		42	11:47	12:07	12:02	11:57	00:09
33.6	113.3	20.9	70.5		Keep Left		42	11:48	12:07	12:03	11:58	00:09
34.5	112.4	21.5	69.9		Caution!	Narrow Bridge	42	11:49	12:09	12:04	11:59	00:09
34.9	112.0	21.7	69.6	X.Roads	Right	Wappenham Road	42	11:49	12:09	12:04	11:59	00:09
35.2	111.7	21.9	69.5	Sign		Abthorpe	42	11:50	12:10	12:05	12:00	00:10
37.7	109.2	23.4	67.9	Sign		Wappenham	42	11:53	12:14	12:08	12:03	00:10
38.3	108.6	23.8	67.5		Keep Left		42	11:54	12:15	12:09	12:04	00:10
38.4	108.5	23.9	67.5		Keep Right		42	11:54	12:15	12:09	12:04	00:10
38.5	108.4	23.9	67.4		Keep Left		42	11:55	12:15	12:10	12:04	00:11
42.1	104.8	26.2	65.2	Sign		Helmdon	42	12:00	12:21	12:15	12:09	00:12
42.9	104.0	26.7	64.7		Keep Left		42	12:01	12:22	12:16	12:10	00:12
43.0	103.9	26.7	64.6		Caution!	Hunp Back Bridge	42	12:01	12:22	12:16	12:10	00:12
43.1	103.8	26.8	64.5		Keep Right	Station Road	42	12:01	12:22	12:16	12:10	00:12
44.2	102.7	27.5	63.9	X.Roads	Right	B4525 Welsh Lane	42	12:03	12:24	12:18	12:11	00:12
48.7	98.2	30.3	61.1	X.Roads	Straight		42	12:09	12:31	12:24	12:17	00:13
50.9	96.0	31.7	59.7		Caution!	Safety Camera 40mph (64kph)	42	12:12	12:34	12:27	12:20	00:14
51.0	95.9	31.7	59.6	Junction	Right		42	12:12	12:35	12:27	12:20	00:14
51.8	95.1	32.2	59.1	Sign		Thorpe Mandeville	42	12:14	12:36	12:29	12:21	00:14
54.8	92.1	34.1	57.3	Junction	Left	Sulgrave Road	42	12:18	12:41	12:33	12:25	00:15
55.4	91.5	34.5	56.9	Sign		Culworth	42	12:19	12:42	12:34	12:26	00:15
55.5	91.4	34.5	56.8		Keep Left	Queen Street	42	12:19	12:42	12:34	12:26	00:15
58.8	88.1	36.6	54.8		Caution!	Narrow Bridge	42	12:24	12:47	12:39	12:30	00:16
61.7	85.2	38.4	53.0	T.Junction	Right	A361 Banbury Road	42	12:28	12:51	12:43	12:34	00:17
64.7	82.2	40.2	51.1	Sign		Byfield	42	12:32	12:56	12:47	12:38	00:18
65.0	81.9	40.4	50.9		Caution!	Safety Camera 30mph (50kph)	42	12:32	12:57	12:47	12:38	00:18
65.3	81.6	40.6	50.7		Keep Right		42	12:33	12:57	12:48	12:38	00:18
65.4	81.5	40.7	50.7	M R/about	2nd Exit	A361 Badby Road West	42	12:33	12:57	12:48	12:39	00:18
68.2	78.7	42.4	48.9	Sign		Charwelton	42	12:37	13:02	12:52	12:42	00:19
68.9	78.0	42.8	48.5	X.Roads	Left		42	12:38	13:03	12:53	12:43	00:19
71.3	75.6	44.3	47.0	Junction	Right	Charwelton Lane	42	12:41	13:07	12:56	12:46	00:20
72.0	74.9	44.8	46.6	Sign		Helidon	42	12:42	13:08	12:57	12:47	00:20
72.1	74.8	44.8	46.5		Keep Right	Stockwell Lane	42	12:43	13:08	12:58	12:47	00:20
73.9	73.0	46.0	45.4	Sign		Catesby	42	12:45	13:11	13:00	12:50	00:21
74.3	72.6	46.2	45.1		Keep Left		42	12:46	13:11	13:01	12:50	00:21
76.4	70.5	47.5	43.8	X.Roads	Right	A425 Daventry Road	42	12:49	13:15	13:04	12:53	00:21
76.8	70.1	47.8	43.6	R/about	1st Exit	A425 Daventry Road	42	12:49	13:15	13:04	12:53	00:21
79.4	67.5	49.4	42.0	R/about	2nd Exit	A425 Leamington Way	42	12:53	13:19	13:08	12:57	00:22
79.8	67.1	49.6	41.7	R/about	1st Exit	A45 Braunston Road	42	12:54	13:20	13:09	12:57	00:22
80.4	66.5	50.0	41.4	R/about	2nd Exit	A45 Braunston Road	42	12:54	13:21	13:09	12:58	00:22
80.8	66.1	50.2	41.1	R/about	3rd Exit	A361 Drayton Way	42	12:55	13:21	13:10	12:58	00:23
81.7	65.2	50.8	40.5	R/about	2nd Exit	A361 Drayton Way	42	12:56	13:23	13:11	13:00	00:23
82.3	64.6	51.2	40.2	R/about	1st Exit	A361 Ashby Road	42	12:57	13:24	13:12	13:00	00:23
82.9	64.0	51.6	39.8	R/about	2nd Exit	A361 Ashby Road	42	12:58	13:25	13:13	13:01	00:23
83.2	63.7	51.7	39.6	R/about	1st Exit	A361 Ashby Road	42	12:58	13:25	13:13	13:01	00:23
84.0	62.9	52.2	39.1	Junction	Right		42	13:00	13:27	13:15	13:03	00:24
84.8	62.1	52.7	38.6	T.Junction	Right	Ashby Road	42	13:01	13:28	13:16	13:04	00:24

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Route Details							Estimated Time of Arrival					
KMs	KMs to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
85.0	61.9	52.9	38.5	Sign		Welton	42	13:01	13:28	13:16	13:04	00:24
85.5	61.4	53.2	38.2		Keep Left	Station Road	42	13:02	13:29	13:17	13:04	00:24
86.2	60.7	53.6	37.7	X.Roads	Left	Crockwell Hill	42	13:03	13:30	13:18	13:05	00:24
87.9	59.0	54.7	36.7		Keep Right	Crockwell Hill	42	13:05	13:33	13:20	13:08	00:25
88.1	58.8	54.8	36.6	X.Roads	Straight	B5385 Station Road/A5 Watling Street	42	13:05	13:33	13:20	13:08	00:25
88.8	58.1	55.2	36.1	Sign		Watford	42	13:06	13:34	13:21	13:09	00:25
89.8	57.1	55.8	35.5		Keep Left		42	13:08	13:36	13:23	13:10	00:25
93.5	53.4	58.1	33.2	Sign		West Haddon	42	13:13	13:41	13:28	13:15	00:26
93.8	53.1	58.3	33.0	M R/about	2nd Exit	High Street	42	13:14	13:42	13:29	13:15	00:26
94.1	52.8	58.5	32.8	M R/about	1st Exit	Guilborough Road	42	13:14	13:42	13:29	13:15	00:26
94.2	52.7	58.6	32.8	M R/about	1st Exit	Guilborough Road	42	13:14	13:43	13:29	13:16	00:26
94.3	52.6	58.6	32.7		Caution!	Buildouts	42	13:14	13:43	13:29	13:16	00:26
94.6	52.3	58.8	32.5	R/about	2nd Exit	Guilborough Road	42	13:15	13:43	13:30	13:16	00:27
95.8	51.1	59.6	31.8		Keep Left	Guilborough Road	42	13:16	13:45	13:31	13:18	00:27
96.3	50.6	59.9	31.5	X.Roads	Straight		42	13:17	13:46	13:32	13:18	00:27
99.3	47.6	61.7	29.6	Sign		Cold Ashby	42	13:21	13:51	13:36	13:22	00:28
99.5	47.4	61.9	29.5		Caution!	Buildouts	42	13:22	13:51	13:37	13:22	00:28
99.6	47.3	61.9	29.4		Keep Right	Main Street	42	13:22	13:51	13:37	13:23	00:28
99.8	47.1	62.1	29.3		Caution!	Sharp Bend Left!	42	13:22	13:51	13:37	13:23	00:28
100.8	46.1	62.7	28.7	X.Roads	Straight		42	13:24	13:53	13:39	13:24	00:28
103.0	43.9	64.1	27.3	Sign		Naesby	42	13:27	13:56	13:42	13:27	00:29
103.7	43.2	64.5	26.9		Keep Right	Newlands	42	13:28	13:57	13:43	13:28	00:29
104.0	42.9	64.7	26.7		Keep Left		42	13:28	13:58	13:43	13:28	00:29
107.2	39.7	66.7	24.7	X.Roads	Right		42	13:33	14:03	13:48	13:32	00:30
110.4	36.5	68.7	22.7	Sign		Kelmarsh	42	13:37	14:08	13:52	13:36	00:31
111.0	35.9	69.0	22.3	X.Roads	Straight		42	13:38	14:09	13:53	13:37	00:31
114.8	32.1	71.4	20.0	Sign		Harrington	42	13:44	14:15	13:59	13:42	00:32
114.9	32.0	71.5	19.9	Junction	Right		42	13:44	14:15	13:59	13:42	00:32
116.3	30.6	72.3	19.0	T.Junction	Right		42	13:46	14:17	14:01	13:44	00:33
120.3	26.6	74.8	16.5	Sign		Lampport	42	13:51	14:24	14:06	13:49	00:34
120.5	26.4	74.9	16.4	T.Junction	Left		42	13:52	14:24	14:07	13:49	00:34
122.5	24.4	76.2	15.2	Junction	Right	Old Road Caution! Sharp Turn	42	13:13	13:37	14:10	13:19	00:17
123.4	23.5	76.7	14.6	Sign		Scaldwell	42	13:16	13:40	14:11	13:22	00:18
123.8	23.1	77.0	14.4	X.Roads	Straight	High Street	42	13:56	14:29	14:11	13:54	00:35
124.4	22.5	77.4	14.0		Keep Left		42	13:57	14:30	14:12	13:54	00:35
126.1	20.8	78.4	12.9	T.Junction	Left	Holcot Road	42	14:00	14:33	14:15	13:57	00:36
126.9	20.0	78.9	12.4			20km to Race Finish - Green Zone for 200m	42	14:01	14:34	14:16	13:58	00:36
128.2	18.7	79.7	11.6	Sign		Pitsford Causeway	42	14:03	14:36	14:18	13:59	00:36
129.7	17.2	80.7	10.7	Sign		Holcot	42	14:05	14:38	14:20	14:01	00:37
129.9	17.0	80.8	10.6	Sprint 1		Holcot	42	14:05	14:39	14:20	14:02	00:37
129.9	17.0	80.8	10.6			Green Zone for 200m	42	14:05	14:39	14:20	14:02	00:37
130.3	16.6	81.0	10.3		Caution!	Buildouts	42	14:06	14:39	14:21	14:02	00:37
131.9	15.0	82.0	9.3	R/about	2nd Exit	Holcot Lane	42	14:08	14:42	14:23	14:04	00:37
131.9	15.0	82.0	9.3			15km to Race Finish	42	14:08	14:42	14:23	14:04	00:37
133.6	13.3	83.1	8.3	Sign		Sywell	42	14:10	14:44	14:25	14:06	00:38
133.8	13.1	83.2	8.1	M R/about	2nd Exit	Overstone Road	42	14:11	14:45	14:26	14:07	00:38

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								15mins	110%	100%	90%	
134.2	12.7	83.5	7.9	X.Roads	Left	Ecton Lane	42	14:11	14:45	14:26	14:07	00:38
136.9	10.0	85.1	6.2			10km to Race Finish	42	14:15	14:50	14:30	14:11	00:39
137.8	9.1	85.7	5.7	T.Junction	Right	A4500 Wellinborough Road	42	14:16	14:51	14:31	14:12	00:39
138.8	8.1	86.3	5.0	Sign		Northampton	42	14:18	14:53	14:33	14:13	00:39
138.9	8.0	86.4	5.0		Keep Left	Dual Carriageway	42	14:18	14:53	14:33	14:13	00:39
139.2	7.7	86.6	4.8	R/about	2nd Exit	A4500 Wellinborough Road	42	14:18	14:53	14:33	14:13	00:39
139.7	7.2	86.9	4.5	R/about	1st Exit	A4500 Wellinborough Road	42	14:19	14:54	14:34	14:14	00:39
140.3	6.6	87.2	4.1	R/about	1st Exit	A4500 Wellinborough Road	42	14:20	14:55	14:35	14:15	00:40
140.8	6.1	87.6	3.8	R/about	2nd Exit	A4500 Wellinborough Road	42	14:21	14:56	14:36	14:16	00:40
141.3	5.6	87.9	3.5	T.Lights	Straight	A4500	42	14:21	14:57	14:36	14:16	00:40
141.5	5.4	88.0	3.4	T.Lights	Straight	A4500	42	14:22	14:57	14:37	14:16	00:40
141.9	5.0	88.2	3.1			5km to Race Finish	42	14:22	14:57	14:37	14:17	00:40
142.0	4.9	88.3	3.0	T.Lights	Straight	A4500	42	14:22	14:58	14:37	14:17	00:40
142.4	4.5	88.6	2.8		Caution!	Safety Camera 30mph (50kph)	42	14:23	14:58	14:38	14:18	00:40
142.9	4.0	88.9	2.5	T.Lights	Left	Abington Park Crescent	42	14:24	14:59	14:39	14:18	00:40
143.9	3.0	89.5	1.9			3km to Race Finish - Green Zone for 200m	42	14:25	15:01	14:40	14:20	00:41
144.3	2.6	89.7	1.6	T.Lights	Right	Billing Road	42	14:26	15:01	14:41	14:20	00:41
145.6	1.3	90.5	0.8	T.Lights	Straight	Billing Road	42	14:28	15:03	14:43	14:22	00:41
146.2	0.7	90.9	0.4	T.Lights	Left	A5123 Cheyne Walk	42	14:28	15:04	14:43	14:22	00:41
146.4	0.5	91.0	0.3	T.Lights	Right	Derngate	42	14:29	15:05	14:44	14:23	00:41
146.9	0.0	91.3	0.0	Finish		Derngate - Northampton	42	14:29	15:05	14:44	14:23	00:41