

Stage 2 Carlisle - Kendal (Mon 5th Sep)



Start :	English Street, Carlisle
Neutralised section :	9.1km or 5.6 miles
Stage Distance :	188.2 km or 117 miles
Finish :	Beast Banks, Kendal

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph 110%	42kmph 100%	46kmph 90%	Time Range
0.00	9.10	0.00	0.00			English Street, Carlisle	42	10:45	11:00	11:00	11:00	
0.00	188.2	0.00	117.0	Start		Cumwhinton Road	42	11:10	11:10	11:10	11:10	00:00
1.2	187.0	0.7	116.3	Sign		Cumwhinton	42	10:56	11:11	11:11	11:11	00:00
1.8	186.4	1.1	115.9	T.Junction	Left	B6263	42	10:57	11:12	11:12	11:12	00:00
2.2	186.0	1.4	115.7	Junction	Right	Peter Gate	42	10:58	11:13	11:13	11:12	00:00
5.2	183.0	3.2	113.8	Sign		Cotehill	42	11:02	11:18	11:17	11:16	00:01
5.3	182.9	3.3	113.7		Caution!	Narrow Road	42	11:02	11:18	11:17	11:16	00:01
10.5	177.7	6.5	110.5	Sign		Armathwaite	42	11:10	11:26	11:25	11:23	00:03
10.5	177.7	6.5	110.5		Caution!	Fast & Narrow Descent!	60	11:10	11:26	11:25	11:23	00:03
11.4	176.8	7.1	109.9	T.Junction	Left	Front Street	60	11:10	11:27	11:25	11:24	00:03
11.4	176.8	7.1	109.9	Junction	Right		42	11:10	11:27	11:25	11:24	00:03
11.9	176.3	7.4	109.6	Junction	Right	Ruckcroft	42	11:11	11:28	11:26	11:24	00:03
14.3	173.9	8.9	108.1		Caution!	Fast & Narrow Descent!	60	11:15	11:32	11:30	11:28	00:04
19.0	169.2	11.8	105.2	Sign		Kirkoswald	60	11:19	11:37	11:34	11:32	00:04
19.6	168.6	12.2	104.8		Caution!	Narrow Bridge!	60	11:20	11:37	11:35	11:32	00:05
21.2	167.0	13.2	103.8	Sign		Lazonby	42	11:21	11:39	11:36	11:34	00:05
23.3	164.9	14.5	102.5	X.Roads	Left	Salkeld Dykes	42	11:24	11:41	11:39	11:36	00:05
24.8	163.4	15.4	101.6	X.Roads	Right	Salkeld Road	42	11:26	11:44	11:41	11:38	00:06
25.6	162.6	15.9	101.1	X.Roads	Straight	Salkeld Road	42	11:27	11:45	11:42	11:39	00:06
31.1	157.1	19.3	97.7		Caution!	Fast Descent!	60	11:35	11:54	11:50	11:46	00:08
31.4	156.8	19.5	97.5	Sign		Penrith	42	11:35	11:54	11:50	11:46	00:08
31.6	156.6	19.7	97.4	T.Junction	Right	Salkeld Road	42	11:35	11:54	11:50	11:46	00:08
31.7	156.5	19.7	97.3	X.Roads	Straight		42	11:35	11:55	11:50	11:46	00:08
31.9	156.3	19.8	97.2	Junction	Left	Inglewood Road	42	11:36	11:55	11:51	11:47	00:08
31.9	156.3	19.8	97.2	T.Junction	Left	A6	42	11:36	11:55	11:51	11:47	00:08
32.3	155.9	20.1	96.9	M/Rabout	2nd Exit	A6 Scotland Road	42	11:36	11:55	11:51	11:47	00:08
32.6	155.6	20.3	96.8		Keep Left	A6 Strickland Gate	42	11:37	11:56	11:52	11:47	00:08
32.8	155.4	20.4	96.6		Keep Right	A6	42	11:37	11:56	11:52	11:48	00:08
32.8	155.4	20.4	96.6	Junction	Left	Middlegate	42	00:00	11:56	11:52	11:48	00:08
33.0	155.2	20.5	96.5		Caution!	Narrow Road	42	11:37	11:57	11:52	11:48	00:08
33.4	154.8	20.8	96.3	T.Lights	Straight	A6 Victoria Road	42	11:38	11:57	11:53	11:49	00:08
33.6	154.6	20.9	96.1	T.Lights	Straight	Bridge Lane	42	11:38	11:57	11:53	11:49	00:08
34.2	154.0	21.3	95.8	R/about	3rd Exit	Kemplay Bank	42	11:39	11:58	11:54	11:50	00:08
34.6	153.6	21.5	95.5	Sign		Eamont Bridge	42	11:40	11:59	11:55	11:50	00:09
34.7	153.5	21.6	95.5		Caution!	Narrow Bridge!	42	11:40	11:59	11:55	11:50	00:09
35.0	153.2	21.8	95.3	M/Rabout	2nd Exit	B5320	42	11:40	12:00	11:55	11:51	00:09
37.4	150.8	23.3	93.8	Sign		Tirrel	42	11:44	12:03	11:59	11:54	00:09
41.8	146.4	26.0	91.0	Sign		Pooley Bridge	42	11:50	12:10	12:05	11:59	00:11
41.9	146.3	26.1	91.0	M/Rabout	2nd Exit	B5320	42	11:50	12:11	12:05	11:59	00:11
42.2	146.0	26.2	90.8		Caution!	Narrow Bridge!	42	11:50	12:11	12:05	12:00	00:11
43.9	144.3	27.3	89.7	Sign		Watermillock	42	11:53	12:14	12:08	12:02	00:11
50.1	138.1	31.2	85.9	Drinks Start			42	12:02	12:23	12:17	12:10	00:13
51.4	136.8	32.0	85.1	Junction	Right	A5091 Park Brow	42	12:04	12:25	12:19	12:12	00:13
53.3	134.9	33.1	83.9	Sign		Dockray	42	12:06	12:28	12:21	12:14	00:14
53.7	134.5	33.4	83.6		Caution!	Narrow Bridge!	42	12:07	12:29	12:22	12:15	00:14
60.5	127.7	37.6	79.4	X.Roads	Straight	B5288 (Cross A66)	42	12:17	12:40	12:32	12:23	00:16
60.9	127.3	37.9	79.2	T.Junction	Right	B5288 dir Greystoke	42	12:17	12:40	12:32	12:24	00:16
61.2	127.0	38.1	79.0	Junction	Left		42	12:18	12:41	12:33	12:24	00:16
61.3	126.9	38.1	78.9	T.Junction	Left	B5288	42	12:18	12:41	12:33	12:24	00:16
61.9	126.3	38.5	78.5	Sign		Motherby	42	12:19	12:42	12:34	12:25	00:16
64.7	123.5	40.2	76.8	Sign		Greystoke	42	12:23	12:46	12:38	12:29	00:17

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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
								110%	100%	90%		
65.2	123.0	40.5	76.5	Junction	Left	dir Johnby	42	12:23	12:47	12:38	12:29	00:17
65.6	122.6	40.8	76.2	Junction	Left	dir Johnby (Caution! Narrow Road)	42	12:24	12:48	12:39	12:30	00:17
67.3	120.9	41.9	75.2	Sign		Johnby	42	12:26	12:50	12:41	12:32	00:18
71.7	116.5	44.6	72.4	X.Roads	Straight	dir Caldbeck (Caution! Narrow Road 3km)	42	12:33	12:57	12:48	12:38	00:19
73.6	114.6	45.8	71.3		Caution!	Sharp Left!	42	12:35	13:00	12:50	12:40	00:20
75.2	113.0	46.8	70.3	T.Junction	Left	dir Caldbeck	42	12:38	13:03	12:53	12:42	00:20
75.3	112.9	46.8	70.2		Caution!	Fast Descent!	60	12:38	13:03	12:53	12:42	00:20
76.8	111.4	47.8	69.3	Sign		Millhouse	60	12:40	13:05	12:55	12:44	00:21
77.0	111.2	47.9	69.1		Caution!	Narrow Bridge!	42	12:40	13:06	12:55	12:44	00:21
79.2	109.0	49.3	67.8	Sign		Hesket Newmarket	42	12:43	13:09	12:58	12:47	00:21
79.3	108.9	49.3	67.7	Sprint 1		Hesket Newmarket	42	12:43	13:09	12:58	12:47	00:21
81.3	106.9	50.6	66.5	Sign		Caldbeck	42	12:46	13:12	13:01	12:50	00:22
84.5	103.7	52.5	64.5		Caution!	Cattle Grid!	42	12:51	13:17	13:06	12:54	00:23
86.1	102.1	53.5	63.5	Feed Zone			42	12:53	13:20	13:08	12:56	00:23
89.0	99.2	55.3	61.7		Caution!	Fast Descent!	60	12:57	13:24	13:12	13:00	00:24
89.0	99.2	55.3	61.7		Caution!	Possibility of Sheep in road!	60	12:57	13:24	13:12	13:00	00:24
89.5	98.7	55.7	61.4		Caution!	Sharp Left!	60	12:58	13:25	13:13	13:00	00:24
89.8	98.4	55.8	61.2		Caution!	Cattle Grid!	60	12:58	13:25	13:13	13:01	00:24
89.9	98.3	55.9	61.1	Sign		Uldale	60	12:58	13:25	13:13	13:01	00:24
90.5	97.7	56.3	60.8		Caution!	Narrow Bridge!	60	12:59	13:26	13:14	13:01	00:24
92.6	95.6	57.6	59.4		Caution!	Fast Descent!	60	13:01	13:28	13:16	13:03	00:25
96.0	92.2	59.7	57.3	X.Roads	Straight	B5291	42	13:04	13:32	13:19	13:06	00:25
97.7	90.5	60.8	56.3		Caution!	Narrow Bridge!	42	13:07	13:35	13:22	13:08	00:26
97.8	90.4	60.8	56.2	Junction	Left	B5291 dir Bassenthwaite	42	13:07	13:35	13:22	13:09	00:26
98.9	89.3	61.5	55.5	Junction	Right		42	13:08	13:37	13:23	13:10	00:26
98.9	89.3	61.5	55.5	T.Junction	Right		42	13:08	13:37	13:23	13:10	00:26
99.6	88.6	61.9	55.1	T.Junction	Left		42	13:09	13:38	13:24	13:11	00:26
100.9	87.3	62.7	54.3	Sign		Embleton	42	13:11	13:40	13:26	13:13	00:27
105.9	82.3	65.9	51.2	Sign		Cockermouth	42	13:18	13:48	13:33	13:19	00:28
106.0	82.2	65.9	51.1		Fork Left		42	13:18	13:48	13:33	13:19	00:28
107.2	81.0	66.7	50.4	T.Junction	Left	Main Street	42	13:20	13:50	13:35	13:21	00:29
107.4	80.8	66.8	50.2		Keep Left	Central island	42	13:20	13:50	13:35	13:21	00:29
107.4	80.8	66.8	50.2	Sprint 2		Cockermouth	42	13:20	13:50	13:35	13:21	00:29
107.6	80.6	66.9	50.1	M/Rabout	1st Exit		42	13:21	13:50	13:36	13:21	00:29
107.9	80.3	67.1	49.9	T.Lights	Left	Station Road	42	13:21	13:51	13:36	13:22	00:29
108.0	80.2	67.2	49.9	M/Rabout	2nd Exit	Station Road	42	13:21	13:51	13:36	13:22	00:29
108.1	80.1	67.2	49.8	T.Lights	Right	Lorton Street	42	13:21	13:51	13:36	13:22	00:29
113.3	74.9	70.5	46.6		Fork Left	B5392	42	13:29	13:59	13:44	13:28	00:30
114.1	74.1	71.0	46.1		Keep Left	B5392 dir Keswick	42	13:30	14:01	13:45	13:29	00:31
114.6	73.6	71.3	45.8	Sign		Lorton	42	13:31	14:01	13:46	13:30	00:31
116.3	71.9	72.3	44.7		Caution!	Narrow Bridge!	42	13:33	14:04	13:48	13:32	00:31
116.3	71.9	72.3	44.7	KoM 1 Cat 2	Start		38	13:33	14:04	13:48	13:32	00:31
119.8	68.4	74.5	42.5	KoM 1 Cat 2	Finish	Whinlatter Pass	38	13:39	14:10	13:54	13:37	00:32
120.5	67.7	74.9	42.1		Caution!	Fast & Technical Descent!	50	13:40	14:11	13:55	13:38	00:33
123.2	65.0	76.6	40.4		Keep Left		42	13:43	14:15	13:58	13:41	00:33
123.7	64.5	76.9	40.1	T.Junction	Right	A66 dir Keswick	42	13:44	14:16	13:59	13:42	00:33
125.4	62.8	78.0	39.1	Junction	Right	B5289	42	13:46	14:18	14:01	13:44	00:34
126.0	62.2	78.4	38.7	Sign		Keswick	42	13:47	14:19	14:02	13:45	00:34
126.3	61.9	78.5	38.5		Keep Right	B5289	42	13:47	14:20	14:02	13:45	00:34
127.1	61.1	79.0	38.0	M/Rabout	1st Exit	Main Street	42	13:49	14:21	14:04	13:46	00:34
127.4	60.8	79.2	37.8	X.Roads	Straight		42	13:49	14:22	14:04	13:47	00:34

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								110%	100%	90%		
127.5	60.7	79.3	37.7	X.Roads	Straight		42	13:49	14:22	14:04	13:47	00:34
128.6	59.6	80.0	37.1	KoM 2 Cat 2	Start		38	13:51	14:23	14:06	13:48	00:35
128.8	59.4	80.1	36.9		Keep Right	A591	38	13:51	14:24	14:06	13:48	00:35
129.3	58.9	80.4	36.6		Keep Left	A591	38	13:52	14:25	14:07	13:49	00:35
130.3	57.9	81.0	36.0	KoM 2 Cat 2	Finish	Chestnut Hill	38	13:53	14:26	14:08	13:51	00:35
130.5	57.7	81.2	35.9		Caution!	Fast Descent!	60	13:54	14:27	14:09	13:51	00:35
133.8	54.4	83.2	33.8		Keep Left	Dual Carriageway	60	13:57	14:30	14:12	13:54	00:36
135.2	53.0	84.1	33.0	Junction	Right	Dam Road (Caution! Narrow for 8km)	60	13:58	14:32	14:13	13:55	00:36
136.3	51.9	84.8	32.3	Junction	Left		42	14:00	14:33	14:15	13:56	00:37
143.8	44.4	89.4	27.6	T.Junction	Right	A591 dir Grasmere	42	14:10	14:45	14:25	14:06	00:39
144.8	43.4	90.0	27.0		Keep Left	Dual Carriageway	42	14:12	14:46	14:27	14:07	00:39
148.3	39.9	92.2	24.8	Sign		Grasmere	42	14:17	14:52	14:32	14:12	00:40
148.8	39.4	92.5	24.5	Junction	Right	Swan Lane	42	14:17	14:53	14:32	14:12	00:40
149.4	38.8	92.9	24.1	Sprint 3		Grasmere	42	14:18	14:54	14:33	14:13	00:40
150.4	37.8	93.5	23.5	R/about	2nd Exit	A591	42	14:20	14:55	14:35	14:14	00:41
153.6	34.6	95.5	21.5	Sign		Rydal	42	14:24	15:00	14:39	14:18	00:41
155.1	33.1	96.4	20.6	Sign		Ambleside	42	14:26	15:03	14:41	14:20	00:42
155.9	32.3	96.9	20.1	M/Rabout	1st Exit	Smithy Brow	42	14:28	15:04	14:43	14:21	00:42
156.0	32.2	97.0	20.0	Junction	Left	Kirkstone Road	42	14:28	15:04	14:43	14:21	00:42
156.0	32.2	97.0	20.0	KoM 3 Cat 1	Start		38	14:28	15:04	14:43	14:21	00:42
156.0	32.2	97.0	20.0	Sign		The Struggle	38	14:28	15:04	14:43	14:21	00:42
160.5	27.7	99.8	17.2	KoM 3 Cat 1	Finish	The Struggle	38	14:35	15:12	14:50	14:28	00:44
160.5	27.7	99.8	17.2	T.Junction	Right	A592	42	14:35	15:12	14:50	14:28	00:44
160.5	27.7	99.8	17.2		Caution!	Fast & Technical descent!	60	14:35	15:12	14:50	14:28	00:44
170.3	17.9	105.9	11.1	M/Rabout	2nd Exit	Rayrigg Road	60	14:45	15:23	15:00	14:37	00:46
172.8	15.4	107.5	9.6	M/Rabout	2nd Exit	A592	42	14:47	15:25	15:02	14:39	00:46
174.1	14.1	108.3	8.8	T.Junction	Left	Longtail Hill	42	14:49	15:27	15:04	14:41	00:46
174.6	13.6	108.6	8.5	X.Roads	Straight	B5284 dir Crook	42	14:50	15:28	15:05	14:41	00:47
175.4	12.8	109.1	8.0	X.Roads	Straight	B5284	55	14:51	15:29	15:06	14:42	00:47
180.5	7.7	112.2	4.8		Keep Left	B5284	55	14:56	15:36	15:11	14:47	00:48
184.7	3.5	114.9	2.2	T.Junction	Left	A591	42	15:01	15:41	15:16	14:51	00:49
184.8	3.4	114.9	2.1		Keep Right		42	15:01	15:41	15:16	14:51	00:49
184.8	3.4	114.9	2.1	T.Junction	Right	A591 Windermere Road	50	15:01	15:41	15:16	14:51	00:49
184.9	3.3	115.0	2.1		Keep Left	A5284 Windermere Road	50	15:01	15:41	15:16	14:52	00:49
186.8	1.4	116.2	0.9	X.Roads	Straight		50	15:04	15:43	15:19	14:54	00:49
187.3	0.9	116.5	0.6	Junction	Right	Stricklandgate	50	15:04	15:44	15:19	14:54	00:49
187.7	0.5	116.7	0.3	T.Lights	Right	Allhallows Lane	38	15:05	15:45	15:20	14:55	00:50
188.2	0.0	117.0	0.0	Finish		Beast Banks, Kendal	38	15:05	15:45	15:20	14:55	00:50