

STAGE 1 RACE SCHEDULE

COCKERMOUTH - COCKERMOUTH WEDNESDAY 19TH AUGUST NEUTRALISED SECTION

Main Street, Market Place, Kirkgate, Lorton Road, A5086

Approximate distance of neutralised section **8.4km / 5.2mi**

Distance of Stage **158.9km / 98.8mi**

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
0.00	8.40	0.00	5.20	🚩 Start		Main Street - Cockermouth	11:00	11:00	11:00
0.00	158.9	0.00	98.8	🚩 Start Proper		A5086	11:15	11:15	11:15
0.2	158.7	0.1	98.7	Sign		Deanscales	11:15	11:15	11:15
1.4	157.5	0.9	97.9		Keep Right	Bericote Road	11:17	11:17	11:16
3.4	155.5	2.1	96.7	Junction	Right		11:20	11:20	11:19
3.9	155.0	2.4	96.4	Sign		Ullock	11:21	11:21	11:20
4.2	154.7	2.6	96.2		⚠ Caution!	Sharp Bend Left	11:22	11:21	11:20
4.4	154.5	2.7	96.1		⚠ Caution!	Narrow Bridge!	11:22	11:21	11:21
4.5	154.4	2.8	96.0	Junction	Left	A5086	11:22	11:22	11:21
6.5	152.4	4.0	94.8	X.Roads	Left	A5086	11:26	11:25	11:24
8.9	150.0	5.5	93.3	Sign		Asby	11:30	11:29	11:27
8.9	150.0	5.5	93.3		Keep Right	Asby Road	11:30	11:29	11:27
9.3	149.6	5.8	93.0	Junction	Right		11:31	11:29	11:28
10.8	148.1	6.7	92.1	Sign		Arlecdon	11:33	11:32	11:30
11.0	147.9	6.8	92.0		Keep Left	Arlecdon Road	11:34	11:32	11:30
11.4	147.5	7.1	91.7	Junction	Right	Barwise Road	11:34	11:33	11:31
11.8	147.1	7.3	91.5	T.Junction	Right	A5086	11:35	11:33	11:31
12.5	146.4	7.8	91.0	Junction	Right		11:36	11:34	11:32
13.5	145.4	8.4	90.4		⚠ Caution!	Narrow Bridge!	11:38	11:36	11:34
13.5	145.4	8.4	90.4		⚠ Caution!	Narrow Bridge!	11:38	11:36	11:34
14.2	144.7	8.8	90.0		Keep Left		11:39	11:37	11:35
14.8	144.1	9.2	89.6		⚠ Caution!	Fast Descent!	11:40	11:38	11:36
16.2	142.7	10.1	88.7		⚠ Caution!	Sharp Bend Right	11:43	11:40	11:38
16.4	142.5	10.2	88.6		⚠ Caution!	Sharp Bend Left!	11:43	11:40	11:38
17.5	141.4	10.9	87.9	T.Junction	Left	Moresby Road	11:45	11:42	11:39
18.1	140.8	11.3	87.6	R/about	2nd Exit	Moresby Parks Road	11:46	11:43	11:40
18.9	140.0	11.8	87.1	M R/about	2nd Exit	B5295 Main Street	11:47	11:44	11:41
19.6	139.3	12.2	86.6	M R/about	2nd Exit	B5295 Main Street	11:49	11:45	11:42
19.9	139.0	12.4	86.4	T.Lights	Right	A595 Hensingham Road	11:49	11:46	11:43
20.1	138.8	12.5	86.3	T.Lights	Left	A5095 Inkerman Terrace	11:49	11:46	11:43
20.8	138.1	12.9	85.9	T.Lights	Straight	Flatt Walks	11:51	11:47	11:44

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
21.0	137.9	13.1	85.8	T.Lights	Straight	Flatt Walks	11:51	11:48	11:44
21.4	137.5	13.3	85.5	T.Lights	Straight	Lowther Street	11:52	11:48	11:45
21.7	137.2	13.5	85.3	T.Junction	Right	A5094 Strand Street	11:52	11:49	11:45
21.8	137.1	13.6	85.3		Keep Left	A5094 Tangier Street	11:52	11:49	11:45
22.0	136.9	13.7	85.1	T.Lights	Straight	A5094 Brantsy Row	11:53	11:49	11:46
22.1	136.8	13.7	85.1		⚠ Caution!	Buildouts Both Sides!	11:53	11:49	11:46
23.4	135.5	14.6	84.3	T.Junction	Left	A595	11:55	11:51	11:48
24.9	134.0	15.5	83.3	Junction	Left		11:58	11:54	11:50
25.5	133.4	15.9	83.0		⚠ Caution!	Buildouts Both Sides!	11:59	11:55	11:51
25.9	133.0	16.1	82.7		⚠ Caution!	Narrow Buildouts Both Sides!	11:59	11:55	11:51
29.4	129.5	18.3	80.5	T.Junction	Right	Charity Lane	12:06	12:01	11:56
30.0	128.9	18.7	80.2	T.Junction	Left	A597 Main Road	12:07	12:02	11:57
30.0	128.9	18.7	80.2	🍷 Drinks	Start		12:07	12:02	11:57
30.1	128.8	18.7	80.1	Sign		High Harrington	12:07	12:02	11:57
30.5	128.4	19.0	79.8	M R/about	1st Exit	A597 Main Road	12:07	12:03	11:58
32.8	126.1	20.4	78.4	M R/about	1st Exit	A597 Solway Road	12:11	12:06	12:01
34.1	124.8	21.2	77.6	R/about	2nd Exit	A597 Solway Road	12:14	12:08	12:03
35.1	123.8	21.8	77.0		Keep Right	⚠ Caution! Against One Way!	12:15	12:10	12:04
35.6	123.3	22.1	76.7	R/about	2nd Exit	A597 New Bridge Road	12:16	12:11	12:05
36.0	122.9	22.4	76.4		Keep Left		12:17	12:11	12:06
36.2	122.7	22.5	76.3	R/about	3rd Exit	A596	12:17	12:12	12:06
37.0	121.9	23.0	75.8		⚠ Caution!	🍷 Feed Zone	12:19	12:13	12:07
40.5	118.4	25.2	73.6	Sign		Filmby	12:25	12:18	12:12
43.2	115.7	26.9	71.9	Sign		Maryport	12:30	12:23	12:16
44.4	114.5	27.6	71.2	T.Lights	Straight	A596	12:32	12:25	12:18
45.5	113.4	28.3	70.5	Junction	Left	B5300	12:34	12:26	12:19
48.4	110.5	30.1	68.7	Sign		Mile Fortlett 21	12:39	12:31	12:23
51.7	107.2	32.1	66.7	Sign		Allonby	12:44	12:36	12:28
52.3	106.6	32.5	66.3	🏁 Sprint 1		Allonby	12:45	12:37	12:29
52.3	106.6	32.5	66.3			Green Zone for 200m	12:45	12:37	12:29
52.4	106.5	32.6	66.2		⚠ Caution!	Narrow Bridge!	12:46	12:37	12:29
56.4	102.5	35.1	63.7	Sign		Mawbray	12:52	12:44	12:35
62.3	96.6	38.7	60.1	Sign		Bitterlees	13:03	12:53	12:43
63.2	95.7	39.3	59.5		Keep Left	B5300	13:04	12:54	12:44
63.3	95.6	39.4	59.4	Sign		Silloth on Solway	13:04	12:54	12:44
64.0	94.9	39.8	59.0		Keep Right	B5301 Prospect Place	13:06	12:56	12:45
64.4	94.5	40.0	58.8		Keep Left	B5301 Eden Street	13:06	12:56	12:46
64.4	94.5	40.0	58.8		⚠ Caution!	Cobbles for 600m	13:06	12:56	12:46
64.7	94.2	40.2	58.6	X.Roads	Right	B5302 Criffel Street	13:07	12:57	12:46

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
65.1	93.8	40.5	58.3	Junction	Right	Petteril Street	13:08	12:57	12:47
67.2	91.7	41.8	57.0		Keep Left	B5302 Wigton Road	13:11	13:01	12:50
73.1	85.8	45.5	53.4	Sign		Abbeystown	13:21	13:10	12:58
73.8	85.1	45.9	52.9		Keep Right	B5302	13:23	13:11	12:59
75.9	83.0	47.2	51.6		⚠ Caution!	Feed Zone	13:26	13:14	13:02
76.3	82.6	47.4	51.4	Sign		Wheyrigg	13:27	13:15	13:03
79.2	79.7	49.3	49.6	Sign		Waverbridge	13:32	13:20	13:07
81.8	77.1	50.9	47.9	T.Junction	Right	A596	13:37	13:24	13:11
81.9	77.0	50.9	47.9	Junction	Left	B5302	13:37	13:24	13:11
82.4	76.5	51.2	47.6	Sign		Wigton	13:38	13:25	13:12
83.5	75.4	51.9	46.9	Junction	Right	B5304 High Street	13:40	13:26	13:13
86.0	72.9	53.5	45.3	X.Roads	Straight		13:44	13:30	13:17
88.4	70.5	55.0	43.8	🏁 QoM 1 Cat 2 Start			13:48	13:34	13:20
92.6	66.3	57.6	41.2	🏁 QoM 1 Cat 2 Finish		Caldbeck	13:55	13:41	13:26
92.6	66.3	57.6	41.2			Green Zone for 200m	13:55	13:41	13:26
93.9	92.3	58.4	57.4		⚠ Caution!	Cattle Grid!	13:58	13:43	13:28
94.4	64.5	58.7	40.1		⚠ Caution!	Fast Descent!	13:58	13:44	13:29
95.0	63.9	59.1	39.7	Sign		Caldbeck	14:00	13:45	13:30
95.9	63.0	59.6	39.2	T.Junction	Right	B5299	14:01	13:46	13:31
98.8	60.1	61.4	37.4		⚠ Caution!	Cattle Grid!	14:06	13:51	13:35
100.9	58.0	62.7	36.1	Junction	Right	B5299	14:10	13:54	13:38
101.2	57.7	62.9	35.9		⚠ Caution!	Cattle Grid!	14:10	13:54	13:38
102.7	56.2	63.9	34.9		Keep Right		14:13	13:57	13:40
107.0	51.9	66.5	32.3	T.Junction	Right	B5299	14:20	14:03	13:47
109.5	49.4	68.1	30.7	T.Junction	Right	A595	14:25	14:07	13:50
109.6	49.3	68.2	30.7	Junction	Left	B5299	14:25	14:08	13:50
110.4	48.5	68.7	30.2	Sign		Fletchertown	14:26	14:09	13:51
110.5	48.4	68.7	30.1		Keep Left	B5299	11:34	11:33	11:31
112.4	46.5	69.9	28.9	Sign		Watch Hill	14:30	14:12	13:54
112.6	46.3	70.0	28.8		Keep Left		14:30	14:12	13:55
113.6	45.3	70.6	28.2		Keep Right		14:32	14:14	13:56
116.3	42.6	72.3	26.5	T.Junction	Left	A596	14:37	14:18	14:00
116.5	42.4	72.4	26.4	Sign		Aspatria	14:37	14:18	14:00
117.2	41.7	72.9	25.9	Junction	Left	B5301	14:38	14:20	14:01
117.9	41.0	73.3	25.5		⚠ Caution!	Narrow Bridge!	14:39	14:21	14:02
118.7	40.2	73.8	25.0		⚠ Caution!	Hump Back Bridge!	14:41	14:22	14:03
118.9	40.0	73.9	24.9	Sign		Arkelby	14:41	14:22	14:03
119.1	39.8	74.1	24.7	🏁 QoM 2 Cat 2 Start			14:41	14:23	14:04
119.8	39.1	74.5	24.3		Keep Left		14:43	14:24	14:05
120.2	38.7	74.7	24.1	Sign		Parsonby	14:43	14:24	14:05
122.9	36.0	76.4	22.4	🏁 QoM 2 Cat 2 Finish		Parsonby Brow	14:48	14:29	14:09
122.9	36.0	76.4	22.4			Green Zone for 200m	14:48	14:29	14:09
123.4	35.5	76.7	22.1	T.Junction	Right	A595	14:49	14:29	14:10
125.9	33.0	78.3	20.5		⚠ Caution!	🍷 Feed Zone	14:53	14:33	14:13
129.4	29.5	80.5	18.3	R/about	1st Exit	A5086 Gote Brow	14:59	14:39	14:18

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
130.1	28.8	80.9	17.9	Sign		Cockermouth	15:00	14:40	14:19
130.8	28.1	81.3	17.5	MR/about	1st Exit	B5086 Crown Street	15:02	14:41	14:20
131.0	27.9	81.5	17.3	MR/about	1st Exit	B5292 Main Street	15:02	14:41	14:21
131.2	27.7	81.6	17.2	🏁 Sprint 2		1st Passage of Finish Line	15:02	14:42	14:21
131.6	27.3	81.8	17.0	Junction	Left	Isel Road	15:03	14:42	14:22
136.7	22.2	85.0	13.8	Junction	Left		15:12	14:50	14:29
137.1	21.8	85.3	13.6	Junction	Right		15:13	14:51	14:29
138.3	20.6	86.0	12.8		Keep Left		15:15	14:53	14:31
138.9	20.0	86.4	12.4			20km to Race Finish	15:16	14:54	14:32
142.3	16.6	88.5	10.3	T.Junction	Left	A591	15:22	14:59	14:37
143.9	15.0	89.5	9.3			15km to Race Finish	15:24	15:02	14:39
147.3	11.6	91.6	7.2		Keep Left		15:30	15:07	14:44
147.3	11.6	91.6	7.2	T.Junction	Left		15:30	15:07	14:44
148.9	10.0	92.6	6.2			10km to Race Finish	15:33	15:10	14:46
155.9	3.0	96.9	1.9			3km to Race Finish - Green Zone for 200m	15:45	15:21	14:56
157.2	1.7	97.8	1.1	R/about	1st Exit	A5086 Gote Brow	15:48	15:23	14:58
157.8	1.1	98.1	0.7	Sign		Cockermouth	15:49	15:24	14:59
158.5	0.4	98.6	0.2	MR/about	1st Exit	B5086 Crown Street	15:50	15:25	15:00
158.7	0.2	98.7	0.1	MR/about	1st Exit	B5292 Main Street	15:50	15:25	15:00
158.9	0.0	98.8	0.0	🏁 Finish		Main Street - Cockermouth	15:50	15:25	15:00