

STAGE 4 RACE SCHEDULE

HELMSLEY - LEYBURN SATURDAY 5TH SEPTEMBER

NEUTRALISED SECTION

Bridge Street, A170, Low Street

Approximate distance of neutralised section **5km / 3mi**

Distance of Stage **165.8km / 103.1mi**

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	38km/h	42km/h	46km/h
0.00	5.00	0.00	3.00	Start		Market Place - Helmsley	11:00	11:00	11:00
0.00	165.8	0.00	103.1	Start Proper			11:15	11:15	11:15
1.4	164.4	0.9	102.2	T.Junction	Right	Sudbrooke	11:17	11:16	11:16
1.6	164.2	1.0	102.1	Sign		Ampleforth	11:17	11:17	11:17
5.2	160.6	3.2	99.9	Sign		Wass	11:22	11:22	11:21
5.3	160.5	3.3	99.8		Caution!	Sharp Bend Left	11:23	11:22	11:21
6.2	159.6	3.9	99.2		Keep Left		11:24	11:23	11:22
8.4	157.4	5.2	97.9	Sign		Coxwold	11:27	11:26	11:25
8.5	157.3	5.3	97.8		Caution!	Buildout - Nearside	11:28	11:26	11:25
8.7	157.1	5.4	97.7	X.Roads	Left		11:28	11:27	11:25
8.8	157.0	5.5	97.6		Caution!	Buildout - Offside	11:28	11:27	11:26
11.5	154.3	7.2	96.0		Keep Right	Oulston Road	11:32	11:31	11:29
11.8	154.0	7.3	95.8	Sign		Oulston	11:33	11:31	11:29
13.9	151.9	8.6	94.5	X.Roads	Right	Oulston Road	11:36	11:34	11:32
15.1	150.7	9.4	93.7		Keep Right	Oulston Road	11:38	11:36	11:33
17.1	148.7	10.6	92.5	Sign		Easingwold	11:41	11:38	11:36
17.5	148.3	10.9	92.2	Sign		Uppleby	11:41	11:39	11:36
17.8	148.0	11.1	92.0	Junction	Right	Church Hill	11:42	11:39	11:37
18.5	147.3	11.5	91.6	M/rabout	2nd Exit	Raskelf Road	11:43	11:40	11:38
18.9	146.9	11.8	91.3		Caution!	Buildout - Nearside	11:44	11:41	11:38
21.6	144.2	13.4	89.7	Sign		Raskelf	11:48	11:45	11:42
22.1	143.7	13.7	89.4		Keep Left		11:48	11:45	11:42
22.1	143.7	13.7	89.4		Keep Right	West Moor Lane	11:48	11:45	11:42
27.6	138.2	17.2	85.9	Sign		Brafferton Helperby	11:57	11:53	11:49
27.8	138.0	17.3	85.8		Caution!	Buildout - Offside	11:57	11:53	11:49
27.9	137.9	17.3	85.8	Junction	Right	Whaites Lane	11:57	11:53	11:50
29.4	136.4	18.3	84.8		Caution!	Narrow Bridge	12:00	11:56	11:51
29.5	136.3	18.3	84.8	Junction	Left	Helperby Lane	12:00	11:56	11:51
30.0	135.8	18.7	84.4	Drinks	Start		12:00	11:56	11:52
33.7	132.1	21.0	82.1		Keep Left		12:06	12:01	11:57
33.8	132.0	21.0	82.1		Keep Right		12:06	12:01	11:57
35.3	130.5	22.0	81.2	T.Junction	Left	Boroughbridge Road	12:09	12:04	11:59
35.7	130.1	22.2	80.9	R/about	3rd Exit	B6265 Learning Road	12:09	12:04	11:59

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	38km/h	42km/h	46km/h
37.9	127.9	23.6	79.5	R/about	2nd Exit	B6265	12:13	12:07	12:02
38.8	127.0	24.1	79.0	Feed Zone	Caution!		12:14	12:09	12:03
43.5	122.3	27.1	76.1		Caution!	Narrow Bridge	12:21	12:15	12:09
44.8	121.0	27.9	75.2	Sprint 1		Ripon	12:24	12:17	12:11
44.8	121.0	27.9	75.2	Green Zone for 200m			12:24	12:17	12:11
45.0	120.8	28.0	75.1	R/about	2nd Exit	B6265 Boroughbridge Road	12:24	12:18	12:11
45.7	120.1	28.4	82.1	R/about	2nd Exit	B6265	12:25	12:19	12:12
46.0	119.8	28.6	74.5	T.Lights	Straight	B6265 Somerset Row	12:25	12:19	12:13
47.1	118.7	29.3	73.8	M/rabout	1st Exit	B6265 Studly Road	12:27	12:21	12:14
53.1	112.7	33.0	70.1		Caution!	Narrow Bridge	12:37	12:29	12:22
53.4	112.4	33.2	69.9	Sign		Risplith	12:37	12:30	12:22
54.1	111.7	33.6	69.5		Keep Left		12:38	12:31	12:23
57.6	108.2	35.8	67.3	Sign		Nidderdale	12:44	12:36	12:27
57.9	107.9	36.0	67.1	Sign		Fellback	12:44	12:36	12:28
59.5	106.3	37.0	66.1		Caution!	Narrow Bridge	12:47	12:38	12:30
62.1	103.7	38.6	64.5	Sign		Blazefield	12:51	12:42	12:33
62.6	103.2	38.9	64.2	T.Junction	Right	B6265	12:51	12:43	12:34
62.7	103.1	39.0	64.1		Caution!	Fast Descent	12:52	12:43	12:34
63.8	102.0	39.7	63.4	Sign		Pateley Bridge	12:53	12:44	12:35
64.0	101.8	39.8	63.3		Caution!	Sharp Bend Left	12:54	12:45	12:36
65.0	100.8	40.4	62.7	KoM 1 Cat 1	Start		12:55	12:46	12:37
68.6	97.2	42.7	60.4	KoM 1 Cat 1	Finish	Greenhow	13:01	12:51	12:42
68.6	97.2	42.7	60.4	Green Zone for 200m			13:01	12:51	12:42
68.6	97.2	42.7	60.4	Sign		Greenhow	13:01	12:51	12:42
74.8	91.0	46.5	56.6		Caution!	Fast Descent	13:11	13:00	12:50
75.9	89.9	47.2	55.9		Caution!	Narrow Bridge	13:12	13:02	12:51
78.3	87.5	48.7	54.4	Sign		Hebden	13:16	13:05	12:54
80.1	85.7	49.8	53.3	Sign		Grassington	13:19	13:08	12:56
80.6	85.2	50.1	53.0		Caution!	Sharp Bend Left	13:20	13:08	12:57
81.3	84.5	50.6	52.5		Keep Left		13:21	13:09	12:58
81.4	84.4	50.6	52.5		Keep Left	Green Zone for 200m	13:21	13:10	12:58
81.9	83.9	50.9	52.2	Sign		Threshfield	13:22	13:10	12:59
82.6	83.2	51.4	51.7	T.Junction	Right	Kirk Bank	13:23	13:11	13:00
86.9	78.9	54.0	49.1	Sign		Kilnsey	13:30	13:17	13:05
87.5	78.3	54.4	48.7	Feed Zone	Caution!		13:31	13:18	13:06
88.6	77.2	55.1	48.0		Keep Right	B6160	13:32	13:20	13:07
88.0	77.8	54.7	48.4		Caution!	Narrow Bridge	13:31	13:19	13:07
91.8	74.0	57.1	46.0	Sign		Kettlewell	13:37	13:24	13:11
92.1	73.7	57.3	45.8		Caution!	Narrow Bridge	13:38	13:25	13:12
95.1	70.7	59.1	44.0	Sign		Starbotton	13:43	13:29	13:16
95.3	70.5	59.3	43.8		Keep Left		13:43	13:29	13:16

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	38KM/h	42KM/h	46KM/h
95.4	70.4	59.3	43.8		⚠ Caution!	Hump Back Bridge	13:43	13:30	13:16
97.7	68.1	60.8	42.3	Sign		Buckden	13:47	13:33	13:19
99.3	66.5	61.7	41.4	KoM 2 Cat 2	Start		13:49	13:35	13:21
100.4	65.4	62.4	40.7	Sign		Cray	13:51	13:37	13:22
101.6	64.2	63.2	39.9	KoM 2 Cat 2	Finish	Kidstones	13:53	13:38	13:24
101.6	64.2	63.2	39.9	Green Zone for 200M			13:53	13:38	13:24
102.8	63.0	63.9	39.2		⚠ Caution!	Fast Descent	13:55	13:40	13:26
102.9	62.9	64.0	39.1	Sign		Richmondshire	13:55	13:40	13:26
104.4	61.4	64.9	38.2		⚠ Caution!	Sharp Bend Right	13:57	13:42	13:28
104.9	60.9	65.2	37.9		⚠ Caution!	Narrow Bridge	13:58	13:43	13:28
106.4	59.4	66.2	36.9		⚠ Caution!	Narrow Bridge	14:00	13:45	13:30
112.3	53.5	69.8	33.3	Sign		West Burton	14:10	13:54	13:38
112.4	53.4	69.9	33.2		⚠ Caution!	Sharp Bend Right	14:10	13:54	13:38
112.5	53.3	70.0	33.1	Junction	Left	Eshington Lane	14:10	13:54	13:38
113.3	52.5	70.5	32.6		⚠ Caution!	Narrow Bridge	14:11	13:55	13:39
113.3	52.5	70.5	32.6			Keep Right	14:11	13:55	13:39
113.8	52.0	70.8	32.3	T.Junction	Left	A684 Head Bank	14:12	13:56	13:40
114.2	51.6	71.0	32.1	Junction	Right	Church Bank	14:13	13:56	13:40
114.2	51.6	71.0	32.1		⚠ Caution!	Technical Descent	14:13	13:56	13:40
114.5	51.3	71.2	31.9		⚠ Caution!	Narrow Bridge	14:13	13:57	13:41
116.0	49.8	72.1	31.0	Junction	Right		14:15	13:59	13:43
116.8	49.0	72.6	30.5	Feed Zone	⚠ Caution!		14:17	14:00	13:44
120.1	45.7	74.7	28.4	Sign		Redmire	14:22	14:05	13:48
120.9	44.9	75.2	27.9	Junction	Left		14:23	14:06	13:49
121.0	44.8	75.2	27.9	T.Junction	Left	Hargill Lane	14:23	14:06	13:49
121.4	44.4	75.5	27.6	KoM 3 Cat 1	Start		14:24	14:07	13:49
124.0	41.8	77.1	26.0		⚠ Caution!	Cattle Grid	14:28	14:10	13:53
125.0	40.8	77.7	25.4	KoM 3 Cat 1	Finish	Redmire	14:30	14:12	13:54
125.0	40.8	77.7	25.4	Green Zone for 200M			14:30	14:12	13:54
125.3	40.5	77.9	25.2		⚠ Caution!	Cattle Grid	14:30	14:12	13:54
126.8	39.0	78.9	24.3		⚠ Caution!	Fast Descent	14:32	14:14	13:56
127.8	38.0	79.5	23.6		⚠ Caution!	Sharp Bend Right	14:34	14:16	13:58
127.9	37.9	79.5	23.6		⚠ Caution!	Sharp Bend Left	14:34	14:16	13:58
128.4	37.4	79.8	23.3	T.Junction	Right		14:35	14:17	13:58
128.6	37.2	80.0	23.1	KoM 4 Cat 1	Start		14:35	14:17	13:59
129.3	36.5	80.4	22.7		⚠ Caution!	Narrow Bridge	14:36	14:18	14:00
130.2	35.6	81.0	22.1		⚠ Caution!	Cattle Grid	14:38	14:19	14:01
132.2	33.6	82.2	20.9	KoM 4 Cat 1	Finish	Grinton Moor	14:41	14:22	14:03
132.2	33.6	82.2	20.9	Green Zone for 200M			14:41	14:22	14:03
135.9	29.9	84.5	18.6	X.Roads	Left		14:47	14:27	14:08
140.8	25.0	87.6	15.5			Keep Right	14:54	14:34	14:14
143.1	22.7	89.0	14.1	Junction	Right		14:58	14:38	14:17
145.8	20.0	90.7	12.4			20KM to Race Finish - Drinks Finish	15:02	14:42	14:21
148.0	17.8	92.0	11.1	T.Junction	Right	Craggs Lane	15:06	14:45	14:24
148.9	16.9	92.6	10.5			Keep Left	15:07	14:46	14:25
150.8	15.0	93.8	9.3			15KM to Race Finish	15:10	14:49	14:27
152.8	13.0	95.0	8.1	X.Roads	Straight	Brompton Road	15:13	14:52	14:30

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	38KM/h	42KM/h	46KM/h
153.4	12.4	95.4	7.7		⚠ Caution!	Hump Back Bridge	15:14	14:52	14:31
153.5	12.3	95.5	7.6	Sign		Newton le Willows	15:14	14:53	14:31
153.7	12.1	95.6	7.5	Junction	Right	Station Road	15:15	14:53	14:31
155.8	10.0	96.9	6.2			10KM to Finish	15:18	14:56	14:34
156.5	9.3	97.3	5.8	T.Junction	Right	No Mans Moor Lane	15:19	14:57	14:35
156.9	8.9	97.6	5.5	X.Roads	Straight		15:20	14:57	14:35
158.7	7.1	98.7	4.4	T.Junction	Left	West Moor Lane	15:23	15:00	14:37
162.4	3.4	101.0	2.1	Sign		Spennithorne	15:28	15:05	14:42
162.6	3.2	101.1	2.0	Junction	Right		15:29	15:06	14:42
162.8	3.0	101.2	1.9			3KM to Race Finish and Green Zone	15:29	15:06	14:43
163.1	2.7	101.4	1.7	Sign		Harmby	15:29	15:06	14:43
163.9	1.9	101.9	1.2	T.Junction	Left	A684 Harmby Road	15:31	15:07	14:44
165.8	0.0	103.1	0.0	Finish		Railway Street - Leyburn	15:34	15:10	14:47