

STAGE THREE: BERWICK-UPON-TWEED TO NEWCASTLE, MONDAY 9 SEPTEMBER



START	Marygate, Berwick-upon-Tweed
NEUTRALISED SECTION	4.3km (2.6mi)
STAGE DISTANCE	183.2 km or 113.9 miles
FINISH	Grey Street, Newcastle

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
0.00	4.30	0.00	2.60	Start Neutralised		Marygate, Berwick-upon-Tweed	42	11:00	11:00	11:00
0.00	183.2	0.00	113.9	Start Proper		A698	42	11:15	11:15	11:15
6.6	176.6	4.1	109.8	X.Roads	Straight	A698	42	11:25	11:24	11:23
8.4	174.8	5.2	108.7	Junction	Left	dir Grindon	42	11:28	11:27	11:25
8.6	174.6	5.3	108.6		Caution!	Narrow Bridge	42	11:28	11:27	11:26
9.7	173.5	6.0	107.9		Keep Right		42	11:30	11:28	11:27
10.5	172.7	6.5	107.4		Keep Right		42	11:31	11:30	11:28
14.3	168.9	8.9	105.0	T.Junction	Right	B6354	42	11:37	11:35	11:33
15.9	167.3	9.9	104.0	Sign		Etal	42	11:39	11:37	11:35
19.0	164.2	11.8	102.1	Sign		Ford Village	42	11:44	11:42	11:39
19.0	164.2	11.8	102.1	KoM 1 Cat 3	Start		42	11:44	11:42	11:39
21.4	161.8	13.3	100.6	KoM 1 Cat 3	Finish	Ford Common	42	11:48	11:45	11:42
25.4	157.8	15.8	98.1	T.Junction	Right	B6525	42	11:54	11:51	11:47
30.0	153.2	18.7	95.3	Drinks	Start		42	12:02	11:57	11:53
30.8	152.4	19.2	94.8		Caution!	Fast Descent!	42	12:03	11:59	11:54
32.6	150.6	20.3	93.7	Sign		Doddington	42	12:06	12:01	11:56
34.6	148.6	21.5	92.4		Caution!	Hump in road!	42	12:09	12:04	11:59
36.6	146.6	22.8	91.2	Sign		Wooler	42	12:12	12:07	12:02
37.0	146.2	23.0	90.9	T.Junction	Left	A697 South Road	42	12:13	12:07	12:02
37.3	145.9	23.2	90.7	X.Roads	Left	B6348 Weetwood Road	42	12:13	12:08	12:02
39.9	143.3	24.8	89.1	KoM 2 Cat 3	Start		42	12:17	12:12	12:06
40.7	142.5	25.3	88.6	KoM 2 Cat 3	Finish	Weetwood Bank	42	12:18	12:13	12:07
41.1	142.1	25.6	88.4	Junction	Left	B6349	42	12:19	12:13	12:07
42.7	140.5	26.6	87.4		Caution!	Very Narrow Bridge!	42	12:22	12:16	12:09
45.2	138.0	28.1	85.8	KoM 3 Cat 2	Start		42	12:26	12:19	12:13
47.2	136.0	29.4	84.6	KoM 3 Cat 2	Finish	Lyham Hill	42	12:29	12:22	12:15
51.2	132.0	31.8	82.1	Sign		Belford	42	12:35	12:28	12:20
51.6	131.6	32.1	81.8	T.Junction	Right	B6349 High Street	42	12:36	12:28	12:21
52.8	130.4	32.8	81.1	X.Roads	Straight	B1342 (Cross A1)	42	12:37	12:30	12:22
53.7	129.5	33.4	80.5		Caution!	Level Crossing	42	12:39	12:31	12:24
55.6	127.6	34.6	79.3		Caution!	Sharp Left Bend	42	12:42	12:34	12:26
56.4	126.8	35.1	78.9	T.Junction	Right	B1342	42	12:43	12:35	12:27
59.6	123.6	37.1	76.9	Sign		Bamburgh	42	12:48	12:40	12:31
65.5	117.7	40.7	73.2	R/about	2nd Exit	Main Street	42	12:57	12:48	12:39
65.7	117.5	40.9	73.1	R/about	1st Exit	King Street	42	12:58	12:48	12:39
67.2	116.0	41.8	72.1	Sprint 1		Seahouses	42	13:00	12:51	12:41
70.8	112.4	44.0	69.9	X.Roads	Left	B1340	42	13:06	12:56	12:46
71.5	111.7	44.5	69.5		Caution!	Hump Back Bridge!	42	13:07	12:57	12:46
73.1	110.1	45.5	68.5		Caution!	Sharp Left Bend	42	13:09	12:59	12:48
76.9	106.3	47.8	66.1	Sign		Embleton	42	13:15	13:04	12:53
85.1	98.1	52.9	61.0	Sign		Long Houghton	42	13:28	13:16	13:04
90.4	92.8	56.2	57.7	T.Junction	Left	B1340	42	13:37	13:24	13:11
90.8	92.4	56.5	57.5	Green Zone	Starts		42	13:37	13:24	13:11
90.9	92.3	56.5	57.4	Junction	Right	dir Eglington	42	13:37	13:24	13:11
91.0	92.2	56.6	57.3	Feed Zone	Start		42	13:38	13:25	13:12
92.2	91.0	57.3	56.6	Green Zone	Finish		42	13:39	13:26	13:13

STAGE THREE: BERWICK-UPON-TWEED TO NEWCASTLE, MONDAY 9 SEPTEMBER



START	Marygate, Berwick-upon-Tweed
NEUTRALISED SECTION	4.3km (2.6mi)
STAGE DISTANCE	183.2 km or 113.9 miles
FINISH	Grey Street, Newcastle

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
92.3	90.9	57.4	56.5	R/about	1st Exit	B3641	42	13:40	13:26	13:13
93.1	90.1	57.9	56.0	Sign		Alnwick	42	13:41	13:28	13:14
94.1	89.1	58.5	55.4	TJunction	Left	B6346	42	13:42	13:29	13:15
94.3	88.9	58.6	55.3		Caution!	Narrow Stone Arch!	42	13:43	13:29	13:16
95.0	88.2	59.1	54.8	R/about	2nd Exit	A1068 Alnmouth Road	42	13:44	13:30	13:17
98.8	84.4	61.4	52.5	Sign		Lesbury	42	13:50	13:36	13:22
99.5	83.7	61.9	52.0	R/about	2nd Exit	A1068	42	13:51	13:37	13:22
99.9	83.3	62.1	51.8	Sign		Hipsburn	42	13:51	13:37	13:23
101.2	82.0	62.9	51.0	R/about	2nd Exit	A1068	42	13:54	13:39	13:25
104.7	78.5	65.1	48.8	Sign		Warkworth	42	13:59	13:44	13:29
105.6	77.6	65.7	48.3	Sprint 2		Warkworth	42	14:00	13:45	13:30
106.1	77.1	66.0	47.9	Junction	Left	A1068 Beale Bank	42	14:01	13:46	13:31
106.5	76.7	66.2	47.7	Sign		Rotary Way	42	14:02	13:47	13:31
107.7	75.5	67.0	46.9	Sign		Amble	42	14:04	13:48	13:33
109.0	74.2	67.8	46.1	R/about	2nd Exit	A1068	42	14:06	13:50	13:35
109.3	73.9	68.0	46.0	R/about	2nd Exit	A1068	42	14:06	13:51	13:35
117.1	66.1	72.8	41.1	Sign		Widdrington Village	42	14:19	14:02	13:45
117.2	66.0	72.9	41.0	R/about	2nd Exit	A1068	42	14:19	14:02	13:45
118.1	65.1	73.4	40.5	R/about	2nd Exit	B1337	42	14:20	14:03	13:46
119.2	64.0	74.1	39.8	Sign		Widdrington Station	42	14:22	14:05	13:48
119.4	63.8	74.2	39.7		Caution!	Level Crossing	42	14:22	14:05	13:48
121.7	61.5	75.7	38.2	Sign		Ulgham	42	14:26	14:08	13:51
125.4	57.8	78.0	35.9	Sign		Long Hirst	42	14:32	14:14	13:56
128.7	54.5	80.0	33.9	R/about	3rd Exit	B1337	42	14:37	14:18	14:00
130.2	53.0	81.0	33.0	Sign		Morpeth	42	14:39	14:21	14:02
130.3	52.9	81.0	32.9	Junction	Right	Howard Road	42	14:39	14:21	14:02
130.6	52.6	81.2	32.7	X.Roads	Straight		42	14:40	14:21	14:02
130.8	52.4	81.3	32.6	T.Junction	Left	Newgate Street	42	14:40	14:21	14:03
130.9	52.3	81.4	32.5	T.Lights	Straight	Newgate Street	42	14:40	14:22	14:03
131.1	52.1	81.5	32.4	M R/about	1st Exit	Market Place	42	14:41	14:22	14:03
131.4	51.8	81.7	32.2	M R/about	1st Exit	A192	42	14:41	14:22	14:03
131.8	51.4	82.0	32.0	R/about	2nd Exit	A192 Shields Road	42	14:42	14:23	14:04
132.7	50.5	82.5	31.4	R/about	1st Exit	A192	42	14:43	14:24	14:05
137.0	46.2	85.2	28.7	Sign		Guidepost	42	14:50	14:30	14:11
137.6	45.6	85.6	28.4	R/about	3rd	A1068 North Parade	42	14:51	14:31	14:11
139.2	44.0	86.6	27.4		Caution!	Level Crossing	42	14:53	14:33	14:13
140.3	42.9	87.2	26.7	Sign		Bedlington	42	14:55	14:35	14:15
140.6	42.6	87.4	26.5	R/about	2nd Exit	A1068 Choppington Road	42	14:55	14:35	14:15
140.8	42.4	87.6	26.4	R/about	2nd Exit	A1068 Heartford Road Keep Left	42	14:56	14:36	14:16
143.4	39.8	89.2	24.7		Caution!	Sharp Left	42	15:00	14:39	14:19
143.6	39.6	89.3	24.6		Caution!	Narrow Bridge	42	15:00	14:40	14:19
144.6	38.6	89.9	24.0	Sign		Cramlington	42	15:02	14:41	14:20
144.6	38.6	89.9	24.0	R/about	1st Exit	A192 DCW Keep Left	42	15:02	14:41	14:20
146.0	37.2	90.8	23.1	R/about	2nd Exit	A192 DCW Keep Left	42	15:04	14:43	14:22
147.2	36.0	91.5	22.4		Keep Right		42	15:06	14:45	14:24
147.3	35.9	91.6	22.3	R/about	3rd	A192	42	15:06	14:45	14:24

STAGE THREE: BERWICK-UPON-TWEED TO NEWCASTLE, MONDAY 9 SEPTEMBER



START	Marygate, Berwick-upon-Tweed
NEUTRALISED SECTION	4.3km (2.6mi)
STAGE DISTANCE	183.2 km or 113.9 miles
FINISH	Grey Street, Newcastle

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
145.0	38.2	90.2	23.8	R/about	2nd Exit	A192	42	15:02	14:42	14:21
151.6	31.6	94.3	19.7	Sign		Seaton Deval	42	15:13	14:51	14:29
151.9	31.3	94.5	19.5	R/about	2nd Exit	A192 Station Road	42	15:13	14:52	14:30
152.1	31.1	94.6	19.3	M R/about	2nd Exit	A192 Station Road	42	15:14	14:52	14:30
153.0	30.2	95.1	18.8	R/about	1st Exit	A190 The Avenue	42	15:15	14:53	14:31
155.2	28.0	96.5	17.4	Sprint 3		Seaton Deval	42	15:18	14:56	14:34
155.6	27.6	96.8	17.2	Sign		Seaton Slucie	42	15:19	14:57	14:35
156.3	26.9	97.2	16.7	R/about	3rd Exit	Links Road	42	15:20	14:58	14:35
157.9	25.3	98.2	15.7	R/about	2nd Exit	A193 Blyth Road	42	15:23	15:00	14:38
158.0	25.2	98.3	15.7	Sign		North Tyneside/Whitley Bay	42	15:23	15:00	14:38
158.2	25.0	98.4	15.5			25km to Race Finish	42	15:23	15:01	14:38
159.6	23.6	99.2	14.7		Caution!	Keep Left!	42	15:25	15:03	14:40
160.9	22.3	100.1	13.9	R/about	2nd Exit	A193 The Links	42	15:27	15:04	14:41
161.5	21.7	100.4	13.5	T.Lights	Straight	A193	42	15:28	15:05	14:42
161.7	21.5	100.6	13.4	T.Lights	Straight	A193	42	15:29	15:06	14:42
163.2	20.0	101.5	12.4			20km to Race Finish	42	15:31	15:08	14:44
163.6	19.6	101.7	12.2	M R/about	1st Exit		42	15:32	15:08	14:45
164.5	18.7	102.3	11.6	R/about	1st Exit	Grand Parade	42	15:33	15:10	14:46
165.0	18.2	102.6	11.3	Sign		Tynemouth Village	42	15:34	15:10	14:47
165.1	18.1	102.7	11.3	R/about	2nd Exit	Percy Bank Road	42	15:34	15:10	14:47
166.4	16.8	103.5	10.4	Junction	Left	Tanners Bank	42	15:36	15:12	14:48
166.9	16.3	103.8	10.1		Keep Right	Union Quay	42	15:37	15:13	14:49
167.8	15.4	104.3	9.6	T.Junction	Left	New Quay	42	15:38	15:14	14:50
168.0	15.2	104.5	9.5	R/about	2nd Exit		42	15:39	15:15	14:51
168.2	15.0	104.6	9.3	R/about	2nd Exit	15km to Race Finish	42	15:39	15:15	14:51
168.4	14.8	104.7	9.2	Junction	Right	Dock Road	42	15:39	15:15	14:51
168.7	14.5	104.9	9.0	R/about	1st Exit	A187 Howdon Road	42	15:40	15:16	14:51
168.9	14.3	105.0	8.9	R/about	2nd Exit	A187 Howdon Road	42	15:40	15:16	14:52
169.5	13.7	105.4	8.5	R/about	2nd Exit	A187 Howdon Road	42	15:41	15:17	14:52
169.9	13.3	105.7	8.3	R/about	3rd Exit	A187 Keep Left DCW	42	15:41	15:17	14:53
170.3	12.9	105.9	8.0	R/about	1st Exit	A187	42	15:42	15:18	14:53
170.8	12.4	106.2	7.7	R/about	2nd Exit	A193 Keep Left DCW	42	15:43	15:19	14:54
171.4	11.8	106.6	7.3	R/about	2nd Exit	A193 Keep Left DCW	42	15:44	15:19	14:55
171.7	11.5	106.8	7.2	R/about	2nd Exit	A193 Tynemouth Road Keep Left DCW	42	15:44	15:20	14:55
172.9	10.3	107.5	6.4	T.Lights	Straight	A193	42	15:46	15:22	14:57
173.2	10.0	107.7	6.2			10km to Race Finish	42	15:47	15:22	14:57
174.1	9.1	108.3	5.7	R/about	2nd Exit	A193 High Street	42	15:48	15:23	14:58
174.9	8.3	108.8	5.2	T.Lights	Straight	A193	42	15:49	15:24	14:59
175.0	8.2	108.8	5.1	T.Lights	Left	Station Road	42	15:50	15:25	15:00
175.3	7.9	109.0	4.9	T.Lights	Right	A187 Buddle Street	42	15:50	15:25	15:00
175.7	7.5	109.3	4.66	T.Lights	Straight	A187 Neptune Road	00:00	15:51	15:26	15:00
176.0	7.2	109.4	4.5	R/about	2nd Exit	A187 Maurice Road	42	15:51	15:26	15:01
176.3	6.9	109.6	4.3	R/about	1st Exit	A186 Waverdale Road	42	15:52	15:26	15:01
177.1	6.1	110.1	3.8	R/about	2nd Exit	Bath Street	42	15:53	15:28	15:02
178.1	5.1	110.8	3.2	T.Lights	Straight	A186 Walker Road	42	15:54	15:29	15:03
178.2	5.0	110.8	3.1			5km to race Finish	42	15:55	15:29	15:04

STAGE THREE: BERWICK-UPON-TWEED TO NEWCASTLE, MONDAY 9 SEPTEMBER



START	Marygate, Berwick-upon-Tweed
NEUTRALISED SECTION	4.3km (2.6mi)
STAGE DISTANCE	183.2 km or 113.9 miles
FINISH	Grey Street, Newcastle

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
178.4	4.8	110.9	3.0	T.Lights	Straight	A186 Walker Road	42	15:55	15:29	15:04
179.8	3.4	111.8	2.1	T.Lights	Straight	A186 Walker Road	42	15:57	15:31	15:06
179.9	3.3	111.9	2.1	R/about	1st Exit	A186 Walker Road	42	15:57	15:32	15:06
180.4	2.8	112.2	1.7	T.Lights	Straight	A186 Walker Road	42	15:58	15:32	15:06
181.2	2.0	112.7	1.2	T.Lights	Straight	A186 Walker Road	42	15:59	15:33	15:07
181.8	1.4	113.1	0.9	T.Lights	Straight	A186 City Road	42	16:00	15:34	15:08
182.0	1.2	113.2	0.7	T.Lights	Left	B1600 City Road	42	16:01	15:35	15:09
182.2	1.0	113.3	0.6	T.Lights	Straight	B1600 Quay Side	42	16:01	15:35	15:09
182.2	1.0	113.3	0.6			1km to Race Finish	42	16:01	15:35	15:09
182.3	0.9	113.4	0.6	T.Lights	Straight	B1600 Quay Side	42	16:01	15:35	15:09
182.5	0.7	113.5	0.4	T.Lights	Straight	B1600 Quay Side	42	16:01	15:35	15:09
182.6	0.6	113.5	0.4	T.Lights	Right	Sandhill	42	16:01	15:35	15:09
183.0	0.2	113.8	0.1	T.Lights	Straight	Grey Street	42	16:02	15:36	15:10
183.2	0.0	113.9	0.0	Finish		Grey Street, Newcastle	42	16:02	15:36	15:10