

STAGE ONE | PENZANCE TO BODMIN SUNDAY 5 SEPTEMBER



START	Western Promenade Road, Penzance
NEUTRALISED SECTION	TBC
STAGE DISTANCE	180.8 km or 112.4 miles
FINISH	Lostwithiel Road, Bodmin

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base Speed	38kmph	42kmph	46kmph
								110%	100%	90%
0.00	0.00	0.00	0.00	Start Neutralised		Western Promenade Road, Penzance	42	11:00	11:00	11:00
0.00	180.8	0.00	112.4	Start Proper		A3071	42	11:15	11:15	11:15
0.8	180.0	0.5	111.9		Keep Right	A3071	42	11:16	11:16	11:16
2.7	178.1	1.7	110.8		Caution!	Cows Crossing	42	11:19	11:18	11:18
3.5	177.3	2.2	110.3	Sign		Newbridge	42	11:20	11:20	11:19
8.3	172.5	5.2	107.3	X.Roads	Straight		42	11:28	11:26	11:25
8.5	172.3	5.3	107.1		Keep Right	A3071	42	11:28	11:27	11:25
9.1	171.7	5.7	106.8	Sign		St Just	42	11:29	11:28	11:26
9.6	171.2	6.0	106.5		Keep Left	A3071	42	11:30	11:28	11:27
9.7	171.1	6.0	106.4	X.Roads	Straight		42	11:30	11:28	11:27
9.9	170.9	6.2	106.3		Keep Right	Nancherrow Hill	42	11:30	11:29	11:27
10.0	170.8	6.2	106.2		Caution!	Steep Descent	42	11:30	11:29	11:27
11.1	169.7	6.9	105.5	Sign		Botallack	42	11:32	11:30	11:29
11.7	169.1	7.3	105.2		Keep Left	B3306	42	11:33	11:31	11:30
12.0	168.8	7.5	105.0	Sign		Carnyorth	42	11:33	11:32	11:30
12.3	168.5	7.6	104.8		Caution!	Sharp Left Bend	42	11:34	11:32	11:30
12.6	168.2	7.8	104.6	Sign		Trewellard	42	11:34	11:33	11:31
13.2	167.6	8.2	104.2	Sign		Pendeen	42	11:35	11:33	11:31
14.2	166.6	8.8	103.6	X.Roads	Straight		42	11:37	11:35	11:33
14.5	166.3	9.0	103.4		Keep Right	B3306	42	11:37	11:35	11:33
15.7	165.1	9.8	102.7	Sign		Morvah	42	11:39	11:37	11:35
16.2	164.6	10.1	102.4		Caution!	Sharp Left Bend	42	11:40	11:38	11:35
16.3	164.5	10.1	102.3		Keep Left		42	11:40	11:38	11:35
18.0	162.8	11.2	101.2		Caution!	Narrow	42	11:43	11:40	11:38
18.5	162.3	11.5	100.9		Caution!	Cattle Grid	42	11:44	11:41	11:38
18.5	162.3	11.5	100.9		Caution!	Cattle	42	11:44	11:41	11:38
19.6	161.2	12.2	100.2		Caution!	Cattle Grid	42	11:45	11:43	11:40
20.2	160.6	12.6	99.9		Caution!	Narrow	42	11:46	11:43	11:40
20.7	160.1	12.9	99.6		Caution!	Sharp Right Bend	42	11:47	11:44	11:41
21.0	159.8	13.1	99.4		Caution!	Sharp Left Bend	42	11:48	11:45	11:42
23.4	157.4	14.6	97.9	Sign		Zennor	42	11:51	11:48	11:45
23.6	157.2	14.7	97.8	KoM 1	Start		42	11:52	11:48	11:45
25.1	155.7	15.6	96.8	KoM 1 Cat 3	Finish	Zennor	42	11:54	11:50	11:47
27.4	153.4	17.0	95.4		Keep Left		42	11:58	11:54	11:50
27.8	153.0	17.3	95.1	KoM 2	Start		42	11:58	11:54	11:50
27.8	153.0	17.3	95.1		Keep Right		42	11:58	11:54	11:50
28.0	152.8	17.4	95.0	KoM 2 Cat 3	Finish	Rosewall Hill	42	11:59	11:55	11:51
28.0	152.8	17.4	95.0	Sign		St Ives	42	11:59	11:55	11:51
30.0	150.8	18.7	93.8		Caution!	Fast Descent	42	12:02	11:57	11:53
30.0	150.8	18.7	93.8	Drinks Start			42	12:02	11:57	11:53
30.1	150.7	18.7	93.7	X.Roads	Straight		42	12:02	11:58	11:53
30.4	150.4	18.9	93.5	M R/about	2nd Exit	Caution! Fast Descent	42	12:02	11:58	11:54
30.5	150.3	19.0	93.5	M R/about	1st Exit	Caution! Fast Descent	42	12:02	11:58	11:54
30.9	149.9	19.2	93.2	M R/about	2nd Exit	Caution! Fast Descent	42	12:03	11:59	11:54
33.0	147.8	20.5	91.9	Sign		Carbis Bay	42	12:06	12:02	11:57

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ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base Speed	38kmph	42kmph	46kmph
								110%	100%	90%
33.1	147.7	20.6	91.8	R/about	1st Exit	A3074 St Ives Road	42	12:07	12:02	11:57
34.2	146.6	21.3	91.2	X.Roads	Straight		42	12:08	12:03	11:58
35.8	145.0	22.3	90.2	Sign		Lelant	42	12:11	12:06	12:01
36.2	144.6	22.5	89.9		Keep Right		42	12:11	12:06	12:01
37.0	143.8	23.0	89.4	M R/about	1st Exit	B3301	42	12:13	12:07	12:02
37.2	143.6	23.1	89.3		Caution!	Narrow Road against One Way!	42	12:13	12:08	12:02
37.4	143.4	23.3	89.2		Keep Left		42	12:13	12:08	12:03
37.6	143.2	23.4	89.0	Juntion	Left	B3301 Griggs Hill	42	12:14	12:08	12:03
38.9	141.9	24.2	88.2	Sign		Hayle	42	12:16	12:10	12:05
39.1	141.7	24.3	88.1	T.Lights	Straight	B3301	42	12:16	12:10	12:05
39.3	141.5	24.4	88.0	R/about	1st Exit	B3301	42	12:16	12:11	12:05
39.5	141.3	24.6	87.9	Sprint 1		Hayle	42	12:17	12:11	12:05
41.7	139.1	25.9	86.5	R/about	1st Exit	B3301	42	12:20	12:14	12:08
41.7	139.1	25.9	86.5	X.Roads	Straight		42	12:20	12:14	12:08
42.9	137.9	26.7	85.8		Keep Left	B3301	42	12:22	12:16	12:10
44.2	136.6	27.5	84.9		Keep Right	B3301	42	12:24	12:18	12:11
44.6	136.2	27.7	84.7		Caution!	Fast Descent	42	12:25	12:18	12:12
44.8	136.0	27.9	84.6	Sign		Gwithian	42	12:25	12:19	12:12
45.0	135.8	28.0	84.4	Junction	Right	Prosper Hill Caution! Sharp Turn!	42	12:25	12:19	12:12
47.3	133.5	29.4	83.0		Keep Right	Gwithian Road	42	12:29	12:22	12:15
47.7	133.1	29.7	82.8	X.Roads	Straight		42	12:29	12:23	12:16
49.0	131.8	30.5	82.0		Caution!	Level Crossing! Half Barrier!	42	12:32	12:25	12:18
49.6	131.2	30.8	81.6		Caution!	Cattle	42	12:32	12:25	12:18
49.9	130.9	31.0	81.4	Sign		Carnhell Green	42	12:33	12:26	12:19
50.0	130.8	31.1	81.3		Caution!	Build outs	42	12:33	12:26	12:19
50.1	130.7	31.2	81.3	T.Junction	Left	Penhale Road	42	12:33	12:26	12:19
51.9	128.9	32.3	80.2	Sign		Barripper	42	12:36	12:29	12:21
51.9	128.9	32.3	80.2		Caution!	Build outs	42	12:36	12:29	12:21
52.3	128.5	32.5	79.9		Caution!	Build outs	42	12:37	12:29	12:22
53.5	127.3	33.3	79.2	T.Junction	Left	B3303 Pendarves Road	42	12:39	12:31	12:23
53.5	127.3	33.3	79.2	Sign		Camborne	42	12:39	12:31	12:23
54.0	126.8	33.6	78.9	M R/about	1st Exit	Bassett Road	42	12:39	12:32	12:24
54.2	126.6	33.7	78.7	X.Roads	Straight		42	12:40	12:32	12:24
54.3	126.5	33.8	78.7	M R/about	2nd Exit	A3047 Commercial Street	42	12:40	12:32	12:24
54.3	126.5	33.8	78.7		Caution!	Narrow!	42	12:40	12:32	12:24
54.4	126.4	33.8	78.6		Caution!	Speed Humps	42	12:40	12:32	12:24
54.5	126.3	33.9	78.5		Caution!	Narrow	42	12:40	12:32	12:25
54.6	126.2	34.0	78.5		Caution!	Build outs	42	12:40	12:33	12:25
54.8	126.0	34.1	78.4		Caution!	Build outs	42	12:41	12:33	12:25
55.2	125.6	34.3	78.1	R/about	3rd Exit	A3047 Wesley Street	42	12:41	12:33	12:25
55.2	125.6	34.3	78.1	R/about	3rd Exit	A3047 Kerrier Way	42	12:41	12:33	12:25
55.3	125.5	34.4	78.0	T.Lights	Straight	A3047 Kerrier Way	42	12:41	12:34	12:26
55.9	124.9	34.8	77.7	R/about	2nd Exit	A3047 Kerrier Way	42	12:42	12:34	12:26
56.7	124.1	35.3	77.2	T.Lights	Right	A3047 Dundance Lane	42	12:44	12:36	12:27
57.4	123.4	35.7	76.7	T.Lights	Straight	A3047 Station Road	42	12:45	12:37	12:28
58.1	122.7	36.1	76.3	R/about	2nd Exit	A3047 Wilson Way	42	12:46	12:38	12:29

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ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base Speed	38kmph	42kmph	46kmph
								110%	100%	90%
58.7	122.1	36.5	75.9	T.Lights	Straight	A3047 Wilson Way	42	12:47	12:38	12:30
59.5	121.3	37.0	75.4	R/about	2nd Exit	A3047 Barncoose Avenue	42	12:48	12:40	12:31
59.7	121.1	37.1	75.3		Right	Caution! Against No Entry!	42	12:48	12:40	12:31
59.8	121.0	37.2	75.2	Junction	Right	A3047 Barncoose Terrace	42	12:48	12:40	12:31
60.0	120.8	37.3	75.1	R/about	1st Exit	A3047	42	12:49	12:40	12:32
60.3	120.5	37.5	74.9	T.Lights	Straight	A3047	42	12:49	12:41	12:32
60.6	120.2	37.7	74.7	T.Lights	Right	B3300	42	12:50	12:41	12:32
60.7	120.1	37.7	74.7	Sign		Redruth	42	12:50	12:41	12:33
60.7	120.1	37.7	74.7	R/about	2nd Exit	B3300 Tolgus Hill	42	12:50	12:41	12:33
60.8	120.0	37.8	74.6		Caution!	Speed Humps	42	12:50	12:41	12:33
61.5	119.3	38.2	74.2	T.Lights	Straight	B3300	42	12:51	12:42	12:34
61.6	119.2	38.3	74.1	T.Lights	Straight	B3300	42	12:51	12:43	12:34
62.3	118.5	38.7	73.7	T.Lights	Right	Buckett's Hill	42	12:52	12:44	12:35
63.1	117.7	39.2	73.2		Keep Left	B3297Buller Hill	42	12:54	12:45	12:36
63.5	117.3	39.5	72.9	X.Roads	Straight		42	12:54	12:45	12:36
63.8	117.0	39.7	72.8	Junction	Left		42	12:55	12:46	12:37
65.4	115.4	40.7	71.8	Sign		Penhalvean	42	12:57	12:48	12:39
66.3	114.5	41.2	71.2		Keep Right		42	12:59	12:49	12:40
66.7	114.1	41.5	71.0	Junction	Left	Tresevern Hill	42	12:59	12:50	12:40
67.6	113.2	42.0	70.4	Sign		Goonlaze	42	13:01	12:51	12:41
68.1	112.7	42.3	70.1		Keep Left		42	13:02	12:52	12:42
68.2	112.6	42.4	70.0	Sign		Stithians	42	13:02	12:52	12:42
69.1	111.7	43.0	69.5		Keep Right	Church Road	42	13:03	12:53	12:43
69.4	111.4	43.2	69.3		Caution!	Build outs	42	13:04	12:54	12:44
69.8	111.0	43.4	69.0	X.Roads	Right	South Road	42	13:04	12:54	12:44
70.7	110.1	44.0	68.5		Caution!	Narrow Bridge	42	13:06	12:56	12:45
71.0	109.8	44.2	68.3		Keep Left		42	13:06	12:56	12:46
72.7	108.1	45.2	67.2	Junction	Left		42	13:09	12:58	12:48
73.0	107.8	45.4	67.0	TJunction	Left	A394	42	13:09	12:59	12:48
73.4	107.4	45.6	66.8	Sign		Hemiss	42	13:10	12:59	12:49
74.6	74.0	46.4	46.0	Sign		Longdowns	42	13:12	13:01	12:50
74.9	105.9	46.6	65.9		Caution!	Safety Camera	42	13:12	13:02	12:51
75.1	105.7	46.7	65.7	Junction	Right	Antron Hill	42	13:13	13:02	12:51
76.3	104.5	47.4	65.0		Caution!	Fast Descent	42	13:14	13:04	12:53
76.6	104.2	47.6	64.8	Sign		Mabe Burnthouse	42	13:15	13:04	12:53
76.7	104.1	47.7	64.7		Caution!	Build outs	42	13:15	13:04	12:53
76.9	103.9	47.8	64.6	Junction	Left		42	13:15	13:04	12:53
76.9	103.9	47.8	64.6	TJunction	Right	Antron Hill	42	13:15	13:04	12:53
76.9	103.9	47.8	64.6		Caution!	Fast Descent	42	13:15	13:04	12:53
77.3	103.5	48.1	64.4		Caution!	Build outs	42	13:16	13:05	12:54
77.4	103.4	48.1	64.3	R/about	3rd Exit	A39	42	13:16	13:05	12:54
79.5	101.3	49.4	63.0	Sign		Falmouth	42	13:19	13:08	12:57
79.5	101.3	49.4	63.0	R/about	2nd Exit	Union Road	42	13:19	13:08	12:57
80.0	100.8	49.7	62.7	R/about	2nd Exit		42	13:20	13:09	12:57
80.3	100.5	49.9	62.5	R/about	2nd Exit	Bickland Hill	42	13:21	13:09	12:58
80.4	100.4	50.0	62.4	R/about	2nd Exit	Bickland Water Road	42	13:21	13:09	12:58

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FINISH	Lostwithiel Road, Bodmin

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base	38kmph	42kmph	46kmph
							Speed	110%	100%	90%
82.2	98.6	51.1	61.3	R/about	2nd Exit	Bickland Water Road	42	13:24	13:12	13:00
82.3	98.5	51.2	61.3	Junction	Left	Swanpool Road	42	13:24	13:12	13:00
83.4	97.4	51.9	60.6		Keep Right	Swanpool Road	42	13:26	13:14	13:02
83.4	97.4	51.9	60.6		Caution!	Speed Humps x10	42	13:26	13:14	13:02
84.5	96.3	52.5	59.9		Caution!	Build outs	42	13:27	13:15	13:03
84.6	96.2	52.6	59.8		Caution!	Build outs	42	13:27	13:15	13:03
84.6	96.2	52.6	59.8	X.Roads	Straight		42	13:27	13:15	13:03
84.7	96.1	52.7	59.8		Caution!	Severe Speed Hump!	42	13:28	13:16	13:03
84.7	96.1	52.7	59.8	X.Roads	Straight		42	13:28	13:16	13:03
85.9	94.9	53.4	59.0	Junction	Right	Castle Drive	42	13:29	13:17	13:05
86.1	94.7	53.5	58.9		Keep Right	Against One Way System	42	13:30	13:18	13:05
86.8	94.0	54.0	58.5		Caution!	Build outs	42	13:31	13:19	13:06
86.9	93.9	54.0	58.4		Keep Right	Caution! Against One Way System	42	13:31	13:19	13:06
88.0	92.8	54.7	57.7		Caution!	Fast Descent	42	13:33	13:20	13:08
88.2	92.6	54.8	57.6		Keep Right	Castle Drive	42	13:33	13:21	13:08
88.3	92.5	54.9	57.5	R/about	1st Exit	A39 Melvill Road	42	13:33	13:21	13:08
88.6	92.2	55.1	57.3	X.Roads	Straight		42	13:34	13:21	13:08
89.6	91.2	55.7	56.7	M R/about	2nd Exit	A39 Western Terrace	42	13:35	13:23	13:10
90.0	90.8	56.0	56.5	R/about	2nd Exit	A39 Dracaena Avenue	42	13:36	13:23	13:10
90.5	90.3	56.3	56.2	T.Lights	Straight	A39 Dracaena Avenue	42	13:37	13:24	13:11
91.6	89.2	57.0	55.5	R/about	2nd Exit	A39 Falmouth Road	42	13:38	13:25	13:12
92.1	88.7	57.3	55.2	Sign		Penryn	42	13:39	13:26	13:13
92.4	88.4	57.5	55.0		Keep Right	B3292 Falmouth Road	42	13:40	13:27	13:13
92.5	88.3	57.5	54.9	T.Lights	Straight	B3292 Commercial Road	42	13:40	13:27	13:13
93.5	87.3	58.1	54.3	Sprint 2		Penryn	42	13:41	13:28	13:15
95.3	85.5	59.3	53.2	R/about	3rd Exit	A39	42	13:44	13:31	13:17
97.6	83.2	60.7	51.7	Sign		Perranarworthal	42	13:48	13:34	13:20
97.9	82.9	60.9	51.6	Junction	Left	Caution! Sharp Turn	42	13:48	13:34	13:20
98.4	82.4	61.2	51.2	X.Roads	Straight		42	13:49	13:35	13:21
98.8	82.0	61.4	51.0	T.Junction	Right		42	13:50	13:36	13:22
99.0	81.8	61.6	50.9		Keep Right	Station Road	42	13:50	13:36	13:22
100.0	80.8	62.2	50.2		Caution!	Steep Descent	42	13:52	13:37	13:23
100.3	80.5	62.4	50.1		Caution!	Narrow Bridge	42	13:52	13:38	13:23
100.5	80.3	62.5	49.9	KoM 3	Start		42	13:52	13:38	13:24
100.7	80.1	62.6	49.8	Sign		Carnon Downs	42	13:53	13:38	13:24
100.7	80.1	62.6	49.8		Caution!	Build outs	42	13:53	13:38	13:24
101.6	79.2	63.2	49.3	T.Junction	Left	Forth Coth	42	13:54	13:40	13:25
102.1	78.7	63.5	48.9	KoM 3 Cat 3	Finish	Carnon Downs	42	13:55	13:40	13:26
102.2	78.6	63.6	48.9	R/about	2nd Exit		42	13:55	13:41	13:26
102.3	78.5	63.6	48.8	R/about	1st Exit	A39	42	13:55	13:41	13:26
103.3	77.5	64.2	48.2	R/about	2nd Exit	A39	42	13:57	13:42	13:27
103.4	77.4	64.3	48.1	R/about	2nd Exit	A39	42	13:57	13:42	13:27
103.9	76.9	64.6	47.8		Caution!	Fast Descent	42	13:58	13:43	13:28
104.5	76.3	65.0	47.4		Keep Left		42	13:59	13:44	13:29
105.8	75.0	65.8	46.6	Sign		Truro	42	14:01	13:46	13:31
106.3	74.5	66.1	46.3	M R/about	2nd Exit	Caution! Double Mini Roundabout	42	14:02	13:46	13:31

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ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base	38kmph	42kmph	46kmph
							Speed	110%	100%	90%
106.3	74.5	66.1	46.3		Caution!	Fast Descent	42	14:02	13:46	13:31
107.2	73.6	66.7	45.8	Junction	Right	Lemon Quay	42	14:03	13:48	13:32
107.4	73.4	66.8	45.6		Keep Left	Green Street	42	14:03	13:48	13:33
107.5	73.3	66.8	45.6	TJunction	Right	Quay Street	42	14:03	13:48	13:33
107.6	73.2	66.9	45.5	TJunction	Left	A39 Morlaix Avenue	42	14:04	13:48	13:33
107.7	73.1	67.0	45.5	R/about	2nd Exit	B3284 St Austell Street	42	14:04	13:48	13:33
107.8	73.0	67.0	45.4	T.Lights	Straight	B3284 St Clement Street	42	14:04	13:49	13:33
107.9	72.9	67.1	45.3	T.Lights	Straight	B3284 St Clement Street	42	14:04	13:49	13:33
108.4	72.4	67.4	45.0	M R/about	2nd Exit	B3284 Pydar Street	42	14:05	13:49	13:34
109.2	71.6	67.9	44.5	X.Roads	Straight		42	14:06	13:51	13:35
111.1	69.7	69.1	43.3	Sign		Shorlanesend	42	14:09	13:53	13:37
111.5	69.3	69.3	43.1	M R/about	1st Exit	B3284 Church Road	42	14:10	13:54	13:38
111.6	69.2	69.4	43.0	Junction	Right	Ahley Road	42	14:10	13:54	13:38
112.0	68.8	69.6	42.8		Caution!	Fast Descent	42	14:11	13:55	13:39
115.4	65.4	71.8	40.7	X.Roads	Right		42	14:16	13:59	13:43
115.9	64.9	72.1	40.4	Sign		Zelah	42	14:17	14:00	13:44
116.0	64.8	72.1	40.3		Caution!	Build outs	42	14:17	14:00	13:44
116.8	64.0	72.6	39.8	TJunction	Right	Henver Lane	42	14:18	14:01	13:45
117.8	63.0	73.3	39.2	X.Roads	Straight	B6226 Chorley Old Road	42	14:20	14:03	13:46
118.7	62.1	73.8	38.6		Caution!	Cows Crossing	42	14:21	14:04	13:47
120.5	60.3	74.9	37.5	TJunction	Right	A3075	42	14:24	14:07	13:49
122.1	58.7	75.9	36.5	X.Roads	Straight		42	14:26	14:09	13:51
124.0	56.8	77.1	35.3		Keep Right		42	14:29	14:12	13:54
125.5	55.3	78.0	34.4	R/about	1st Exit	A392 Trevemper Road	42	14:32	14:14	13:56
126.4	54.4	78.6	33.8	R/about	1st Exit	A392 Gannel Road	42	14:33	14:15	13:57
127.7	53.1	79.4	33.0	X.Roads	Straight		42	14:35	14:17	13:59
127.7	53.1	79.4	33.0	TJunction	Right	Mount Wise	42	14:35	14:17	13:59
127.8	53.0	79.5	33.0	T.Lights	Straight	Mount Wise	42	14:35	14:17	13:59
128.4	52.4	79.8	32.6	X.Roads	Left	Berry Road	42	14:36	14:18	14:00
128.6	52.2	80.0	32.5	X.Roads	Right	Cliff Road	42	14:37	14:18	14:00
129.3	51.5	80.4	32.0	M R/about	1st Exit	Narrowcliff	42	14:38	14:19	14:01
129.5	51.3	80.5	31.9		Keep Right		42	14:38	14:20	14:01
129.8	51.0	80.7	31.7	T.Lights	Straight	A3058	42	14:38	14:20	14:01
130.3	50.5	81.0	31.4	M R/about	Straight	Caution! Double Mini Roundabout	42	14:39	14:21	14:02
131.4	49.4	81.7	30.7		Keep Right		42	14:41	14:22	14:03
131.8	49.0	82.0	30.5	R/about	2nd Exit	A3058 Quintrell Road	42	14:42	14:23	14:04
131.9	48.9	82.0	30.4	Sign		Nansledan	42	14:42	14:23	14:04
132.9	47.9	82.6	29.8	Sign		Quintrell Downs	42	14:43	14:24	14:05
133.2	47.6	82.8	29.6		Caution!	Level Crossing! Half Barrier!	42	14:44	14:25	14:06
133.3	47.5	82.9	29.5	R/about	2nd Exit	A3058	42	14:44	14:25	14:06
134.2	46.6	83.5	29.0	Sign		Kestle Mill	42	14:45	14:26	14:07
136.6	44.2	84.9	27.5	X.Roads	Straight	A3058	42	14:49	14:30	14:10
137.1	43.7	85.3	27.2	X.Roads	Straight	A3058	42	14:50	14:30	14:11
139.2	41.6	86.6	25.9	Sign		Summercourt	42	14:53	14:33	14:13
139.5	41.3	86.7	25.7	T.Lights	Straight	A3058 St Austell Street	42	14:54	14:34	14:14
140.2	40.6	87.2	25.2		Keep Right	A3058	42	14:55	14:35	14:15

STAGE ONE | PENZANCE TO BODMIN SUNDAY 5 SEPTEMBER



START	Western Promenade Road, Penzance
NEUTRALISED SECTION	TBC
STAGE DISTANCE	180.8 km or 112.4 miles
FINISH	Lostwithiel Road, Bodmin

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base	38kmph	42kmph	46kmph
							Speed	110%	100%	90%
140.4	40.4	87.3	25.1		Keep Left	A3058	42	14:55	14:35	14:15
141.2	39.6	87.8	24.6		Keep Left	A3058	42	14:56	14:36	14:16
142.1	38.7	88.4	24.1	R/about	2nd Exit	A3058	42	14:58	14:38	14:17
142.1	38.7	88.4	24.1	Sign		St Austell	42	14:58	14:38	14:17
142.6	38.2	88.7	23.8	Sign		Menna	42	14:59	14:38	14:18
143.2	37.6	89.0	23.4		Keep Right	A3058	42	15:00	14:39	14:19
144.0	36.8	89.5	22.9		Caution!	Fast Descent!	42	15:01	14:40	14:20
145.5	35.3	90.5	22.0	Sign		Terras	42	15:03	14:42	14:22
145.5	35.3	90.5	22.0		Keep Left	A3058	42	15:03	14:42	14:22
145.9	34.9	90.7	21.7	Sign		St Stephen	42	15:04	14:43	14:22
147.0	33.8	91.4	21.0	Sign		Gwindra	42	15:06	14:45	14:24
147.3	33.5	91.6	20.8		Keep Left	A3058	42	15:06	14:45	14:24
149.1	31.7	92.7	19.7		Keep Right	A3058	42	15:09	14:48	14:26
149.6	31.2	93.0	19.4	Sign		Lanjeth	42	15:10	14:48	14:27
151.3	29.5	94.1	18.3	Sign		Trewoon	42	15:12	14:51	14:29
151.5	29.3	94.2	18.2		Keep Right	A3058	42	15:13	14:51	14:29
152.9	27.9	95.1	17.3	Sign		St Austell	42	15:15	14:53	14:31
153.0	27.8	95.1	17.3		Keep Right	A3058	42	15:15	14:53	14:31
153.0	27.8	95.1	17.3		Caution!	Fast Descent	42	15:15	14:53	14:31
153.5	27.3	95.5	17.0	T.Lights	Right	B3274 Truro Road	42	15:16	14:54	14:32
153.5	27.3	95.5	17.0		Caution!	Fast Descent	42	15:16	14:54	14:32
153.8	27.0	95.6	16.8		Caution!	Narrow Bridge	42	15:16	14:54	14:32
153.9	26.9	95.7	16.7	T.Lights	Straight	B3274 Truro Road	42	15:16	14:54	14:32
154.2	26.6	95.9	16.5	Junction	Right	Trinity Street	42	15:17	14:55	14:33
154.5	26.3	96.1	16.4	M R/about	1st Exit	South Street	42	15:17	14:55	14:33
154.8	26.0	96.3	16.2	T.Lights	Straight		42	15:18	14:56	14:34
155.0	25.8	96.4	16.0	M R/about	1st Exit	Kings Avenue	42	15:18	14:56	14:34
155.2	25.6	96.5	15.9	M R/about	2nd Exit	Carlyon Road	42	15:18	14:56	14:34
155.4	25.4	96.6	15.8	M R/about	2nd Exit	Carlyon Road	42	15:19	14:57	14:34
155.7	25.1	96.8	15.6	R/about	2nd Exit	Carlyon Road	42	15:19	14:57	14:35
156.1	24.7	97.1	15.4	T.Lights	Straight	Sandy Hill	42	15:20	14:58	14:35
156.5	24.3	97.3	15.1	M R/about	2nd Exit	Sandy Hill	42	15:20	14:58	14:36
156.6	24.2	97.4	15.0	T.Lights	Straight	Bethel Road	42	15:21	14:58	14:36
156.9	23.9	97.6	14.9	M R/about	Straight	Caution! Double Mini Roundabout	42	15:21	14:59	14:36
157.4	23.4	97.9	14.6		Caution!	Build outs	42	15:22	14:59	14:37
157.5	23.3	97.9	14.5		Caution!	Build outs	42	15:22	15:00	14:37
157.6	23.2	98.0	14.4	R/about	2nd Exit		42	15:22	15:00	14:37
158.0	22.8	98.3	14.2		Caution!	Fast Descent	42	15:23	15:00	14:38
158.1	22.7	98.3	14.1	Sign		Tregrehan	42	15:23	15:00	14:38
158.2	22.6	98.4	14.1		Caution!	Unsigned! Build outs	42	15:23	15:01	14:38
159.4	21.4	99.1	13.3	TJunction	Right		42	15:25	15:02	14:39
159.4	21.4	99.1	13.3	Junction	Left		42	15:25	15:02	14:39
159.8	21.0	99.4	13.1	TJunction	Left	Bodelva Road	42	15:26	15:03	14:40
160.8	20.0	100.0	12.4		Keep Left		42	15:27	15:04	14:41
160.8	20.0	100.0	12.4			20km to Finish	42	15:27	15:04	14:41
161.5	19.3	100.4	12.0		Keep Left		42	15:28	15:05	14:42

STAGE ONE | PENZANCE TO BODMIN SUNDAY 5 SEPTEMBER



START	Western Promenade Road, Penzance
NEUTRALISED SECTION	TBC
STAGE DISTANCE	180.8 km or 112.4 miles
FINISH	Lostwithiel Road, Bodmin

ROUTE DETAILS							ESTIMATED TIMETABLE			
KMS	KMS TO GO	MILES	MILES TO GO	FEATURE	INSTRUCTION	DESCRIPTION	Base	38kmph	42kmph	46kmph
							Speed	110%	100%	90%
161.5	19.3	100.4	12.0	TJunction	Left		42	15:28	15:05	14:42
162.1	18.7	100.8	11.6	R/about	3rd Exit		42	15:29	15:06	14:43
164.5	16.3	102.3	10.1	R/about	2nd Exit		42	15:33	15:10	14:46
164.8	16.0	102.5	9.9	M R/about	2nd Exit		42	15:33	15:10	14:46
164.8	16.0	102.5	9.9	M R/about	2nd Exit	Penwithick Road	42	15:33	15:10	14:46
165.8	15.0	103.1	9.3			15km to Finish	42	15:35	15:11	14:48
166.8	14.0	103.7	8.7	Sign		Kerrow Moor	42	15:37	15:13	14:49
167.5	13.3	104.2	8.3		Keep Left	B3374	42	15:38	15:14	14:50
168.1	12.7	104.5	7.9	Sign		Bugle	42	15:39	15:15	14:51
168.5	12.3	104.8	7.6	T.Lights	Right	A391 Fore Street	42	15:39	15:15	14:51
170.8	10.0	106.2	6.2			10km to Finish	42	15:43	15:19	14:54
171.5	9.3	106.6	5.8	Sign		Lockengate	42	15:44	15:20	14:55
172.5	8.3	107.3	5.2	Junction	Right		42	15:46	15:21	14:56
173.9	6.9	108.1	4.3	TJunction	Right	A389 commit to offside DC for 100m	42	15:48	15:23	14:58
174.5	6.3	108.5	3.9	Sign		Lanivet	42	15:49	15:24	14:59
175.8	5.0	109.3	3.1			5km to Finish	42	15:51	15:26	15:01
176.7	4.1	109.9	2.5	X.Roads	Straight		42	15:52	15:27	15:02
177.9	2.9	110.6	1.8	M R/about	Straight	Caution! Double Mini Roundabout	42	15:54	15:29	15:03
178.7	2.1	111.1	1.3	M R/about	Straight	Caution! Double Mini Roundabout	42	15:55	15:30	15:04
179.3	1.5	111.5	0.9		Keep Left	A389 Dennison Road	42	15:56	15:31	15:05
179.3	1.5	111.5	0.9		Keep Right		42	15:56	15:31	15:05
179.7	1.1	111.7	0.7	M R/about	2nd Exit	Turf Street	42	15:57	15:31	15:06
180.8	0.0	112.4	0.0	Finish		Lostwithiel Road, Bodmin	42	15:59	15:33	15:07