

Stage 6 Haverhill - Felixstowe Saturday 9 October



Start :	High Street - Haverhill
Neutralised section :	4.6km/2.9mi
Stage Distance :	155.3 km or 96.6 miles
Finish :	Sea Road - Felixstowe

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	35	38	42	ETA Range
							Duration	15mins	110%	100%	90%	
0.00	4.60	0.00	2.90	Start Neutralised		High Street - Haverhill	38	10:45	11:00	11:00	11:00	
0.00	155.3	0.00	96.6	Start Proper		B1061 Water Lane	38	11:00	11:15	11:15	11:15	00:00
1.1	154.2	0.7	95.9	Sign		Kedington	38	11:01	11:16	11:16	11:16	00:00
2.5	152.8	1.6	95.0	X.Roads	Straight	Sturmer Road	38	11:03	11:19	11:18	11:18	00:00
3.0	152.3	1.9	94.7	Sign		Great Wratting	38	11:04	11:20	11:19	11:19	00:00
3.8	151.5	2.4	94.2	Junction	Left	Withersfield Road	38	11:06	11:21	11:21	11:20	00:01
5.8	149.5	3.6	93.0	Sign		Withersfield	38	11:09	11:25	11:24	11:23	00:01
6.8	148.5	4.2	92.3	T.Junction	Left	Thurlow Road	38	11:10	11:26	11:25	11:24	00:02
7.8	147.5	4.9	91.7		Keep Left	Queen Street	38	11:12	11:28	11:27	11:26	00:02
9.1	146.2	5.7	90.9	R/about	2nd Exit	A1307 Withersfield Road	38	11:14	11:30	11:29	11:27	00:02
9.7	145.6	6.0	90.5	T.Lights	Straight	A1037 Withersfield Road	38	11:15	11:31	11:30	11:28	00:03
10.6	144.7	6.6	90.0	M R/about	1st Exit	A1037	38	11:16	11:33	11:31	11:30	00:03
10.7	144.6	6.7	89.9	R/about	2nd Exit	A143 Cangle Road	38	11:16	11:33	11:31	11:30	00:03
10.7	144.6	6.7	89.9		Keep Right	Central Island	38	11:16	11:33	11:31	11:30	00:03
10.8	144.5	6.7	89.9	R/about	2nd Exit	A143 Lords Croft Lane	38	11:17	11:33	11:32	11:30	00:03
11.0	144.3	6.8	89.7	R/about	2nd Exit	A143 Ehringshausen Way	38	11:17	11:34	11:32	11:30	00:03
11.1	144.2	6.9	89.7	T.Lights	Straight	A143 Ehringshausen Way	38	11:17	11:34	11:32	11:30	00:03
11.4	143.9	7.1	89.5	M R/about	2nd Exit	A143 Ehringshausen Way	38	11:18	11:34	11:33	11:31	00:03
12.0	143.3	7.5	89.1	M R/about	1st Exit	A143 Sturmer Road	38	11:18	11:35	11:33	11:32	00:03
12.3	143.0	7.6	88.9	M R/about	2nd Exit	A143 Sturmer Road	38	11:19	11:36	11:34	11:32	00:03
13.0	142.3	8.1	88.5	R/about	1st Exit	A1017 Rowley Hill	38	11:20	11:37	11:35	11:33	00:04
13.1	142.2	8.1	88.4	Sign		Braintree	38	11:20	11:37	11:35	11:33	00:04
13.3	142.0	8.3	88.3	Sign		Sturmer	38	11:21	11:38	11:36	11:33	00:04
15.6	139.7	9.7	86.9	Sign		New England	38	11:24	11:42	11:39	11:37	00:04
16.6	138.7	10.3	86.3		Keep Left	A1017	38	11:26	11:43	11:41	11:38	00:05
17.5	137.8	10.9	85.7	Junction	Left	A1092 Mill Road	38	11:27	11:45	11:42	11:39	00:05
17.6	137.7	10.9	85.6	Sign		Suffolk	38	11:27	11:45	11:42	11:40	00:05
17.7	137.6	11.0	85.6		Caution!	Narrow Bridge	38	11:27	11:45	11:42	11:40	00:05
17.8	137.5	11.1	85.5		Keep Right	A1092 Chapel Street	38	11:28	11:45	11:43	11:40	00:05
18.3	137.0	11.4	85.2	Sign		Stoke-by-Clare	38	11:28	11:46	11:43	11:41	00:05
20.3	135.0	12.6	83.9		Keep Left		38	11:32	11:50	11:47	11:43	00:06
21.0	134.3	13.1	83.5		Keep Right	A1092	38	11:33	11:51	11:48	11:44	00:06
22.1	133.2	13.7	82.8	Sign		Clare	38	11:34	11:53	11:49	11:46	00:06
23.6	131.7	14.7	81.9		Keep Left	A1092 Market Hill	38	11:37	11:55	11:52	11:48	00:07
23.6	131.7	14.7	81.9		Keep Right	A1092 Market Hill	38	11:37	11:55	11:52	11:48	00:07
26.4	128.9	16.4	80.2	Sign		Cavendish	38	11:41	12:00	11:56	11:52	00:08
27.6	127.7	17.2	79.4		Keep Right	A1092 High Street	38	11:43	12:02	11:58	11:54	00:08
29.2	126.1	18.2	78.4	Sign		Glensford	38	11:46	12:05	12:01	11:56	00:09
29.2	126.1	18.2	78.4	Drinks Start			38	11:46	12:05	12:01	11:56	00:09
30.2	125.1	18.8	77.8	Junction	Right	B1065 Skate's Hill	38	11:47	12:07	12:02	11:57	00:09
30.2	125.1	18.8	77.8	QoM 1	Start		38	11:47	12:07	12:02	11:57	00:09
31.7	123.6	19.7	76.9	QoM 1 Cat 3	Finish	Skate's Hill	38	11:50	12:10	12:05	12:00	00:10

Stage 6 Haverhill - Felixstowe Saturday 9 October



Start :	High Street - Haverhill
Neutralised section :	4.6km/2.9mi
Stage Distance :	155.3 km or 96.6 miles
Finish :	Sea Road - Felixstowe

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA
31.7	123.6	19.7	76.9			Green Zone	38	11:50	12:10	12:05	12:00	00:10
32.7	122.6	20.3	76.2	Junction	Right	Park Lane	38	11:51	12:11	12:06	12:01	00:10
33.7	121.6	21.0	75.6		Keep Left	Hobbs Lane	38	11:53	12:13	12:08	12:02	00:10
34.5	120.8	21.5	75.1	T.Junction	Left	A1092	38	11:54	12:14	12:09	12:04	00:10
36.5	118.8	22.7	73.9	Sign		Long Melford	38	11:57	12:18	12:12	12:06	00:11
37.2	118.1	23.1	73.4		Keep Right	B1064	38	11:58	12:19	12:13	12:07	00:11
37.3	118.0	23.2	73.4	T.Junction	Right	B1064 Hall Street	38	11:58	12:19	12:13	12:08	00:11
38.0	117.3	23.6	72.9	Sprint 1		Long Melford	38	12:00	12:21	12:15	12:09	00:12
39.9	115.4	24.8	71.8	X.Roads	Straight	Sudbury Road	38	12:03	12:24	12:18	12:11	00:12
40.8	114.5	25.4	71.2	R/about	3rd Exit	A131 Melford Road	38	12:04	12:25	12:19	12:12	00:12
40.9	114.4	25.4	71.1	Sign		Sudbury	38	12:04	12:26	12:19	12:13	00:12
42.6	112.7	26.5	70.1		Keep Left	A131 Girling Street	38	12:07	12:28	12:22	12:15	00:13
42.6	112.7	26.5	70.1	T.Junction	Left	A131 Girling Street	38	12:07	12:28	12:22	12:15	00:13
43.0	112.3	26.7	69.8	T.Lights	Left	B1115 East Street	38	12:07	12:29	12:22	12:16	00:13
43.1	112.2	26.8	69.8	X.Roads	Straight		38	12:08	12:29	12:23	12:16	00:13
44.2	111.1	27.5	69.1	R/about	2nd Exit	B1115 Waldingfield Road	38	12:09	12:31	12:24	12:17	00:13
44.4	110.9	27.6	69.0	R/about	2nd Exit	B1115 Waldingfield Road	38	12:10	12:32	12:25	12:18	00:14
46.3	109.0	28.8	67.8	Sign		Great Waldingfield	38	12:13	12:35	12:28	12:20	00:14
46.5	108.8	28.9	67.7	R/about	1st Exit	B1115	38	12:13	12:35	12:28	12:21	00:14
47.0	108.3	29.2	67.3	X.Roads	Straight	B1115 The Heath	38	12:14	12:36	12:29	12:21	00:14
48.5	106.8	30.2	66.4	Junction	Right	B1115	38	12:16	12:39	12:31	12:23	00:15
49.3	106.0	30.7	65.9	Sign		Little Waldingfield	38	12:17	12:40	12:32	12:25	00:15
51.0	104.3	31.7	64.9		Caution!	Sharp Left Bend	38	12:20	12:43	12:35	12:27	00:16
51.4	103.9	32.0	64.6		Keep Right	B1115	38	12:21	12:44	12:36	12:28	00:16
53.2	102.1	33.1	63.5		Keep Left	B1115	38	12:24	12:47	12:39	12:30	00:16
54.5	100.8	33.9	62.7		Caution!	Narrow Bridge	38	12:26	12:49	12:41	12:32	00:17
54.6	100.7	34.0	62.6	T.Junction	Right	A1141 Brent Eleigh Road	38	12:26	12:49	12:41	12:32	00:17
55.0	100.3	34.2	62.4	Sign		Monks Eleigh	38	12:26	12:50	12:41	12:33	00:17
55.9	99.4	34.8	61.8	Junction	Right	B1115	38	12:28	12:52	12:43	12:34	00:17
56.5	98.8	35.1	61.4	Sign		Chelsworth	38	12:29	12:53	12:44	12:35	00:17
58.5	96.8	36.4	60.2	Sign		Bildeston	38	12:32	12:56	12:47	12:38	00:18
58.8	96.5	36.6	60.0	T.Junction	Left	B1115 High Street	38	12:32	12:57	12:47	12:38	00:18
58.9	96.4	36.6	59.9	Junction	Right	B1078 Ipswich Road	38	12:33	12:57	12:48	12:38	00:18
61.6	93.7	38.3	58.3	Sign		Nedging with Norton	38	12:37	13:01	12:52	12:42	00:19
62.0	93.3	38.6	58.0	Junction	Left	Crowcroft Road dir Crash Gate 2	38	12:37	13:02	12:52	12:43	00:19
62.4	92.9	38.8	57.8	Junction	Right	dir Crash Gate 2	38	12:38	13:03	12:53	12:43	00:19
62.5	92.8	38.9	57.7			Wattisham Airfield - Crash Gate 2	38	12:38	13:03	12:53	12:43	00:19
62.5	92.8	38.9	57.7	Junction	Left		38	12:38	13:03	12:53	12:43	00:19
62.8	92.5	39.1	57.5		Keep Right		38	12:39	13:04	12:54	12:44	00:19
63.3	92.0	39.4	57.2		Keep Right	Runway!	38	12:39	13:04	12:54	12:44	00:19
65.6	89.7	40.8	55.8	Junction	Right	Exit Runway	38	12:43	13:08	12:58	12:48	00:20
67.2	88.1	41.8	54.8	Junction	Left		38	12:46	13:11	13:01	12:50	00:21
67.3	88.0	41.9	54.7	T.Junction	Left		38	12:46	13:11	13:01	12:50	00:21

Stage 6 Haverhill - Felixstowe Saturday 9 October



Start :	High Street - Haverhill
Neutralised section :	4.6km/2.9mi
Stage Distance :	155.3 km or 96.6 miles
Finish :	Sea Road - Felixstowe

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA Range
67.4	87.9	41.9	54.7	X.Roads	Straight		38	12:46	13:12	13:01	12:50	00:21
67.5	87.8	42.0	54.6	X.Roads	Straight		38	12:46	13:12	13:01	12:50	00:21
67.6	87.7	42.0	54.5	X.Roads	Straight		38	12:46	13:12	13:01	12:51	00:21
67.7	87.6	42.1	54.5	X.Roads	Straight		38	12:46	13:12	13:01	12:51	00:21
67.7	87.6	42.1	54.5	X.Roads	Straight		38	12:46	13:12	13:01	12:51	00:21
67.8	87.5	42.2	54.4		Keep Right	The Street	38	12:47	13:12	13:02	12:51	00:21
68.0	87.3	42.3	54.3	M R/about	1st Exit		38	12:47	13:13	13:02	12:51	00:21
68.0	87.3	42.3	54.3			Exit Airfield	38	12:47	13:13	13:02	12:51	00:21
69.1	86.2	43.0	53.6	Sign		Ringshall	38	12:49	13:15	13:04	12:53	00:21
69.9	85.4	43.5	53.1	Junction	Left	Stowmarket Road	38	12:50	13:16	13:05	12:54	00:22
70.4	84.9	43.8	52.8		Keep Right	Stowmarket Road	38	12:51	13:17	13:06	12:55	00:22
71.2	84.1	44.3	52.3		Keep Right	Stowmarket Road	38	12:52	13:18	13:07	12:56	00:22
73.0	82.3	45.4	51.2		Caution!	Sharp Left Bend	38	12:55	13:21	13:10	12:58	00:23
73.6	81.7	45.8	50.8	Junction	Left		38	12:56	13:22	13:11	12:59	00:23
73.6	81.7	45.8	50.8	T.Junction	Right	Straight Road	38	12:56	13:22	13:11	12:59	00:23
74.6	80.7	46.4	50.2	Junction	Left	Mill Road	38	12:57	13:24	13:12	13:01	00:23
75.5	79.8	46.9	49.6	T.Junction	Right		38	12:59	13:26	13:14	13:02	00:23
75.7	79.6	47.1	49.5		Caution!	Sharp Left Bend	38	12:59	13:26	13:14	13:02	00:23
77.5	77.8	48.2	48.4	T.Junction	Right	B1115 Finborough Road	38	13:02	13:29	13:17	13:05	00:24
80.1	75.2	49.8	46.8	Sign		Great Finborough	38	13:06	13:34	13:21	13:08	00:25
82.0	73.3	51.0	45.6		Keep Right	B1115	38	13:09	13:37	13:24	13:11	00:25
83.3	72.0	51.8	44.8		Caution!	Narrow Bridge	38	13:11	13:39	13:26	13:13	00:26
84.0	71.3	52.2	44.3		Caution!	Narrow Bridge	38	13:12	13:40	13:27	13:14	00:26
84.1	71.2	52.3	44.3		Keep Right		38	13:12	13:41	13:27	13:14	00:26
85.0	70.3	52.9	43.7	Sign		Stowmarket	38	13:14	13:42	13:29	13:15	00:26
85.6	69.7	53.2	43.3		Keep Left	B1115	38	13:15	13:43	13:30	13:16	00:27
85.7	69.6	53.3	43.3		Keep Right	B1115 Finborough Road	38	13:15	13:43	13:30	13:16	00:27
86.2	69.1	53.6	43.0		Keep Right	B1115 Finborough Road	38	13:16	13:44	13:31	13:17	00:27
86.4	68.9	53.7	42.8	T.Lights	Straight	B1115 Station Road West	38	13:16	13:45	13:31	13:17	00:27
86.5	68.8	53.8	42.8	T.Lights	Right	A1038 Gipping Way	38	13:16	13:45	13:31	13:17	00:27
86.7	68.6	53.9	42.7	T.Lights	Straight	A1038 Gipping Way	38	13:16	13:45	13:31	13:18	00:27
86.8	68.5	54.0	42.6	T.Lights	Straight	A1038 Gipping Way	38	13:17	13:45	13:32	13:18	00:27
87.7	67.6	54.5	42.0	R/about	2nd Exit	A1038	38	13:18	13:47	13:33	13:19	00:27
88.3	67.0	54.9	41.7	R/about	2nd Exit	B1113 Needham Road	38	13:19	13:48	13:34	13:20	00:27
88.4	66.9	55.0	41.6	T.Lights	Straight	B1113 Needham Road	38	13:19	13:48	13:34	13:20	00:27
88.8	66.5	55.2	41.4	Sign		Badley	38	13:20	13:49	13:35	13:21	00:28
91.1	64.2	56.7	39.9	Sign		Needham Market	38	13:23	13:53	13:38	13:24	00:28
91.2	64.1	56.7	39.9	Sprint 2		Needham Market	38	13:24	13:53	13:39	13:24	00:28
91.2	64.1	56.7	39.9			Green Zone	38	13:24	13:53	13:39	13:24	00:28
93.3	62.0	58.0	38.6	T.Lights	Straight	B1113 Lower Street	38	13:27	13:57	13:42	13:27	00:29
96.5	58.8	60.0	36.6	Sign		Great Blakenham	38	13:32	14:02	13:47	13:32	00:30
97.6	57.7	60.7	35.9		Keep Left		38	13:34	14:04	13:49	13:33	00:30
98.2	57.1	61.1	35.5		Caution!	Level Crossing	38	13:35	14:05	13:50	13:34	00:31

Stage 6 Haverhill - Felixstowe Saturday 9 October



Start :	High Street - Haverhill
Neutralised section :	4.6km/2.9mi
Stage Distance :	155.3 km or 96.6 miles
Finish :	Sea Road - Felixstowe

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA Page
98.5	56.8	61.3	35.3	Sign		Claydon	38	13:35	14:06	13:50	13:34	00:31
99.1	56.2	61.6	34.9		Keep Left		38	13:36	14:07	13:51	13:35	00:31
99.1	56.2	61.6	34.9	T.Junction	Left	Norwich Road	38	13:36	14:07	13:51	13:35	00:31
100.6	54.7	62.6	34.0	Junction	Right	Sandy Lane	38	13:38	14:09	13:53	13:37	00:31
102.2	53.1	63.6	33.0	Sign		Hemmingstone	38	13:41	14:12	13:56	13:40	00:32
103.6	51.7	64.4	32.1		Keep Right	Sandy Lane	38	13:43	14:14	13:58	13:42	00:32
103.6	51.7	64.4	32.1	T.Junction	Right	B1078 Church Road	38	13:43	14:14	13:58	13:42	00:32
103.7	51.6	64.5	32.1		Caution!	Narrow Bridge	38	13:43	14:15	13:58	13:42	00:32
104.1	51.2	64.7	31.8		Keep Right	B1078 High Street	38	13:44	14:15	13:59	13:42	00:32
105.2	50.1	65.4	31.2	Sign		Hemmingstone	38	13:46	14:17	14:01	13:44	00:33
108.5	46.8	67.5	29.1		Caution!	Sharp Left Bend	38	13:51	14:23	14:06	13:49	00:34
109.3	46.0	68.0	28.6	X.Roads	Straight	B1078	38	13:52	14:24	14:07	13:50	00:34
110.2	45.1	68.5	28.0	X.Roads	Straight	B1078 Swiland Road	38	13:54	14:26	14:09	13:51	00:34
111.8	43.5	69.5	27.1	T.Junction	Right	B1078	38	13:56	14:29	14:11	13:53	00:35
113.0	42.3	70.3	26.3	Junction	Left	B1078	38	13:58	14:31	14:13	13:55	00:35
113.0	42.3	70.3	26.3	QoM 2	Start		38	13:58	14:31	14:13	13:55	00:35
114.2	41.1	71.0	25.6	Sign		Clopton	38	14:00	14:33	14:15	13:57	00:36
114.9	40.4	71.5	25.1	QoM 2 Cat 3	Finish	Clopton Hill	38	14:01	14:34	14:16	13:58	00:36
114.9	40.4	71.5	25.1			Green Zone	38	14:01	14:34	14:16	13:58	00:36
115.8	39.5	72.0	24.6	Sign		Debach	38	14:02	14:36	14:17	13:59	00:36
116.7	38.6	72.6	24.0	Sign		Charsfield	38	14:04	14:37	14:19	14:00	00:36
117.6	37.7	73.1	23.4	Junction	Left		38	14:05	14:39	14:20	14:02	00:37
117.9	37.4	73.3	23.3		Keep Right		38	14:06	14:39	14:21	14:02	00:37
118.2	37.1	73.5	23.1	Junction	Right	The Street	38	14:06	14:40	14:21	14:02	00:37
119.1	36.2	74.1	22.5	T.Junction	Left	B1078 Park Lane	38	14:08	14:41	14:23	14:04	00:37
119.2	36.1	74.1	22.4		Keep Left		38	14:08	14:42	14:23	14:04	00:37
123.2	32.1	76.6	20.0	Sign		Wickham Market	38	14:14	14:48	14:29	14:10	00:38
123.4	31.9	76.7	19.8	T.Junction	Right	B1438 Snowden Hill	38	14:14	14:49	14:29	14:10	00:38
126.2	29.1	78.5	18.1		Keep Left	B1438	38	14:19	14:54	14:34	14:14	00:39
126.4	28.9	78.6	18.0	Sign		Ufford	38	14:19	14:54	14:34	14:14	00:39
127.6	27.7	79.3	17.2	Junction	Left	B1438	38	14:21	14:56	14:36	14:16	00:40
127.6	27.7	79.3	17.2	X.Roads	Straight	A1038 Gipping Way	38	14:21	14:56	14:36	14:16	00:40
128.5	26.8	79.9	16.7	Sign		Melton	38	14:22	14:58	14:37	14:17	00:40
129.6	25.7	80.6	16.0		Keep Right		38	14:24	15:00	14:39	14:19	00:40
129.9	25.4	80.8	15.8	T.Lights	Straight	B1438 Melton Road	38	14:25	15:00	14:40	14:19	00:41
131.0	24.3	81.5	15.1	Sign		Woodbridge	38	14:26	15:02	14:41	14:21	00:41
131.2	24.1	81.6	15.0	T.Lights	Left	B1438 Lime Kiln Quay Road	38	14:27	15:02	14:42	14:21	00:41
131.7	23.6	81.9	14.7	T.Lights	Straight	B1438 Quayside	38	14:27	15:03	14:42	14:22	00:41
132.0	23.3	82.1	14.5	Junction	Right	Quay Street	38	14:28	15:04	14:43	14:22	00:41
132.2	23.1	82.2	14.4	X.Roads	Straight	Church Street	38	14:28	15:04	14:43	14:22	00:41
132.4	22.9	82.3	14.2		Keep Left	Seckford Street	38	14:29	15:04	14:44	14:23	00:41
133.0	22.3	82.7	13.9		Keep Left	Drybridge Hill	38	14:30	15:06	14:45	14:24	00:42
133.6	21.7	83.1	13.5	X.Roads	Straight	Old Barrack Road	38	14:30	15:07	14:45	14:24	00:42

Stage 6 Haverhill - Felixstowe Saturday 9 October



Start :	High Street - Haverhill
Neutralised section :	4.6km/2.9mi
Stage Distance :	155.3 km or 96.6 miles
Finish :	Sea Road - Felixstowe

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA Range
134.1	21.2	83.4	13.2	X.Roads	Left	B1438 Ipswich Road	38	14:31	15:07	14:46	14:25	00:42
134.5	20.8	83.6	12.9	Junction	Right	Sandy Lane	38	14:32	15:08	14:47	14:26	00:42
134.8	20.5	83.8	12.7	X.Roads	Straight	A1038 Gipping Way	38	14:32	15:09	14:47	14:26	00:42
135.3	20.0	84.1	12.4			20km to Finish - Green Zone	38	14:33	15:10	14:48	14:27	00:42
136.0	19.3	84.6	12.0	T.Junction	Left	The Street	38	14:34	15:11	14:49	14:28	00:42
136.3	19.0	84.8	11.8	Junction	Left	School Lane	38	14:35	15:11	14:50	14:28	00:43
136.8	18.5	85.1	11.5		Keep Right	Waldringfield Road	38	14:36	15:12	14:51	14:29	00:43
138.9	16.4	86.4	10.2	Sign		Waldringfield Heath	38	14:39	15:16	14:54	14:32	00:43
139.6	15.7	86.8	9.8	X.Roads	Straight		38	14:40	15:17	14:55	14:33	00:44
140.3	15.0	87.2	9.3			15km to Finish	38	14:41	15:18	14:56	14:34	00:44
140.6	14.7	87.4	9.1	Sign		Newbourne	38	14:42	15:19	14:57	14:34	00:44
141.3	14.0	87.9	8.7	T.Junction	Right	The Street	38	14:43	15:20	14:58	14:35	00:44
141.5	13.8	88.0	8.6		Keep Left		38	14:43	15:20	14:58	14:36	00:44
142.4	12.9	88.6	8.0		Keep Left	A1038 Gipping Way	38	14:44	15:22	14:59	14:37	00:44
142.9	12.4	88.9	7.7		Caution!	Severe Hump!	38	14:45	15:23	15:00	14:38	00:45
144.0	11.3	89.5	7.0		Keep Left		38	14:47	15:25	15:02	14:39	00:45
145.3	10.0	90.4	6.2	Sign		Kirton	38	14:49	15:27	15:04	14:41	00:45
145.3	10.0	90.4	6.2			10km to Finish	38	14:49	15:27	15:04	14:41	00:45
146.8	8.5	91.3	5.3	X.Roads	Straight		38	14:51	15:29	15:06	14:43	00:46
146.9	8.4	91.3	5.2	Sign		Trimley St Martin	38	14:51	15:30	15:06	14:43	00:46
148.4	6.9	92.3	4.3	R/about	2nd Exit	Howlett Way	38	14:54	15:32	15:09	14:45	00:46
149.1	6.2	92.7	3.9	Sign		Trimley St Martin	38	14:55	15:33	15:10	14:46	00:47
149.1	6.2	92.7	3.9	R/about	1st Exit	High Road	38	14:55	15:33	15:10	14:46	00:47
149.4	5.9	92.9	3.7	Sign		Trimley St Mary	38	14:55	15:34	15:10	14:47	00:47
150.0	5.3	93.3	3.3	M R/about	2nd Exit	High Road	38	14:56	15:35	15:11	14:48	00:47
150.3	5.0	93.5	3.1			5km to Finish - Green Zone	38	14:57	15:36	15:12	14:48	00:47
150.6	4.7	93.7	2.9	M R/about	2nd Exit	High Road	38	14:57	15:36	15:12	14:49	00:47
152.5	2.8	94.8	1.7	T.Lights	Right	A154 Garrison Lane	38	15:00	15:39	15:15	14:51	00:48
153.1	2.2	95.2	1.4	T.Lights	Straight	A154 Garrison Lane	38	15:01	15:40	15:16	14:52	00:48
153.4	1.9	95.4	1.2	R/about	2nd Exit	A154 Langar Road	38	15:02	15:41	15:17	14:52	00:48
154.1	1.2	95.8	0.7	T.Lights	Straight	A154 Langar Road	38	15:03	15:42	15:18	14:53	00:48
154.2	1.1	95.9	0.7	Junction	Left	Orford Road	38	15:03	15:42	15:18	14:54	00:48
154.3	1.0	96.0	0.6	X.Roads	Straight	Orford Road	38	15:03	15:43	15:18	14:54	00:48
154.4	0.9	96.0	0.6	T.Junction	Left	Sea Road	38	15:03	15:43	15:18	14:54	00:48
155.3	0.0	96.6	0.0	Finish		Sea Road - Felixstowe	38	15:05	15:44	15:20	14:55	00:49