

Stage 6 Southend on sea - Harlow Fri 8 Sep



Start :	Western Eplanade - Southend on Sea
Neutralised section :	9.8 km or 6 miles
Stage Distance :	146.2 km or 90.9 miles
Finish :	A1025 Third Avenue - Harlow

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	38kmph 110%	42kmph 100%	46kmph 90%	Time Range
9.80	9.80	6.00	6.00	Start Neutralised		Western Eplanade - Southend on Sea	42	11:30	11:45	11:45	11:45	
0.00	146.2	0.00	90.9	Start Proper		Barrow Hall Road	42	11:45	12:00	12:00	12:00	00:00
1.5	144.7	0.9	90.0	Sign		Stonebridge	42	11:47	12:02	12:02	12:01	00:00
1.9	144.3	1.2	89.7		Keep Left		42	11:47	12:02	12:02	12:02	00:00
2.0	144.2	1.2	89.7	Junction	Right	Shopland Road	42	11:47	12:03	12:02	12:02	00:00
2.0	144.2	1.2	89.7	Sign		Sutton with Shopland	42	11:47	12:03	12:02	12:02	00:00
4.2	142.0	2.6	88.3		Keep Left	Shopland Road	42	11:51	12:06	12:06	12:05	00:01
5.3	140.9	3.3	87.6	T.Junction	Right	Sutton Road	42	11:52	12:08	12:07	12:06	00:01
5.7	140.5	3.5	87.4	M R/about	1st Exit	Sutton Road	42	11:53	12:08	12:08	12:07	00:01
6.4	139.8	4.0	86.9	M R/about	2nd Exit	Southend Road	42	11:54	12:10	12:09	12:08	00:01
6.9	139.3	4.3	86.6	R/about	1st Exit	South Street	42	11:54	12:10	12:09	12:08	00:01
7.2	139.0	4.5	86.4		Keep Left	North Street	42	11:55	12:11	12:10	12:09	00:02
7.3	138.9	4.5	86.4		Caution!	Buildout - Nearside	42	11:55	12:11	12:10	12:09	00:02
7.4	138.8	4.6	86.3		Keep Right		42	11:55	12:11	12:10	12:09	00:02
7.4	138.8	4.6	86.3	T.Junction	Right	Weir Pond Road	42	11:55	12:11	12:10	12:09	00:02
7.6	138.6	4.7	86.2		Keep Left	East Street	42	11:55	12:11	12:10	12:09	00:02
8.0	138.2	5.0	85.9		Keep Right	Stambridge Road	42	11:56	12:12	12:11	12:10	00:02
8.5	137.7	5.3	85.6	Sign		Stambridge	42	11:57	12:13	12:12	12:10	00:02
9.4	136.8	5.8	85.1		Keep Left	Stambridge Road	42	11:58	12:14	12:13	12:12	00:02
10.5	135.7	6.5	84.4	Sign		Great Stambridge	42	12:00	12:16	12:15	12:13	00:03
11.6	134.6	7.2	83.7	T.Junction	Right	Gore Road	42	12:01	12:18	12:16	12:14	00:03
12.0	134.2	7.5	83.5		Keep Left	Creeksea Ferry Road	42	12:02	12:18	12:17	12:15	00:03
13.6	132.6	8.5	82.5	T.Junction	Left	Lambourne Hall Road	42	12:04	12:21	12:19	12:17	00:03
14.7	131.5	9.1	81.8	Sign		Canewdon	42	12:06	12:23	12:21	12:18	00:04
15.0	131.2	9.3	81.6		Keep Left	Anchor Lane	42	12:06	12:23	12:21	12:19	00:04
15.1	131.1	9.4	81.5		Caution!	Buildout - Offside	42	12:06	12:23	12:21	12:19	00:04
15.2	131.0	9.5	81.5		Keep Right	Anchor Lane	42	12:06	12:23	12:21	12:19	00:04
19.5	126.7	12.1	78.8	T.Junction	Right	Ashingdon Road	42	12:12	12:30	12:27	12:25	00:05
20.0	126.2	12.4	78.5	Junction	Right	Lower Road	42	12:13	12:31	12:28	12:25	00:05
21.5	124.7	13.4	77.5		Keep Left	Lower Road	42	12:15	12:33	12:30	12:27	00:06
24.2	122.0	15.0	75.9	Sign		Hullbridge	42	12:19	12:38	12:34	12:31	00:06
25.3	120.9	15.7	75.2	M R/about	1st Exit	Lower Road	42	12:21	12:39	12:36	12:32	00:07
25.6	120.6	15.9	75.0	R/about	1st Exit	Lower Road	42	12:21	12:40	12:36	12:32	00:07
25.7	120.5	16.0	74.9	Junction	Right	Waterly Lane	42	12:21	12:40	12:36	12:33	00:07
25.9	120.3	16.1	74.8	Sign		Rawreth	42	12:22	12:40	12:37	12:33	00:07
26.7	119.5	16.6	82.1		Keep Left	Beeches Road	42	12:23	12:41	12:38	12:34	00:07
28.5	117.7	17.7	73.2	T.Junction	Right	Hawk Hill	42	12:25	12:44	12:40	12:36	00:08
28.6	117.6	17.8	73.1		Caution!	Narrow Bridge	42	12:25	12:44	12:40	12:36	00:08
29.1	117.1	18.1	72.8		Keep Right	Hawk Hill	42	12:26	12:45	12:41	12:37	00:08
29.5	116.7	18.3	72.6	Drinks	Start		42	12:27	12:46	12:42	12:37	00:08
29.6	116.6	18.4	72.5	R/about	3rd Exit	A132 Burnham Road	42	12:27	12:46	12:42	12:38	00:08
33.1	113.1	20.6	70.3	Sign		South Woodham	42	12:32	12:52	12:47	12:42	00:09
33.2	113.0	20.6	70.3		Keep Right	Central Island	42	12:32	12:52	12:47	12:42	00:09
33.4	112.8	20.8	70.1	R/about	2nd Exit	B1012 Burnham Road	42	12:32	12:52	12:47	12:42	00:09
34.0	112.2	21.1	69.8	R/about	2nd Exit	B1012 Burnham Road	42	12:33	12:53	12:48	12:43	00:09
34.3	111.9	21.3	69.6	R/about	2nd Exit	B1012 Burnham Road	42	12:34	12:53	12:49	12:44	00:09
35.6	110.6	22.1	68.8	R/about	1st Exit	B1012 Woodham Road	42	12:35	12:55	12:50	12:45	00:10
35.9	110.3	22.3	68.6	Sign		Maldon	42	12:36	12:56	12:51	12:46	00:10
40.1	106.1	24.9	66.0		Keep Left	B1012 Lower Burnham Road	42	12:42	13:03	12:57	12:51	00:11

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kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	38kmph 110%	42kmph 100%	46kmph 90%	Time Range
40.3	105.9	25.1	65.9		Keep Right	B1010 Lower Burnham Road	42	12:42	13:03	12:57	12:51	00:11
46.3	99.9	28.8	62.1		Keep Right	B1010 Burnham Road	42	12:51	13:12	13:06	12:59	00:13
46.7	99.5	29.0	61.9		Keep Left	B1010	42	12:51	13:13	13:06	13:00	00:13
47.1	99.1	29.3	61.6		Keep Left	B1010	42	12:52	13:14	13:07	13:00	00:13
48.1	98.1	29.9	61.0		Keep Right	B1010 Maldon Road	42	12:53	13:15	13:08	13:01	00:13
49.1	97.1	30.5	60.4		Keep Right	B1010	42	12:55	13:17	13:10	13:03	00:14
50.4	95.8	31.3	59.6	Sprint 1		Burnham-on-Crouch	42	12:57	13:19	13:12	13:04	00:14
50.7	95.5	31.5	59.4	Junction	Left		42	12:57	13:19	13:12	13:05	00:14
50.7	95.5	31.5	59.4	T.Junction	Left	B1021 Church Road	42	12:57	13:19	13:12	13:05	00:14
50.9	95.3	31.7	59.3		Keep Left	B1021 Southminster Road	42	12:57	13:19	13:12	13:05	00:14
52.7	93.5	32.8	58.1		Keep Right	B1021 Burnham Road	42	13:00	13:22	13:15	13:07	00:15
53.8	92.4	33.5	57.5	Sign		Southminster	42	13:01	13:24	13:16	13:09	00:15
53.8	92.4	33.5	57.5	R/about	2nd Exit	B1021 Burnham Road	42	13:01	13:24	13:16	13:09	00:15
53.9	92.3	33.5	57.4		Keep Right	B1021 Burnham Road	42	13:02	13:24	13:17	13:09	00:15
54.4	91.8	33.8	57.1	T.Junction	Right	B1018 High Street	42	13:02	13:25	13:17	13:09	00:15
54.5	91.7	33.9	57.0	Junction	Left	B1021 North Street	42	13:02	13:25	13:17	13:10	00:15
54.8	91.4	34.1	56.8	T.Junction	Right	B1021 North End	42	13:03	13:26	13:18	13:10	00:15
57.1	89.1	35.5	55.4	Sign		Asheldham	42	13:06	13:29	13:21	13:13	00:16
57.1	89.1	35.5	55.4		Keep Right	B1021 Tillingham Road	42	13:06	13:29	13:21	13:13	00:16
57.2	89.0	35.6	55.3		Keep Left	B1021 Tillingham Road	42	13:06	13:29	13:21	13:13	00:16
58.7	87.5	36.5	54.4		Keep Right	B1021	42	13:08	13:32	13:23	13:15	00:16
60.5	85.7	37.6	53.3	Sign		Tillingham	42	13:11	13:35	13:26	13:17	00:17
60.7	85.5	37.7	53.2		Keep Left	B1021 South Street	42	13:11	13:35	13:26	13:18	00:17
62.1	84.1	38.6	52.3		Keep Right	B1021 Bradwell Road	42	13:13	13:37	13:28	13:19	00:17
63.0	83.2	39.2	51.7	Sign		Bradwell on Sea	42	13:15	13:39	13:30	13:21	00:18
63.8	82.4	39.7	51.2	T.Junction	Left	Maldon Road	42	13:16	13:40	13:31	13:22	00:18
66.0	80.2	41.0	49.9	Sign		Saint Lawrence	42	13:19	13:43	13:34	13:24	00:18
67.6	78.6	42.0	48.9		Keep Right	Steeple Road	42	13:21	13:46	13:36	13:26	00:19
69.9	76.3	43.5	47.4	Sign		Steeple	42	13:24	13:49	13:39	13:29	00:19
70.8	75.4	44.0	46.9		Keep Left	Maldon Road	42	13:26	13:51	13:41	13:31	00:20
72.9	73.3	45.3	45.6	Sign		Mayland	42	13:29	13:54	13:44	13:33	00:20
76.6	69.6	47.6	43.3	Sign		Latchingdon	42	13:34	14:00	13:49	13:38	00:21
76.8	69.4	47.8	43.2	M R/about	2nd Exit	B1018 The Street	42	13:34	14:00	13:49	13:38	00:21
79.4	66.8	49.4	41.5	M R/about	3rd Exit	B1010 Farnbridge Road	42	13:38	14:04	13:53	13:42	00:22
80.0	66.2	49.7	41.2	Sign		Purleigh	42	13:39	14:05	13:54	13:42	00:22
81.8	64.4	50.9	40.0	X.Roads	Left	B1010 Baron's Lane	42	13:41	14:08	13:56	13:45	00:23
81.9	64.3	50.9	40.0	T.Junction	Left	B1010 Baron's Lane	42	13:42	14:08	13:57	13:45	00:23
83.8	62.4	52.1	38.8		Keep Right	B1010 Chelmsford Road	42	13:44	14:11	13:59	13:47	00:23
85.5	60.7	53.2	37.7	Sign		Hazeleigh	42	13:47	14:14	14:02	13:49	00:24
86.0	60.2	53.5	37.4	Junction	Left	Goat House Lane	42	13:47	14:15	14:02	13:50	00:24
87.1	59.1	54.2	36.8	X.Roads	Straight	Slough Lane/Marlpipts Lane	42	13:49	14:16	14:04	13:51	00:24
87.6	58.6	54.5	36.4		Caution!	Hump in Road	42	13:50	14:17	14:05	13:52	00:25
88.7	57.5	55.2	35.8	T.Junction	Left	B1418 White Elm	42	13:51	14:19	14:06	13:54	00:25
89.0	57.2	55.3	35.6	Sign		Bicknacre	42	13:52	14:19	14:07	13:54	00:25
89.6	56.6	55.7	35.2	M R/about	1st Exit	B1418 Main Road	42	13:53	14:20	14:08	13:55	00:25
89.7	56.5	55.8	35.1	M R/about	2nd Exit	Priory Road	42	13:53	14:20	14:08	13:55	00:25
91.9	54.3	57.1	33.8		Caution!	Buildout - Nearsides	42	13:56	14:24	14:11	13:58	00:26
92.1	54.1	57.3	33.6	M R/about	1st Exit	The Tye	42	13:56	14:24	14:11	13:58	00:26
92.3	53.9	57.4	33.5		Caution!	Buildouts - Both Sides	42	13:56	14:25	14:11	13:58	00:26

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Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	38kmph 110%	42kmph 100%	46kmph 90%	Time Range
92.5	53.7	57.5	33.4		Keep Right	Old Church Road	42	13:57	14:25	14:12	13:58	00:26
92.7	53.5	57.6	33.3		Keep Left	Old Church Road	42	13:57	14:25	14:12	13:59	00:26
93.4	52.8	58.1	32.8		Keep Right	Pan Lane	42	13:58	14:26	14:13	14:00	00:26
94.9	51.3	59.0	31.9	T.Junction	Right	Southend Road	42	14:00	14:29	14:15	14:02	00:27
95.0	51.2	59.1	31.8	Junction	Left	Church Road	42	14:00	14:29	14:15	14:02	00:27
96.3	49.9	59.9	31.0	Sign		West Hanningfield	42	14:02	14:31	14:17	14:03	00:27
98.3	47.9	61.1	29.8	KoM 1 Cat 3	Start		42	14:05	14:34	14:20	14:06	00:28
100.2	46.0	62.3	28.6	KoM 1 Cat 3	Finish	Ship Road	42	14:08	14:37	14:23	14:08	00:28
100.2	46.0	62.3	28.6	T.Junction	Left	B1007 Stock Road	42	14:08	14:37	14:23	14:08	00:28
101.8	44.4	63.3	27.6	Sign		Stock	42	14:10	14:39	14:25	14:10	00:29
102.4	43.8	63.7	27.2	X.Roads	Straight	B1007 Stock Road	42	14:11	14:40	14:26	14:11	00:29
103.5	42.7	64.4	26.6	Junction	Right	Ingatestone Road	42	14:12	14:42	14:27	14:13	00:29
103.9	42.3	64.6	26.3		Keep Left	Ingatestone Road	42	14:13	14:43	14:28	14:13	00:29
105.9	40.3	65.9	25.1		Keep Right	Ingatestone Road	42	14:16	14:46	14:31	14:16	00:30
106.5	39.7	66.2	24.7		Caution!	Narrow Hump Bridge	42	14:17	14:47	14:32	14:16	00:30
108.0	38.2	67.2	23.8	X.Roads	Straight	Fryerning Lane/B1002	42	14:19	14:49	14:34	14:18	00:30
108.3	37.9	67.3	23.6		Keep Right	Fryerning Lane	42	14:19	14:50	14:34	14:19	00:30
108.6	37.6	67.5	23.4	Sign		Fryerning	42	14:20	14:50	14:35	14:19	00:31
109.2	37.0	67.9	23.0	Junction	Left	Fryerning Lane	42	14:21	14:51	14:36	14:20	00:31
109.3	36.9	68.0	22.9	T.Junction	Left	Blackmore Road	42	14:21	14:51	14:36	14:20	00:31
111.2	35.0	69.1	21.8		Keep Left	Blackmore Road	42	14:23	14:54	14:38	14:22	00:31
111.8	34.4	69.5	21.4	T.Junction	Right	Blackmore Road	42	14:24	14:55	14:39	14:23	00:31
113.4	32.8	70.5	20.4		Keep Right	Ingatestone Road	42	14:27	14:58	14:42	14:25	00:32
114.4	31.8	71.1	19.8	Junction	Left	The Green	42	14:28	14:59	14:43	14:27	00:32
114.7	31.5	71.3	19.6	R/about	2nd Exit	Nine Ashes Road	42	14:28	15:00	14:43	14:27	00:32
116.0	30.2	72.1	18.8	Junction	Left	Nine Ashes Road	42	14:30	15:02	14:45	14:29	00:33
116.1	30.1	72.2	18.7	T.Junction	Left	Nine Ashes Road	42	14:30	15:02	14:45	14:29	00:33
118.0	28.2	73.4	17.5	Sign		Stondon Massey	42	14:33	15:05	14:48	14:31	00:33
118.7	27.5	73.8	17.1	Junction	Right	Ongar Road	42	14:34	15:06	14:49	14:32	00:33
118.7	27.5	73.8	17.1	T.Junction	Right	Ongar Road	42	14:34	15:06	14:49	14:32	00:33
119.4	26.8	74.2	16.7		Keep Right	Ongar Road	42	14:35	15:07	14:50	14:33	00:34
121.9	24.0	75.8	14.0		Keep Left	Stondon Road	42	14:39	15:11	14:54	14:36	00:34
122.7	23.5	76.3	14.6	T.Junction	Right	A128 Brentwood Road	42	14:40	15:12	14:55	14:37	00:35
123.0	23.2	76.5	14.4	M R/about	3rd Exit	A113 Coopers Hill	42	14:40	15:13	14:55	14:38	00:35
123.2	23.0	76.6	14.3	Sign		Chipping Ongar	42	14:41	15:13	14:56	14:38	00:35
123.4	22.8	76.7	14.2	Junction	Left	The Borough	42	14:41	15:13	14:56	14:38	00:35
123.6	22.6	76.9	14.1		Keep Left	The Borough	42	14:41	15:14	14:56	14:38	00:35
125.4	20.8	78.0	12.9		Keep Right	Greensted Road	42	14:44	15:17	14:59	14:41	00:35
126.2	20.0	78.5	12.4	Drinks	Finish	20km to Race Finish - Green Zone for 200m	42	14:45	15:18	15:00	14:42	00:36
127.0	19.2	79.0	11.9		Caution!	Hump Back Bridge	42	14:46	15:19	15:01	14:43	00:36
127.5	18.7	79.3	11.6		Caution!	Narrow Bridge	42	14:47	15:20	15:02	14:43	00:36
128.4	17.8	79.8	11.1	X.Roads	Left	Epping Road	42	14:48	15:21	15:03	14:45	00:36
129.9	16.3	80.8	10.1	Sign		North Weald Basset	42	14:50	15:24	15:05	14:47	00:37
130.1	16.1	80.9	10.0	R/about	1st Exit	B181 High Road	42	14:50	15:24	15:05	14:47	00:37
130.6	15.6	81.2	9.7	Sign		North Weald Basset	42	14:51	15:25	15:06	14:47	00:37
131.2	15.0	81.6	9.3	M R/about	2nd Exit	B181 High Road	42	14:52	15:26	15:07	14:48	00:37
131.5	14.7	81.8	9.1		Keep Left	B181 High Road	42	14:52	15:26	15:07	14:49	00:37
132.0	14.2	82.1	8.8	M R/about	1st Exit	B181 Epping Road	42	14:53	15:27	15:08	14:49	00:37
133.3	12.9	82.9	8.0	X.Roads	Right	Woodside	42	14:55	15:29	15:10	14:51	00:38

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								15mins	110%	100%	90%	
133.4	12.8	83.0	8.0	Sign		Thornwood Common	42	14:55	15:29	15:10	14:51	00:38
134.7	11.5	83.8	7.2	T.Junction	Right	B1393 High Road	42	14:57	15:31	15:12	14:53	00:38
135.5	10.7	84.3	6.7	Junction	Left	Upland Road	42	14:58	15:32	15:13	14:54	00:38
136.2	10.0	84.7	6.2			10km to Race Finish	42	14:59	15:34	15:14	14:55	00:38
136.9	9.3	85.1	5.8		Caution!	Narrow Bridge	42	15:00	15:35	15:15	14:56	00:39
137.4	8.8	85.4	5.5		Caution!	Sharp Left Bend	42	15:01	15:35	15:16	14:56	00:39
137.6	8.6	85.6	5.3		Keep Left	Upland Road	42	15:01	15:36	15:16	14:56	00:39
139.0	7.2	86.4	4.5		Keep Right	B181 Epping Road	42	15:03	15:38	15:18	14:58	00:39
141.2	5.0	87.8	3.1			5km to Race Finish	42	15:06	15:41	15:21	15:01	00:40
141.5	4.7	88.0	2.9		Keep Left	B181 Epping Rpad	42	15:07	15:42	15:22	15:01	00:40
143.2	3.0	89.0	1.9			3km to Race Finish - Green Zone for 200m	42	15:09	15:45	15:24	15:04	00:40
143.1	3.1	89.0	1.9	R/about	3rd Exit	B1133 Water Lane	42	15:09	15:44	15:24	15:03	00:40
143.9	2.3	89.5	1.4	R/about	2nd Exit	B1133 Water Lane	42	15:10	15:46	15:25	15:05	00:41
144.3	1.9	89.7	1.2	R/about	1st Exit	A1169 Katherine's Road	42	15:11	15:46	15:26	15:05	00:41
145.3	0.9	90.4	0.6	R/about	3rd Exit	A1025 Third Avenue	42	15:12	15:48	15:27	15:06	00:41
145.8	0.4	90.7	0.2	T.Lights	Straight	A1025 Third Avenue	42	15:13	15:49	15:28	15:07	00:41
146.2	0.0	90.9	0.0	Finish		Harlow	42	15:13	15:49	15:28	15:07	00:41