

STAGE EIGHT: THE GREATER MANCHESTER STAGE - SATURDAY 14 SEPTEMBER



START	Market Street, Altrincham
NEUTRALISED SECTION	4.4km
STAGE DISTANCE	166 km or 103.2 miles
FINISH	Deansgate, Manchester

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	0.00	0.00	0.00	Start Neutralised		Market Street, Altrincham	42	11:00	11:00	11:00
0.00	166.0	0.00	103.2	Start Proper		Cow Lane	42	11:15	11:15	11:15
0.1	165.9	0.1	103.2	Sign		Ashley	42	11:15	11:15	11:15
0.3	165.7	0.2	103.0	X.Roads	Straight	Mobberley Road	42	11:15	11:15	11:15
0.9	165.1	0.6	102.7		Caution!	Hump Back Bridge	42	11:16	11:16	11:16
2.3	163.7	1.4	101.8	Sign		Mobberley	42	11:18	11:18	11:17
2.4	163.6	1.5	101.7		Keep Right	Pepper Street	42	11:18	11:18	11:18
3.0	163.0	1.9	101.4		Keep Left	Small Lane	42	11:19	11:19	11:18
3.6	162.4	2.2	101.0		Keep Right	Small Lane	42	11:20	11:20	11:19
4.1	161.9	2.5	100.7		Keep Left	Hobcroft Lane	42	11:21	11:20	11:20
5.5	160.5	3.4	99.8	Junction	Right	Davenport Lane	42	11:23	11:22	11:22
6.4	159.6	4.0	99.2		Caution!	Narrow Bridge	42	11:25	11:24	11:23
7.3	158.7	4.5	98.7	T.Junction	Left	Burleyhurst Lane	42	11:26	11:25	11:24
9.7	156.3	6.0	97.2		Keep Right	Mobberley Road	42	11:30	11:28	11:27
10.3	155.7	6.4	96.8	T.Junction	Right	A538 Altrincham Road	42	11:31	11:29	11:28
12.1	153.9	7.5	95.7	T.Lights	Straight	A538 Alderley Road	42	11:34	11:32	11:30
12.5	153.5	7.8	95.5	T.Lights	Right	Station Road	42	11:34	11:32	11:31
12.7	153.3	7.9	95.3		Caution!	Narrow Bridge	42	11:34	11:33	11:31
13.6	152.4	8.5	94.8	M R/about	1st Exit	A5102 Adlington Road	42	11:36	11:34	11:32
14.2	151.8	8.8	94.4		Keep Right	A5102 Adlington Road	42	11:37	11:35	11:33
15.4	150.6	9.6	93.7	R/about	2nd Exit	A5102 Adlington Road	42	11:39	11:37	11:34
15.7	150.3	9.8	93.5	R/about	1st Exit	A5102 Woodford Road	42	11:39	11:37	11:35
16.1	149.9	10.0	93.2	Sign		Stockport	42	11:40	11:38	11:35
18.4	147.6	11.4	91.8	R/about	1st Exit	Woodford Road	42	11:43	11:41	11:38
19.8	146.2	12.3	90.9	T.Lights	Straight	A555	42	11:46	11:43	11:40
19.9	146.1	12.4	90.9	T.Lights	Straight	A555	42	11:46	11:43	11:40
19.8	146.2	12.3	90.9	Sign		Bramhall	42	11:46	11:43	11:40
20.0	146.0	12.4	90.8	M R/about	2nd Exit	A5102 Bramhall Lane South	42	11:46	11:43	11:40
20.6	145.4	12.8	90.4		Keep Left	A5102 Bramhall Lane South	42	11:47	11:44	11:41
21.0	145.0	13.1	90.2	X.Roads	Straight	A5102	42	11:48	11:45	11:42
21.8	144.2	13.6	89.7	R/about	2nd Exit	A5143 Bridge Lane	42	11:49	11:46	11:43
22.8	143.2	14.2	89.0	R/about	3rd Exit	A5143 Jacksons Lane	42	11:50	11:47	11:44
23.3	142.7	14.5	88.7	R/about	2nd Exit	A5143 Jacksons Lane	42	11:51	11:48	11:44
23.5	142.5	14.6	88.6	Sprint 1		Hazel Grove	42	11:51	11:48	11:45
24.4	141.6	15.2	88.1	T.Lights	Straight	A5143 Dean Lane/Chester Road	42	11:53	11:49	11:46
25.1	140.9	15.6	87.6	T.Lights	Left	A523 Macclesfield Road	42	11:54	11:50	11:47
25.9	140.1	16.1	87.1	T.Lights	Straight		42	11:55	11:52	11:48
26.0	140.0	16.2	87.1	T.Lights	Right	A6 Buxton Road	42	11:55	11:52	11:48
26.3	139.7	16.4	86.9	T.Lights	Straight	A6 Buxton Road	42	11:56	11:52	11:48
26.7	139.3	16.6	86.6	Junction	Right	Buxton Road	42	11:56	11:53	11:49
27.7	138.3	17.2	86.0		Keep Left	Buxton Road	42	11:58	11:54	11:50
27.8	138.2	17.3	85.9	T.Lights	Right	A6 Buxton Road	42	11:58	11:54	11:50
28.5	137.5	17.7	85.5	Sign		High Lane	42	11:59	11:55	11:51
28.8	137.2	17.9	85.3	T.Lights	Straight	A6 Buxton Road	42	12:00	11:56	11:52
29.9	136.1	18.6	84.6	Junction	Left	Carr Brow	42	12:01	11:57	11:53
30.0	136.0	18.7	84.6		Drinks Start		42	12:02	11:57	11:53

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FINISH	Deansgate, Manchester

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
30.2	135.8	18.8	84.4	Junciton	Left	Wybersley Road	42	12:02	11:58	11:53
30.4	135.6	18.9	84.3		Caution!	Narrow Road for 1.3km	42	12:02	11:58	11:54
31.0	135.0	19.3	83.9		Caution!	Fast & Narrow Descent	42	12:03	11:59	11:54
31.2	134.8	19.4	83.8		Caution!	Hairpin Right on descent	42	12:04	11:59	11:55
31.3	134.7	19.5	83.8		Caution!	Sharp Left bend on descent	42	12:04	11:59	11:55
31.6	134.4	19.7	83.6		Keep Left	Wybersley Lane	42	12:04	12:00	11:55
31.9	134.1	19.8	83.4		Keep Left		42	12:05	12:00	11:56
32.3	133.7	20.1	83.1		Caution!	Fast Descent	42	12:05	12:01	11:56
33.4	132.6	20.8	82.5		Caution!	Fast Descent	42	12:07	12:02	11:57
34.1	131.9	21.2	82.0	M R/about	3rd Exit	Hibbert Lane	42	12:08	12:03	11:58
34.2	131.8	21.3	82.0	T.Lights	Left	B6101 Stockport Road	42	12:08	12:03	11:58
34.6	131.4	21.5	81.7	T.Lights	Right	A626 Station Road	42	12:09	12:04	11:59
35.2	130.8	21.9	81.3		Caution!	Fast Descent	42	12:10	12:05	12:00
35.8	130.2	22.3	81.0	T.Lights	Straight	A626 Lower Fold	42	12:11	12:06	12:01
36.4	129.6	22.6	80.6	Junction	Left	B6104 Compstall Road	42	12:12	12:07	12:01
37.3	128.7	23.2	80.0		Keep Left	B6104 Compstall Road	42	12:13	12:08	12:02
37.9	128.1	23.6	79.7	Junction	Right	Cowlishaw Road	42	12:14	12:09	12:03
38.0	128.0	23.6	79.6	T.Junction	Right	Cowlishaw Road	42	12:14	12:09	12:03
38.0	128.0	23.6	79.6	KoM 1 Cat 2	Start		42	12:14	12:09	12:03
39.2	126.8	24.4	78.9	KoM 1 Cat 2	Finish	Werneth Low	42	12:16	12:11	12:05
39.3	126.7	24.4	78.8	Junction	Right		42	12:16	12:11	12:05
40.0	126.0	24.9	78.4		Keep Left	Joel Lane	42	12:17	12:12	12:06
40.0	126.0	24.9	78.4		Caution!	Fast Descent	42	12:17	12:12	12:06
42.9	123.1	26.7	76.5		Caution!	Fast Descent	42	12:22	12:16	12:10
44.0	122.0	27.4	75.9		Keep Left	A560 Dual Carriageway	42	12:24	12:17	12:11
44.9	121.1	27.9	75.3	T.Lights	Right	B6174 Ashworth Lane	42	12:25	12:19	12:12
45.1	120.9	28.0	75.2	T.Lights	Straight	B6174 Ashworth Lane	42	12:25	12:19	12:12
46.0	120.0	28.6	74.6	Junction	Left	Market Place	42	12:27	12:20	12:14
46.0	120.0	28.6	74.6	T.Junction	Left	Market Place	42	12:27	12:20	12:14
46.1	119.9	28.7	74.6	T.Lights	Straight	Stalybridge Road	42	12:27	12:20	12:14
46.5	119.5	28.9	74.3	R/about	1st Exit	A6018 Roe Cross Road	42	12:28	12:21	12:14
47.4	118.6	29.5	73.8	Sign		Stalybridge	42	12:29	12:22	12:15
48.0	118.0	29.8	73.4		Caution!	Fast Descent	42	12:30	12:23	12:16
50.1	115.9	31.2	72.1	T.Lights	Straight		42	12:33	12:26	12:19
50.2	115.8	31.2	72.0	T.Lights	Right	B6175 Huddersfield Road	42	12:33	12:26	12:19
51.7	114.3	32.1	71.1	Sign		Millbrook Village	42	12:36	12:28	12:21
51.7	114.3	32.1	71.1		Caution!	Fast Descent	42	12:36	12:28	12:21
51.8	114.2	32.2	71.0	T.Lights	Straight	B6175 Huddersfield Road	42	12:36	12:29	12:21
53.2	112.8	33.1	70.1	M R/about	2nd Exit	B6175 Huddersfield Road	42	12:38	12:31	12:23
53.5	112.5	33.3	70.0	T.Lights	Straight	B6175 Huddersfield Road	42	12:39	12:31	12:23
54.6	111.4	34.0	69.3		Keep Left	B6175	42	12:40	12:33	12:25
56.3	109.7	35.0	68.2	Sign		Greenfield	42	12:43	12:35	12:27
56.4	109.6	35.1	68.2	X.Roads	Straight	B6175 Well - I - Hole Road	42	12:43	12:35	12:27
56.8	109.2	35.3	67.9		Caution!	Narrow Bridge	42	12:44	12:36	12:28
57.7	108.3	35.9	67.3	T.Junction	Left	A669 Shaw Hall Bank Road	42	12:45	12:37	12:29
57.8	108.2	35.9	67.3	T.Junction	Right	A670 Oldham Road	42	12:45	12:37	12:29

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FINISH	Deansgate, Manchester

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
58.2	107.8	36.2	67.0	Sign		Uppermill	42	12:46	12:38	12:29
58.3	107.7	36.3	67.0	Sprint 2		Uppermill	42	12:46	12:38	12:29
58.5	107.5	36.4	66.8		Keep Right	Central Island	42	12:46	12:38	12:30
59.6	106.4	37.1	66.2	M R/about	1st Exit	A6052 Dobcross New Road	42	12:48	12:40	12:31
60.2	105.8	37.4	65.8	M R/about	1st Exit	A6052 Dobcross New Road	42	12:49	12:41	12:32
60.4	105.6	37.6	65.7		Keep Right	A6052 Delph New Road	42	12:49	12:41	12:32
61.8	104.2	38.4	64.8	TJunction	Right	A62 Oldham Road	42	12:52	12:43	12:34
61.8	104.2	38.4	64.8	Junction	Left	A6052 The Sound	42	12:52	12:43	12:34
62.2	103.8	38.7	64.5	Junciton	Left	B6197 Grains Road	42	12:52	12:43	12:34
62.2	103.8	38.7	64.5	KoM 2 Cat 2	Start		42	12:52	12:43	12:34
64.6	101.4	40.2	63.1	KoM 2 Cat 2	Finish	Grains Bar	42	12:56	12:47	12:38
64.9	101.1	40.4	62.9	TJunction	Right	A672 Oldham Road	42	12:56	12:47	12:38
64.9	101.1	40.4	62.9	Junction	Left	B6197 Buckstones Road	42	12:56	12:47	12:38
65.9	100.1	41.0	62.2		Caution!	Fast Descent	42	12:58	12:49	12:39
67.9	98.1	42.2	61.0	TJunction	Left	A633 Milnrow Road	42	13:01	12:52	12:42
68.7	97.3	42.7	60.5	T.Lights	Straight	A663 Crompton Way	42	13:02	12:53	12:43
69.1	96.9	43.0	60.3	T.Lights	Right	B6194 Rochdale Road	42	13:03	12:53	12:43
69.5	96.5	43.2	60.0	X.Roads	Straight	B6194	42	13:04	12:54	12:44
70.2	95.8	43.7	59.6	M R/about	2nd Exit	B6194 Rochdale Road	42	13:05	12:55	12:45
70.5	95.5	43.8	59.4	M R/about	1st Exit	B6194 Rochdale Road	42	13:05	12:55	12:45
71.4	94.6	44.4	58.8	Sign		Rochdale	42	13:07	12:57	12:46
72.3	93.7	45.0	58.3	M R/about	2nd Exit	B6194 New Broad Lane	42	13:08	12:58	12:47
73.1	92.9	45.5	57.8	M R/about	1st Exit	B6194 Broad Lane/Turf Hill Road	42	13:09	12:59	12:48
73.5	92.5	45.7	57.5	T.Lights	Right	A671 Oldham Road	42	13:10	13:00	12:49
74.1	91.9	46.1	57.1	T.Lights	Left	A671 Oldham Road	42	13:11	13:00	12:50
74.2	91.8	46.1	57.1	T.Lights	Straight	A671 Oldham Road	42	13:11	13:01	12:50
74.2	91.8	46.1	57.1	T.Lights	Left	A671 Oldham Road	42	13:11	13:01	12:50
74.6	91.4	46.4	56.8	T.Lights	Straight	A617 Oldham Road	42	13:12	13:01	12:50
75.1	90.9	46.7	56.5	T.Lights	Right	Wood Street	42	13:13	13:02	12:51
75.4	90.6	46.9	56.3	T.Lights	Straight	A671 Molesworth Street	42	13:13	13:02	12:51
75.8	90.2	47.1	56.1		Keep Left		42	13:14	13:03	12:52
75.9	90.1	47.2	56.0	T.Lights	Straight	Keep Left!	42	13:14	13:03	12:52
76.0	90.0	47.3	56.0	T.Lights	Straight	A671 John Street Keep Left!	42	13:14	13:03	12:52
76.2	89.8	47.4	55.8	T.Lights	Left	A58 dual carriageway Keep Left	42	13:14	13:03	12:52
76.4	89.6	47.5	55.7	T.Lights	Straight	A58 Hunters Lane	42	13:15	13:04	12:53
76.9	89.1	47.8	55.4	T.Lights	Left	Newgate	42	13:15	13:04	12:53
77.1	88.9	47.9	55.3		Keep Right	B6266 The Esplanade	42	13:16	13:05	12:54
77.5	88.5	48.2	55.0	X.Roads	Straight	Dane Street	42	13:16	13:05	12:54
77.6	88.4	48.3	55.0	T.Lights	Straight	A6060	42	13:16	13:05	12:54
77.7	88.3	48.3	54.9	T.Lights	Straight	A6060 Mellor Street	42	13:17	13:06	12:54
77.9	88.1	48.4	54.8	T.Lights	Straight	A6060 Mellor Street	42	13:17	13:06	12:55
78.6	87.4	48.9	54.3	M R/about	2nd Exit		42	13:18	13:07	12:56
78.7	87.3	48.9	54.3	M R/about	1st Exit		42	13:18	13:07	12:56
78.9	87.1	49.1	54.2		Keep Left	Central Island	42	13:18	13:07	12:56
79.2	86.8	49.3	54.0	T.Lights	Straight	A680 Edenfield Road	42	13:19	13:08	12:56
80.2	85.8	49.9	53.4	M R/about	2nd Exit	A680 Edenfield Road	42	13:21	13:09	12:58

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ROUTE DETAILS							ESTIMATED TIMETABLE			
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80.3	85.7	49.9	53.3	M R/about	1st Exit	A680 Edenfield Road	42	13:21	13:09	12:58
80.6	85.4	50.1	53.1		Keep Left	Central Island	42	13:21	13:10	12:58
82.4	83.6	51.2	52.0	X.Roads	Straight	A680	42	13:24	13:12	13:00
85.9	80.1	53.4	49.8	Sign		Lancashire & Rosendale	42	13:29	13:17	13:05
86.0	80.0	53.5	49.7		Caution!	Fast Descent	42	13:30	13:17	13:05
88.0	78.0	54.7	48.5	Sign		Turn Village	42	13:33	13:20	13:08
89.6	76.4	55.7	47.5	M R/about	1st Exit	A56 Bury Road	42	13:35	13:23	13:10
92.0	74.0	57.2	46.0	Junction	Right	Peel Brow	42	13:39	13:26	13:13
92.0	74.0	57.2	46.0		Caution!	Fast Descent	42	13:39	13:26	13:13
92.5	73.5	57.5	45.7	T.Junction	Right	Peel Brow	42	13:40	13:27	13:13
92.5	73.5	57.5	45.7	Sign		Ramsbottom	42	13:40	13:27	13:13
92.7	73.3	57.6	45.6		Caution!	Level Crossing	42	13:40	13:27	13:14
93.0	73.0	57.8	45.4	T.Lights	Straight	Carr Street	42	13:41	13:27	13:14
93.0	73.0	57.8	45.4	KoM 3 Cat 1	Start		42	13:41	13:27	13:14
93.7	72.3	58.3	45.0	Junction	Right	Rawsons Rake	42	13:42	13:28	13:15
94.1	71.9	58.5	44.7	T.Junction	Left	Lumb Carr Road	42	13:42	13:29	13:15
94.2	71.8	58.6	44.6	KoM 3 Cat 1	Finish	Ramsbottom Rake	42	13:43	13:29	13:16
94.3	71.7	58.6	44.6		Caution!	Fast Descent	42	13:43	13:29	13:16
95.5	70.5	59.4	43.8	T.Junction	Right	A676 Bolton Road West	42	13:45	13:31	13:17
95.6	70.4	59.4	43.8	T.Lights	Straight	A676 Bolton Road West	42	13:45	13:31	13:17
95.9	70.1	59.6	43.6		Keep Right	A676 Bolton Road West	42	13:45	13:32	13:18
97.3	68.7	60.5	42.7	Sign		Hawkshaw	42	13:47	13:34	13:20
98.6	67.4	61.3	41.9	Sign		South Turton	42	13:49	13:35	13:21
98.9	67.1	61.5	41.7	X.Roads	Right	Bury Road	42	13:50	13:36	13:22
98.9	67.1	61.5	41.7		Caution!	Fast Descent	42	13:50	13:36	13:22
100.5	65.5	62.5	40.7	Sign		Edgeworth	42	13:52	13:38	13:24
101.0	65.0	62.8	40.4	M R/about	1st Exit	Bolton Road	42	13:53	13:39	13:24
101.5	64.5	63.1	40.1		Caution!	Fast Descent	42	13:54	13:40	13:25
102.2	63.8	63.6	39.7		Keep Left	Wellington Road	42	13:55	13:41	13:26
102.7	63.3	63.9	39.4		Keep Left	B6391 Chapel Town Road	42	13:56	13:41	13:27
103.9	62.1	64.6	38.6	Sign		Bolton	42	13:58	13:43	13:28
105.2	60.8	65.4	37.8	Junction	Right	Bromley Cross Road	42	14:00	13:45	13:30
105.7	60.3	65.7	37.5	T.Junction	Right	B6472 Darwen Road	42	14:01	13:46	13:30
106.5	59.5	66.2	37.0	T.Lights	Straight	B6472 Darwen Road	42	14:02	13:47	13:31
107.2	58.8	66.7	36.6	T.Lights	Straight	Blackburn Road	42	14:03	13:48	13:32
108.3	57.7	67.3	35.9	Junction	Left	Back Longworth Lane	42	14:05	13:49	13:34
108.7	57.3	67.6	35.6	Sign		Blackburn	42	14:05	13:50	13:34
110.8	55.2	68.9	34.3	X.Roads	Left	Egerton Road	42	14:09	13:53	13:37
110.8	55.2	68.9	34.3		Caution!	Fast & Narrow Descent	42	14:09	13:53	13:37
112.1	53.9	69.7	33.5	T.Junction	Left	A675 Belmont Road	42	14:11	13:55	13:39
112.8	53.2	70.1	33.1	Green Zone	Start		42	14:12	13:56	13:40
113.0	53.0	70.3	33.0	Feed Zone	Start		42	14:12	13:56	13:40
114.2	51.8	71.0	32.2	Green Zone	End		42	14:14	13:58	13:41
114.6	51.4	71.3	32.0	Junction	Right	Scout Road	42	14:15	13:58	13:42
114.7	51.3	71.3	31.9	Sign		Bolton	42	14:15	13:58	13:42
119.3	46.7	74.2	29.0	Junction	Right	B6226 Chorley Old Road	42	14:22	14:05	13:48

STAGE EIGHT: THE GREATER MANCHESTER STAGE - SATURDAY 14 SEPTEMBER



START	Market Street, Altrincham
NEUTRALISED SECTION	4.4km
STAGE DISTANCE	166 km or 103.2 miles
FINISH	Deansgate, Manchester

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
120.1	45.9	74.7	28.5	Sign		Hardwick	42	14:23	14:06	13:49
121.1	44.9	75.3	27.9		Keep Right	B6226 Chorley Old Road	42	14:25	14:08	13:50
122.6	43.4	76.2	27.0	M R/about	2nd Exit	B6226 Church Street	42	14:27	14:10	13:52
122.9	43.1	76.4	26.8	T.Lights	Straight	B6226 Lee Lane	42	14:28	14:10	13:53
123.1	42.9	76.5	26.7	Sprint 3		Horwich	42	14:28	14:10	13:53
123.6	42.4	76.9	26.4	M R/about	1st Exit	B5238 Crown Lane	42	14:29	14:11	13:53
125.2	40.8	77.9	25.4	X.Roads	Straight		42	14:31	14:13	13:55
125.3	40.7	77.9	25.3	T.Lights	Straight	A6 Station Road	42	14:31	14:14	13:56
125.8	40.2	78.2	25.0	T.Junction	Right	B5408 Manchester Road	42	14:32	14:14	13:56
126.8	39.2	78.9	24.4	X.Roads	Straight	Church Street	42	14:34	14:16	13:58
127.1	38.9	79.0	24.2	Junction	Left	Hill Lane	42	14:34	14:16	13:58
128.4	37.6	79.8	23.4	Sign		Haigh	42	14:36	14:18	14:00
128.9	37.1	80.2	23.1		Keep Right	Meadow Pit Lane	42	14:37	14:19	14:00
129.3	36.7	80.4	22.8	T.Junction	Right	B5239 Meadow Pit Lane	42	14:38	14:19	14:01
130.6	35.4	81.2	22.0	Junction	Left	School Lane	42	14:40	14:21	14:02
132.6	33.4	82.5	20.8		Caution!	Cobbles	42	14:43	14:24	14:05
132.6	33.4	82.5	20.8	T.Junction	Right	B5239 Haigh Road	42	14:43	14:24	14:05
133.6	32.4	83.1	20.1	R/about	2nd Exit	B5239	42	14:44	14:25	14:06
133.7	32.3	83.1	20.1	R/about	1st Exit	B5239 Bolton Road	42	14:45	14:26	14:06
134.7	31.3	83.8	19.5	M R/about	2nd Exit	Hall Lane	42	14:46	14:27	14:08
136.7	29.3	85.0	18.2	Sign		Hindley	42	14:49	14:30	14:10
137.7	28.3	85.6	17.6	M R/about	2nd Exit	A58 Market Street	42	14:51	14:31	14:12
138.2	27.8	85.9	17.3	T.Lights	Left	A577 Atherton Road	42	14:52	14:32	14:12
139.3	26.7	86.6	16.6	Sign		Hindley Green	42	14:53	14:34	14:14
139.7	26.3	86.9	16.4	R/about	2nd Exit	A577 Atherton Road	42	14:54	14:34	14:14
141.0	25.0	87.7	15.5	T.Lights	Straight	A577 Atherton Road	42	14:56	14:36	14:16
141.0	25.0	87.7	15.5			25km to Race Finish	42	14:56	14:36	14:16
142.4	23.6	88.6	14.7	Sign		Atherton	42	14:58	14:38	14:18
142.8	23.2	88.8	14.4	T.Lights	Straight	A577 Wigan Road	42	14:59	14:39	14:18
143.3	22.7	89.1	14.1	R/about	2nd Exit	A577 Wigan Road	42	15:00	14:39	14:19
143.9	22.1	89.5	13.7	R/about	2nd Exit	A577 Wigan Road	42	15:01	14:40	14:20
144.1	21.9	89.6	13.6		Keep Left	A577 Malthouse Lane (One Way)	42	15:01	14:40	14:20
144.5	21.5	89.9	13.4	T.Lights	Straight	A577 Malthouse Lane	42	15:02	14:41	14:20
144.6	21.4	89.9	13.3	T.Lights	Straight	A577	42	15:02	14:41	14:20
144.7	21.3	90.0	13.2	T.Lights	Right	A577 Church Street	42	15:02	14:41	14:21
144.8	21.2	90.0	13.2		Keep Left	Church Street	42	15:02	14:41	14:21
145.0	21.0	90.2	13.1		Keep Right	A577 Tyldsley Road	42	15:02	14:42	14:21
146.0	20.0	90.8	12.4			20km to Race Finish	42	15:04	14:43	14:22
146.2	19.8	90.9	12.3	T.Lights	Straight	A577	42	15:04	14:43	14:22
146.4	19.6	91.0	12.2		Keep Left	A577 Shuttle Street	42	15:05	14:44	14:23
146.6	19.4	91.2	12.1		Keep Right	A577	42	15:05	14:44	14:23
146.7	19.3	91.2	12.0	X.Roads	Straight	A577	42	15:05	14:44	14:23
146.8	19.2	91.3	11.9	X.Roads	Straight	A577	42	15:05	14:44	14:23
147.0	19.0	91.4	11.8		Keep Right	A577 Common Lane	42	15:06	14:45	14:24
147.0	19.0	91.4	11.8	X.Roads	Straight		42	15:06	14:45	14:24
147.1	18.9	91.5	11.8		Keep Left	A577 Manchester Road	42	15:06	14:45	14:24

STAGE EIGHT: THE GREATER MANCHESTER STAGE - SATURDAY 14 SEPTEMBER



START	Market Street, Altrincham
NEUTRALISED SECTION	4.4km
STAGE DISTANCE	166 km or 103.2 miles
FINISH	Deansgate, Manchester

ROUTE DETAILS							ESTIMATED TIMETABLE			
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	38kmph 110%	42kmph 100%	46kmph 90%
148.2	17.8	92.2	11.1	T.Lights	Straight	A577 Manchester Road	42	15:07	14:46	14:25
148.8	17.2	92.5	10.7	M R/about	1st Exit	A5082 Mort Lane	42	15:08	14:47	14:26
150.0	16.0	93.3	9.9	Sign		Salford	42	15:10	14:49	14:27
150.3	15.7	93.5	9.8	M R/about	2nd Exit	A5082 Peel Lane	42	15:11	14:49	14:28
151.0	15.0	93.9	9.3	T.Lights	Right	A6 Manchester Road	42	15:12	14:50	14:29
151.0	15.0	93.9	9.3			15km to Race Finish	42	15:12	14:50	14:29
152.1	13.9	94.6	8.6	T.Lights	Straight	A6 Manchester Road	42	15:14	14:52	14:30
152.5	13.5	94.8	8.4	T.Lights	Straight	A6 Manchester Road	42	15:14	14:52	14:31
152.6	13.4	94.9	8.3	T.Lights	Straight	A6 High Street	42	15:14	14:53	14:31
153.0	13.0	95.1	8.1	T.Lights	Straight	A6	42	15:15	14:53	14:31
153.1	12.9	95.2	8.0	T.Lights	Straight	A6	42	15:15	14:53	14:31
156.0	10.0	97.0	6.2			10km to Race Finish	42	15:20	14:57	14:35
156.2	9.8	97.1	6.1	T.Lights	Straight	A6 Chorley Road	42	15:20	14:58	14:35
157.1	8.9	97.7	5.5	T.Lights	Straight	A6 Chorley Road	42	15:21	14:59	14:36
157.3	8.7	97.8	5.4	T.Lights	Straight	A6 Chorley Road	42	15:22	14:59	14:37
159.4	6.6	99.1	4.1	R/about	2nd Exit	A6 Broad Street	42	15:25	15:02	14:39
159.5	6.5	99.2	4.0	Sign		Salford	42	15:25	15:02	14:40
161.0	5.0	100.1	3.1			5km to Race Finish	42	15:28	15:05	14:42
161.2	4.8	100.2	3.0		Keep Right	A6	42	15:28	15:05	14:42
162.0	4.0	100.7	2.5	T.Lights	Straight	A6	42	15:29	15:06	14:43
162.4	3.6	101.0	2.2		Keep Left	Slip Road	42	15:30	15:07	14:43
163.0	3.0	101.4	1.9	T.Lights	Left	Liverpool Street	42	15:31	15:07	14:44
163.8	2.2	101.9	1.4	T.Lights	Right	A5066 Oldfield Road	42	15:32	15:09	14:45
164.1	1.9	102.0	1.2	T.Lights	Left	A57 Regent Street	42	15:32	15:09	14:45
164.0	2.0	102.0	1.2	T.Lights	Straight	A6	42	15:32	15:09	14:45
164.4	1.6	102.2	1.0	T.Lights	Straight	A57 Regent Street	42	15:33	15:09	14:46
164.6	1.4	102.4	0.9	T.Lights	Left	A6042 Trinity Way	42	15:33	15:10	14:46
164.7	1.3	102.4	0.8	T.Lights	Right	A6143 Water Street	42	15:33	15:10	14:46
164.9	1.1	102.5	0.7		Keep Right	A6143 Liverpool Road	42	15:34	15:10	14:47
165.0	1.0	102.6	0.6			1km to Race Finish	42	15:34	15:10	14:47
165.4	0.6	102.9	0.4	T.Lights	Straight	A56 Deansgate	42	15:34	15:11	14:47
165.8	0.2	103.1	0.1	T.Lights	Straight	A56 Deansgate	42	15:35	15:11	14:48
166.0	0.0	103.2	0.0	Finish		Deansgate, Manchester	42	15:35	15:12	14:48