

MALDON – MALDON		136.5 KM		AVERAGE SPEED (KPH)		
STAGE 1 – FRIDAY 27 MAY 2022		RACE	TO GO	41	39	37
START	Promenade Park, Maldon	-3.9	-	11:00	11:00	11:00
RACE NEUTRAL	High Street, Maldon	-2.9	-	11:01	11:01	11:01
	The Causeway	-1.9	-	11:02	11:03	11:03
	Heybridge	-1.4	-	11:03	11:03	11:04
0 KM	Goldhanger Road / Basin Road	0.0	136.5	11:05	11:06	11:06
CIRCUIT A	Goldhanger	4.0	132.5	11:11	11:12	11:12
	Tolleshunt D'Arcy	8.2	128.3	11:17	11:18	11:19
	Great Wigborough	14.2	122.3	11:26	11:27	11:29
	Little Wigborough	15.0	121.5	11:27	11:29	11:30
	Peldon	16.5	120.0	11:29	11:31	11:33
	Abberton	20.2	116.3	11:35	11:37	11:39
	Malting Green	24.1	112.4	11:40	11:43	11:45
	Layer-de-la-Haye	24.9	111.6	11:42	11:44	11:46
	Layer Breton	32.3	104.2	11:52	11:55	11:58
	Birch Green	33.1	103.4	11:54	11:56	12:00
	Birch	34.3	102.2	11:55	11:58	12:01
	Smythe's Green	37.4	99.1	12:00	12:03	12:06
	Tiptree	46.4	90.1	12:13	12:17	12:21
	Tolleshunt D'Arcy	49.4	87.1	12:18	12:22	12:26
	Great Wigborough	52.0	84.5	12:21	12:26	12:30
	Little Wigborough	53.2	83.3	12:23	12:27	12:32
	Peldon	54.6	81.9	12:25	12:30	12:34
	Abberton	58.3	78.2	12:31	12:35	12:40
	Malting Green	62.2	74.3	12:36	12:41	12:47
	Layer-de-la-Haye	63.0	73.5	12:37	12:42	12:48
	Layer Breton	70.5	66.0	12:48	12:54	13:00
	Birch Green	71.3	65.2	12:50	12:55	13:01
	Birch	72.3	64.2	12:51	12:57	13:03
	Smythe's Green	75.5	61.0	12:56	13:02	13:08
	Tiptree	79.5	57.0	13:02	13:08	13:15
	Great Braxted	84.1	52.4	13:08	13:15	13:22
	Beacon Hill	85.9	50.6	13:11	13:18	13:25
CIRCUIT B	Heybridge	90.9	45.6	13:18	13:25	13:33
SPRINT 1	High Street, Maldon	92.9	43.6	13:21	13:28	13:36
	Woodham Walter	98.2	38.3	13:29	13:37	13:45
Ford QOM 1	Spring Elms Lane	101.2	35.3	13:33	13:41	13:50
	Little Baddow	101.3	35.2	13:33	13:41	13:50
	Mowden	104.5	32.0	13:38	13:46	13:55
	Nounsley	107.1	29.4	13:42	13:50	14:00
	Doe's Corner	109.2	27.3	13:45	13:54	14:03
	Langford	111.8	24.7	13:49	13:58	14:07
SPRINT 2	High Street, Maldon	114.7	21.8	13:53	14:02	14:12
	Woodham Walter	119.9	16.6	14:01	14:10	14:20
Ford QOM 2	Spring Elms Lane	122.9	13.6	14:05	14:15	14:25
	Little Baddow	123.0	13.5	14:05	14:15	14:25
	Mowden	126.4	10.1	14:10	14:20	14:31
	Nounsley	128.9	7.6	14:14	14:24	14:35
	Doe's Corner	131.0	5.5	14:17	14:27	14:38
	Langford	133.5	3.0	14:21	14:31	14:42
FINISH	High Street, Maldon	136.5	0.0	14:25	14:36	14:47
NEUTRAL	https://ridewithgps.com/routes/38742548			03:19	03:30	03:41
RACE ROUTE	https://ridewithgps.com/routes/38575477			RACE DURATION		

CHELMSFORD – EPPING		141.7 KM		AVERAGE SPEED (KPH)		
STAGE 2 – SATURDAY 28 MAY 2022		RACE	TO GO	41	39	37
START	ARU, Chelmsford	-4.9	-	11:00	11:00	11:00
RACE NEUTRAL	Parkway / Rainsford Road	-3.8	-	11:01	11:01	11:01
	Roxwell Road / Chignal Road	-2.5	-	11:03	11:03	11:03
	Hollow Lane / Woodhill Road	-0.4	-	11:06	11:06	11:07
0 KM	Woodhill Road	0.0	141.7	11:07	11:07	11:07
	Fanners Green	2.7	139.0	11:09	11:10	11:10
	Great Waltham	4.9	136.8	11:12	11:13	11:14
	Howe Street	6.3	135.4	11:14	11:15	11:16
	Hartford End	10.0	131.7	11:20	11:21	11:22
	Felsted	13.3	128.4	11:25	11:26	11:27
	Gransmore Green	16.4	125.3	11:29	11:31	11:32
	Throws	22.7	119.0	11:38	11:40	11:43
	Stebbing	25.0	116.7	11:42	11:44	11:46
	Duck End	27.2	114.5	11:45	11:47	11:50
	Great Bardfield	33.2	108.5	11:54	11:57	12:00
	Finchingfield	35.8	105.9	11:58	12:01	12:04
	Little Sampford	39.2	102.5	12:03	12:06	12:09
	Great Sampford	41.1	100.6	12:05	12:09	12:12
	Thaxted	47.6	94.1	12:15	12:19	12:23
	Great Easton	53.4	88.3	12:23	12:28	12:32
SPRINT 1	Great Dunmow	57.7	84.0	12:30	12:34	12:39
	High Rodding	64.0	77.7	12:39	12:44	12:50
	Roundbush Green	66.5	75.2	12:43	12:48	12:54
	Leaden Rodding	68.2	73.5	12:45	12:50	12:56
	Beauchamp Rodding	72.6	69.1	12:51	12:57	13:04
	Birds Green	74.4	67.3	12:54	13:00	13:06
	Fyfield	77.2	64.5	12:58	13:04	13:11
	Moreton	81.3	60.4	13:04	13:11	13:18
	Tylers Green / A414	87.0	54.7	13:13	13:19	13:27
	North Weald Bassett	89.0	52.7	13:15	13:22	13:30
SPRINT 2	High Street, Epping	92.9	48.8	13:21	13:28	13:36
CIRCUIT A	Mount Road / Banks Lane	97.0	44.7	13:27	13:35	13:43
Ford QOM 1	Mount End / Tawney Common	98.2	43.5	13:29	13:37	13:45
	Woodhatch	99.3	42.4	13:31	13:38	13:47
	Colliers Hatch	100.2	41.5	13:32	13:40	13:48
	Toot Hill	101.7	40.0	13:34	13:42	13:51
	Passingford Bridge	108.0	33.7	13:43	13:52	14:01
	Theydon Mount	111.7	30.0	13:49	13:57	14:07
Ford QOM 2	Mount End / Tawney Common	113.3	28.4	13:51	14:00	14:10
	Woodhatch	114.4	27.3	13:53	14:02	14:11
	Colliers Hatch	115.3	26.4	13:54	14:03	14:13
	Toot Hill	116.8	24.9	13:56	14:05	14:15
	Passingford Bridge	123.2	18.5	14:06	14:15	14:26
	Theydon Mount	126.8	14.9	14:11	14:21	14:31
	Mount End	128.0	13.7	14:13	14:22	14:33
CIRCUIT B	Fiddlers Hamlet	130.2	11.5	14:16	14:26	14:37
	Coopersale Street	131.1	10.6	14:17	14:27	14:38
Ford QOM 3	Houblons Hill, Coopersale	132.1	9.6	14:19	14:29	14:40
	High Street, Epping	134.6	7.1	14:22	14:33	14:44
	Fiddlers Hamlet	137.3	4.4	14:26	14:37	14:48
	Coopersale	139.3	2.4	14:29	14:40	14:52
FINISH	High Street, Epping	141.7	0.0	14:33	14:44	14:56
NEUTRAL	https://ridewithgps.com/routes/38742705			03:25	03:36	03:48
RACE ROUTE	https://ridewithgps.com/routes/38575476			RACE DURATION		

LONDON CIRCUIT		85.3 KM		LAP	AVERAGE SPEED (KPH)		
STAGE 3 - SUNDAY 29 MAY 2022		RACE	TO GO	TO GO	45	43	41
START	Victoria Embankment	-0.6	-	-	15:45	15:45	15:45
OKM	Whitehall, Cenotaph	0.0	85.3	9	15:45	15:45	15:45
	Trafalgar Square	0.5	84.8	SHORT LAP	15:46	15:46	15:46
	Bank Junction	4.3	81.0		15:51	15:51	15:51
	Blackfriars Underpass	5.4	79.9		15:53	15:53	15:53
LAP 1	Victoria Embankment	7.2	78.1	8	15:55	15:55	15:55
	Trafalgar Square	8.3	77.0	SHORT LAP	15:56	15:57	15:57
	Bank Junction	12.1	73.2		16:01	16:02	16:03
	Blackfriars Underpass	13.2	72.1		16:03	16:04	16:04
LAP 2	Victoria Embankment	15.2	70.1	7	16:06	16:07	16:07
	Pall Mall	16.3	69.0	FULL LAP	16:07	16:08	16:09
	Piccadilly Circus	17.8	67.5		16:09	16:10	16:11
	Trafalgar Square	18.5	66.8		16:10	16:11	16:12
	Bank Junction	22.1	63.2		16:15	16:16	16:17
	Blackfriars Underpass	23.3	62.0		16:16	16:18	16:19
SPRINT 1	Victoria Embankment	25.3	60.0	6	16:19	16:21	16:22
	Pall Mall	26.4	58.9	FULL LAP	16:21	16:22	16:24
	Piccadilly Circus	27.8	57.5		16:22	16:24	16:26
	Trafalgar Square	28.4	56.9		16:23	16:25	16:26
	Bank Junction	32.2	53.1		16:28	16:30	16:32
	Blackfriars Underpass	33.2	52.1		16:30	16:32	16:33
LAP 4	Victoria Embankment	35.3	50.0	5	16:32	16:35	16:37
	Pall Mall	36.5	48.8	FULL LAP	16:34	16:36	16:38
	Piccadilly Circus	37.9	47.4		16:36	16:38	16:40
	Trafalgar Square	38.5	46.8		16:37	16:39	16:41
	Bank Junction	42.3	43.0		16:42	16:44	16:47
	Blackfriars Underpass	43.3	42.0		16:43	16:46	16:48
LAP 5	Victoria Embankment	45.3	40.0	4	16:46	16:49	16:51
	Pall Mall	46.6	38.7	FULL LAP	16:47	16:50	16:53
	Piccadilly Circus	48.0	37.3		16:49	16:52	16:55
	Trafalgar Square	48.6	36.7		16:50	16:53	16:56
	Bank Junction	52.3	33.0		16:55	16:58	17:01
	Blackfriars Underpass	53.4	31.9		16:57	17:00	17:03
SPRINT 2	Victoria Embankment	55.3	30.0	3	16:59	17:03	17:06
	Pall Mall	56.7	28.6	FULL LAP	17:01	17:04	17:08
	Piccadilly Circus	58.1	27.2		17:03	17:06	17:10
	Trafalgar Square	58.7	26.6		17:04	17:07	17:11
	Bank Junction	62.4	22.9		17:09	17:12	17:16
	Blackfriars Underpass	63.4	21.9		17:10	17:14	17:18
LAP 7	Victoria Embankment	65.3	20.0	2	17:12	17:16	17:20
	Pall Mall	66.8	18.5	FULL LAP	17:14	17:19	17:23
	Piccadilly Circus	68.2	17.1		17:16	17:21	17:25
	Trafalgar Square	68.8	16.5		17:17	17:21	17:26
	Bank Junction	72.4	12.9		17:22	17:26	17:31
	Blackfriars Underpass	73.5	11.8		17:23	17:28	17:32
LAP 8	Victoria Embankment	75.3	10.0	1	17:26	17:30	17:35
	Pall Mall	76.9	8.4	FULL LAP	17:28	17:33	17:37
	Piccadilly Circus	78.3	7.0		17:30	17:35	17:39
	Trafalgar Square	78.9	6.4		17:31	17:35	17:40
	Bank Junction	82.4	2.9		17:35	17:40	17:45
	Blackfriars Underpass	83.5	1.8		17:37	17:42	17:47
FINISH	Victoria Embankment	85.3	0.0	0	17:39	17:44	17:50

NEUTRAL	https://ridewithgps.com/routes/38738512	01:53	01:59	02:04
RACE ROUTE	https://ridewithgps.com/routes/38734767	RACE DURATION		