

Course Description - Men

Mile	Km			38kph	42kph	46kph
0.0	0.0		Guisbrough West Gate	13:30	13:30	13:30
2.9	4.7	Deneutralise	Sandy Lane Flag Drop	13:37	13:36	13:36
4.3	6.9		New Marske	13:40	13:39	13:39
7.8	12.6		Skelton	13:49	13:48	13:46
9.3	15.0		Skelton Green	13:53	13:51	13:49
12.0	19.4	Start Lap 1	Boosbeck	14:00	13:57	13:55
12.3	19.9	Lap 1	Lingdale	14:01	13:58	13:55
16.3	26.2	Lap 1	Carlin How	14:11	14:07	14:04
17.3	27.8	Lap 1	Loftus	14:13	14:09	14:06
19.4	31.3	Lap 1	Liverton	14:19	14:14	14:10
22.6	36.3	Lap 1	A171	14:27	14:21	14:17
26.0	41.9	Lap 1	Easington	14:36	14:29	14:24
26.6	42.8	Lap 1	Loftus	14:37	14:31	14:25
29.0	46.6	Lap 1	Carlin How	14:43	14:36	14:30
29.9	48.2	Lap 1	Brotton	14:46	14:38	14:32
32.2	51.8	Lap 1 KOM	Saltburn	14:51	14:44	14:37
34.5	55.5	Lap 1	Four Lane Ends	14:57	14:49	14:42
36.0	58.0	Lap 1	Skelton Green	15:01	14:52	14:45

38.5	62.0	Start Lap 2	Boosbeck	15:07	14:58	14:50
39.1	62.9	Lap 2	Lingdale	15:09	14:59	14:52
43.0	69.3	Lap 2	Carlin How	15:19	15:08	15:00
44.0	70.9	Lap 2	Loftus	15:21	15:11	15:02
46.2	74.4	Lap 2	Liverton	15:27	15:16	15:07
49.3	79.4	Lap 2	A171	15:35	15:23	15:13
52.8	84.9	Lap 2	Easington	15:44	15:31	15:20
53.3	85.9	Lap 2	Loftus	15:45	15:32	15:22
55.7	89.7	Lap 2	Carlin How	15:51	15:38	15:27
56.7	91.2	Lap 2	Brotton	15:54	15:40	15:28
58.9	94.9	Lap 2 KOM	Saltburn	15:59	15:45	15:33
61.2	98.5	Lap 2	Four Lane Ends	16:05	15:50	15:38
62.8	101. 0	Lap 2	Skelton Green	16:09	15:54	15:41
65.5	105. 4	Start Lap 3	Boosbeck	16:16	16:00	15:47
66.0	106. 3	Lap 3	Lingdale	16:17	16:01	15:48
70.0	112. 7	Lap 3	Carlin How	16:27	16:10	15:56
71.0	114. 3	Lap 3	Loftus	16:30	16:13	15:59
73.2	117. 8	Lap 3	Liverton	16:35	16:18	16:03
76.3	122.	Lap 3	A171	16:43	16:25	16:10

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79.7	128. 3	Lap 3	Easington	16:52	16:33	16:17
80.3	129. 3	Lap 3	Loftus	16:54	16:34	16:18
82.7	133. 1	Lap 3	Carlin How	17:00	16:40	16:23
83.6	134. 6	Lap 3	Brotton	17:02	16:42	16:25
85.9	138. 3	Lap 3 KOM	Saltburn	17:08	16:47	16:30
88.2	141. 9	Lap 3	Four Lane Ends	17:14	16:52	16:35
89.7	144. 4	Lap 3	Skelton Green	17:17	16:56	16:38
92.4	148. 7	Start Lap 4 (Short)	Boosbeck	17:24	17:02	16:44
92.9	149. 6	Lap 4	Lingdale	17:26	17:03	16:45
93.7	150. 9	Lap 4	Brotton	17:28	17:05	16:46
95.5	153. 8	Lap 4	Saltburn	17:32	17:09	16:50
96.6	155. 6	Lap 4	Four Lane Ends	17:35	17:12	16:52
98.4	158. 5	Lap 4	Skelton Green	17:40	17:16	16:56
101.1	162. 8	End Lap 4	Boosbeck	17:47	17:22	17:02

101.9	164. 1	Return	Margrove Park	17:49	17:24	17:04
103.1	166. 0	Return	Margrove Park	17:52	17:27	17:06
105.0	169. 1	Finish	Finish Line	17:56	17:31	17:10