

Course Description – Women

Mile	Km			38kp h	42kph	46kp h
0.0	0.0		Guisborough West Gate	09:00	09:00	09:00
2.9	4.7	Deneutralise	Sandy Lane Flag Drop	09:07	09:06	09:06
4.3	6.9		New Marske	09:10	09:09	09:09
7.8	12.6		Skelton	09:19	09:18	09:16
9.3	15.0		Skelton Green	09:23	09:21	09:19
12.0	19.4	Start Lap 1	Boosbeck	09:30	09:27	09:25
12.3	19.9	Lap 1	Lingdale	09:31	09:28	09:25
16.3	26.2	Lap 1	Carlin How	09:41	09:37	09:34
17.3	27.8	Lap 1	Loftus	09:43	09:39	09:36
19.4	31.3	Lap 1	Liverton	09:49	09:44	09:40
22.6	36.3	Lap 1	A171	09:57	09:51	09:47
26.0	41.9	Lap 1	Easington	10:06	09:59	09:54
26.6	42.8	Lap 1	Loftus	10:07	10:01	09:55
29.0	46.6	Lap 1	Carlin How	10:13	10:06	10:00
29.9	48.2	Lap 1	Brotton	10:16	10:08	10:02
32.2	51.8	Lap 1 QOM	Saltburn	10:21	10:14	10:07
34.5	55.5	Lap 1	Four Lane Ends	10:27	10:19	10:12
36.0	58.0	Lap 1	Skelton Green	10:31	10:22	10:15

38.5	62.0	Start Lap 2	Boosbeck	10:37	10:28	10:20
39.1	62.9	Lap 2	Lingdale	10:39	10:29	10:22
43.0	69.3	Lap 2	Carlin How	10:49	10:38	10:30
44.0	70.9	Lap 2	Loftus	10:51	10:41	10:32
46.2	74.4	Lap 2	Liverton	10:57	10:46	10:37
49.3	79.4	Lap 2	A171	11:05	10:53	10:43
52.8	84.9	Lap 2	Easington	11:14	11:01	10:50
53.3	85.9	Lap 2	Loftus	11:15	11:02	10:52
55.7	89.7	Lap 2	Carlin How	11:21	11:08	10:57
56.7	91.2	Lap 2	Brotton	11:24	11:10	10:58
58.9	94.9	Lap 2 QOM	Saltburn	11:29	11:15	11:03
61.2	98.5	Lap 2	Four Lane Ends	11:35	11:20	11:08
62.8	101. 0	Lap 2	Skelton Green	11:39	11:24	11:11
65.5	105. 4	End of Lap 2	Boosbeck	11:46	11:30	11:17
66.3	106. 7	Return	Margrove Park	11:48	11:32	11:19
67.4	108. 6	Return	Margrove Park	11:51	11:35	11:21
69.3	111. 6	Finish	Finish Line	11:56	11:39	11:25