

Stage 5 Northampton - Northampton Sat 7 Sep



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|-----------------------|--------------------------------------|
| Start : | Northampton University - Northampton |
| Neutralised section : | 7.0 km or 4.3 miles |
| Stage Distance : | 146.9 km or 91.3 miles |
| Finish : | County Way - Barnsley |

| Route Details | | | | | | | Estimated Time of Arrival | | | | | |
|---------------|-----------|-------|-------------|-------------------|-------------|--------------------------------------|---------------------------|-----------|--------|--------|--------|------------|
| KMs | KMs to go | Miles | Miles to go | Feature | Instruction | Description | Base Speed | Lead Cars | 38kmph | 42kmph | 46kmph | Time Range |
| | | | | | | | | 15mins | 110% | 100% | 90% | |
| 0.00 | 7.00 | 0.00 | 4.30 | Start Neutralised | | Northampton University - Northampton | 42 | 10:45 | 11:00 | 11:00 | 11:00 | |
| 0.00 | 146.9 | 0.00 | 91.3 | Start Proper | | Roman Road | 42 | 11:00 | 11:15 | 11:15 | 11:15 | 00:00 |
| 2.7 | 144.2 | 1.7 | 89.7 | Sign | | Nobottle | 42 | 11:03 | 11:19 | 11:18 | 11:18 | 00:00 |
| 3.4 | 143.5 | 2.1 | 89.2 | | Keep Left | | 42 | 11:04 | 11:20 | 11:19 | 11:19 | 00:00 |
| 7.1 | 139.8 | 4.4 | 86.9 | | Keep Right | | 42 | 11:10 | 11:26 | 11:25 | 11:24 | 00:02 |
| 7.9 | 139.0 | 4.9 | 86.4 | | Keep Left | Caution! Sharp Bend Left! | 42 | 11:11 | 11:27 | 11:26 | 11:25 | 00:02 |
| 8.5 | 138.4 | 5.3 | 86.1 | Sign | | Whilton Locks | 42 | 11:12 | 11:28 | 11:27 | 11:25 | 00:02 |
| 9.0 | 137.9 | 5.6 | 85.8 | | Caution! | Hump Back Bridge | 42 | 11:12 | 11:29 | 11:27 | 11:26 | 00:02 |
| 9.5 | 137.4 | 5.9 | 85.4 | X.Roads | Straight | Daventry Road/A5 Watling Street | 42 | 11:13 | 11:29 | 11:28 | 11:27 | 00:02 |
| 10.5 | 136.4 | 6.5 | 84.8 | Sign | | Norton | 42 | 11:15 | 11:31 | 11:30 | 11:28 | 00:03 |
| 12.6 | 134.3 | 7.8 | 83.5 | Sign | | Daventry | 42 | 11:18 | 11:34 | 11:33 | 11:31 | 00:03 |
| 13.0 | 133.9 | 8.1 | 83.3 | R/about | 1st Exit | Admirals Way | 42 | 11:18 | 11:35 | 11:33 | 11:31 | 00:03 |
| 13.0 | 133.9 | 8.1 | 83.3 | | Caution! | Speed Humps x 13 | 42 | 11:18 | 11:35 | 11:33 | 11:31 | 00:03 |
| 14.1 | 132.8 | 8.8 | 82.6 | R/about | 1st Exit | Admirals Way | 42 | 11:20 | 11:37 | 11:35 | 11:33 | 00:04 |
| 14.4 | 132.5 | 9.0 | 82.4 | R/about | 3rd Exit | Long March | 42 | 11:20 | 11:37 | 11:35 | 11:33 | 00:04 |
| 15.0 | 131.9 | 9.3 | 82.0 | T.Junction | Left | B4038 London Road | 42 | 11:21 | 11:38 | 11:36 | 11:34 | 00:04 |
| 15.2 | 131.7 | 9.5 | 81.9 | Junction | Right | Daventry Road | 42 | 11:21 | 11:38 | 11:36 | 11:34 | 00:04 |
| 15.2 | 131.7 | 9.5 | 81.9 | KoM 1 Cat 3 | Start | | 42 | 11:21 | 11:38 | 11:36 | 11:34 | 00:04 |
| 15.8 | 131.1 | 9.8 | 81.5 | KoM 1 Cat 3 | Finish | Newnham Hill | 42 | 11:22 | 11:39 | 11:37 | 11:35 | 00:04 |
| 16.0 | 130.9 | 9.9 | 81.4 | | Caution! | Fast Descent! | 42 | 11:22 | 11:40 | 11:37 | 11:35 | 00:04 |
| 16.8 | 130.1 | 10.4 | 80.9 | X.Roads | Left | | 42 | 11:24 | 11:41 | 11:39 | 11:36 | 00:04 |
| 17.1 | 129.8 | 10.6 | 80.7 | Junction | Right | | 42 | 11:24 | 11:41 | 11:39 | 11:36 | 00:04 |
| 17.1 | 129.8 | 10.6 | 80.7 | T.Junction | Right | B4037 Church Street | 42 | 11:24 | 11:41 | 11:39 | 11:36 | 00:04 |
| 17.4 | 129.5 | 10.8 | 80.5 | | Keep Right | B4037 Church Street | 42 | 11:24 | 11:42 | 11:39 | 11:37 | 00:04 |
| 17.7 | 129.2 | 11.0 | 80.3 | Junction | Left | School Hill | 42 | 11:25 | 11:42 | 11:40 | 11:37 | 00:05 |
| 17.7 | 129.2 | 11.0 | 80.3 | X.Roads | Straight | | 42 | 11:25 | 11:42 | 11:40 | 11:37 | 00:05 |
| 18.2 | 128.7 | 11.3 | 80.0 | KoM 2 Cat 3 | Start | | 42 | 11:26 | 11:43 | 11:41 | 11:38 | 00:05 |
| 18.7 | 128.2 | 11.6 | 79.7 | X.Roads | Straight | | 42 | 11:26 | 11:44 | 11:41 | 11:39 | 00:05 |
| 19.5 | 127.4 | 12.1 | 79.2 | KoM 2 Cat 3 | Finish | Bullshill | 42 | 11:27 | 11:45 | 11:42 | 11:40 | 00:05 |
| 19.5 | 127.4 | 12.1 | 79.2 | | | Green Zone for 200m | 42 | 11:27 | 11:45 | 11:42 | 11:40 | 00:05 |
| 20.6 | 126.3 | 12.8 | 78.5 | X.Roads | Straight | | 42 | 11:29 | 11:47 | 11:44 | 11:41 | 00:05 |
| 22.5 | 124.4 | 14.0 | 77.4 | Sign | | Preston Capes | 42 | 11:32 | 11:50 | 11:47 | 11:43 | 00:06 |
| 23.0 | 123.9 | 14.3 | 77.0 | X.Roads | Left | Charlwellton Road | 42 | 11:32 | 11:51 | 11:47 | 11:44 | 00:06 |
| 23.9 | 123.0 | 14.9 | 76.5 | Sign | | Little Preston | 42 | 11:34 | 11:52 | 11:49 | 11:45 | 00:06 |
| 24.2 | 122.7 | 15.0 | 76.3 | | Keep Right | | 42 | 11:34 | 11:53 | 11:49 | 11:46 | 00:06 |
| 26.2 | 120.7 | 16.3 | 82.1 | | Keep Right | | 42 | 11:37 | 11:56 | 11:52 | 11:48 | 00:07 |
| 26.6 | 120.3 | 16.5 | 74.8 | Sign | | Maidford | 42 | 11:38 | 11:56 | 11:53 | 11:49 | 00:07 |
| 27.2 | 119.7 | 16.9 | 74.4 | X.Roads | Straight | | 42 | 11:38 | 11:57 | 11:53 | 11:49 | 00:07 |
| 29.4 | 117.5 | 18.3 | 73.1 | Sign | | Blakesley | 42 | 11:42 | 12:01 | 11:57 | 11:52 | 00:08 |
| 29.7 | 117.2 | 18.5 | 72.9 | | Keep Left | | 42 | 11:42 | 12:01 | 11:57 | 11:53 | 00:08 |
| 29.8 | 117.1 | 18.5 | 72.8 | Junction | Right | High Street | 42 | 11:42 | 12:01 | 11:57 | 11:53 | 00:08 |
| 29.9 | 117.0 | 18.6 | 72.8 | T.Junction | Right | High Street | 42 | 11:42 | 12:01 | 11:57 | 11:53 | 00:08 |
| 30.0 | 116.9 | 18.7 | 72.7 | X.Roads | Straight | | 42 | 11:42 | 12:02 | 11:57 | 11:53 | 00:08 |
| 30.0 | 116.9 | 18.7 | 72.7 | Drinks | Start | | 42 | 11:42 | 12:02 | 11:57 | 11:53 | 00:08 |
| 30.0 | 116.9 | 18.7 | 72.7 | | | Green Zone for 200m | 42 | 11:42 | 12:02 | 11:57 | 11:53 | 00:08 |
| 30.4 | 116.5 | 18.9 | 72.4 | Junction | Left | | 42 | 11:43 | 12:02 | 11:58 | 11:54 | 00:08 |

Stage 5 Northampton - Northampton Sat 7 Sep



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| Start : | Northampton University - Northampton |
| Neutralised section : | 7.0 km or 4.3 miles |
| Stage Distance : | 146.9 km or 91.3 miles |
| Finish : | County Way - Barnsley |

| Route Details | | | | | | | Estimated Time of Arrival | | | | | |
|---------------|-----------|-------|-------------|------------|-------------|-----------------------------|---------------------------|-----------|--------|--------|--------|------------|
| KMs | KMs to go | Miles | Miles to go | Feature | Instruction | Description | Base Speed | Lead Cars | 38kmph | 42kmph | 46kmph | Time Range |
| | | | | | | | | 15mins | 110% | 100% | 90% | |
| 33.4 | 113.5 | 20.8 | 70.6 | | Keep Right | | 42 | 11:47 | 12:07 | 12:02 | 11:57 | 00:09 |
| 33.6 | 113.3 | 20.9 | 70.5 | | Keep Left | | 42 | 11:48 | 12:07 | 12:03 | 11:58 | 00:09 |
| 34.5 | 112.4 | 21.5 | 69.9 | | Caution! | Narrow Bridge | 42 | 11:49 | 12:09 | 12:04 | 11:59 | 00:09 |
| 34.9 | 112.0 | 21.7 | 69.6 | X.Roads | Right | Wappenham Road | 42 | 11:49 | 12:09 | 12:04 | 11:59 | 00:09 |
| 35.2 | 111.7 | 21.9 | 69.5 | Sign | | Abthorpe | 42 | 11:50 | 12:10 | 12:05 | 12:00 | 00:10 |
| 37.7 | 109.2 | 23.4 | 67.9 | Sign | | Wappenham | 42 | 11:53 | 12:14 | 12:08 | 12:03 | 00:10 |
| 38.3 | 108.6 | 23.8 | 67.5 | | Keep Left | | 42 | 11:54 | 12:15 | 12:09 | 12:04 | 00:10 |
| 38.4 | 108.5 | 23.9 | 67.5 | | Keep Right | | 42 | 11:54 | 12:15 | 12:09 | 12:04 | 00:10 |
| 38.5 | 108.4 | 23.9 | 67.4 | | Keep Left | | 42 | 11:55 | 12:15 | 12:10 | 12:04 | 00:11 |
| 42.1 | 104.8 | 26.2 | 65.2 | Sign | | Helmdon | 42 | 12:00 | 12:21 | 12:15 | 12:09 | 00:12 |
| 42.9 | 104.0 | 26.7 | 64.7 | | Keep Left | | 42 | 12:01 | 12:22 | 12:16 | 12:10 | 00:12 |
| 43.0 | 103.9 | 26.7 | 64.6 | | Caution! | Hunp Back Bridge | 42 | 12:01 | 12:22 | 12:16 | 12:10 | 00:12 |
| 43.1 | 103.8 | 26.8 | 64.5 | | Keep Right | Station Road | 42 | 12:01 | 12:22 | 12:16 | 12:10 | 00:12 |
| 44.2 | 102.7 | 27.5 | 63.9 | X.Roads | Right | B4525 Welsh Lane | 42 | 12:03 | 12:24 | 12:18 | 12:11 | 00:12 |
| 48.7 | 98.2 | 30.3 | 61.1 | X.Roads | Straight | | 42 | 12:09 | 12:31 | 12:24 | 12:17 | 00:13 |
| 50.9 | 96.0 | 31.7 | 59.7 | | Caution! | Safety Camera 40mph (64kph) | 42 | 12:12 | 12:34 | 12:27 | 12:20 | 00:14 |
| 51.0 | 95.9 | 31.7 | 59.6 | Junction | Right | | 42 | 12:12 | 12:35 | 12:27 | 12:20 | 00:14 |
| 51.8 | 95.1 | 32.2 | 59.1 | Sign | | Thorpe Mandeville | 42 | 12:14 | 12:36 | 12:29 | 12:21 | 00:14 |
| 54.8 | 92.1 | 34.1 | 57.3 | Junction | Left | Sulgrave Road | 42 | 12:18 | 12:41 | 12:33 | 12:25 | 00:15 |
| 55.4 | 91.5 | 34.5 | 56.9 | Sign | | Culworth | 42 | 12:19 | 12:42 | 12:34 | 12:26 | 00:15 |
| 55.5 | 91.4 | 34.5 | 56.8 | | Keep Left | Queen Street | 42 | 12:19 | 12:42 | 12:34 | 12:26 | 00:15 |
| 58.8 | 88.1 | 36.6 | 54.8 | | Caution! | Narrow Bridge | 42 | 12:24 | 12:47 | 12:39 | 12:30 | 00:16 |
| 61.7 | 85.2 | 38.4 | 53.0 | T.Junction | Right | A361 Banbury Road | 42 | 12:28 | 12:51 | 12:43 | 12:34 | 00:17 |
| 64.7 | 82.2 | 40.2 | 51.1 | Sign | | Byfield | 42 | 12:32 | 12:56 | 12:47 | 12:38 | 00:18 |
| 65.0 | 81.9 | 40.4 | 50.9 | | Caution! | Safety Camera 30mph (50kph) | 42 | 12:32 | 12:57 | 12:47 | 12:38 | 00:18 |
| 65.3 | 81.6 | 40.6 | 50.7 | | Keep Right | | 42 | 12:33 | 12:57 | 12:48 | 12:38 | 00:18 |
| 65.4 | 81.5 | 40.7 | 50.7 | M R/about | 2nd Exit | A361 Badby Road West | 42 | 12:33 | 12:57 | 12:48 | 12:39 | 00:18 |
| 68.2 | 78.7 | 42.4 | 48.9 | Sign | | Charwelton | 42 | 12:37 | 13:02 | 12:52 | 12:42 | 00:19 |
| 68.9 | 78.0 | 42.8 | 48.5 | X.Roads | Left | | 42 | 12:38 | 13:03 | 12:53 | 12:43 | 00:19 |
| 71.3 | 75.6 | 44.3 | 47.0 | Junction | Right | Charwelton Lane | 42 | 12:41 | 13:07 | 12:56 | 12:46 | 00:20 |
| 72.0 | 74.9 | 44.8 | 46.6 | Sign | | Helidon | 42 | 12:42 | 13:08 | 12:57 | 12:47 | 00:20 |
| 72.1 | 74.8 | 44.8 | 46.5 | | Keep Right | Stockwell Lane | 42 | 12:43 | 13:08 | 12:58 | 12:47 | 00:20 |
| 73.9 | 73.0 | 46.0 | 45.4 | Sign | | Catesby | 42 | 12:45 | 13:11 | 13:00 | 12:50 | 00:21 |
| 74.3 | 72.6 | 46.2 | 45.1 | | Keep Left | | 42 | 12:46 | 13:11 | 13:01 | 12:50 | 00:21 |
| 76.4 | 70.5 | 47.5 | 43.8 | X.Roads | Right | A425 Daventry Road | 42 | 12:49 | 13:15 | 13:04 | 12:53 | 00:21 |
| 76.8 | 70.1 | 47.8 | 43.6 | R/about | 1st Exit | A425 Daventry Road | 42 | 12:49 | 13:15 | 13:04 | 12:53 | 00:21 |
| 79.4 | 67.5 | 49.4 | 42.0 | R/about | 2nd Exit | A425 Leamington Way | 42 | 12:53 | 13:19 | 13:08 | 12:57 | 00:22 |
| 79.8 | 67.1 | 49.6 | 41.7 | R/about | 1st Exit | A45 Braunston Road | 42 | 12:54 | 13:20 | 13:09 | 12:57 | 00:22 |
| 80.4 | 66.5 | 50.0 | 41.4 | R/about | 2nd Exit | A45 Braunston Road | 42 | 12:54 | 13:21 | 13:09 | 12:58 | 00:22 |
| 80.8 | 66.1 | 50.2 | 41.1 | R/about | 3rd Exit | A361 Drayton Way | 42 | 12:55 | 13:21 | 13:10 | 12:58 | 00:23 |
| 81.7 | 65.2 | 50.8 | 40.5 | R/about | 2nd Exit | A361 Drayton Way | 42 | 12:56 | 13:23 | 13:11 | 13:00 | 00:23 |
| 82.3 | 64.6 | 51.2 | 40.2 | R/about | 1st Exit | A361 Ashby Road | 42 | 12:57 | 13:24 | 13:12 | 13:00 | 00:23 |
| 82.9 | 64.0 | 51.6 | 39.8 | R/about | 2nd Exit | A361 Ashby Road | 42 | 12:58 | 13:25 | 13:13 | 13:01 | 00:23 |
| 83.2 | 63.7 | 51.7 | 39.6 | R/about | 1st Exit | A361 Ashby Road | 42 | 12:58 | 13:25 | 13:13 | 13:01 | 00:23 |
| 84.0 | 62.9 | 52.2 | 39.1 | Junction | Right | | 42 | 13:00 | 13:27 | 13:15 | 13:03 | 00:24 |
| 84.8 | 62.1 | 52.7 | 38.6 | T.Junction | Right | Ashby Road | 42 | 13:01 | 13:28 | 13:16 | 13:04 | 00:24 |

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| Start : | Northampton University - Northampton |
| Neutralised section : | 7.0 km or 4.3 miles |
| Stage Distance : | 146.9 km or 91.3 miles |
| Finish : | County Way - Barnsley |

| Route Details | | | | | | | Estimated Time of Arrival | | | | | |
|---------------|-----------|-------|-------------|------------|-------------|---|---------------------------|-----------|--------|--------|--------|------------|
| KMs | KMs to go | Miles | Miles to go | Feature | Instruction | Description | Base Speed | Lead Cars | 38kmph | 42kmph | 46kmph | Time Range |
| | | | | | | | | 15mins | 110% | 100% | 90% | |
| 85.0 | 61.9 | 52.9 | 38.5 | Sign | | Welton | 42 | 13:01 | 13:28 | 13:16 | 13:04 | 00:24 |
| 85.5 | 61.4 | 53.2 | 38.2 | | Keep Left | Station Road | 42 | 13:02 | 13:29 | 13:17 | 13:04 | 00:24 |
| 86.2 | 60.7 | 53.6 | 37.7 | X.Roads | Left | Crockwell Hill | 42 | 13:03 | 13:30 | 13:18 | 13:05 | 00:24 |
| 87.9 | 59.0 | 54.7 | 36.7 | | Keep Right | Crockwell Hill | 42 | 13:05 | 13:33 | 13:20 | 13:08 | 00:25 |
| 88.1 | 58.8 | 54.8 | 36.6 | X.Roads | Straight | B5385 Station Road/A5 Watling Street | 42 | 13:05 | 13:33 | 13:20 | 13:08 | 00:25 |
| 88.8 | 58.1 | 55.2 | 36.1 | Sign | | Watford | 42 | 13:06 | 13:34 | 13:21 | 13:09 | 00:25 |
| 89.8 | 57.1 | 55.8 | 35.5 | | Keep Left | | 42 | 13:08 | 13:36 | 13:23 | 13:10 | 00:25 |
| 93.5 | 53.4 | 58.1 | 33.2 | Sign | | West Haddon | 42 | 13:13 | 13:41 | 13:28 | 13:15 | 00:26 |
| 93.8 | 53.1 | 58.3 | 33.0 | M R/about | 2nd Exit | High Street | 42 | 13:14 | 13:42 | 13:29 | 13:15 | 00:26 |
| 94.1 | 52.8 | 58.5 | 32.8 | M R/about | 1st Exit | Guilborough Road | 42 | 13:14 | 13:42 | 13:29 | 13:15 | 00:26 |
| 94.2 | 52.7 | 58.6 | 32.8 | M R/about | 1st Exit | Guilborough Road | 42 | 13:14 | 13:43 | 13:29 | 13:16 | 00:26 |
| 94.3 | 52.6 | 58.6 | 32.7 | | Caution! | Buildouts | 42 | 13:14 | 13:43 | 13:29 | 13:16 | 00:26 |
| 94.6 | 52.3 | 58.8 | 32.5 | R/about | 2nd Exit | Guilborough Road | 42 | 13:15 | 13:43 | 13:30 | 13:16 | 00:27 |
| 95.8 | 51.1 | 59.6 | 31.8 | | Keep Left | Guilborough Road | 42 | 13:16 | 13:45 | 13:31 | 13:18 | 00:27 |
| 96.3 | 50.6 | 59.9 | 31.5 | X.Roads | Straight | | 42 | 13:17 | 13:46 | 13:32 | 13:18 | 00:27 |
| 99.3 | 47.6 | 61.7 | 29.6 | Sign | | Cold Ashby | 42 | 13:21 | 13:51 | 13:36 | 13:22 | 00:28 |
| 99.5 | 47.4 | 61.9 | 29.5 | | Caution! | Buildouts | 42 | 13:22 | 13:51 | 13:37 | 13:22 | 00:28 |
| 99.6 | 47.3 | 61.9 | 29.4 | | Keep Right | Main Street | 42 | 13:22 | 13:51 | 13:37 | 13:23 | 00:28 |
| 99.8 | 47.1 | 62.1 | 29.3 | | Caution! | Sharp Bend Left! | 42 | 13:22 | 13:51 | 13:37 | 13:23 | 00:28 |
| 100.8 | 46.1 | 62.7 | 28.7 | X.Roads | Straight | | 42 | 13:24 | 13:53 | 13:39 | 13:24 | 00:28 |
| 103.0 | 43.9 | 64.1 | 27.3 | Sign | | Naesby | 42 | 13:27 | 13:56 | 13:42 | 13:27 | 00:29 |
| 103.7 | 43.2 | 64.5 | 26.9 | | Keep Right | Newlands | 42 | 13:28 | 13:57 | 13:43 | 13:28 | 00:29 |
| 104.0 | 42.9 | 64.7 | 26.7 | | Keep Left | | 42 | 13:28 | 13:58 | 13:43 | 13:28 | 00:29 |
| 107.2 | 39.7 | 66.7 | 24.7 | X.Roads | Right | | 42 | 13:33 | 14:03 | 13:48 | 13:32 | 00:30 |
| 110.4 | 36.5 | 68.7 | 22.7 | Sign | | Kelmarsh | 42 | 13:37 | 14:08 | 13:52 | 13:36 | 00:31 |
| 111.0 | 35.9 | 69.0 | 22.3 | X.Roads | Straight | | 42 | 13:38 | 14:09 | 13:53 | 13:37 | 00:31 |
| 114.8 | 32.1 | 71.4 | 20.0 | Sign | | Harrington | 42 | 13:44 | 14:15 | 13:59 | 13:42 | 00:32 |
| 114.9 | 32.0 | 71.5 | 19.9 | Junction | Right | | 42 | 13:44 | 14:15 | 13:59 | 13:42 | 00:32 |
| 116.3 | 30.6 | 72.3 | 19.0 | T.Junction | Right | | 42 | 13:46 | 14:17 | 14:01 | 13:44 | 00:33 |
| 120.3 | 26.6 | 74.8 | 16.5 | Sign | | Lampport | 42 | 13:51 | 14:24 | 14:06 | 13:49 | 00:34 |
| 120.5 | 26.4 | 74.9 | 16.4 | T.Junction | Left | | 42 | 13:52 | 14:24 | 14:07 | 13:49 | 00:34 |
| 122.5 | 24.4 | 76.2 | 15.2 | Junction | Right | Old Road Caution! Sharp Turn | 42 | 13:13 | 13:37 | 14:10 | 13:19 | 00:17 |
| 123.4 | 23.5 | 76.7 | 14.6 | Sign | | Scaldwell | 42 | 13:16 | 13:40 | 14:11 | 13:22 | 00:18 |
| 123.8 | 23.1 | 77.0 | 14.4 | X.Roads | Straight | High Street | 42 | 13:56 | 14:29 | 14:11 | 13:54 | 00:35 |
| 124.4 | 22.5 | 77.4 | 14.0 | | Keep Left | | 42 | 13:57 | 14:30 | 14:12 | 13:54 | 00:35 |
| 126.1 | 20.8 | 78.4 | 12.9 | T.Junction | Left | Holcot Road | 42 | 14:00 | 14:33 | 14:15 | 13:57 | 00:36 |
| 126.9 | 20.0 | 78.9 | 12.4 | | | 20km to Race Finish - Green Zone for 200m | 42 | 14:01 | 14:34 | 14:16 | 13:58 | 00:36 |
| 128.2 | 18.7 | 79.7 | 11.6 | Sign | | Pitsford Causeway | 42 | 14:03 | 14:36 | 14:18 | 13:59 | 00:36 |
| 129.7 | 17.2 | 80.7 | 10.7 | Sign | | Holcot | 42 | 14:05 | 14:38 | 14:20 | 14:01 | 00:37 |
| 129.9 | 17.0 | 80.8 | 10.6 | Sprint 1 | | Holcot | 42 | 14:05 | 14:39 | 14:20 | 14:02 | 00:37 |
| 129.9 | 17.0 | 80.8 | 10.6 | | | Green Zone for 200m | 42 | 14:05 | 14:39 | 14:20 | 14:02 | 00:37 |
| 130.3 | 16.6 | 81.0 | 10.3 | | Caution! | Buildouts | 42 | 14:06 | 14:39 | 14:21 | 14:02 | 00:37 |
| 131.9 | 15.0 | 82.0 | 9.3 | R/about | 2nd Exit | Holcot Lane | 42 | 14:08 | 14:42 | 14:23 | 14:04 | 00:37 |
| 131.9 | 15.0 | 82.0 | 9.3 | | | 15km to Race Finish | 42 | 14:08 | 14:42 | 14:23 | 14:04 | 00:37 |
| 133.6 | 13.3 | 83.1 | 8.3 | Sign | | Sywell | 42 | 14:10 | 14:44 | 14:25 | 14:06 | 00:38 |
| 133.8 | 13.1 | 83.2 | 8.1 | M R/about | 2nd Exit | Overstone Road | 42 | 14:11 | 14:45 | 14:26 | 14:07 | 00:38 |

Stage 5 Northampton - Northampton Sat 7 Sep



| | |
|-----------------------|--------------------------------------|
| Start : | Northampton University - Northampton |
| Neutralised section : | 7.0 km or 4.3 miles |
| Stage Distance : | 146.9 km or 91.3 miles |
| Finish : | County Way - Barnsley |

| Route Details | | | | | | | Estimated Time of Arrival | | | | | |
|---------------|-----------|-------|-------------|---------------|-----------------|---|---------------------------|-----------|--------|--------|--------|------------|
| KMs | KMs to go | Miles | Miles to go | Feature | Instruction | Description | Base Speed | Lead Cars | 38kmph | 42kmph | 46kmph | Time Range |
| | | | | | | | | 15mins | 110% | 100% | 90% | |
| 134.2 | 12.7 | 83.5 | 7.9 | X.Roads | Left | Ecton Lane | 42 | 14:11 | 14:45 | 14:26 | 14:07 | 00:38 |
| 136.9 | 10.0 | 85.1 | 6.2 | | | 10km to Race Finish | 42 | 14:15 | 14:50 | 14:30 | 14:11 | 00:39 |
| 137.8 | 9.1 | 85.7 | 5.7 | T.Junction | Right | A4500 Wellinborough Road | 42 | 14:16 | 14:51 | 14:31 | 14:12 | 00:39 |
| 138.8 | 8.1 | 86.3 | 5.0 | Sign | | Northampton | 42 | 14:18 | 14:53 | 14:33 | 14:13 | 00:39 |
| 138.9 | 8.0 | 86.4 | 5.0 | | Keep Left | Dual Carriageway | 42 | 14:18 | 14:53 | 14:33 | 14:13 | 00:39 |
| 139.2 | 7.7 | 86.6 | 4.8 | R/about | 2nd Exit | A4500 Wellinborough Road | 42 | 14:18 | 14:53 | 14:33 | 14:13 | 00:39 |
| 139.7 | 7.2 | 86.9 | 4.5 | R/about | 1st Exit | A4500 Wellinborough Road | 42 | 14:19 | 14:54 | 14:34 | 14:14 | 00:39 |
| 140.3 | 6.6 | 87.2 | 4.1 | R/about | 1st Exit | A4500 Wellinborough Road | 42 | 14:20 | 14:55 | 14:35 | 14:15 | 00:40 |
| 140.8 | 6.1 | 87.6 | 3.8 | R/about | 2nd Exit | A4500 Wellinborough Road | 42 | 14:21 | 14:56 | 14:36 | 14:16 | 00:40 |
| 141.3 | 5.6 | 87.9 | 3.5 | T.Lights | Straight | A4500 | 42 | 14:21 | 14:57 | 14:36 | 14:16 | 00:40 |
| 141.5 | 5.4 | 88.0 | 3.4 | T.Lights | Straight | A4500 | 42 | 14:22 | 14:57 | 14:37 | 14:16 | 00:40 |
| 141.9 | 5.0 | 88.2 | 3.1 | | | 5km to Race Finish | 42 | 14:22 | 14:57 | 14:37 | 14:17 | 00:40 |
| 142.0 | 4.9 | 88.3 | 3.0 | T.Lights | Straight | A4500 | 42 | 14:22 | 14:58 | 14:37 | 14:17 | 00:40 |
| 142.4 | 4.5 | 88.6 | 2.8 | | Caution! | Safety Camera 30mph (50kph) | 42 | 14:23 | 14:58 | 14:38 | 14:18 | 00:40 |
| 142.9 | 4.0 | 88.9 | 2.5 | T.Lights | Left | Abington Park Crescent | 42 | 14:24 | 14:59 | 14:39 | 14:18 | 00:40 |
| 143.9 | 3.0 | 89.5 | 1.9 | | | 3km to Race Finish - Green Zone for 200m | 42 | 14:25 | 15:01 | 14:40 | 14:20 | 00:41 |
| 144.3 | 2.6 | 89.7 | 1.6 | T.Lights | Right | Billing Road | 42 | 14:26 | 15:01 | 14:41 | 14:20 | 00:41 |
| 145.6 | 1.3 | 90.5 | 0.8 | T.Lights | Straight | Billing Road | 42 | 14:28 | 15:03 | 14:43 | 14:22 | 00:41 |
| 146.2 | 0.7 | 90.9 | 0.4 | T.Lights | Left | A5123 Cheyne Walk | 42 | 14:28 | 15:04 | 14:43 | 14:22 | 00:41 |
| 146.4 | 0.5 | 91.0 | 0.3 | T.Lights | Right | Derngate | 42 | 14:29 | 15:05 | 14:44 | 14:23 | 00:41 |
| 146.9 | 0.0 | 91.3 | 0.0 | Finish | | Derngate - Northampton | 42 | 14:29 | 15:05 | 14:44 | 14:23 | 00:41 |