

Schedule for an RRA record attempt - mixed tandem bicycle, James Cracknell and Rebecca Romero

Notice of an attempt to improve the Road Records Association mixed tandem bicycle records LAND'S END TO JOHN O'GROATS,

INCORPORATING THE 12 HOUR AND 24 HOUR

ATTEMPT REF: 2073/4/5

The anticipated starting date is Monday 3rd August 2009 but if the weather forecast is not favourable the start may be postponed in accordance with RRA rules.

Current record holders:

Land's End to John O'Groats - Mr A Wilkinson and Miss L E A Taylor - 2days 3 hours 19 minutes 23 seconds

12 Hours - Standard to be beaten, 265 miles

24 Hours - Standard to be beaten, 460 miles

Organiser: Threshold Sports, The Granary, Standen Manor Estate, Hungerford, Berks RG17 0RB. Information will be available before, during and after the attempt from 01488 662733. On-the-road support crew number is 0750 3883455

Route and schedule (Cracknell/Romero 2009)	Intermediate miles	total miles	time of day
1 Start at Land's End hotel, south door.	0.00	0.00	5:00:00
2 Proceed on A30 to Penzance by-pass West End, join by-pass. Continue on by-pass to join Redruth by-pass	22.70	22.70	6:17:36
3 Pass A391 interchange on A30 south of Bodmin	29.80	52.50	7:59:28
4 Pass A395 interchange on A30 west of Launceston	22.90	75.40	9:17:45
5 Pass A386 interchange on A30 south-west of Oakhampton	17.30	92.70	10:16:53
6 Top of Whiddon Down descent and services on A30	7.80	100.50	10:43:33
7 Pass Ide prior to junction with A377	16.60	117.10	11:40:18
Filter left down to roundabout with A377 where first exit to A377 Alphington Road passing leisure centre, retail park towards Exeter. Follow A377, Alphington Street over river. Straight ahead to			
8 B3212 Frog Street, Western Way. 3rd exit (ahead) at roundabout to continue on B3212 Western Way. At next roundabout (Blackboy) take 4th exit (right) on B3212 Blackboy Road, Pinhoe Road to Pinhoe.	5.10	122.20	11:57:44
9 At Pinhoe junction merge (turn left) into B3181 Pinhoe Road and turn left at new junction. Continue to Cullompton.	10.00	132.20	12:31:55
10 Continue on B3181, joining A38 at Uffculme. Take the Wellington bypass towards Taunton. Proceed through Taunton to roundabout just before Focus superstore	20.10	152.30	13:40:37
11 Turn right, then left at next junction, to continue on A38 through Bridgewater	9.50	161.80	14:13:06
12 to junction with A368 at Churchill	19.70	181.50	15:20:26
13 Continue on A38 to enter Bristol on Bedminster Down Road. Follow signs Avonmouth A4. Left into Winterstoke Road and follow signs A369 towards Portishead via two traffic islands. After another half mile turn right on B3129 and a steep climb to the Clifton Suspension Bridge. Cross the Bridge (toll free for cyclists, 20p coin operated barrier for vehicles) and take the next two left turns to join Clifton Down and turn right at next junction, still Clifton Down but now A4176. Continue onto Clifton Road, Upper Belgrave Road and through the next two junctions. At the third junction, turn left onto Westbury Road and straight on at the next traffic Island (still Westbury Road). Turn right into Henleaze Road (B4056). Left at mini roundabout (still Henleaze Road) and continue on B4056 via Southmead Road to rejoin A38 at Filton.	18.20	199.70	16:22:39
14 Continue on A38 through Cambridge	19.10	218.80	17:27:57
15 Continue on A38 approaching Gloucester to Quedgeley. Straight on following A430 on Southgate St. to traffic lights. Bear left into Commercial Rd to the Quay. Continue to traffic island where right into St Oswald Road, straight on at traffic island, crossing A40 still on A38.	11.80	230.60	18:08:17
16 Follow A38 through Tewksbury to Worcester, to join A449	26.60	257.20	19:39:13
17 To Kidderminster	11.90	269.10	20:19:53
18 Turning right at first traffic island, follow A449 to Wolverhampton. Use ring road, and turn left into Waterloo Road	17.90	287.00	21:21:05
19 Shortly, rejoin A449 to Stafford	16.50	303.50	22:17:29
20 Use Bridge Street and Gaolgate Street, and join A34 to Newcastle-Under-Lyme	15.00	318.50	23:08:46
21 Follow A34 through town centre, and join A5011 (signed towards A50) at Hollins. After about 1.5 miles, join A50 to Holmes Chapel.	15.40	333.90	0:01:24
22 Continue through Knutsford on the A50	8.00	341.90	0:28:45
23 via Grappenhall towards Warrington to the Canal Bridge	9.90	351.80	1:02:35

	Route and schedule (Cracknell/Romero 2009)	Intermediate miles	total miles	time of day
24	Cross the bridge then turn right and left, following signs for Wigan and North A49. Follow the Warrington Ring Road, right at Orford and straight on along A49 towards Newton le Willows. At Winwick Church fork right on A573 via Abraham to Wigan	13.10	364.90	1:47:22
25	Right on A49 towards Preston. Nearing Bamber Bridge go left on A6 via bypass into Preston	17.20	382.10	2:46:10
26	Turn right at Forte Hotel, and follow A6 to Lancaster	22.30	404.40	4:02:24
27	Turn left over river, then sharp right, on A6 towards Kendal. A6 join A590 and A591 then rejoin A6 into Kendal	22.40	426.80	5:18:58
28	Stay on A6 to the summit of Shap Fell	10.00	436.80	5:53:09
29	Straight on, along A6 to the junction with A66 near Penrith	15.50	452.30	6:46:08
30	Straight on along A6, and by-pass the Penrith Centre by going right on Old London Road, left on Friargate, left at next fork and straight on via Meeting House Lane, Lonsdale Terrace and Drover Lane. Then right on A6 to Stony Beck traffic island, B5305	3.20	455.50	6:57:05
31	Continue to Carlisle Station, to Hardwick Circus traffic island	16.30	471.80	7:52:48
32	continue on A7 / A74 north to turn left into Parkhouse Road prior to M6 J44	2.00	473.80	7:59:38
33	Follow new purpose built road running alongside newly designated M6 (formerly A74) and National cycling Network towards Gretna, take exit signed B7076 Gretna	7.70	481.50	8:25:57
34	Continue on B7076 via Kirkpatric-Fleming, Kirtlebridge, Ecclefechan, Lockerbie to Johnstonebridge	22.50	504.00	9:42:52
35	Straight on along B7076 and join A701 to Beattock	7.00	511.00	10:06:48
36	Continue on B7076 through Blacklaw, Nether Howecleuch & March to Crawford	14.00	525.00	10:54:39
37	At Crawford join the A702, through Abingdon, Lamington to Biggar	14.30	539.30	11:43:32
38	Where join the B7016 to Carnwath	7.50	546.80	12:09:11
39	Join the A70 North to join B7031 to Kirknewton	17.30	564.10	13:08:19
40	Where right on unclassified road through Wilkiestone to join A71	2.00	566.10	13:15:09
41	Left on A71 to first turn right onto B7030 (Clifton Hall Road) under M8 motorway	2.00	568.10	13:21:59
42	To junction of M9 take first left onto A89 and right onto B800 through Kirkliston	2.00	570.10	13:28:50
43	To first roundabout straight on onto A8000 to turn right before A90 roundabout into Forth Road Bridge Services (Shell). Pass petrol station by taking road to the right and turn left before car-park to join east side cycle path. Cross road bridge and join B981 at foot of Forth Rail Bridge. Inverkeithing to continue on B981 towards Cowdenbeath, where A909 northbound	15.20	585.30	14:20:47
45	Join B996 to Kinross. Turn right onto A91, briefly, then left onto B996 through Glenfarg to A912. Left on A912, to the outskirts of Perth.	25.00	610.30	15:46:15
46	Left into Glenearn Road then straight on via Priory Place and Glover Street to Glasgow Road. Right and second left on Caledonian Road. Straight on at traffic island, then left on Barrack Street and straight on along A912 and A9 to Dunkeld. Straight on along A9	14.30	624.60	16:35:08
47	to the start of the Pitlochry by-pass	12.30	636.90	17:17:11
48	Straight on along A9 to the start of the Blair Athol by-pass	6.20	643.10	17:38:22
49	Straight on along on A9 to the Pass of Drumochter Summit	19.20	662.30	18:44:00
50	Straight on along A9 to the start of Newtonmore / Kingussie by-pass	14.20	676.50	19:32:33
51	Straight on along A9 via Aviemore by-pass to junction with A95	17.90	694.40	20:33:44
52	Straight on along A9 to Slochd summit	10.30	704.70	21:08:57
53	Straight on along A9 to Kessock Bridge, over the Moray Firth	18.10	722.80	22:10:49
54	Straight on along A9 via Tore over the Cromarty Firth, right at traffic island	12.30	735.10	22:52:52
55	Straight on along A9 to the start of the Tain bypass	19.80	754.90	0:00:33
56	Straight on along A9 to cross the Dornoch Firth Bridge to Golspie	17.90	772.80	1:01:44
57	Straight on along A9 via Helmsdale to Helmsdale Youth Hostel	16.90	789.70	1:59:30
58	Straight on along A9 to Berriedale	9.60	799.30	2:32:19
59	Straight on along A9 to Dunbeath	6.10	805.40	2:53:10
60	Straight on along A9 via Latheron, where right an A99 to Lybster	6.90	812.30	3:16:46
61	Straight on along A99 to Wick, and the junction with A882	13.20	825.50	4:01:53
62	Straight on along A99. Right at Reiss. Straight on at Keiss, Nybster, Freshwick and junction with A836. Finish at the main door of the John O'Groats Hotel	17.00	842.50	5:00:00