

London Cardiff 24 - 2018

Route Summary

Stage	Stage distance (miles)	Target time for sub 24	Time to stay inside cutoff		Stage description	Navigation	CYCLE FRIENDLY
Team Stage 1	0.3	00:02:35	00:03:40		Afternoon light 100% off road	V. SIMPLE	Not allowed
Stage 1	6.2	00:54:25	01:14:55		Afternoon light 50% pavements, 50% canal path	SIMPLE	Some steps
Stage 2	8.4	01:13:45	01:41:30		Afternoon/Evening 100% canal path	V. SIMPLE	Fine for bike
Stage 3	4.8	00:42:25	00:58:20		Afternoon/Evening 95% canal path. 5% pavements	EASY	Fine for bike
Stage 4	4.4	00:38:40	00:53:10		Evening 100% pavements	EASY	Fine for bike
Stage 5	11.2	01:38:00	02:14:50		Night 60% pavement, 40% country lanes	MEDIUM	Some steps
Stage 6	3.8	00:32:55	00:45:20		Night 100% off road - woods	MEDIUM	Off road and stiles
Stage 7	8.3	01:12:35	01:39:50		Night 70% lanes & track, 30% pavement	DIFFICULT	Fine for bike, mud on track
Stage 8	8.8	01:16:50	01:45:45		Night 100% off road	DIFFICULT	Off road bike only
Stage 9	12.5	01:49:50	02:31:00		Night 100% Off road. Up, Down, Repeat	DIFFICULT	Off road bike only
Stage 10	7.1	01:02:40	01:26:10		Night 60% off road. 40% country lanes	MEDIUM	Off road bike only
Stage 11	2.9	00:25:50	00:35:30		Night 50% country lanes 50% pavements	SIMPLE	Short offroad section with stile
Team Stage 2	1.8	00:15:45	00:21:40		Night/Dawn Off road	V. SIMPLE	Not allowed
Stage 12	3.7	00:32:10	00:44:15		Night/ Dawn 60% footpaths. 40% pavements	MEDIUM	Fine for bike
Stage 13	6.8	01:00:00	01:22:30		Night/ Dawn 80% footpaths. 20% country lanes.	DIFFICULT	Offroad and muddy sections
Stage 14	11.3	01:38:50	02:15:55		Morning 90% country lanes 10% pavement	MEDIUM	Short offroad section with stile
Stage 15	8.9	01:18:30	01:48:00		Morning 100% Country lanes.	SIMPLE	Fine for bike
Stage 16	12.4	01:48:55	02:29:50		Late Morning 95% country lanes 5% off-road	MEDIUM	Short offroad section with stile
Stage 17	5.4	00:47:25	01:05:15		Late Morning / Lunchtime 100% off road	DIFFICULT	Mainly offroad. Difficult for bike
Stage 18	2.9	00:25:25	00:35:00		Lunchtime All on cycle path - across bridge	V. SIMPLE	Fine for bike
Stage 19	4.5	00:39:20	00:54:10		Lunchtime 60% offroad. 40% country lanes	MEDIUM	Mainly offroad. Difficult for bike
Stage 20	6.3	00:54:55	01:15:30		Early Afternoon 80% country footpaths. 20% lanes	MEDIUM	Fine for bike
Stage 21	6.1	00:53:35	01:13:40		Early Afternoon 90% back lanes. 10% pavements	MEDIUM	Short offroad section
Stage 22	9.3	01:21:15	01:51:45		Early Afternoon 50% pavements&paths, 50% lanes	MEDIUM	Fine for bike
Stage 23	3.2	00:28:10	00:38:45		Afternoon 100% pavements	EASY	Fine for bike
Stage 24	2.6	00:22:50	00:31:25		Afternoon / Early Evening 100% pavements and pedestrian	MEDIUM	Fine for bike
Team Stage 3	0.2	00:01:45	00:02:30		Afternoon Just enjoy it :-)	V. SIMPLE	Not allowed

*cut offs are cumulative on total time since your team started.