Regularity Seven

Section Timed to the Second

Regularity Start at RS7 617 195 ESE

Coloured Roads Only

Use the following clockfaces at each junction. Arrive from the hour, depart to the minute.

10:10 9:15 8:00 5:10 8:10 8:25 10:05 7:05 6:50

2:55 4:55 5:00 6:00 5:55 4:45 3:25 1:50 3:45

2:45 3:45 3:50 5:40

To End of Regularity at SE 619½ 259½

Speeds

Start at 25mph.
After 2.1 miles change to 29mph.
5.5 miles after ITC1 reduce to 25mph.
10.1 miles after RS7 change to 29mph.
2.1 miles after ITC2 reduce to 25mph to EOR.