

Regularity Three

Section Timed to the Second

Regularity Start at RS3 330¼ 233 NW

Coloured Roads Only

Proceed via only the following spotheights in order

109 115 128 124 172 235 187 219 287 306 324

Avoid Δ328

294 267 234 242 168 88 161 106

To End of Regularity at NW 411½ 340

From the end of Regularity to TAC2 at Whitfield, use the same road that you used earlier (in the opposite direction to get from Whitfield to RS2).

Speeds

Start at 28mph

At ITC1 reduce to 24mph

4.5 miles after ITC 3 increase by 2mph

One mile after ITC 5 reduce to 20mph for 2 miles and then revert to 26mph until EOR.