

## Regularity G

Section Timed to the Second

Regularity Start at RSG 554<sup>3</sup>/<sub>4</sub> 294<sup>1</sup>/<sub>4</sub> E

Coloured Roads Only

Depart from coloured road junctions in the following hour clockface directions

**5 2 1 2 2 2 4 2 12 1 5 2 2 1 9/11**

Arrive & depart coloured road junctions in the following hour clockface directions

**5.11 4.1 4.12 8.2 8.2 8.3 8.6 10.6 2.6 8.5**

Arrive at coloured road junctions from the following hour clockface directions

**12 2 11 12 12 2 2 12 3 1/11 11**

To End of Regularity at NNW 631<sup>3</sup>/<sub>4</sub> 284

## Speeds

Start at 24mph

After 2 miles, change to 28mph for 2.65 miles and then reduce to 24mph

At spotheight 187, reduce to 15mph for 1 mile, then change to 20mph for half a mile and then change to 27mph

6.5 miles after ITC G2, reduce to 24mph

12.5 miles after ITC G1, change to 28mph until EOR

## Regularity E

Section Timed to the Second

Regularity Start at RSE 415 257 E

May use Whites

Proceed via the following map references in order.

**NNW 466 216**

**WSW 492 232<sup>3</sup>/<sub>4</sub> NE**

**ENE 469 227<sup>1</sup>/<sub>4</sub> SSE NAM** route check R1

**SSW 471<sup>1</sup>/<sub>4</sub> 245 WNW LWRNAM tree** route check R2

**NE 461<sup>1</sup>/<sub>2</sub> 245 WNW NAM** route check R3

**SW 454<sup>3</sup>/<sub>4</sub> 266<sup>3</sup>/<sub>4</sub> NW**

To End of Regularity at SE 424<sup>1</sup>/<sub>4</sub> 303

## Speeds

Start at 26mph.

After 5.7 miles, change to 30mph for one mile and then reduce to 23mph

After a total of 8.5 miles, change to 26mph for two miles and then reduce to 23mph

After a total of 13 miles, reduce to 18mph for two miles and then change to 28mph until EOR

## **Regularity D**

Section Timed to the Second

Regularity Start at RSD 321½ 404 ENE

Coloured Roads Only

Depart coloured road junctions in the following compass directions.

No through roads are not included, of course.

**SE SE SW SSW SSW SE SE SE E**  
**ESE SE SSE E N ESE E NE N**

To End of Regularity at S 411 335½

## **Speeds**

Start at 21mph

After 2.3 miles, change to 29mph

After a total of 4 miles, reduce to 25mph

After a total of 8 miles, reduce to 23mph

After a total of 11.25 miles, change to 27mph until EOR

## **Regularity B**

Section Timed to the Second

Regularity Start at RSB 417 346¼ N

Coloured Roads Only

Proceed via only the following spotheights in order, noting approach and depart directions where shown

**102 94NNE N104E 94 107 SE87NW 97**

To End of Regularity at NE 436¼ 381½

### **Speeds**

Start at 24mph

On joining the A465, change to 30mph

On leaving the B4349, reduce to 22mph

On leaving the 30mph zone in Eaton Bishop, change to 24mph until EOR