

Notice of an attempt to improve the Road Records Association Men's tandem record from

LAND'S END TO JOHN O'GROATS

and also to improve the 12 hours, 24 hour and 1000 miles records. The RRA attempt numbers are 12h-2084, 24 h-2085, E-E-2086, 1000 miles 2087

The attempt(s) will be made by **James Cracknell** and **Jerone Walters** and will take place on or after 1st October 2011. Please assume the attempt is postponed unless notified otherwise.

James Cracknell and Jerone Walters ride for La Fuga Sigma Sport

The records concerned are:

12 hours	279.375 m
24 hours	492 m

Land's End to John o'Groats	50hrs 14m 25s
1000 miles	66hrs 9m

Further details concerning this attempt can be obtained from richard@project7racing.com

Prior to the attempt, you can call 07702 599612 for information.

This schedule also appears at <http://www.project7racing.com>

During the attempt, progress reports should be available electronically via the map my tracks site, <http://rocket2.mapmytracks.com>

If you need information prior to performing a roadside check, you can also call directly to the following car on 07702 599612

General information on the progress of the ride will also be available from Sam Kidby 07946 278 480 or Lara Thornton on 07855 848 082, lara@spokesmen.co.uk

Please remember :

- The ride will only take place if weather conditions are suitable. Please wait to be notified.
- The riders must be entirely alone and unassisted.
- Overtaking by vehicles associated with the attempt is strictly regulated.
- Weather conditions can dramatically affect progress made compared with the schedule.
- If you witness the ride, please complete the checking form enclosed with this schedule and return to the RRA Record Secretary.

Schedule for the Attempt

	Inter	Total	Time
Start at Land's End Hotel , South Door.	0.0	0.0	0300
Proceed on A30, bypassing Penzance, to start of the Hayle bypass,	16.1	16.1	0343
past Redruth, to the junction with A390,	15.2	31.3	0424
then to join the Bodmin bypass,	21.2	52.5	0521
then to join the Launceston bypass (junction A395),	22.9	75.4	0623
and then, the Okehampton bypass (junction A386).	17.3	92.7	0710
Continue on the A30 to the junction with A377, near Ide.	24.9	117.6	0819
Take the A377 Alphington Road towards Exeter. Follow Inner bypass along Frog Street and Western Way to bear right at Blackboy roundabout onto the B3212, Blackboy Road. Then join B3181 northbound at Pinhoe, and continue to Cullompton.	14.9	132.5	0901
Continue on B3181, joining A38 at Uffculme. Take the Wellington bypass towards Taunton. Proceed through Taunton, following Bristol A38 signs, including right turn onto Toneway.	20.1	152.6	0957
Shortly, turn left onto Bridgwater Road, continuing on A38 through Bridgwater,	9.5	162.1	1024
to junction with A368 at Churchill.	19.4	181.5	1119
Continue on A38 to Bristol. Follow signs to Avonmouth, using Winterstoke Road and crossing the Avon on Avon Bridge and Plimsoll Bridge. Join A4 towards Avonmouth, passing under the Clifton Suspension Bridge. Shortly, fork right to climb Bridge Valley Road, to Clifton Down. Join Westbury Road (A4018), to junction with B4056 Henleaze Road. Turn right, then left, following Henleaze Road, then Southmead Road, to Filton, where rejoin A38.	18.2	199.7	1211
Continue through to junction with A4135 near Slimbridge,	18.6	218.3	1304
to take A430 Bristol Road approaching Gloucester. Continue on A430 to the west of Gloucester to junction with A40 where right for approx 1 mile, to roundabout where left to rejoin A38 northbound.	13.2	231.5	1342
Follow A38 through Tewkesbury (straight ahead at roundabout south of the town [the 'old' A38], left on High St, then left at Cross) to Worcester. Avoid ringroad, and proceed to junction with A44.	24.1	255.6	1453
Turn left then right into City Walls road. Stay with A38 to join Foregate Street northbound. Continue to Barbourne where fork left to join A449, to Kidderminster.	13.7	269.3	1537
Turning right at first roundabout, follow A449 to Wolverhampton. Use ringroad, and turn left into Waterloo Road.	17.2	286.5	1634
Shortly, rejoin A449 to Stafford.	15.5	302.0	1726
Use inner ring road and join A34 to Newcastle-under-Lyme.	16.7	318.7	1822
Follow A34 through town centre, and join A5011 (signed towards A50) at Hollins. After about 1.5 miles, join A50 to Holmes Chapel.	15.1	333.8	1913
Continue through Knutsford on A50	8.2	342.0	1941
to Warrington.	10.2	352.2	2016
After crossing the Ship Canal, follow one way system to join Kingsway South, becoming Kingsway North (still A50). Continue ahead to join A49 at Longford. Stay with A49 to Winwick Church. Turn right onto A573 to Golborne and then to Wigan.	13.8	366.0	2103
Follow signs to Preston on A49, to join A6 at Bamber Bridge (use shortcut to avoid lights), to Preston.	17.4	383.4	2203
Turn right (at a large hotel), and stay on A6 to Lancaster.	21.9	405.3	2320
Turn left over river, then sharp right, on A6 towards Kendal. A6 briefly becomes A590 and then A591 for a couple of miles. Follow signs, rejoining A6, to Kendal	21.4	426.7	0035
Stay on A6 towards Penrith. Climb to the summit of the road over Shap Fell.	9.8	436.5	0110
Descend to Penrith, where ahead at junction with A66.	15.8	452.3	0207
Avoid the town centre by turning right onto Langton Street, left on Friargate, left again, then ahead via Meeting House Lane, and Drivers Lane to rejoin A6, and continue to Carlisle. Turn right into Devonshire Street, then left, then right into Victoria Place. Follow signs for A7 and A74 north to join A74 at end of M6.	21.8	474.1	0326
Follow A74 then B7076 via Gretna to Lockerbie,	21.6	495.7	0445
where continue, joining A701 to Beattock, where rejoin B7076.	15.2	510.9	0541
Stay on B7076 to join A702 near Crawford, to Abington (A74(M) J13).	19.5	530.4	0654
Follow A702 to Biggar, where turn left on B7016 to Carnwath,	18.9	549.3	0804
where turn right to join A70 to the junction with B7031.	15.2	564.5	0902

Join B7031 to Kirknewton, where turn right onto Main Street, onwards to A71. Turn left on A71 and then next right onto B7030 (Bonnington Rd / Clifton Hall Road), under M8 to junction with M9	6.6	571.1	0927
Go left on A89, then right on B800 through Kirkliston, to roundabout junction with M9 spur. Continue ahead on A8000 junction with A90 near Forth Bridge.	3.9	575.0	0942
Cross bridge on cycle path. Leave A90 at first exit, joining B981 to Inverkeithing. Stay with B981 via Crossgates to Cowdenbeath, where join A909 northbound.	9.6	584.6	1018
Join B996 to Kinross and then A922 to Milnathort. Turn right onto A911, keep left onto B996, then A91 again, then turn left on B996 (again) towards Perth. After approx 5 miles, the road becomes A912, to Perth.	25.0	609.6	1155
Turn left onto Inner Ring, then fourth right (signed Inner Ring) into King Street, becoming Methven Street. Turn left into Atholl Road, to roundabout, where follow signs to A9. Follow A9 to Dunkeld (junction A822)	14.3	623.9	1250
to the B8079 junction near Blair Atholl,	17.9	641.8	1400
over the Pass of Drumochter,	19.7	661.5	1520
to the junction for Newtonmore and Kingussie.	14.1	675.6	1624
Continue past junction with A95 near Aviemore,	17.9	693.5	1745
climb to the Slochd Summit,	9.1	702.6	1827
then on to the Kessock Bridge at Inverness.	20.5	723.1	1949
Follow A9 over the Black Isle, cross the Cromarty Firth to turn right at roundabout.	13.1	736.2	2004
Stay on A9 to Tain bypass,	19.2	755.4	2120
to roundabout, where turn right across Dornoch Firth, past the Mound, to Golspie.	18.0	773.4	2232
Carry on to Helmsdale,	16.7	790.1	2339
Berriedale,	9.4	799.5	0016
Latheron, where take A99,	9.6	809.1	0054
to Wick	16.8	825.9	0201
Stay on A99, turn right at Reiss, to John o'Groats Hotel , where FINISH.	16.7	842.6	0307
To continue for the 1000 miles record, briefly retrace to A836 junction, where turn right to junction with B876 in Castletown.	14.4	857.0	0504
"Lap 1"			
Continue on A836 to junction with A9 in Thurso.	5.1	862.1	0525
Turn left on A9 to Roadside fork,	5.7	867.8	0547
where left to join A882, through Watten,	6.4	874.2	0613
to Wick, where turn at stop line just beyond traffic lights.	8.1	882.3	0646
Retrace on A882 through Watten,	8.1	890.4	0718
to Roadside fork,	6.4	896.8	0744
to Thurso,	5.7	902.5	0807
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	907.6	0823
"Lap 2"			
Retrace to junction with A9 in Thurso.	5.1	912.7	0843
Turn left on A9 to Roadside fork,	5.7	918.4	0906
where left to join A882, through Watten,	6.4	924.8	0932
to Wick, where turn at stop line just beyond traffic lights.	8.1	932.9	1004
Retrace on A882 through Watten,	8.1	941.0	1037
to Roadside fork,	6.4	947.4	1102
to Thurso,	5.7	953.1	1125
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	958.2	1145
"Lap 3"			
Retrace to junction with A9 in Thurso.	5.1	963.3	1206
Turn left on A9 to Roadside fork,	5.7	969.0	1229
where left to join A882, through Watten,	6.4	975.4	1254
to Wick, where turn at stop line just beyond traffic lights.	8.1	983.5	1327
Retrace on A882 through Watten,	8.1	991.6	1359
to Roadside fork,	6.4	998.0	1425
to Thurso,	5.7	1003.7	1447
where right on A836 to Castletown, where turn at junction with B876. (Manhole in road)	5.1	1008.8	1508
Retrace to junction with A9 in Thurso, left on A9, left at Roadside fork			