

Notice of an attempt to establish the Road Records Association tandem record: attempt no 2082

Pembroke to Great Yarmouth, 17 hours and 30 minutes

The attempt will be made by **DAVID HARMON** and **JEREMY HASTINGS** (Team Wiggle Tandem).

The first possible start date is Friday 20 August 2010. The last possible start date is Sunday 22 August 2010.

Please *assume the attempt is postponed* unless notified otherwise

There are no current holders of the record

Further details concerning this attempt can be obtained from: Richard Gorman, Project 7 Racing, 20 Avocet Way, Waterlooile PO8 9YE

Prior to the attempt you can call on 0844 376 7777 for further information, or you can email richard.gorman@me.com

This schedule also appears at <http://www.teamwiggle-tandem.com/>

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

There will be an online tracking facility - www.mapmytracks.com

If you have a progress report, could you either post it to the forum above or email it to richard.gorman@me.com

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 a checking form (supplied by RRA) and return to the RRA Secretary.

Schedule for the attempt

ROUTE AND SCHEDULE	Intermediate Distance	Total Distance	Time
Start at Pembroke Castle			4:00
1 East on A4139/Westgate Hill to the Parade	0.5	0.5	4:02
2 At roundabout take 1st exit on to A4075/Hoyland Rd	2.2	2.7	4:09
3 Right at A477: go through 2 roundabouts to Begelly	7.3	10	4:33
4 At roundabout take 3rd exit and stay on A477 towards St Clears	12.1	22.1	5:14
5 At roundabout take 3rd exit on to A40 towards M4/Caerfyrddin/ Carmarthen	8.7	30.8	5:42
6 At roundabout take 3rd exit and stay on A40 to M4/ Llandeilo/ Abertawe	2.4	33.2	5:50
7 At roundabout, take 2nd exit and stay on A40 to Nantgaredig junction with B4310	5	38.2	6:07
8 Keep on A40 to Llandeilo	9.8	48	6:42
9 Head southeast on A40/Tywi Ave to Railway Terrace	0.3	48.3	6:43
10 Turn left at A40/Broad St: go through 1 roundabout to Llandoverly	21	69.3	7:41
11 Head southeast on A40 to Fford Osgoi Aberhonddu	1.3	70.6	7:45
12 At Fford Osgoi Aberhonddu, take 3rd exit and stay on A40	0.8	71.4	7:47
13 Take the exit towards Llanfrynach/ Groesffordd	0.1	71.5	7:48
14 Continue to A4558: stay on A40	6.3	77.8	8:06
15 Continue on A40 to Brecon	11.6	89.4	8:43
16 Continue on A40 to Crickhowell (School)	14	103.4	9:21
17 Continue on A40 to Abergavenny (Hospital)	7	110.4	9:40

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18 Stay on A40 to Raglan: junction with A449	9	119.4	11:10
19 Head northeast on A40 toward A466/Dixton Rd: go through 1 roundabout:England	9	128.4	11:30
20 Continue on A40 to Ross on Wye	10	138.4	11:55
21 At A449/ M50 roundabout take 2nd exit and continue on A40	0.1	138.5	11:55:00
22 Continue on A40	3.4	141.9	12:05:00
23 Turn left to stay on A40: go through 2 roundabouts	9.6	151.5	12:24:00
24 Head northeast on A40: go through 3 roundabouts	6.2	157.7	12:42:00
25 At Benthall Roundabout take 2nd exit onto A40/Gloucester Road	1.3	159	12:45:00
26 Turn right at Lansdown Road	0.01	159.01	12:46:00
27 Turn right at A40/ Lansdown Road:continue to follow A40	0.02	159.03	12:46:00
28 Head east on A40/ Thirlestaine Rd	0.1	159.13	12:47:00
29 At roundabout take 1st exit on to Old Bath Rd (Hospital)	0.4	159.53	12:49:00
30 Turn right at A40/ London Rd:continue to follow A40	8.1	167.63	13:24:00
31 Head east on A40: go through 2 roundabouts	13	180.63	13:49:00
32 Head southeast on A40/ Oxford Rd to B4020/ Shilton Rd:follow A40 through 1 r'bout	6.4	187.03	14:05:00
33 Head east on A40: go through 1 roundabout	9.5	196.53	14:30:00
34 At Wolvercote Roundabout take 1st exit onto A44/Woodstock Rd to Ring Rd/A34	0.5	197.03	14:32:00
35 At Woodstock rd take 3rd exit onto A34 ramp to Banbury/N'ton/M40/Bicester	0.4	197.43	14:35:00
36 Merge onto A34 (nearest hospital John Radcliffe, Oxford)	6.1	203.53	14:51:00
37 At Wendlebury Interchange take 2nd exit onto A41 to Aylesbury/Bicester/Buck/B4421	2.3	205.83	14:58:00
38 At roundabout take 1st exit through Bicester	1	206.83	15:01:00
39 At roundabout take 2nd exit onto B4421	5.9	212.73	15:16:00
40 At roundabout take 3rd exit onto A421/Tingewick Bypass:continue on A421 to Buckingham	3	215.73	15:24:00
41 Continue to M1 Junction13	20	235.73	16:15:00
42 At roundabout take 1st exit to lights	0.2	235.93	16:16:00
43 Turn right onto A507 to Baldock	23	258.93	17:13:00
44 At Baldock lights (bottleneck) turn left onto B656	0.5	259.43	17:16:00
45 Merge onto A505 for Sawston	8	267.43	17:36:00
46 At Royston roundabout (signposted Therfield and Kelshall)take 2nd exit to go straight through	2.5	269.93	17:44:00
47 Rejoin A505; cross M11 at Duxford to A11	11	280.93	18:01:00
48 Join A11 toward Newmarket Thetford/ Norwich	5.7	286.63	18:16:00
49 At Six Mile Bottom exit onto A1304 to go straight through Newmarket	9	295.63	18:41:00
50 Rejoin A11 2nd exit at roundabout to Mildenhall/Thetford	13.4	309.03	19:06:00
51 At Thetford roundabout take 2nd exit through Thetford; exit on A1075	4	313.03	19:13:00
52 Rejoin A11 3rd exit at roundabout (tight) for Norwich	26	339.03	20:18:00
53 At Cringleford roundabout take 5th exit onto A47 ramp to Gt Yarmouth/Ipswich/A140/Lowestoft/A146	0.4	339.43	20:20:00
54 Merge onto A47: go through 1 roundabout	15.2	354.63	21:00:00

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55 At roundabout take 3rd exit onto A47/New Rd to Gt Yarmouth; follow A47	7.3	361.93	21:18:00
56 At roundabout take 2nd exit onto Acle New Rd	0.3	362.23	21:19:00
57 At roundabout take 2nd exit onto A12/ Fuller's Hill; continue on A12	0.3	362.53	21:20:00
58 Turn left at St Nicholas Rd	0.2	362.73	21:21:00
59 Continue onto Euston Rd	0.2	362.93	21:22:00
60 Turn right at North Dr	0.1	363.03	21:22:00
61 Continue onto Marine Parade: Britannia Pier on left	0.01	363.04	21:23:00