

**Schedule for an R.R.A. Record attempt,  
On an individual Bicycle,  
By Marina Bloom, Walsall Roads Cycling Club.**

Notice of an attempt to improve the R.R.A. Ladies individual Bicycle Record.

**12 hour and 24 hour Straight out Records.**

The anticipated starting date is July 1<sup>st</sup> 2007, but if the weather forecast is unfavourable, the start may be postponed in accordance with R.R.A. rules.

**The current record holders are - 12 Hours. Marina Bloom, 274 miles set in 2005.  
24 Hours. Christine Roberts, 467.3 miles set in 1997.**

Information before the attempt will be available from Mike Bloom, tel. 01327703740.

Information **during** the attempt will be available from Jamie Williams, tel. 01514492085.

To reach the start: - From Exeter, head west pass Ashburton and Ivybridge, pass B3416 Slip Road signed A374. Turn under A38 to retrace east for approx 2.5 miles to first layby. An SOS box and information board are located here. The records start from last drain cover in layby on A38 in sight of sign for B3416.

	<b>Inter Miles</b>	<b>Total Miles</b>	<b>Time of day</b>
Start at last drain cover of Layby within sight of green sign for B3416 Plymton 2.5 miles East of Plymouth	00.0	00.0	08-00
Continue on A38, pass Ivybridge to Buckfastleigh.	15.0	15.0	08-40
Continue on A38, pass Bickington, Chudleigh, Ken & Kennford to A379 Slip Rd.	18.5	33.5	09-30
Take A379 Slip Road, signed City Centre, use A379, A3015. Pass under M5. J29 And join the A30 follow A30 to Honiton.	18.5	52.0	10-21
Continue on A30 which becomes A303 on Blackdown Hills, to Ilminster Rbt.	16.0	68.0	11-04
Straight on Rbt. Stay on A303. Pass Ilchester, Sparkford, and Wincanton.	27.0	95.0	12-17
Continue on A303, over Cranborne Chase, pass Winterbourne Stoke to Amesbury Rbt.	28.5	123.5	13-34
Stay on A303, around Andover Bypass to Bullington Cross.	20.5	144.0	14-30
Left on Slip Road onto A34. Follow A34 to Burghclere.	11.5	155.5	15-01
Continue on A34. Newbury, pass East Ilsley to Milton Heights.	20.0	175.5	15-55
Continue on A34; pass Abingdon, North Hinksey, Weston on the Green, to Junction 9 of the M40.	20.5	196.0	16-54
Cross M40, J9, into Bicester Town. Join A4421 to Finmere Rbt.	9.5	205.5	17-16
Bear right onto A421, Buckingham, then Milton Keynes, over all Rbts. to M1, J13.	22.5	228.0	18-17
Follow A421 to Bedford Bypass to join the A1 at Black Cat R.B.T.	14.0	242.0	18-57
Proceed north on A1 for 1.5 miles. To take Slip Road onto A428.			
Follow A428 to join A14 at M11 junction near Girton. (12 Hours.)	23.5	265.5	20-00
Stay on A14 to join A11 north of Newmarket to Barton Mills.	22.5	288.0	21-03
Continue on A11 to Wymondham, pass B1135 Slip Road.	33.0	321.0	22-37
Continue on A11 to Norwich Bypass. Right onto A47 to Acle Rbt.	18.0	339.0	11-28
bear right at Acle Rbt. Stay On A47 to Great Yarmouth. Left at second Rbt. Onto A149 to Caister on Sea. To Start Finishing Circuit.	11.0	350.0	12-00
Straight on at Rbt. onto B1159 to Horsey, & Sea Palling.	12.5	362.5	00-46
After 2 miles turn left (sign post Stalham) onto B1151 to Stalham Tesco Garage.	4.5	367.0	01-03
Left onto the A149. Follow to Potter Higham & Caister on Sea. To Finish 1 Circuit	12.0	379.0	01-48

	<b>Inter Miles</b>	<b>Total Miles</b>	<b>Time of Day</b>
<u>Left at 2<sup>nd</sup> Rbt. onto B1159 to Sea Palling.</u>	12.5	391.5	02-35
<u>Follow B1159. Then B1151 to Stalham.</u>	4.5	396.0	02-52
<u>Left onto A149 to Caister on Sea. To Finish Second Circuit.</u>	12.0	408.0	03-37
<u>Left at 2<sup>nd</sup> Rbt. onto B1159 to Sea Palling.</u>	12.5	420.5	04-24
<u>Follow B1159. Then B1151 to Stalham.</u>	4.5	425.0	04-41
<u>Left onto A149 to Caister on Sea. To Finish of Third Circuit.</u>	12.0	437.0	05-26
<u>Left at 2<sup>nd</sup> Rbt. onto B1159 to Sea Palling.</u>	12.5	449.5	06-13
<u>Follow B1159. Then B1151 to Stalham.</u>	4.5	454.0	06-30
<u>Left onto A149 to Caister on Sea. To Finish Fourth Circuit.</u>	12.0	466.0	07-15
<u>Left at 2<sup>nd</sup> Rbt. onto B1159 to Sea Palling. (24 hour is completed).</u>	12.5	478.5	08-00
<u>Follow B1159. Then B1151 to Stalham. (If time allows).</u>	4.5	483.0	08-17
<u>Left onto A149 to Caister on Sea. To Finish Fifth Circuit.</u>	12.0	495.0	09-02
<u>Left at 2<sup>nd</sup> Rbt. onto B1159 to Sea Palling.</u>	12.5	507.5	09-47
<u>Follow B1159. Then B1151 to Stalham.</u>	4.5	512.0	10-04
<u>Left onto A149 to Caister on Sea. To finish sixth Circuit.</u>	12.0	524.0	10-49

Organiser of these attempts is.  
Mike Bloom,  
6, Ash Close,  
Daventry,  
Northants,  
NN11 0XH.  
Tel, 01327703740.

Phone in on the day to:  
Jamie Williams.  
01514492085.