

REGULARITY 1 Part 2 All Roads

At MTC 1 20 mins before due time

B1363 S LWR NAM 603 ½ 741

.146 .138 .151 .132

+ ↶ w ho Ha .71

RF1 651 665 ¼

SPEED CHANGES

Start at 18 mph

At IRTC 1.1 change to 25 mph for 3.35 miles.

Then travel at 22 mph to the T Junction in GS 5474 after which change to 26 for 1.5 miles and then 22 mph to the next IRTC.

Leaving the IRTC travel at 24 mph for 3 miles and then at 29 to GS 6074

Join the B road doing 27 mph and continue at that speed to the road-sign which says "Skewsby only" after which you should change to 15 mph.

From the next IRTC continue at 15 mph for 0.5 miles

Change to 24 mph until the T Junction in GS 6369 then at 28 to the end of the Regularity