

# Stage 1

1a Berwick-upon-Tweed to Tynemouth (68m)

1b Tynemouth to Middlesbrough (45m)



## Stage 2

2a Middlesbrough to Scarborough (52m)

2b Scarborough to Kingston-upon-Hull (78m)



## Stage 3

3a Kingston-upon-Hull to Skegness (77m)

3b Skegness to King's Lynn (55m)







## Stage 5

5a Ipswich  
to Southend (86m)

5b Southend  
to Gillingham (45m)



## Stage 6

6a Gillingham  
to Dover (68m)

6b Dover  
to Hastings (48m)



## Stage 7

7a Hastings  
to Worthing (50m)

7b Worthing  
to Southampton (57m)



## Stage 8

- 8a Southampton to Weymouth (67m)
- 8b Weymouth to Exeter (62m)



# Stage 9

- 9a Exeter to Plymouth (80m)
- 9b Plymouth to Falmouth (57m)



# Stage 10

10a Falmouth  
to Land's End (59m)

10b Land's End  
to Newquay (56m)

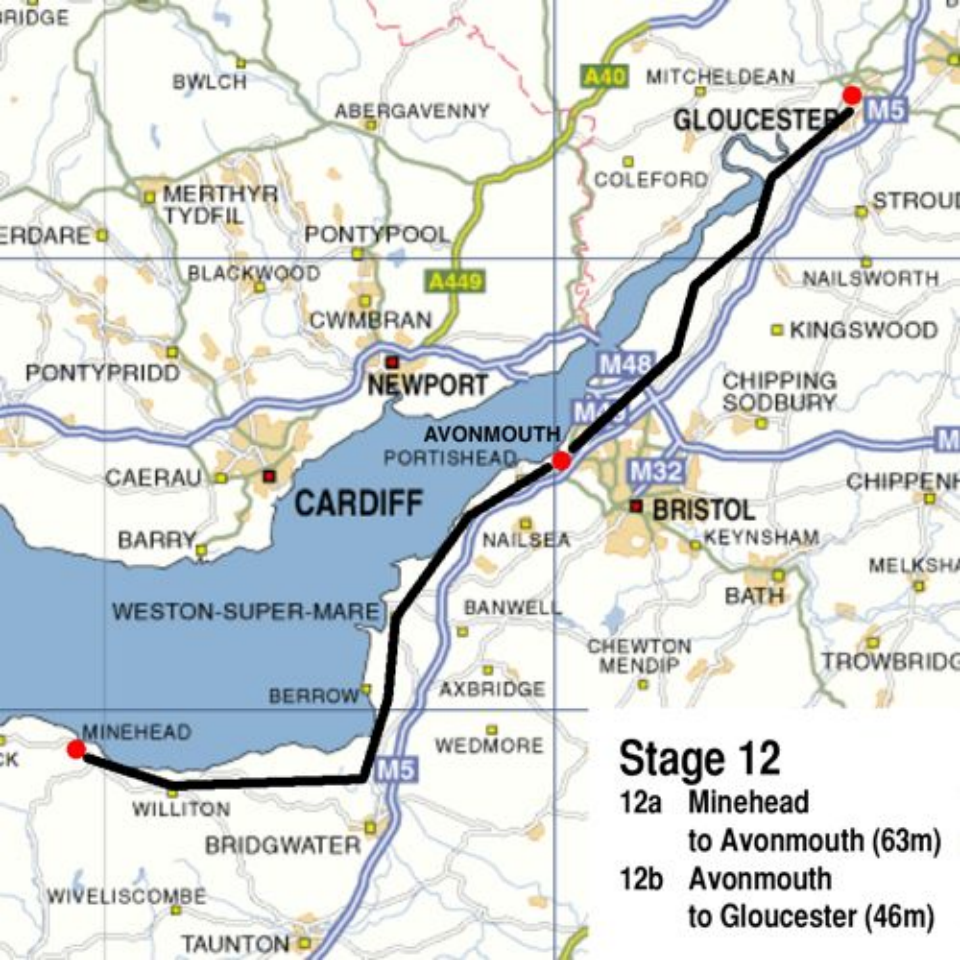




## Stage 11

11a Newquay  
to Bideford (70m)

11b Bideford  
to Minehead (62m)



## Stage 12

- 12a Minehead to Avonmouth (63m)
- 12b Avonmouth to Gloucester (46m)



# Stage 14

14a Chester to Preston (58m)

14b Preston to Kendal (70m)



## Stage 15

14a Kendal  
to Seascale (76m)

14b Seascale  
to Carlisle (68m)





## Stage 16

- 16a Carlisle to Otterburn (62m)
- 16b Otterburn to Berwick-upon-Tweed (58m)