

25 mile Time Trial Course

Start at grid in road at end of bus stop lay-by on A59 West of Coe Lane traffic lights, Tarleton. Proceed to Tarleton traffic lights where filter left (M). Continue on A59 to Rufford where right at Hesketh Arms (M) into B5264 (3.239miles). Continue on B5264 through Holmeswood to Mere Brow Island (7.305miles) where left (M) onto A565. Continue west on A565 via Banks Island to Plough Island (M) (9.986miles). Encircle island and retrace via Banks Island to Mere Brow Island (M) (12.708miles). Encircle island and repeat circuit to Banks Island, Plough Island (15.432miles), Banks Island and Mere Brow Island (18.154miles), where right (M) on to B5264 through Holmeswood to Rufford (22.261miles). Left (M) onto A59 to finish opposite public footpath sign and stone post at entrance to field 20 yards before route direction sign and 150 yards before Tarleton traffic lights (25miles).