Regularity 7 – Handout issued at DC 2 Lunch in.

AR

From the Regularity Start at 99 / 281½ 909½

To the Regularity Finish at 93 / 287½ 023

91 NAM1 92 29 93 29 94

Take the longest yellow route

29 34 95 32 96 NAM2 29 37 97 39 28

98 49 28 29 46 48 39 30 47 31 99 31

45 00 38 30 30 01 30 55 51 02 29

SPEEDS

START at 25 mph

At the Kirkby Fleetham sign, change to 18 mph

At the red/white pole (on left, LOOK), change to 25 mph

As you turn left off the bridge, change to 30 mph

At the "Unsuitable for Long Vehicles" sign, change to 24 mph

At 10.00 cumulative miles, change to 30 mph, to END

