






| MEVEL Michel | | BREST /INVERNESS | | | | Départ Mercredi 19 Juin 2019 à 9h00 | |
|-----------------|------------|-------------------------|---|---|----------------------|--|---------------|
| GAUTHIER Gérard | | | | | | | |
| J 1 | | | BREST | D712 | Contrôle n° 1 | | 9h 00 |
| | | 9 | GUIPAVAS | D25 | | | 9h 27 |
| | | 17 | ST THONAN | VC | | | 9h 51 |
| | | 25 | TREMAOUÉZAN | D74 - VC | | | 10h 15 |
| | | 30 | PLOUNÉVENTER | D29 - D229 | | | 10h 28 |
| | | 35 | ST DERRIEN | D229 | | | 10h 45 |
| | | 40 | Château de Kerjean | D30 - D229 - D788 | | | 11h 00 11h 50 |
| | | 45 | PLOUZEVEDE | D788 | | | 12h 03 |
| | | 52 | Car. D788 / D69 (Ty Corn) | D788 | | | 12h 24 |
| | | 59 | ST POL DE LEON | D769 - D58 | | | 12h 47 12h 57 |
| | | 64 | ROSCOFF | | | | 13h 12 15h 00 |
| | | 64 | Traversée en ferry | | | | 21h 45 |
| | | 64 | PLYMOUTH (Port) | | | | 21h 45 |
| | 69 | 69 | PLYMOUTH  | | | 22h 03 | |
| | | | | A386 - VC (Dr km 10,5) - VC (G km 12,7) - | | 6h 00 | |
| J 2 | 84 | 15 | MEAVY | VC (D° N) | | 6h 50 | |
| | 86 | 17 | DOUSLAND | B3212 | | 6h 58 | |
| | 93 | 24 | PRINCETOWN | B3212 | | 7h 28 | |
| | 96 | 27 | TWO BRIDGES | B3212 | | 7h 37 | |
| | 101 | 33 | POSTBRIDGE | B3212 | | 7h 55 | |
| | 115 | 46 | MORETONHAMPSTEAD | B3212 | | 8h 38 8h 58 | |
| | 137 | 68 | EXETER | B3174 | Contrôle n° 2 | 10h 10 | |
| | 146 | 77 | CRANBROOK | B3174 | | 10h 37 10h 57 | |
| | 163 | 95 | HONITON | A30 | | 11h 53 | |
| | 177 | 108 | Carr A30 /A303 | A30 - VC | | 12h 35 | |
| | 189 | 120 | HORTON | VC | | 13h 16 14h 06 | |
| | 190 | 121 | BRODWAY | VC | | 14h 08 | |
| | 196 | 128 | Puckington | B3168 | | 14h 26 | |
| | 200 | 132 | Hambridge | B3168 | | 14h 37 | |
| | 205 | 136 | Curry Rivel | A378 | | 14h 49 | |
| | 209 | 140 | LANGPORT | Somerton Road - B3153 | | 15h 01 | |
| | 215 | 147 | SOMERTON | B3153 - B3151 | | 15h 23 | |
| | 225 | 156 | STREET | A39 | | 15h 52 | |
| | 228 | 159 | GLASTONBURY | A39 | | 16h 00 16h 20 | |
| | 237 | 168 | WELLS | B3139 | | 16h 46 | |
| | 247 | 179 | Carr B3139 /A37 | B3139 (D° ouest sur 500m) - VC | | 17h 22 | |
| | 253 | 184 | Old mills | A362 (sur 500m) - VC | | 17h 37 | |
| | 255 | 186 | PAULTON | VC | | 17h 43 | |
| 259 | 190 | Meadgate | B3115 | | 17h 57 18h 12 | | |
| | 268 | 199 | BATH  | Quartier de Whiteway | | 18h 39 | |
| | | | | London street - D° BATHEASTON | | 6h 00 | |
| J 3 | 290 | 22 | pont sur la M4 | VC | | 7h 09 | |
| | 300 | 32 | SHERSTON | Telbury road au carrefour avec B4040 | | 7h 41 | |
| | 304 | 36 | Westonbirt | A433 (sur 1km) - VC (D° NW jusqu'à A46) | | 7h 53 | |
| | 309 | 41 | Carrefour VC/A46 | A46 | | 8h 10 8h 30 | |
| | 316 | 48 | NAILSWORTH | VC (station road) parallèle à A46 - A46 | | 8h 51 | |
| | 322 | 55 | STROUD | A46 | | 9h 12 | |

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| J3 | 328 | 60 | PAINSWICK | B4073 | | 9h 29 | |
| | 339 | 71 | GLOUCESTER | A40 (W) - B4215 | Contrôle n° 3 | 10h 04 | |
| | 343 | 76 | HIGHNAM | B4215 | | 10h 18 | |
| | 348 | 80 | Highleadon | VC - B4215 (à partir du km 88,5) | | 10h 32 10h 52 | |
| | 360 | 92 | DYMOCK | B4215 | | 11h 30 | |
| | 365 | 97 | Carr. B4215/A449 | A4172 | | 11h 46 | |
| | 369 | 102 | Trumpet (Car. A4172/A438/A417) | A417 | | 12h 00 | |
| | 376 | 108 | Car. A417/A4103 | A417 | | 12h 22 | |
| | 391 | 123 | Car. A417/A49 (Hope / Dinmore) | A49 (sur 500 m) - B4361 | | 13h 07 13h 57 | |
| | 397 | 129 | LEOMINSTER | B4361 | | 14h 17 | |
| | 402 | 134 | LUSTON | B4361 | | 14h 33 | |
| | 409 | 141 | Richard's Castle | B4361 | | 14h 55 | |
| | 412 | 144 | Overton | B4361 | | 15h 04 | |
| | 415 | 147 | LUDLOW | B4361 - B4365 (à partir du km150) | | 15h 14 | |
| | 423 | 155 | CULMINGTON | B4365 - VC (à partir du Km157,5) | | 15h 40 | |
| | 433 | 165 | TICKLERTON | VC - B4371 (à partir du km 167,5) | | 16h 12 16h 32 | |
| | 438 | 170 | CHURCH STRETTON | B5477 - VC (à partir du km 173,5) - A49 | | 16h 46 | |
| | 449 | 182 | DORRINGTON | VC (station road -> km 187) - A49 | | 17h 23 | |
| | 456 | 188 | Bayston Hill | A49 (sur 2km) - B4380 | | 17h 43 17h 58 | |
| | | 462 | 194 | SHREWSBURY  | | | 18h 17 |
| | | | | | B5067 | | 6h 00 |
| | J4 | 471 | 9 | Car. B5067/ VC | VC - A528 | | 6h 27 |
| | | 477 | 15 | Harmer Hill (Car. A538/B57476) | B5476 | | 6h 44 |
| | | 484 | 22 | WEM | B5476 | | 7h 06 |
| | | 494 | 32 | TILSTOCK | B5476 | | 7h 36 |
| 498 | | 36 | WHITCHURCH | B5476 - Claypit Street au km 36,7 - VC | | 7h 48 | |
| 507 | | 46 | WRENBURY | VC (Nantwich road) | | 8h 16 8h 36 | |
| 512 | | 51 | RAVENSMOOR | VC (Marsh lane) | | 8h 51 | |
| 516 | | 54 | NANTWICH | B5341(D° NE sur 100 m) - Welshmans Lane | | 9h 02 | |
| 517 | | 55 | Henhull | VC (Welshmans Lane) | | 9h 05 | |
| 524 | | 63 | Cholmondeston | Winsford Road | | 9h 27 | |
| 526 | | 64 | WETTENHALL | Winsford Road | | 9h 32 | |
| 533 | | 71 | WINSFORD | B5074 - C614 | | 9h 53 | |
| 540 | | 78 | SANDIWAY | Weahverham Road | | 10h 14 | |
| 544 | | 82 | (WEAVERHAM) | B5144 - B5142 - A49 | | 10h 26 10h 46 | |
| 547 | | 86 | Car. A49/A533 | A49 | | 10h 56 | |
| 553 | | 92 | STRETTON | A49 | | 11h 14 | |
| 560 | | 98 | WARRINGTON | A49 (->Km 100) - A574 sur 100 m - Calver Rd | | 11h 34 | |
| 567 | | 105 | NEWTON LE WILLOWS | VC - A49 | | 11h 55 | |
| 572 | | 110 | ASHTON IN MAKERFIELD | A49 | | 12h 10 | |
| 576 | | 115 | Car A49/B5238 | B5238 | | 12h 23 | |
| 580 | | 118 | WIGAN | Kenyon Road - A49 | | 12h 34 | |
| 583 | | 122 | THORNHILL | A49 | | 12h 44 13h 34 | |
| 585 | | 124 | STANDISH | A49 (->128,5) - Mill Lane | | 13h 40 | |
| 591 | | 129 | Pont sur M6 | Mill Lane - Park Hall Road - B5250 | | 13h 57 | |
| 594 | | 133 | ECCLESTON | B5250 - A581(Est) - B5253 | | 14h 07 | |
| 600 | | 139 | LEYLAND | Croston Road - old tram road | | 14h 25 | |
| 610 | | 148 | PRESTON | A6 (-> km 160) - New Lane | | 14h 54 | |
| 623 | | 162 | Pont sur M6 (CATTERAL Sud) | VC | | 15h 34 15h 54 | |
| 633 | | 171 | SCORTON | VC | | 16h 23 | |
| 635 | | 173 | Lac de Cleveleymere | VC | | 16h 29 | |
| 642 | | 180 | CALGATE | VC (parallèle à A6) - A6 (au km 182) | | 16h 50 | |
| 649 | | 187 | LANCASTER | Halton road - Kenett Lane (au km 189) | | 17h 11 | |

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| J4 | 660 | 198 | CARNFORTH | VC | 17h 44 | | |
| | 662 | 200 | WARTON | VC (Hining Road) | 17h 50 | 18h 40 | |
| | 670 | 208 | BEETHAM | A6 (sur 300 m) - VC (au km 208,5) | 19h 04 | | |
| | 672 | 211 | Car. B6384 / B6385 | VC (D° N) | 19h 11 | | |
| | 680 | 219 | NATLAND | Natland Road | 19h 35 | | |
| 683 | 221 | KENDAL |  | | 19h 44 | | |
| | | | | Burneside Road | | 6h 00 | |
| J5 | 688 | 5 | BURNESIDE | Winter Lane - A591(sur 500m) - Kendal Road | 6h 15 | | |
| | 693 | 10 | STAVELEY | Winderm Road - A591 | 6h 31 | | |
| | 696 | 13 | Car. A591 /VC (Ings) | VC (Mislet Brow) - | 6h 39 | | |
| | 700 | 17 | Car. VC/A592 | A592(sur 1km) - Greengate (au Km18,3) | 6h 54 | | |
| | 702 | 19 | TROUTBECK | VC - A592 | 6h 58 | | |
| | 717 | 34 | PATTERDALE | A592 | 7h 47 | | |
| | 728 | 45 | WATERMILLOCK | A592 (-> km 47,5) - B5320 | 8h 22 | 8h 42 | |
| | 736 | 53 | SOCKBRIDGE | B5320 - A6 | 9h 05 | | |
| | 741 | 58 | PENRITH | A6 (-> km 58,8) - VC (Inglewood Road) | 9h 23 | | |
| | 745 | 62 | Car VC/B5305/A6 | VC | 9h 34 | | |
| | 749 | 66 | Pont sur M6 | VC (ouest de M6) | 9h 46 | | |
| | 753 | 70 | CALTHWAITE | VC | 9h 59 | | |
| | 766 | 83 | DURDAR | VC (vers circuit Carlisle) | 10h 40 | 11h 00 | |
| | 771 | 88 | CARLISLE | Kingstown Road | Contrôle n° 5 | 11h 17 | |
| | 775 | 92 | Ech. M6 (Nord CARLISLE) | A7 (-> km 94,3) - VC | 11h 30 | | |
| | 781 | 98 | Pont sur A7 (Westlinton) | VC | 11h 47 | | |
| | 786 | 103 | LONGTOWN | VC (Netherby Road) | 12h 05 | | |
| | 797 | 114 | Car. VC/B6318 | B6318 | 12h 38 | | |
| | 799 | 116 | Car. B6318/B6357 (Harelaw) | B6357 (NE) | 12h 46 | | |
| | 811 | 128 | NEWCASTLETON | B6357 - B6399 (à partir du km 130) | 13h 22 | 14h 12 | |
| | 843 | 160 | HAWICK | Burnfoot Road | 15h 55 | 16h 15 | |
| | 846 | 163 | BURNFOOT | VC | 16h 24 | | |
| | 850 | 167 | KNOWELONGHEAD | VC | 16h 37 | | |
| | 852 | 169 | HASSEDEAN | B6359 - VC | 16h 42 | | |
| | 856 | 173 | Greenhouse | B6359 - VC | 16h 56 | | |
| | 860 | 177 | Car. B6359 / B6453 (Toftbarns) | B6359 - VC | 17h 08 | 17h 23 | |
| | 868 | 185 | MELROSE |  | Dingleton Drive - Harleyburn Drive | 17h 49 | |
| | | | | Chiefswood road - B6374 (->km 4,8) - VC (D° N) | | 6h 00 | |
| J6 | 880 | 12 | Wooplaw (centre de loisirs) | VC | 6h 37 | | |
| | 887 | 19 | STOW | Station road - VC (D° NW) | 6h 58 | | |
| | 893 | 25 | Fountainhall | VC | 7h 18 | | |
| | 900 | 32 | Heriot station | A7 (->km 41) - B6372 | 7h 39 | | |
| | 910 | 42 | GOREBRIDGE | B704 | 8h 12 | 8h 32 | |
| | 915 | 47 | BONNYRIGG | B704 (-> km48,7) - A768 (D° W) | 8h 48 | | |
| | 917 | 49 | LASSWADE | VC (Lasswade Road) | 8h 54 | | |
| | 927 | 59 | EDIMBURGH (Château) | piste Cycl. (à partir du km 62) | 9h 26 | | |
| | 944 | 76 | SOUTH QUEENSFERRY | B981 (Itin. Cycl. -> km124) | 10h 18 | | |
| | 948 | 80 | INVERKEITHING | B981 - C67 (Itin. Cycl. -> km124) | 10h 32 | 10h 52 | |
| | 952 | 84 | MASTERTON | C67 (Itin. Cycl. -> km 124) | 11h 05 | | |
| | 955 | 87 | TOUCH | VC - (Itin. Cycl. -> km 124) | 11h 14 | | |
| | 957 | 89 | TOWNHILL | C53 - B915 (Itin. Cycl. -> km 124) | 11h 21 | | |
| | 962 | 94 | Car. B915 /B914 | B915 (->km 94) - VC (Itin. Cycl. -> km 124) | 11h 36 | | |
| | 969 | 100 | Car. B493/C498 - (CLEISH) | C498 - B996 (Itin. Cycl. -> km 124) | 11h 57 | | |
| 974 | 106 | KINROSS | B996 - A922 (Itin. Cycl. -> km 124) | 12h 14 | | | |
| 977 | 109 | MILNATHORT | C420 (Itin. Cycl. -> km 124) | 12h 22 | | | |

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| J6 | 983 | 115 | GLENFARG | B996 (->km 116,5) - C416 (Itin. Cycl. (-> km 124) | 12h 43 | |
| | 993 | 125 | BRIDGE OF EARN | A912 | 13h 13 | 14h 03 |
| | 997 | 129 | FRIARTON | | 14h 17 | |
| | 999 | 131 | PERTH | | Contrôle n° 6 | 14h 23 |
| | 1002 | 134 | Hillyland | A85 (-> km 137) - C407 | 14h 33 | |
| | 1007 | 139 | Pitcairngreen | C408 | 14h 47 | |
| | 1016 | 148 | Bankfoot | B867 | 15h 17 | |
| | 1018 | 150 | Waterloo | B867 | 15h 23 | |
| | 1025 | 157 | DUNKELD | C504 (->km160,3) - B898 | 15h 45 | 16h 05 |
| | 1032 | 164 | Dalguise | B898 | 16h 27 | |
| | 1038 | 170 | Logierait | viaduc sur rivière TAY- C452 | 16h 46 | 16h 56 |
| | 1047 | 179 | PITLOCHRY |  | | 17h 23 |
| | | | | B8019 - B8079 | | 6h 00 |
| J7 | 1053 | 6 | KILLIERCRANKIE | B8079 | 6h 18 | |
| | 1059 | 12 | BLAIR ATHOLL | B8079 | 6h 37 | |
| | 1064 | 17 | PITAGOWAN | B847 | 6h 53 | |
| | 1087 | 40 | Col de Drumochter (462 m) | A889 | 8h 06 | 8h 26 |
| | 1096 | 49 | Dalwhinnie | VC - B9150 (au km 64) | 8h 54 | |
| | 1113 | 67 | NEWTONMORE | A86 | 9h 50 | |
| | 1118 | 71 | KINGUSSIE | B970 | 10h 04 | |
| | 1132 | 85 | Feschiebridge | B970 | 10h 48 | 11h 08 |
| | 1141 | 94 | INVERDRUIE | B970 - B9152 | 11h 36 | |
| | 1144 | 97 | AVIEMORE | B9152 - A95 | 11h 46 | |
| | 1149 | 103 | Car. A95/B9153 | B9153 | 12h 03 | |
| | 1154 | 107 | CARRBRIDGE | A938 - U2400 - A9 (du km 115 -> km 117) - VC | 12h 17 | |
| | 1168 | 121 | TOMATIN | B9154 - A9 (du km136->km 137) - C1068 - A9 | 13h 02 | 13h 52 |
| | 1194 | 147 | INVERNESS | | Contrôle n° 7 | 15h 13 |