

Twilight

03:03

Sunrise

04:12

Leave John o Groats	Follow A99	0	04:30	example	example	Est ETA ?
A99 - Wick Bay Bridge	Follow A99	18	05:00	4:55	+ 0:05	
A9 at Latheron	Follow A9	35	05:24			
A9 - A897 at Helmsdale	Follow A9	53	05:51			
A9 - Mid point Dornoch Viaduct	Follow A9	84	06:30			
A9 - Mid point Cromarty Viaduct	Follow A9	108	07:01			
A9 - A82 at Inverness	Follow A9	119	07:14			
A9 - A95 at Garnish	Follow A9	148	07:45			
A9 - A889 at Dalwhinnie	Follow A9	175	08:17			
A9 - A912 at Perth	Follow A9	229	09:19			
A9 - Broxden Roundabout M90	Follow A9	232	09:22			
A9 - Start of M9 - Dunblane	Follow M9	258	09:56			
Turn of onto M80	Follow M80	264	10:03			
End of motorway (M80 J4)	Follow A80	271	10:09			
Turn onto M73	Follow M73	278	10:17			
Turn onto M74	Follow M74	284	10:23			
M74 J8	Follow M74 becomes A74(M)	295	10:34			
A74(M) J13	Follow A74(M)	314	10:51			
A74(M) J17 Lockerbie	Follow A74(M)	346	11:22			
English Border	Follow A74(M)	363	11:38			
M6 J40 - Penrith	Follow M6	391	12:05			
M6 J38 - Tebay	Follow M6	408	12:23			
M6 J34 - Lancaster	Follow M6	436	12:50			
M6 J32 - M55 - Blackpool	Follow M6	455	13:08			
M6 J26 - M58 - Liverpool	Follow M6	476	13:28			
M6 Thurwell Viaduct	Follow M6	489	13:41			
M6 J17 - Sandback	Follow M6	508	13:59			
M6 J15 - Stoke South	Follow M6	524	14:14			
M6 J11A - M6 Toll	Follow M6	547	14:36			
M6 J8 - M5 turnoff	Follow M5	557	14:45			
M5 J4A - M42 turnoff	Follow M5	573	15:01			
M5 J8 - M50 turnoff	Follow M5	596	15:23			
M5 J15 - M4 turnoff	Follow M5	638	16:03			
M5 Avonmouth Bridge	Follow M5	646	16:10			
M5 J23 - Bridgewater	Follow M5	673	16:37			
M5 J25 - Taunton	Follow M5	685	16:48			
M5 J30 - Exeter Services	Follow M5	715	17:17			
M5 J31 - A30 turnoff	Follow A30	719	17:20			
A30 - JW A382 Whiddon Down	Follow A30	736	17:37			
A30 - JW A388 Launceston	Follow A30	761	18:02			
A30 - JW A38 Bodmin	Follow A30	780	18:23			
A30 - JW A39 Indian Queens	Follow A30	794	18:36			
A30 - JW A39 Carland Cross	Follow A30	800	18:42			
A30 - JW A390 Blackwater	Follow A30	808	18:52			
A30 - Hayle	Follow A30	820	19:05			
A30 - Penzance	Follow A30	828	19:18			
Lands End	Follow A30	839	19:36			

Miles per hour Estimate			
Stage		Running	
0.50	36.0	0.50	36.0
0.40	42.5	0.90	38.9
0.45	40.0	1.35	39.3
0.65	47.7	2.00	42.0
0.52	46.5	2.52	42.9
0.22	50.8	2.73	43.5
0.52	56.1	3.25	45.5
0.53	50.6	3.78	46.3
1.03	52.3	4.82	47.5
0.05	60.0	4.87	47.7
0.57	45.9	5.43	47.5
0.12	51.4	5.55	47.6
0.10	70.0	5.65	48.0
0.13	52.5	5.78	48.1
0.10	60.0	5.88	48.3
0.18	60.0	6.07	48.6
0.28	67.1	6.35	49.4
0.52	61.9	6.87	50.4
0.27	63.8	7.13	50.9
0.45	62.2	7.58	51.6
0.30	56.7	7.88	51.8
0.45	62.2	8.33	52.3
0.30	63.3	8.63	52.7
0.33	63.0	8.97	53.1
0.22	60.0	9.18	53.2
0.30	63.3	9.48	53.6
0.25	64.0	9.73	53.8
0.37	62.7	10.10	54.2
0.15	66.7	10.25	54.3
0.27	60.0	10.52	54.5
0.37	62.7	10.88	54.8
0.67	63.0	11.55	55.2
0.12	68.6	11.67	55.4
0.45	60.0	12.12	55.5
0.18	65.5	12.30	55.7
0.48	62.1	12.78	55.9
0.05	80.0	12.83	56.0
0.28	60.0	13.12	56.1
0.42	60.0	13.53	56.2
0.35	54.3	13.88	56.2
0.22	64.6	14.10	56.3
0.10	60.0	14.20	56.3
0.17	48.0	14.37	56.2
0.22	55.4	14.58	56.2
0.22	36.9	14.80	55.9
0.30	36.7	15.10	55.6

Sunset

21:32

Twilight

22:18