

IRON FRAN KEY LOCATIONS, MILESTONES AND CHEER POINTS – [Check ironfran.co.uk](http://Checkironfran.co.uk) for tracking Franny

DATE	SWIM LOCATION Approx 0600-0800	CYCLE ROUTE Approx 0800-1315	CYCLE ROUTE Approx 1300-1740	MARATHON ROUTE Approx 1740-2240
MON 29 APR	DL Trafford City, Manchester, M17 8RH (0610-0810) Cycle starts 0840	B5214, B5158, A6144, Carrington, Partington, B5159, Broomedge, Knutsford, B5081, Goostrey, Tremlow Green, Hulme Walfield, Congleton, A527, Biddulph, A5272, Hanley, Weston Coyney, Meir, B5066, Meirheath, Hilderstone, B5027, Coton, Bramshall, Uttoxeter, B5030, Rocester	Thurvaston, Great Cubley, Longford, Markeaton, Allestree, Little Eaton, Coxbench, Derby Bottles, B6374, Ripley, Cross Hill, A6007, Heanor, Shipley, Ilkeston, Trowell, Bramcote, A52, A6464, A6005, Nottingham	North Nottingham Loop via Lenton, Whitemoor, Old Basford, Bulwell, Butler's Hill, Linby, Bestwood Village, Daybrook Square, Woodthorpe, Mapperley, Carlton, Sneinton, The Meadows
TUE 30 APR	DL Nottingham West, NG2 7HX (0610-0810) Cycle starts 0840	A612, Burton Joyce, Lowdham, Thurgarton, Bleasby, Fiskerton, Newart-on-Trent, B6326, Claypole, Stubton, Brandon, Ancaster, A153, Wilsford, Sleaford, Threekingham, Billingborough, B1177, Dowsby, B1397, Gosberton, Surfleet, Pinchbeck, B1180, West Pinchbeck	Bourne, A6121, Toft, Witham-on-the-Hill, Little Bytham, Clipsham, Stretton, B668, Oakham, Braunston, Withcoate, Tilton- on-the-Hill,	Scraptoft, Thurnby, Humberston, Thurmaston, Syston, Cossington, Rothley, Thurcaston, Glebelands, Beaumont Keys, New Parks, Braunstone Park, Meridien Leisure Park
WED 1 MAY	DL Carlton Park, Narborough, LE19 0LF (0610-0810) Cycle starts 0840	B4114, Sharnford, High Cross, B4455, Brinklow, Stretton-on-Dunsmore, Princethorpe, Halford, Tredington, A3400, Shipston-on-Stour, Great Wolford, Evenlode, Broadwell, Stow-on-the-Wold, A424, Burford, A361	Lechlade, A417, Kempford, Cricklade, B4040, Malmesbury, Sherston, Luckington, Acton Turville, A432, Chipping Sodbury	Yate, B4059, Coalpit Heath, Bromley Heath, Frenchay, Stoke, Filton, A38 Gloucester Road, Old City, Millennium Square, SS Great Britain, Clifton Down, Westbury
THU 2 MAY	DL Bristol Westbury, BS10 6AZ (0610-0810) Cycle starts 0840	Blaise Castle, Kingsweston, Stoke Bishop, Clifton Bridge, Ashton Gate, A4174, Keynsham, Cadbury Heath, Bridgeway, Siston, Pucklechurch, Hinton, Burton, Stanton St Quintin, Great Somerford, B4042, The Common, West Swindon - B4534, A3102, B4005, Wroughton, Chiseldon, Foxhill, Bishopstone, B4507, Uffington	West/East Hanney, Steventon, B4017, Drayton, B4016, A4130, Wallingford, Nettlebed, B481, Highmoor Cross, Sonning Common, Play Hatch, Sonning	B3350, A327, B3270, Arborfield Cross, B3349, Arborfield Garrison, B3430, Little Sandhurst, B3272, Blackwater, Hawley, West Heath, Farnborough
FRI 3 MAY	Aldershot Garrison, GU11 2LQ (0610-0810) Cycle starts 0840	Aldershot Camp, Ash Vale, Frimley Green, Deepcut, Bagshot, Sunningdale, Woodside, A332, A308, B3021, Datchet, Slough, B416, Stoke Poges, Gerrards Cross, A413, Amersham, A413, Great Missenden, Wendover, Great Kimble, Longwick, B4009, Chinnor, Watlington, Benson, A4074	A4074, B4009, Goring, Streatley, Pangbourne, A340, Theale, Burghfield, Grazeley Green, Swallowfield, B3349, Riseley, Hook, A287, B3349, North Warnborough, Odiham, South Warnborough,	Holybourne, Blacknest, Batt's Corner, Rowledge, Wrecclesham, Farnham, Ewshot, Church Crookham, Fleet
SAT 4 MAY	DL Farnham, GU9 9ND (0610-0810) Cycle starts 0840	Badshot Lea, Seale, Puttenham, Compton, Peasmarsh, Shalford, B2128, Womersh, Bramley, Thornecombe Street, Hascombe, Loxhill, Dunsfold, Plaistow, B2133, A272, Billingshurst, Coneyhurst, Broadford Bridge, West Chiltington, Storrington, A283, Washington, Steyning, Brighton City Airport, South Lancing, A259, Worthing, Goring-by-Sea, B2140, West Preston, Littlehampton, B2187, A259	A259, B2144, Chichester, B2178, West Broyle, East Ashling, Funtington, Aldsworth, Rowlands Castle, B2149, Horndean, A3, Cowplain, Denmead, Soberton, Swanmore, Bishop's Waltham, B2177, Colden Common	Highbridge Rd, Allbrook Hill, Woodside Ave, Winchester Rd, Hoccombe Rd, B3043, Chandler's Ford, Leigh Rd, Eastleigh, Fair Oak Rd, Eastleigh Rd, Botley Rd, Bubb Ln, Tollbar Way, Maunsell Way, Stanier Way, Shamblehurst Ln, Grange Rd, Lower Northam Rd, Upper Northam Cl, Moorhill Rd, Church Hill, Swaythling Rd, Mansbridge Rd, Burgess Rd, Lordswood Rd, Aldermore Rd, Rownhams Rd N, Bakers Drove, Redbridge Ln,
SUN 5 MAY	DL Lordshill, Southampton, SO16 0XS (0610-0810) Marathon starts 0900	SOUTHAMPTON MARATHON ROUTE 0900 START	Hill Ln, Burgess Rd, Bassett Ave, Chilworth, A27 Botley Rd, Nutburn Rd, Pound Ln, Ampfield, A3090, Jermyns Ln, Sandy Ln, Belbins, Yokesford Hill, A3057 Stockbridge Rd, Dunbridge, Lockerley, East Dean, West Dean, Alderbury, Downton, Woodgreen, Fordingbridge, Alderholt, Ashley Heath, Matchams, Hurn, Sopley, Bransgore, Burley, Boldre, Portmore, Beaulieu	Hill Top, Holbury, Fawley, Calshot, Lepe, Exbury, Hill Top, Beaulieu, Lyndhurst, Ashurst, Woodlands, Netley Marsh, A336, Commercial Road, Redbridge Flyover, Test Ln, Brownhill Way, A3057 Romsey Rd, Shirley Rd, Commercial Rd