

	Event HQ Victoria Park Innerleithen		Caberston Forest (Golfie)			Traquair Forest (Innerleithen)		Event HQ Victoria Park Innerleithen
	Start	E-Bike	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Finish
E1 (seeded riders) Numbers 1001 to 1160								
Grand Vets	08:30 - 08:34		09:35 - 09:39	10:25 - 10:29	10:55 - 10:59	12:30 - 12:34	13:12 - 13:16	13:34 - 14:08
Vets	08:34 - 08:44		09:39 - 09:49	10:29 - 10:39	10:59 - 11:09	12:34 - 12:44	13:16 - 13:26	13:38 - 14:17
Under 18	08:44 - 08:50		09:49 - 09:55	10:39 - 10:45	11:09 - 11:15	12:44 - 12:50	13:26 - 13:32	13:48 - 14:24
Under 21	08:50 - 08:55		09:55 - 10:00	10:45 - 10:50	11:15 - 11:20	12:50 - 12:55	13:32 - 13:37	13:54 - 14:18
Masters / Seniors	08:55 - 09:29		10:00 - 10:34	10:50 - 11:24	11:20 - 11:54	12:55 - 13:29	13:37 - 14:11	13:59 - 15:03
Top Riders	09:18 - 09:29		10:23 - 10:34	11:13 - 11:24	11:43 - 11:54	13:18 - 13:29	14:00 - 14:11	14:22 - 15:03
Female Riders	09:29 - 09:34		10:34 - 10:39	11:24 - 11:29	11:54 - 11:59	13:29 - 13:34	14:11 - 14:16	14:33 - 15:08
E2 (unseeded riders) Numbers 2001 to 2365								
	09:40 - 11:40		10:45 - 13:15	11:30 - 14:05	11:57 - 14:35	13:20 - 16:10	13:55 - 16:52	14:17 - 17:14
E3 (short course) Numbers 3001 to 3040								
	11:40 - 11:50			12:45 - 13:25	13:15 - 13:55	14:50 - 15:30	15:32 - 16:12	15:54 - 16:29
e-bike (e-bike course) Numbers 4001 to 4046								
	11:50 - 12:05	12:25 - 13:10	12:45 - 13:30	13:08 - 13:53	13:22 - 14:07	14:22 - 15:07	14:40 - 15:25	15:02 - 15:42

Please note times are approximate and are subject to change