

RACE SCHEDULE

LLANDRINDOD WELLS TO BUILTH WELLS

Neutralised section

Princes Avenue, Grosvenor Road, Tremont Road, A483

KM	KM to go	Miles	Feature	Instruction	Description	35km/ph	38km/ph	42km/ph
			Start Neutralised		Princes Avenue, Llandrindod Wells	10:30	10:30	10:30
0.00	140.0	0.00	Start Proper		A483	10:45	10:45	10:45
3.1	136.9	1.9	Sign		Crossgates	10:50	10:49	10:49
3.4	136.6	2.1	R/about	3rd Exit	A44	10:50	10:50	10:49
6.1	133.9	3.8	Sign		Pen-y-Bont	10:55	10:54	10:53
6.4	133.6	4.0	Junction	Left	A488 dir Monaughty	10:56	10:55	10:54
6.6	133.4	4.1		Caution!	Cattle Grid	10:56	10:55	10:54
10.9	129.1	6.8	Sign		Dolau	11:03	11:02	11:00
17.0	123.0	10.6	Sign		Bleddfa	11:14	11:11	11:09
20.0	120.0	12.4	Sign		Monaughty	11:19	11:16	11:13
21.0	119.0	13.1	Junction	Right	B4356	11:21	11:18	11:14
24.3	115.7	15.1	Sign		Whitton	11:27	11:23	11:19
24.8	115.2	15.4	X.Roads	Left	B4357	11:28	11:24	11:20
27.5	112.5	17.1		Keep Right	B5357	11:32	11:28	11:24
27.3	112.7	17.0	T.Junction	Left	B4355	11:32	11:28	11:23
27.3	112.7	17.0		Caution!	Fast Descent!	11:32	11:28	11:23
29.6	110.4	18.4	Sign		Knighton	11:36	11:31	11:27
30.0	110.0	18.7	Drinks	Start		11:37	11:32	11:27
30.5	109.5	19.0	T.Junction	Left	B4355 Bridge Street	11:37	11:33	11:28
30.6	109.4	19.0	X.Roads	Straight	B4355/A488	11:38	11:33	11:28
31.2	108.8	19.4	Junction	Right	B4355 Knucklas Road	11:39	11:34	11:29
34.1	105.9	21.2		Caution!	Narrow Bridge	11:44	11:38	11:33
34.6	105.4	21.5	Sign		Knucklas	11:45	11:39	11:34
36.2	103.8	22.5	Sign		Lloyney	11:47	11:42	11:36
40.7	99.3	25.3	Sign		Dutlas	11:55	11:49	11:42
43.4	96.6	27.0	Sign		Beguildy	12:00	11:53	11:46
43.6	96.4	27.1	Sprint 1		Beguildy	12:00	11:53	11:46
46.4	93.6	28.9	Sign		Felindre	12:05	11:58	11:50
46.9	93.1	29.2	X.Roads	Straight	B4355	12:06	11:59	11:51
52.4	87.6	32.6	QoM 1 Cat 1	Keep Right	B4355	12:16	12:07	11:59
52.4	87.6	32.6		Start		12:16	12:07	11:59
52.7	87.3	32.8		Caution!	Hairpin Left	12:16	12:08	11:59
52.8	87.2	32.8		Caution!	Hairpin Right	12:16	12:08	12:00
53.1	86.9	33.0		Caution!	Cattle Grid	12:17	12:08	12:00
53.6	86.4	33.3	QoM 1 Cat 1	Finish	Gorddwr Bank	12:18	12:09	12:01
54.0	86.0	33.6		Caution!	Sheep & Horses!	12:18	12:10	12:01
54.6	85.4	34.0		Keep Right		12:19	12:11	12:02
54.7	85.3	34.0		Caution!	Cattle Grid	12:20	12:11	12:02
57.9	82.1	36.0		Caution!	Sharp Right!	12:25	12:16	12:07
58.2	81.8	36.2		Caution!	Fast Descent	12:26	12:16	12:07
58.7	81.3	36.5	Sign		Dolfor	12:26	12:17	12:08
58.8	81.2	36.6	T.Junction	Left	A483 dir Newtown	12:27	12:17	12:08
62.7	77.3	39.0		Caution!	Hairpin Right	12:33	12:24	12:14
62.8	77.2	39.1	Green Zone	Start		12:34	12:24	12:14

Approximate distance of neutralised section 3.7km / 2.3miles

Distance of stage 140.0km / 87.1miles

Neutralised start 10:30

KM	KM to go	Miles	Feature	Instruction	Description	35km/ph	38km/ph	42km/ph
63.0	77.0	39.2	Feed Zone	Start		12:34	12:24	12:14
64.2	75.8	39.9	Green Zone	End		12:36	12:26	12:16
65.2	74.8	40.5	Sign		Radnorshire	12:38	12:27	12:17
65.7	74.3	40.9	Junction	Right	dir Llaithddu	12:39	12:28	12:18
67.8	72.2	42.2		Keep Left		12:42	12:32	12:21
68.4	71.6	42.5	Sign		Llaithddu	12:43	12:33	12:22
74.1	65.9	46.1		Keep Right		12:53	12:42	12:30
75.1	64.9	46.7		Caution!	Fast Descent!	12:55	12:43	12:31
76.2	63.8	47.4	T.Junction	Left	Caution! Sharp & Narrow Turn	12:57	12:45	12:33
76.2	63.8	47.4		Caution!	Fast Descent!	12:57	12:45	12:33
78.7	61.3	48.9		Keep Left		13:01	12:49	12:36
81.4	58.6	50.6	T.Junction	Left	B4518	13:06	12:53	12:40
83.3	56.7	51.8	Sign		St Harmon	13:09	12:56	12:43
83.4	56.6	51.9		Keep Left	B4518	13:09	12:56	12:43
83.7	56.3	52.0	Sprint 2		St Harmon	13:10	12:57	12:43
87.4	52.6	54.3		Caution!	Fast Descent	13:16	13:03	12:49
88.3	51.7	54.9	Sign		Rhayader	13:18	13:04	12:50
88.4	51.6	55.0		Caution!	Traffic Calming	13:18	13:04	12:50
89.0	51.0	55.3	T.Junction	Right	A470 North Street	13:19	13:05	12:51
89.2	50.8	55.5	X.Roads	Straight	A470 South Street	13:19	13:05	12:51
101.8	38.2	63.3	Junction	Right	B4358	13:41	13:25	13:09
107.4	32.6	66.8	Sign		Llanafanfawr	13:51	13:34	13:17
109.1	30.9	67.8	T.Lights	Straight		13:54	13:37	13:20
110.3	29.7	68.6		Caution!	Fast & Technical Descent	13:56	13:39	13:21
111.3	28.7	69.2	X.Roads	Left		13:58	13:40	13:23
114.0	26.0	70.9		Keep Right		14:03	13:45	13:27
115.4	24.6	71.8	X.Roads	Straight	B4519	14:05	13:47	13:28
115.8	24.2	72.0	QoM 2 Cat 1	Start		14:06	13:47	13:29
116.7	23.3	72.6	X.Roads	Straight		14:07	13:49	13:30
117.8	22.2	73.3		Caution!	Cattle Grid	14:09	13:51	13:32
119.0	21.0	74.0		Caution!	Cattle Grid	14:11	13:52	13:34
119.3	20.7	74.2	QoM 2 Cat 1	Finish	Epynt	14:12	13:53	13:34
119.3	20.7	74.2		Caution!	Sheep	14:12	13:53	13:34
120.0	20.0	74.6	Drinks	Finish		14:13	13:54	13:35
125.0	15.0	77.7		Caution!	Cattle Grid	14:22	14:02	13:42
131.7	8.3	81.9		Caution!	Cattle Grid	14:33	14:12	13:52
133.0	7.0	82.7		Caution!	Fast Descent	14:36	14:15	13:54
135.5	4.5	84.3	Sign		Llanddewi'r Cwm	14:40	14:18	13:57
135.6	4.4	84.3		Caution!	Fast Descent	14:40	14:19	13:57
135.9	4.1	84.5		Caution!	Narrow Bridge	14:41	14:19	13:58
137.8	2.2	85.7	Sign		Builth Wells	14:44	14:22	14:00
137.9	2.1	85.8		Caution!	Fast Descent	14:44	14:22	14:00
138.3	1.7	86.0	T.Lights	Straight	B4520 Brecon Road	14:45	14:23	14:01
138.4	1.6	86.1		Keep Left	Market Street	14:45	14:23	14:01

