

RACE SCHEDULE

CARMARTHEN TO PEMBREY COUNTRY PARK

Neutralised section

Carmarthen Park, Morfa Lane, Heol y Gwyddau, Barn Road, Francis Terrace, Richmond Terrace, Abbey Mead, Abergwili Road, A40

KM	KM to go	Miles	Feature	Instruction	Description	35km/h	38km/h	42km/h
			Start Neutralised		The Velodrome, Carmarthen	10:00	10:00	10:00
0.00	125.9	0.00	Start Proper		A40	10:15	10:15	10:15
4.1	121.8	2.5	Sign		Nantgaredig	10:22	10:21	10:20
4.2	121.7	2.6	X.Roads	Left	B4310	10:22	10:21	10:20
6.7	119.2	4.2	Sign		Felingwmisaf	10:26	10:25	10:24
7.6	118.3	4.7		Caution!	Narrow Bridge	10:28	10:27	10:25
11.0	114.9	6.8	Sign		Horeb	10:34	10:32	10:30
11.5	114.4	7.2	X.Roads	Straight		10:34	10:33	10:31
12.4	113.5	7.7		Caution!	Fast & Technical Descent	10:36	10:34	10:32
13.1	112.8	8.1		Caution!	Hairpin Right!	10:37	10:35	10:33
14.5	111.4	9.0	Sign		Brechfa	10:40	10:37	10:35
14.6	111.3	9.1		Caution!	Narrow Bridge	10:40	10:38	10:35
16.3	109.6	10.1		Keep Right	B4310	10:43	10:40	10:38
18.5	107.4	11.5	Sign		Nantyffin	10:47	10:44	10:41
18.7	107.2	11.6		Caution!	Narrow Bridge	10:47	10:44	10:41
26.5	99.4	16.5	Sign		Llansawel	11:01	10:56	10:52
27.0	98.9	16.8		Caution!	Narrow Bridge	11:01	10:57	10:53
28.2	97.7	17.5		Caution!	Fast Descent	11:03	10:59	10:55
30.0	95.9	18.7	Drinks	Start	Talley	11:07	11:02	10:57
31.0	94.9	19.3	Sign		Talley	11:08	11:03	10:59
31.3	94.6	19.5		Keep Left		11:09	11:04	10:59
31.8	94.1	19.8	Sprint 1		Talley	11:10	11:05	11:00
33.5	92.4	20.8	Sign		Halfway	11:13	11:07	11:02
34.9	91.0	21.7	Sign		Taliaris	11:15	11:10	11:04
39.8	86.1	24.7	Sign		New Inn	11:24	11:17	11:11
42.2	83.7	26.2	T.Junction	Right	A40 dir Llandeilo	11:28	11:21	11:14
42.3	83.6	26.3	R/about	1st Exit	A483	11:28	11:21	11:15
42.4	83.5	26.4	Sign		Llandeilo	11:28	11:21	11:15
43.0	82.9	26.7	X.Roads	Straight	A483	11:29	11:22	11:16
43.8	82.1	27.2	Sign		Ffairfach	11:31	11:24	11:17
44.1	81.8	27.4	M R/about	1st Exit	Bethlehem Road	11:31	11:24	11:17
48.0	77.9	29.8		Caution!	Narrow Bridge	11:38	11:30	11:23
50.7	75.2	31.5	Sign		Bethlehem	11:43	11:35	11:27
50.9	75.0	31.7		Caution!	Narrow Bridge	11:43	11:35	11:27
51.0	74.9	31.7	QoM 1 Cat 3	Start		11:43	11:35	11:27
52.0	73.9	32.3	QoM 1 Cat 3	Finish	Bethlehem Hill	11:45	11:37	11:28
54.1	71.8	33.6		Keep Left		11:48	11:40	11:31
54.5	71.4	33.9		Keep Right	Caution! Narrow!	11:49	11:41	11:32
54.5	71.4	33.9	Green Zone	Starts		11:49	11:41	11:32
54.7	71.2	34.0	Feed Zone	Starts	W	11:50	11:41	11:32
55.0	70.9	34.2	T.Junction	Right	A4069	11:50	11:41	11:33
55.9	70.0	34.8	Green Zone	Ends		11:52	11:43	11:34
57.0	68.9	35.4		Caution!	Narrow Bridge	11:54	11:45	11:36
60.6	65.3	37.7	QoM 2 Cat 1	Start		12:00	11:50	11:41

Approximate distance of neutralised section 6km / 3.7miles

Distance of stage 125.9km / 78.3miles

Neutralised start 10:00

KM	KM to go	Miles	Feature	Instruction	Description	35km/h	38km/h	42km/h
61.4	64.5	38.2		Caution!	Narrow Bridge	12:01	11:51	11:42
64.9	61.0	40.4		Caution!	Cattle Grid	12:07	11:57	11:47
64.9	61.0	40.4		Caution!	Sheep!	12:07	11:57	11:47
65.4	60.5	40.7		Caution!	Narrow Bridge	12:08	11:58	11:47
67.0	58.9	41.7		Caution!	Hairpin Left	12:11	12:00	11:50
68.6	57.3	42.7	QoM 2 Cat 1	Finish	Black Mountain	12:14	12:03	11:52
72.0	53.9	44.8		Caution!	Fast Descent	12:20	12:08	11:57
72.2	53.7	44.9		Caution!	Sharp Right!	12:20	12:09	11:57
73.1	52.8	45.5	Sign		Brynamman	12:21	12:10	11:58
73.2	52.7	45.5		Caution!	Cattle Grid	12:22	12:10	11:59
74.1	51.8	46.1	M R/about	2nd Exit	A4069 Station Road	12:23	12:12	12:00
74.2	51.7	46.1		Keep Right		12:23	12:12	12:00
74.2	51.7	46.1		Keep Left		12:23	12:12	12:00
74.7	51.2	46.5	Sign		Port Talbot	12:24	12:12	12:01
74.7	51.2	46.5		Keep Right	A4069 Amman Road	12:24	12:12	12:01
77.0	48.9	47.9	T.Junction	Right	A474 Graig Road	12:28	12:16	12:04
77.8	48.1	48.4	Sign		Carmarthenshire	12:30	12:17	12:05
77.8	48.1	48.4	Sign		Garnant	12:30	12:17	12:05
78.8	47.1	49.0	M R/about	2nd Exit	A474 Cwmamman Road	12:31	12:19	12:06
79.6	46.3	49.5	X.Roads	Straight	A474 Cwmamman Road	12:33	12:20	12:08
84.0	41.9	52.2	Junction	Right	Pont Amman Road	12:40	12:27	12:14
85.1	40.8	52.9	T.Lights	Right	A483 College Street	12:42	12:29	12:15
85.4	40.5	53.1	Junction	Left	Iscennen Road	12:43	12:29	12:16
85.7	40.2	53.3	R/about	3rd Exit	Tir-Y-Dail Lane	12:43	12:30	12:16
86.1	39.8	53.5	Junction	Left	Station Road	12:44	12:30	12:17
86.2	39.7	53.6		Caution!	Level Crossing	12:44	12:31	12:17
87.8	38.1	54.6	Sign		Saron	12:47	12:33	12:19
89.7	36.2	55.8	Sign		Capel Hendre	12:50	12:36	12:22
90.0	35.9	56.0	T.Lights	Right	B4297 Waterloo Road	12:51	12:37	12:22
91.1	34.8	56.7	Sign		Penygroes	12:53	12:38	12:24
91.7	34.2	57.0	Sprint 2		Penygroes	12:54	12:39	12:25
92.7	33.2	57.6	X.Roads	Left	B4556 Norton Road	12:56	12:41	12:26
94.2	31.7	58.6	Junction	Left	A476 Llandeilo Road	12:58	12:43	12:28
94.3	31.6	58.6	X.Roads	Right	Cefneithin Road	12:58	12:43	12:29
96.2	29.7	59.8	Junction	Left	Twenty Road	13:02	12:46	12:31
96.8	29.1	60.2	T.Junction	Right	Blaenhirwaun Road	13:03	12:47	12:32
98.7	27.2	61.4	Sign		Drefach	13:06	12:50	12:35
99.1	26.8	61.6	Junction	Left	Cwm mawr Road	13:07	12:51	12:35
99.2	26.7	61.7	M R/about	1st Exit	B4310 Cw mmawr	13:07	12:51	12:35
99.8	26.1	62.1	Sign		Cwmmawr	13:08	12:52	12:36
99.8	26.1	62.1		Keep Left	B4310 Gwendraeth Road	13:08	12:52	12:36
100.2	25.7	62.3	Junction	Left	B4317 Derwen Road	13:09	12:53	12:37
102.6	23.3	63.8	Sign		Pontyberem	13:13	12:57	12:40
105.0	20.9	65.3	Sign		Pont-Henri	13:17	13:00	12:44

KM	KM to go	Miles	Feature	Instruction	Description	Speed		
						35km/h	38km/h	42km/h
105.9	20.0	65.9	Drinks	Finish		13:18	13:02	12:45
106.6	19.3	66.3		Keep Right	B4317	13:20	13:03	12:46
108.0	17.9	67.2	TJunction	Right	B4317	13:22	13:05	12:48
109.7	16.2	68.2	Sign		Carway	13:25	13:08	12:50
111.1	14.8	69.1	R/about	2nd Exit	B4317	13:27	13:10	12:52
111.9	14.0	69.6		Keep Left	B4317	13:29	13:11	12:54
112.3	13.6	69.8		Keep Left	B4317	13:30	13:12	12:54
113.3	12.6	70.5	M R/about	3rd Exit	B4308 Morlais Road	13:31	13:13	12:56
115.0	10.9	71.5	Junction	Left	B4317	13:34	13:16	12:58
116.7	9.2	72.6		Keep Right	B4317	13:37	13:19	13:00
117.0	8.9	72.8	Sign		Pinged	13:38	13:19	13:01
118.5	7.4	73.7		Keep Right	B4317	13:40	13:22	13:03
119.5	6.4	74.3		Caution!	Narrow Bridge	13:42	13:23	13:04
119.5	6.4	74.3	Junction	Left	A484 Lando Road	13:42	13:23	13:04
120.4	5.5	74.9	Junction	Right	Factory Road	13:44	13:25	13:06
120.5	5.4	74.9		Keep Right	Factory Road	13:44	13:25	13:06
120.5	5.4	74.9	T.Lights	Straight	Caution! Narrow Bridge!	13:44	13:25	13:06
122.0	3.9	75.9			Entrance to Country Park	13:46	13:27	13:08
122.6	3.3	76.2		Keep Left		13:47	13:28	13:09
122.8	3.1	76.4		Keep Left		13:48	13:28	13:09
123.1	2.8	76.5		Keep Left		13:48	13:29	13:09
123.1	2.8	76.5	M R/about	1st Exit		13:48	13:29	13:09
124.0	1.9	77.1		Keep Left		13:50	13:30	13:11
124.6	1.3	77.5			Entry into Cycle Circuit	13:51	13:31	13:12
124.7	1.2	77.5	X.Roads	Straight		13:51	13:31	13:12
125.9	0.0	78.3	Finish		Pembrey Country Park	13:53	13:33	13:13

NOTES
