

8

RACE SCHEDULE

MARGAM COUNTRY PARK TO CAERPHILLY

Neutralised section

Margam Country Park estate roads, A48, B4283 Water Street.

Approximate distance of neutralised section 4.7km / 2.9miles

Distance of stage 166.8km / 103.7miles

Neutralised start 11:15

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
			Start Neutralised		Margam Country Park	11:15	11:15	11:15
0.00	166.8	0.00	Start Proper		B4283 Water Street	11:25	11:25	11:25
1.3	165.5	0.8		Caution!	Narrow Bridge!	11:27	11:26	11:26
2.3	164.5	1.4	Sign		Bridgend	11:28	11:28	11:27
2.6	164.2	1.6	Sign		Corneli	11:29	11:28	11:28
4.8	162.0	3.0	R/about	3rd Exit	A4229	11:32	11:31	11:31
5.7	161.1	3.5	R/about	3rd Exit	A4229	11:33	11:33	11:32
6.3	160.5	3.9	Sign		Porthcawl	11:34	11:34	11:33
6.5	160.3	4.0		Keep Right	A4229	11:35	11:34	11:33
7.4	159.4	4.6	X.Roads	Straight	A4229 Pyle Road	11:36	11:35	11:34
7.9	158.9	4.9	R/about	3rd Exit	Fulmar Road	11:37	11:36	11:35
8.9	157.9	5.5		Caution!	Speed Hump	11:38	11:37	11:36
9.7	157.1	6.0		Caution!	Sharp left bend!	11:40	11:38	11:37
11.3	155.5	7.0		Caution!	Central Island pass both sides	11:42	11:41	11:39
11.5	155.3	7.2		Caution!	Central Island pass both sides	11:43	11:41	11:39
11.9	154.9	7.4	R/about	4th Exit		11:43	11:42	11:40
12.3	154.5	7.6		Keep Left	Eastern Promenade	11:44	11:42	11:40
12.4	154.4	7.7	R/about	2nd Exit	New Road	11:44	11:42	11:40
12.6	154.2	7.8		Caution!	Speed cushions x3	11:44	11:43	11:41
12.8	154.0	8.0	M R/about	1st Exit	New Road	11:45	11:43	11:41
12.9	153.9	8.0		Caution!	Severe Speed Bumps x6	11:45	11:43	11:41
13.3	153.5	8.3		Caution!	Speed Hump	11:45	11:44	11:42
13.6	153.2	8.5	M R/about	1st Exit	Bridgend Road	11:46	11:44	11:42
14.1	152.7	8.8		Keep Left	Bridgend Road	11:47	11:45	11:43
14.2	152.6	8.8	R/about	3rd Exit	A4106 Bridgend Road	11:47	11:45	11:43
16.1	150.7	10.0	Sign		Tyhegston	11:50	11:48	11:45
17.8	149.0	11.1	R/about	2nd Exit	A48	11:52	11:50	11:47
18.4	148.4	11.4	R/about	2nd Exit	A48	11:53	11:51	11:48
20.1	146.7	12.5	Junction	Left	New Inn Road	11:56	11:53	11:50
20.3	146.5	12.6		Caution!	Fast descent	11:56	11:54	11:51
20.9	145.9	13.0		Caution!	Narrow Bridge!	11:57	11:54	11:51
20.9	145.9	13.0		Caution!	Sheep	11:57	11:54	11:51
22.5	144.3	14.0	T.Junction	Right	B4265 Eweeny Road	12:00	11:57	11:53
22.7	144.1	14.1	Sign		Glamorgan	12:00	11:57	11:54
22.8	144.0	14.2	Junction	Right	B4524 Ogmore Road	12:00	11:57	11:54
24.4	142.4	15.2		Caution!	Cattle Grid	12:03	11:59	11:56
24.8	142.0	15.4		Caution!	Sheep	12:03	12:00	11:56
25.8	141.0	16.0		Keep Right	B4524 Main Road	12:05	12:01	11:58
26.8	140.0	16.7		Caution!	Cattle Grid	12:07	12:03	11:59
26.9	139.9	16.7	Sign		Ogmore by the Sea	12:07	12:03	11:59
28.4	138.4	17.7		Caution!	Cattle Grid	12:09	12:05	12:01
29.2	137.6	18.2	Sign		Southerndown	12:10	12:06	12:02
29.6	137.2	18.4		Caution!	Cattle Grid	12:11	12:07	12:03
29.8	137.0	18.5		Keep Right	B4524	12:11	12:07	12:03

KM	KM to go	Miles	Feature	Instruction	Description	38km/h	42km/h	46km/h
30.0	136.8	18.7		Keep Left	B4524	12:12	12:07	12:03
30.0	136.8	18.7	Drinks	Start		12:12	12:07	12:03
30.2	136.6	18.8		Keep Left	B4524	12:12	12:08	12:03
31.6	135.2	19.7	Sign		St Brides Major	12:14	12:10	12:05
31.8	135.0	19.8	T.Junction	Right	B4265 Wick Road	12:14	12:10	12:05
35.5	131.3	22.1	Sign		Wick	12:20	12:15	12:10
35.9	130.9	22.3		Keep Left	B4265	12:21	12:16	12:11
38.4	128.4	23.9	Junction	Left		12:25	12:19	12:14
39.3	127.5	24.4		Caution!	Hump Back Bridge	12:26	12:21	12:15
39.5	127.3	24.6	Junction	Left		12:27	12:21	12:15
40.3	126.5	25.1	T.Junction	Right		12:28	12:22	12:16
40.7	126.1	25.3	T.Junction	Left	B4270 Llantwit Major Road	12:28	12:23	12:17
42.5	124.3	26.4	Junction	Right	B4270 Llantwit Major Road	12:31	12:25	12:19
44.8	122.0	27.9	Junction	Right	B4270 Llantwit Major Road	12:35	12:29	12:22
45.2	121.6	28.1	Sign		Cowbridge	12:36	12:29	12:23
45.8	121.0	28.5	T.Junction	Right	A4222 Westgate	12:36	12:30	12:23
46.6	120.2	29.0	Sprint		Cowbridge	12:38	12:31	12:24
47.0	119.8	29.2	T.Lights	Left	A4222 Aberthin Road	12:38	12:32	12:25
48.1	118.7	29.9	Sign		Aberthin	12:40	12:33	12:26
48.3	118.5	30.0		Keep Left	A4222	12:40	12:34	12:27
49.4	117.4	30.7	Sign		Maendy	12:42	12:35	12:28
50.5	116.3	31.4	Sign		Ystradowen	12:44	12:37	12:29
53.0	113.8	33.0	Sign		Rhonda Cynon Taf	12:48	12:40	12:33
53.0	113.8	33.0	Sign		Talygam	12:48	12:40	12:33
54.1	112.7	33.6	Sign		Brynsadler	12:50	12:42	12:34
54.4	112.4	33.8	Junction	Left	Llanharry Road	12:50	12:42	12:34
56.0	110.8	34.8	Sign		Llanharry	12:53	12:45	12:37
56.9	109.9	35.4	Junction	Right	Llanharry Road	12:54	12:46	12:38
58.1	108.7	36.1		Keep Left	Llanharry Road	12:56	12:48	12:39
59.5	107.3	37.0	X.Roads	Left	A473 Bridgend Road	12:58	12:50	12:41
59.9	106.9	37.2	R/about	2nd Exit	A473 Bridgend Road	12:59	12:50	12:42
60.1	106.7	37.4	M R/about	2nd Exit	A473 Bridgend Road	12:59	12:50	12:42
60.1	106.7	37.4	Sign		Brynceae	12:59	12:50	12:42
61.2	105.6	38.1	R/about	1st Exit	A473 New Road	13:01	12:52	12:43
61.6	105.2	38.3	R/about	3rd Exit	A473 New Road	13:01	12:53	12:44
62.4	104.4	38.8	R/about	2nd Exit	B4280	13:03	12:54	12:45
63.5	103.3	39.5		Caution!	Cattle Grid	13:04	12:55	12:46
65.5	101.3	40.7		Caution!	Cattle Grid	13:07	12:58	12:49
65.8	101.0	40.9	Junction	Left	B4280 Pant Hirwaun	13:08	12:59	12:49
66.2	100.6	41.2		Caution!	Cattle Grid	13:09	12:59	12:50
66.5	100.3	41.4		Keep Right	B4280	13:09	13:00	12:50
68.8	98.0	42.8		Keep Right	B4280	13:13	13:03	12:53
69.0	97.8	42.9		Caution!	Cattle Grid	13:13	13:03	12:53
69.0	97.8	42.9	R/about	3rd Exit	A4061 Blackmill Road	13:13	13:03	12:53

KM	KM to go		Miles	Feature	Instruction	Description	38kmph		
	42kmph	46kmph							
72.0	94.8	44.8	Sign		Blackmill	13:18	13:07	12:57	
72.6	94.2	45.1	T.Lights	Straight	A4061 Oak Ridge/A4093	13:19	13:08	12:58	
73.4	93.4	45.6		Keep Right	A4061	13:20	13:09	12:59	
75.3	91.5	46.8	Sign		Ongar Vale	13:23	13:12	13:01	
76.0	90.8	47.3		Keep Right	A4061 Bridge Street	13:24	13:13	13:02	
78.0	88.8	48.5	Sign		Nantymoel	13:27	13:16	13:05	
78.8	88.0	49.0	R/about	2nd Exit	A4061 Bwlich-y-Clawdd Road	13:28	13:17	13:06	
79.2	87.6	49.3		Keep Left		13:29	13:18	13:06	
80.3	86.5	49.9		Caution!	⚠ Cattle Grid	13:31	13:19	13:08	
80.3	86.5	49.9		Caution!	⚠ Sheep	13:31	13:19	13:08	
82.1	84.7	51.1		Caution!	⚠ Hairpin Right on Ascent	13:34	13:22	13:10	
83.4	83.4	51.9		Caution!	⚠ Hairping Left on Ascent	13:36	13:24	13:12	
83.5	83.3	51.9	Sign		Rhonda Cynon Taf	13:36	13:24	13:12	
83.5	83.3	51.9		Caution!	⚠ Fast Descent	13:36	13:24	13:12	
84.5	82.3	52.5		Caution!	⚠ Hairpin Right on Descent	13:37	13:25	13:13	
85.7	81.1	53.3		Caution!	⚠ Hairpin Left on Descent	13:39	13:27	13:15	
86.6	80.2	53.9		Caution!	⚠ Cattle Grid	13:41	13:28	13:16	
87.9	78.9	54.7	T.Junction	Left	⚠ Caution! – Sharp Left	13:43	13:30	13:18	
88.2	78.6	54.8	T.Junction	Right	A4061 Park Crescent	13:43	13:31	13:18	
88.4	78.4	55.0		Keep Left	A4061 Station Road	13:43	13:31	13:18	
88.6	78.2	55.1		Caution!	⚠ Speed cushion	13:44	13:31	13:18	
88.7	78.1	55.2		Caution!	⚠ Severe speed cushion	13:44	13:31	13:19	
88.9	77.9	55.3	X.Roads	Left	A4061 High Street	13:44	13:32	13:19	
89.4	77.4	55.6		Caution!	⚠ Central Island pass both sides	13:45	13:32	13:19	
89.7	77.1	55.8	Sign		Ynyswen	13:45	13:33	13:20	
90.8	76.0	56.5	Sign		Treherbert	13:47	13:34	13:21	
91.9	74.9	57.1	Sign		Rhigos Mountains	13:49	13:36	13:23	
91.9	74.9	57.1	KoM 1 Cat 1	Start		13:49	13:36	13:23	
92.7	74.1	57.6		Caution!	⚠ Cattle Grid	13:50	13:37	13:24	
92.8	74.0	57.7		Caution!	⚠ Hairpin Left on Ascent	13:50	13:37	13:24	
97.5	69.3	60.6	KoM 1 Cat 1	Finish	🏠 Rhigos	13:58	13:44	13:30	
99.0	67.8	61.6		Caution!	Fast descent	14:00	13:46	13:32	
100.1	66.7	62.2		Caution!	Hairpin right on descent	14:02	13:48	13:33	
103.8	63.0	64.5	R/about	3rd Exit	A4061 Rhigos Road	14:08	13:53	13:38	
105.0	61.8	65.3	R/about	2nd Exit	A4059/A465	14:10	13:55	13:40	
105.2	61.6	65.4	Junction	Right	Rhigos Road	14:10	13:55	13:40	
105.3	61.5	65.5	Sign		Hirwaun	14:10	13:55	13:40	
105.7	61.1	65.7	Junction	Left	High Street	14:11	13:56	13:40	
107.7	59.1	67.0		Keep Right		14:14	13:58	13:43	
107.7	59.1	67.0	R/about	1st Exit	A465	14:14	13:58	13:43	
108.1	58.7	67.2	R/about	2nd Exit		14:14	13:59	13:43	
108.7	58.1	67.6	Junction	Right	Cwmynysmintan Road	14:15	14:00	13:44	
110.0	56.8	68.4	T.Junction	Right	B4276 Llwydcoed Road	14:17	14:02	13:46	
110.6	74.0	68.8	T.Lights	Straight	B4276 Llwydcoed Road	14:18	14:03	13:47	
111.1	55.7	69.1	R/about	2nd Exit	B4276 Harriet Road	14:19	14:03	13:47	
111.5	55.3	69.3		Keep Right	B4276 Mill Road	14:20	14:04	13:48	
111.6	55.2	69.4		Keep Left	B4276 Mill Road	14:20	14:04	13:48	
111.6	55.2	69.4	T.Junction	Left	B4275 Hirwuan Road	14:20	14:04	13:48	
112.2	54.6	69.8	T.Lights	Straight	B4275 Gadlys Road	14:21	14:05	13:49	
112.6	54.2	70.0	R/about	2nd Exit	A4233 High Street	14:21	14:05	13:49	
112.8	54.0	70.1		Keep Left	A4233 Canon Street	14:22	14:06	13:50	
113.0	53.8	70.3		Caution!	⚠ Buildout – offside	14:22	14:06	13:50	
113.1	53.7	70.3	Junction	Right	A4233 Victoria Square	14:22	14:06	13:50	
113.2	53.6	70.4		Keep Left	A4233 Monk Street	14:22	14:06	13:50	

KM	KM to go		Miles	Feature	Instruction	Description	38kmph		
	42kmph	46kmph							
113.2	53.6	70.4	KoM 2 Cat 1	Start		14:22	14:06	13:50	
114.0	52.8	70.9	Sign		Maerdy Mountain	14:24	14:07	13:51	
114.2	52.6	71.0		Caution!	⚠ Cattle Grid	14:24	14:08	13:51	
114.5	52.3	71.2		Caution!	⚠ Hairpin left on ascent	14:24	14:08	13:52	
115.0	51.8	71.5		Caution!	⚠ Hairpin right on ascent	14:25	14:09	13:52	
115.4	51.4	71.8		Caution!	⚠ Hairpin left on ascent	14:26	14:09	13:53	
115.6	51.2	71.9		Caution!	⚠ Hairpin left on ascent	14:26	14:10	13:53	
116.2	50.6	72.3	KoM 2 Cat 1	Finish	🏠 Bryn Du	14:27	14:11	13:54	
118.7	48.1	73.8		Caution!	⚠ Fast Descent	14:31	14:14	13:57	
118.8	48.0	73.9		Caution!	⚠ Hairpin left on descent	14:31	14:14	13:57	
120.2	46.6	74.7	Sign		Maerdy	14:33	14:16	13:59	
120.5	46.3	74.9	T.Junction	Left	A4233 Maerdy Road	14:34	14:17	13:59	
121.8	45.0	75.7	Sign		Ferndale	14:36	14:19	14:01	
123.5	43.3	76.8	Junction	Left	Station Road	14:39	14:21	14:03	
124.0	42.8	77.1	Sign		Blaenllechau	14:39	14:22	14:04	
124.1	42.7	77.2		Caution!	⚠ Hairpin left in ascent	14:40	14:22	14:04	
124.4	42.4	77.4		Caution!	⚠ Extreme right turn	14:40	14:22	14:04	
127.1	39.7	79.0		Caution!	⚠ Cattle Grid	14:44	14:26	14:08	
128.2	38.6	79.7		Caution!	⚠ Hairpin left on descent	14:46	14:28	14:09	
130.3	36.5	81.0	T.Junction	Caution!	⚠ Sharp left base descent	14:49	14:31	14:12	
130.5	36.3	81.2		Caution!	⚠ Narrow Bridge!	14:50	14:31	14:12	
132.0	34.8	82.1	Sign		Perthcelyn	14:52	14:33	14:14	
132.0	34.8	82.1	T.Junction	Right	Hawthorn Terrace	14:52	14:33	14:14	
132.1	34.7	82.1		Caution!	⚠ Fast descent	14:52	14:33	14:14	
132.1	34.7	82.1		Caution!	⚠ Buildout – offside	14:52	14:33	14:14	
132.4	34.4	82.3		Caution!	⚠ Buildout – nearside	14:53	14:34	14:15	
132.5	34.3	82.4		Caution!	⚠ Buildouts both sides	14:53	14:34	14:15	
132.8	34.0	82.6		Caution!	⚠ Buildout – nearside	14:53	14:34	14:15	
133.0	33.8	82.7		Caution!	⚠ Buildout – nearside	14:54	14:35	14:16	
133.1	33.7	82.8		Caution!	⚠ Buildout both sides	14:54	14:35	14:16	
133.9	32.9	83.3	T.Junction	Right	B4275 Abercynon Road	14:55	14:36	14:17	
134.1	32.7	83.4	Sign		Ynys Boeth	14:55	14:36	14:17	
134.2	32.6	83.5		Caution!	⚠ Speed cushion x3	14:55	14:36	14:17	
135.6	31.2	84.3	Sign		Abercynon	14:58	14:38	14:19	
135.9	30.9	84.5		Keep Right	B4275 Mountain Ash Road	14:58	14:39	14:19	
136.2	30.6	84.7		Keep Left	B4275 Ynsmeurung Road	14:59	14:39	14:20	
136.3	30.5	84.8		Caution!	⚠ Buildouts both sides	14:59	14:39	14:20	
136.5	30.3	84.9		Keep Right	B4275	14:59	14:40	14:20	
137.1	29.7	85.3	T.Lights	Left	B4275	15:00	14:40	14:21	
137.2	29.6	85.3	T.Lights	Left	A4054	15:00	14:41	14:21	
138.7	28.1	86.3	R/about	3rd Exit	A472	15:02	14:43	14:23	
139.3	27.5	86.6	Sign		Caerphilly	15:03	14:44	14:24	
140.7	26.1	87.5	R/about	3rd Exit	A472 Nelson Bypass	15:06	14:46	14:25	
141.3	25.5	87.9	R/about	2nd Exit	A427 Caerphilly Road	15:07	14:46	14:26	
143.6	23.2	89.3	R/about	3rd Exit	A472	15:10	14:50	14:29	
144.7	22.1	90.0	R/about	3rd Exit	Caerphilly Road	15:12	14:51	14:31	
145.4	21.4	90.4	T.Lights	Straight		15:13	14:52	14:31	
145.6	21.2	90.5	R/about	1st Exit		15:13	14:53	14:32	
146.2	20.6	90.9	T.Lights	Straight		15:14	14:53	14:32	
146.6	20.2	91.2	Sign		Llanbradach	15:15	14:54	14:33	
146.8	20.0	91.3	Drinks	Finish	🏠 20km to Finish	15:15	14:54	14:33	
146.8	20.0	91.3			Green Zone for 200m	15:15	14:54	14:33	
147.4	19.4	91.7		Caution!	⚠ Buildouts both sides	15:16	14:55	14:34	
147.7	19.1	91.8		Caution!	⚠ Buildouts both sides	15:17	14:56	14:34	

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RACE SCHEDULE

MARGAM COUNTRY PARK TO CAERPHILLY

KM	KM to go		Miles	Feature	Instruction	Description			
	38km/ph	42km/ph					46km/ph		
148.0	18.8	92.0			Caution!	⚠ Buildouts Both Sides	15:17	14:56	14:35
148.1	18.7	92.1		T.Lights	Straight	Glenview Terrace	15:17	14:56	14:35
148.8	18.0	92.5			Caution!	⚠ Buildouts both sides	15:18	14:57	14:36
149.3	17.5	92.8			Caution!	⚠ Buildouts both sides	15:19	14:58	14:36
149.4	17.4	92.9			Caution!	⚠ Buildouts both sides	15:19	14:58	14:37
149.7	17.1	93.1		R/about	3rd Exit	A469	15:20	14:58	14:37
150.3	16.5	93.5		R/about	3rd Exit	B4623 Pontygwindy Road	15:21	14:59	14:38
150.4	16.4	93.5		Sign		Caerphilly	15:21	14:59	14:38
151.2	15.6	94.0		T.Lights	Straight	B4623 Pontygwindy Road/Asda	15:22	15:01	14:39
152.1	14.7	94.6		T.Lights	Straight	B4623 Castle Street – circuit entry	15:24	15:02	14:40
152.2	14.6	94.6		T.Lights	Straight	B4623 Castle Street	15:24	15:02	14:40
152.3	14.5	94.7		Junction	Right	B4623 Castle Street	15:24	15:02	14:40
152.5	14.3	94.8				1st Passage Finish Line	15:24	15:02	14:41
152.5	14.3	94.8			Keep Right	B4623 Cardiff Road	15:24	15:02	14:41
152.9	13.9	95.1		T.Lights	Straight	B4623 Cardiff Road	15:25	15:03	14:41
153.0	13.8	95.1		KoM 3 Cat 1	Start		15:25	15:03	14:41
154.4	12.4	96.0		KoM 3 Cat 1	Finish	🏠 Caerphilly Mountain	15:27	15:05	14:43
154.5	12.3	96.1			Caution!	⚠ Fast descent	15:27	15:05	14:43
156.8	10.0	97.5				10km to Finish	15:30	15:08	14:45
157.0	9.8	97.6		R/about	4th Exit	B4600 Nantgarw Road	15:31	15:09	14:46
157.1	9.7	97.7		Sign		Caerphilly	15:31	15:09	14:46
157.4	9.4	97.9		R/about	2nd Exit	B4600 Nantgarw Road	15:32	15:09	14:47
158.1	8.7	98.3		T.Lights	Straight	B4600 Nantgarw Road	15:33	15:10	14:48
159.4	7.4	99.1		T.Lights	Right	B4623 Castle Street – circuit entry	15:35	15:12	14:49
159.5	7.3	99.2		T.Lights	Straight	B4623 Castle Street	15:35	15:12	14:50
159.6	7.2	99.2		Junction	Right	B4623 Castle Street	15:35	15:13	14:50
159.8	7.0	99.4				2nd Passage Finish Line	15:36	15:13	14:50
159.8	7.0	99.4			Keep Right	B4623 Cardiff Road	15:36	15:13	14:50
160.1	6.7	99.6		T.Lights	Straight	B4623 Cardiff Road	15:36	15:13	14:50
160.2	6.6	99.6		KoM 4 Cat 1	Start		15:36	15:13	14:50
161.7	5.1	100.6		KoM 4 Cat 1	Finish	🏠 Caerphilly Mountain	15:39	15:16	14:52
161.8	5.0	100.6				5km to Finish	15:39	15:16	14:53
161.8	5.0	100.6			Caution!	⚠ Fast descent	15:39	15:16	14:53
163.8	3.0	101.9				3km to Finish	15:42	15:19	14:55
163.8	3.0	101.9				Green Zone for 200m	15:42	15:19	14:55
164.3	2.5	102.2		R/about	4th Exit	B4600 Nantgarw Road	15:43	15:19	14:56
164.4	2.4	102.2		Sign		Caerphilly	15:43	15:19	14:56
164.6	2.2	102.4		R/about	2nd Exit	B4600 Nantgarw Road	15:43	15:20	14:56
165.4	1.4	102.9		T.Lights	Straight	B4600 Nantgarw Road	15:44	15:21	14:57
166.5	0.3	103.5		T.Lights	Right	B4623 Castle Street – circuit entry	15:46	15:22	14:59
166.6	0.2	103.6		T.Lights	Straight	B4623 Castle Street	15:46	15:23	14:59
166.7	0.1	103.7		T.Lights	Right	B4623 Castle Street	15:46	15:23	14:59
166.8	0.0	103.7		Race	Finish	🏠 Castle Street – Caerphilly	15:47	15:23	14:59