

Stage One: Pembrey Country Park - The City of Newport



Start :	Pembrey Country Park
Neutralised section :	TBC
Stage Distance :	174.8 km or 108.7 miles
Finish :	Usk Way, Newport

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
0.00	0.00	0.00	0.00	Start Neutralised		Pembrey Country Park	42	10:45	11:00	11:00	11:00	
0.00	174.8	0.00	108.7	Start Proper		A484 Lando Road	42	11:00	11:15	11:15	11:15	00:00
3.0	171.8	1.9	106.8	R/about	1st Exit	Pembrey Road	42	11:04	11:19	11:19	11:18	00:00
3.0	171.8	1.9	106.8	Sign		Kidwelly	42	11:04	11:19	11:19	11:18	00:00
5.8	169.0	3.6	105.1	R/about	2nd Exit	A484	42	11:08	11:24	11:23	11:22	00:01
11.0	163.8	6.8	101.9	Sign		Uplands Arms	42	11:15	11:32	11:30	11:29	00:03
13.6	161.2	8.5	100.2	Sign		Idole	42	11:19	11:36	11:34	11:32	00:03
15.7	159.1	9.8	98.9		Caution!	Fast Descent	42	11:22	11:39	11:37	11:35	00:04
16.1	158.7	10.0	98.7	Junction	Right	Bolaham Road	42	11:23	11:40	11:38	11:35	00:04
16.8	158.0	10.4	98.3		Caution!	Narrow Bridge	42	11:24	11:41	11:39	11:36	00:04
18.2	156.6	11.3	97.4		Caution!	Fast Descent	42	11:26	11:43	11:41	11:38	00:05
18.6	156.2	11.6	97.1		Keep Right		42	11:26	11:44	11:41	11:38	00:05
18.1	156.7	11.3	97.4	R/about	1st Exit	Pemsarn Road	42	11:25	11:43	11:40	11:38	00:05
19.1	155.7	11.9	96.8	R/about	1st Exit	A484	42	11:27	11:45	11:42	11:39	00:05
19.3	155.5	12.0	96.7	T.Lights	Left	Coracle Way	42	11:27	11:45	11:42	11:39	00:05
19.6	155.2	12.2	96.5	T.Junction	2nd Exit	A4242	42	11:28	11:45	11:43	11:40	00:05
19.9	154.9	12.4	96.3	R/about	3rd Exit	B4312 Morfa Lane	42	11:28	11:46	11:43	11:40	00:05
20.0	154.8	12.4	96.3	T.Lights	Straight	B4312 Morfa Lane	42	11:28	11:46	11:43	11:40	00:05
20.2	154.6	12.6	96.1	R/about	2nd Exit	St Catherine Street	42	11:28	11:46	11:43	11:40	00:05
20.5	154.3	12.7	96.0	T.Lights	Straight	Barn Road	42	11:29	11:47	11:44	11:41	00:05
20.9	153.9	13.0	95.7	R/about	1st Exit	Francis Terrace	42	11:29	11:47	11:44	11:41	00:05
21.5	153.3	13.4	95.3	M R/about	1st Exit	A484 Priory Street	42	11:30	11:48	11:45	11:42	00:06
22.3	152.5	13.9	94.8	Sprint 1		Carmarthen	42	11:31	11:50	11:46	11:43	00:06
23.6	151.2	14.7	94.0	Sign		Abergwili	42	11:33	11:52	11:48	11:45	00:06
24.1	150.7	15.0	93.7	R/about	3rd Exit	A40 dir Landeilo	42	11:34	11:52	11:49	11:45	00:06
29.3	145.5	18.2	90.5	Sign		Nantgaredig	42	11:41	12:01	11:56	11:52	00:08
29.5	145.3	18.3	90.4	X.Roads	Right	B4310 Station Road	42	11:42	12:01	11:57	11:52	00:08
31.3	143.5	19.5	89.2	T.Junction	Left	B3400	42	11:44	12:04	11:59	11:55	00:08
35.3	139.5	22.0	86.7	Sign		Llanarthne	42	11:50	12:10	12:05	12:00	00:10
38.4	136.4	23.9	84.8		Keep Left	B4300	42	11:54	12:15	12:09	12:04	00:10
44.7	130.1	27.8	80.9	T.Junction	Left	A476	42	12:03	12:25	12:18	12:12	00:12
45.4	129.4	28.2	80.5	Sign		Ffairfach	42	00:00	12:26	12:19	12:13	00:12
45.7	129.1	28.4	80.3	M R/about	2nd Exit	Bethlehem Road	42	12:05	12:26	12:20	12:13	00:13
49.6	125.2	30.8	77.9		Caution!	Narrow Bridge	42	12:10	12:32	12:25	12:18	00:14
50.0	124.8	31.1	77.6	Drinks	Start		42	12:11	12:33	12:26	12:19	00:14
52.2	122.6	32.5	76.2	KoM 1 Cat 3	Start		42	12:14	12:37	12:29	12:22	00:14
52.4	122.4	32.6	76.1		Caution!	Narrow Bridge	42	12:14	12:37	12:29	12:22	00:14
53.4	121.4	33.2	75.5	KoM 1 Cat 3	Finish	Bethlehem Hill	42	12:16	12:38	12:31	12:23	00:15
56.0	118.8	34.8	73.9	Sign		Felindre	42	12:20	12:43	12:35	12:27	00:16
55.6	119.2	34.6	74.1	T.Junction	Left	A4609	42	12:19	12:42	12:34	12:26	00:15
56.6	118.2	35.2	73.5	Sign		Llangadog	42	12:20	12:43	12:35	12:27	00:16
57.1	117.7	35.5	73.2	T.Junction	Right	High Street	42	12:21	12:44	12:36	12:28	00:16
65.5	109.3	40.7	68.0	Sign		Llandovery	42	12:33	12:57	12:48	12:39	00:18
66.1	108.7	41.1	67.6	T.Junction	Right	A40 dir Brecon	42	12:34	12:58	12:49	12:39	00:18
66.2	108.6	41.2	67.5	Sprint 2		Llandovery	42	12:34	12:59	12:49	12:40	00:18
68.6	106.2	42.7	66.0	Sign		Brecon Beacons	42	12:38	13:02	12:53	12:43	00:19
73.9	100.9	46.0	62.7	Sign		Halfway	42	12:45	13:11	13:00	12:50	00:21
80.4	94.4	50.0	58.7	Sign		Trecastle	42	12:54	13:21	13:09	12:58	00:22
83.5	91.3	51.9	56.8		Caution!	Fast Descent	42	12:59	13:26	13:14	13:02	00:23
84.8	90.0	52.7	56.0	Sign		Sennybridge	42	13:01	13:28	13:16	13:04	00:24

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kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
85.7	89.1	53.3	55.4	Junction	Right	Defynnog Road	42	13:02	13:29	13:17	13:05	00:24
86.3	88.5	53.7	55.0	T.Junction	Right	A4067	42	13:03	13:30	13:18	13:05	00:24
86.4	88.4	53.7	55.0	Sign		Defynnog	42	13:03	13:30	13:18	13:06	00:24
86.9	87.9	54.0	54.7	Junction	Left	A4215	42	13:04	13:31	13:19	13:06	00:24
88.3	86.5	54.9	53.8	KoM 2 Cat 3	Start		42	13:06	13:33	13:21	13:08	00:25
89.3	85.5	55.5	53.2	KoM 2 Cat 3	Finish	Defynnog	42	13:07	13:35	13:22	13:09	00:25
90.3	84.5	56.2	52.5		Caution!	Fast Descent	42	13:09	13:36	13:24	13:11	00:25
94.9	79.9	59.0	49.7	Junction	Left		42	13:15	13:44	13:30	13:17	00:27
95.0	79.8	59.1	49.6	T.Junction	Left	A470	42	13:15	13:44	13:30	13:17	00:27
95.8	79.0	59.6	49.1	Sign		Libanus	42	13:16	13:45	13:31	13:18	00:27
97.3	77.5	60.5	48.2	Green Zone	Start		42	13:19	13:47	13:34	13:20	00:27
97.5	77.3	60.6	48.1	Feed	Start		42	13:19	13:48	13:34	13:20	00:27
98.7	76.1	61.4	47.3	Green Zone	Finish		42	13:21	13:50	13:36	13:21	00:28
101.0	73.8	62.8	45.9	R/about	3rd Exit	B4601	42	13:24	13:53	13:39	13:24	00:28
101.3	73.5	63.0	45.7	T.Lights	Straight	B4601 Newgate Street	42	13:24	13:54	13:39	13:25	00:28
102.1	72.7	63.5	45.2	T.Lights	Straight	B4601 Bridge Street	42	13:25	13:55	13:40	13:26	00:29
102.4	72.4	63.7	45.0	T.Lights	Straight	Market Street	42	13:26	13:55	13:41	13:26	00:29
102.6	72.2	63.8	44.9	T.Lights	Straight	Heol Gouesnou	42	13:26	13:56	13:41	13:26	00:29
103.0	71.8	64.1	44.6	T.Lights	Straight	B4601	42	13:27	13:56	13:42	13:27	00:29
103.2	71.6	64.2	44.5	R/about	2nd Exit	B4601	42	13:27	13:57	13:42	13:27	00:29
103.3	71.5	64.2	44.5	R/about	2nd Exit	B4601 Watton	42	13:27	13:57	13:42	13:27	00:29
103.7	71.1	64.5	44.2	M R/about	2nd Exit	B4601	42	13:28	13:57	13:43	13:28	00:29
105.2	69.6	65.4	43.3	R/about	2nd Exit	A40 dir Abergavenny	42	13:30	14:00	13:45	13:30	00:30
106.4	68.4	66.2	42.5	Slip Road	Left		42	13:32	14:02	13:47	13:31	00:30
106.6	68.2	66.3	42.4	T.Junction	Left	B4558	42	13:32	14:02	13:47	13:32	00:30
108.3	66.5	67.3	41.4		Caution!	Fast Descent	42	13:34	14:05	13:49	13:34	00:30
109.6	65.2	68.2	40.5	Sign		Pencelli	42	13:36	14:07	13:51	13:35	00:31
112.7	62.1	70.1	38.6	Sign		Talybont on Usk	42	13:41	14:12	13:56	13:39	00:32
114.8	60.0	71.4	37.3		Caution!	Fast & Narrow Descent	42	13:44	14:15	13:59	13:42	00:32
118.1	56.7	73.4	35.3	Sign		Llangyndir	42	13:48	14:20	14:03	13:46	00:33
122.5	52.3	76.2	32.5		Caution!	Narrow Bridge	42	13:55	14:27	14:10	13:52	00:35
125.7	49.1	78.2	30.5	T.Lights	Straight	A4077	42	13:59	14:32	14:14	13:56	00:35
128.4	46.4	79.8	28.9	Sign		Monmouthshire	42	14:03	14:36	14:18	14:00	00:36
130.3	44.5	81.0	27.7	Sign		Gilwern	42	14:06	14:39	14:21	14:02	00:37
130.9	43.9	81.4	27.3	T.Junction	Right	A4077 Abergavenny Road	42	14:07	14:40	14:22	14:03	00:37
132.2	42.6	82.2	26.5	R/about	3rd Exit	B4246	42	14:08	14:42	14:23	14:04	00:37
132.9	41.9	82.6	26.1	Sign		Govilon	42	14:09	14:43	14:24	14:05	00:37
135.2	39.6	84.1	24.6	Sign		Llanfoist	42	14:13	14:47	14:28	14:08	00:38
136.0	38.8	84.6	24.1	M R/about	2nd Exit	B4269 Gypsy Lane	42	14:14	14:48	14:29	14:09	00:38
138.5	36.3	86.1	22.6	Sign		Llanellen	42	14:17	14:52	14:32	14:13	00:39
139.1	35.7	86.5	22.2	T.Junction	Right	A4042	42	14:18	14:53	14:33	14:13	00:39
141.7	33.1	88.1	20.6	Sign		Llanover	42	14:22	14:57	14:37	14:17	00:40
143.9	30.9	89.5	19.2	Junction	Left		42	14:25	15:01	14:40	14:20	00:41
144.3	30.5	89.7	19.0		Keep Right		42	14:26	15:01	14:41	14:20	00:41
145.2	29.6	90.3	18.4		Caution!	Narrow Bridge	42	14:27	15:03	14:42	14:21	00:41
146.5	28.3	91.1	17.6	X.Roads	Straight	Chain Bridge Road	42	14:29	15:05	14:44	14:23	00:41
146.9	27.9	91.3	17.3	T.Junction	Right	B4598	42	14:29	15:05	14:44	14:23	00:41
146.9	27.9	91.3	17.3	T.Lights	Straight	Chain Bridge	42	14:29	15:05	14:44	14:23	00:41
150.2	24.6	93.4	15.3	Sign		Llancaoy	42	14:34	15:11	14:49	14:28	00:42
152.8	22.0	95.0	13.7	T.Junction	Right	Bridge Street	42	14:38	15:15	14:53	14:31	00:43

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								15mins	110%	100%	90%	
153.1	21.7	95.2	13.5			Usk Bridge	42	14:38	15:15	14:53	14:31	00:43
153.2	21.6	95.3	13.4	Junction	Left	Dir llangybi	42	14:38	15:15	14:53	14:31	00:43
153.7	21.1	95.6	13.1	Sprint 3		Usk	42	14:39	15:16	14:54	14:32	00:43
153.8	21.0	95.6	13.1	Sign		Llanbadoc	42	14:39	15:16	14:54	14:32	00:43
157.2	17.6	97.8	10.9	Sign		Llangybi	42	14:44	15:22	14:59	14:37	00:44
164.4	10.4	102.2	6.5	Sign		Newport	42	14:54	15:33	15:09	14:46	00:46
164.5	10.3	102.3	6.4	Sign		Caerleon	42	14:55	15:33	15:10	14:46	00:47
164.8	10.0	102.5	6.2	Junction	Left	Mill Street	42	14:55	15:33	15:10	14:46	00:47
165.8	9.0	103.1	5.6		Caution!	Narrow Bridge	42	14:56	15:35	15:11	14:48	00:47
165.9	8.9	103.2	5.5	Junction	Left	New Road	42	14:57	15:35	15:12	14:48	00:47
165.9	8.9	103.2	5.5	KoM 3 Cat 2	Start		42	14:57	15:35	15:12	14:48	00:47
167.0	7.8	103.8	4.9	KoM 3 Cat 2	Finish	Belmont Hill	42	14:58	15:37	15:13	14:49	00:47
167.2	7.6	104.0	4.7		Caution!	Fast Descent	42	14:58	15:37	15:13	14:49	00:47
167.8	7.0	104.3	4.4	T.Junction	Right	B4237	42	14:59	15:38	15:14	14:50	00:47
169.8	5.0	105.6	3.1	T.Lights	Left	Somerton Road	42	15:02	15:41	15:17	14:53	00:48
170.4	4.4	106.0	2.7	R/about	2nd Exit	Somerton Road	42	15:03	15:42	15:18	14:54	00:48
171.5	3.3	106.6	2.1	R/about	3rd Exit	A48 Spytty Road	42	15:05	15:44	15:20	14:55	00:49
172.6	2.2	107.3	1.4	T.Lights	Straight	A48	42	15:06	15:46	15:21	14:56	00:49
172.7	2.1	107.4	1.3	T.Lights	Straight	A48	42	15:06	15:46	15:21	14:57	00:49
173.4	1.4	107.8	0.9	T.Lights	Right	A4042 Usk Way	42	15:07	15:47	15:22	14:57	00:49
173.5	1.3	107.9	0.8	T.Lights	Straight	A4042 Usk Way	42	15:07	15:47	15:22	14:58	00:49
174.1	0.7	108.3	0.4	R/about	2nd Exit	A4042 Usk Way	42	15:08	15:48	15:23	14:58	00:49
174.5	0.3	108.5	0.2	T.Lights	Straight	A4042 Usk Way	42	15:09	15:49	15:24	14:59	00:49
174.7	0.1	108.6	0.1	T.Lights	Straight	A4042 Usk Way	42	15:09	15:49	15:24	14:59	00:49
174.8	0.0	108.7	0.0	Finish		Usk Way, Newport	42	15:09	15:49	15:24	14:59	00:49