

Stage 6 Carmarthen - Pembrey Country Park (15 June)



Start :	The Velodrome, Carmarthen
Neutralised section :	6.0km/3.7mi
Stage Distance :	125.9 km or 78.3 miles
Finish :	Cycle Circuit, Pembrey Country Park

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	35	38	42	ETA Range
							Duration	15mins	110%	100%	90%	
6.00	0.00	3.70	0.00	Start Neutralised		The Velodrome, Carmarthen	38	09:45	10:00	10:00	10:00	
0.00	125.9	0.00	78.3	Start Proper		A40	38	10:00	10:15	10:15	10:15	00:00
4.1	121.8	2.5	75.7	Sign		Nantgaredig	38	10:06	10:22	10:21	10:20	00:01
4.2	121.7	2.6	75.7	X.Roads	Left	B4310	38	10:06	10:22	10:21	10:20	00:01
6.7	119.2	4.2	74.1	Sign		Felingwmisaf	38	10:10	10:26	10:25	10:24	00:02
7.6	118.3	4.7	73.6		Caution!	Narrow Bridge	38	10:12	10:28	10:27	10:25	00:02
11.0	114.9	6.8	71.5	Sign		Horeb	38	10:17	10:34	10:32	10:30	00:03
11.5	114.4	7.2	71.1	X.Roads	Straight		38	10:18	10:34	10:33	10:31	00:03
12.4	113.5	7.7	70.6		Caution!	Fast & Technical Descent	38	10:19	10:36	10:34	10:32	00:03
13.1	112.8	8.1	70.1		Caution!	Hairpin Right!	38	10:20	10:37	10:35	10:33	00:04
14.5	111.4	9.0	69.3	Sign		Brechfa	38	10:22	10:40	10:37	10:35	00:04
14.6	111.3	9.1	69.2		Caution!	Narrow Bridge	38	10:23	10:40	10:38	10:35	00:04
16.3	109.6	10.1	68.2		Keep Right	B4310	38	10:25	10:43	10:40	10:38	00:05
18.5	107.4	11.5	66.8	Sign		Nantylffin	38	10:29	10:47	10:44	10:41	00:05
18.7	107.2	11.6	66.7		Caution!	Narrow Bridge	38	10:29	10:47	10:44	10:41	00:05
26.5	99.4	16.5	61.8	Sign		Llansawel	38	10:41	11:01	10:56	10:52	00:08
27.0	98.9	16.8	61.5		Caution!	Narrow Bridge	38	10:42	11:01	10:57	10:53	00:08
28.2	97.7	17.5	60.8		Caution!	Fast Descent	38	10:44	11:03	10:59	10:55	00:08
30.0	95.9	18.7	59.6		Drinks Start		38	10:47	11:07	11:02	10:57	00:09
31.0	94.9	19.3	59.0	Sign		Talley	38	10:48	11:08	11:03	10:59	00:09
31.3	94.6	19.5	58.8		Keep Left		38	10:49	11:09	11:04	10:59	00:09
31.8	94.1	19.8	58.5		Sprint 1	Talley	38	10:50	11:10	11:05	11:00	00:10
33.5	92.4	20.8	57.5	Sign		Halfway	38	10:52	11:13	11:07	11:02	00:10
34.9	91.0	21.7	56.6	Sign		Taliaris	38	10:55	11:15	11:10	11:04	00:11
39.8	86.1	24.7	53.5	Sign		New Inn	38	11:02	11:24	11:17	11:11	00:12
42.2	83.7	26.2	52.0	T.Junction	Right	A40 dir Llandeilo	38	11:06	11:28	11:21	11:14	00:13
42.3	83.6	26.3	52.0	R/about	1st Exit	A483	38	11:06	11:28	11:21	11:15	00:13
42.4	83.5	26.4	51.9	Sign		Llandeilo	38	11:06	11:28	11:21	11:15	00:13
43.0	82.9	26.7	51.6	X.Roads	Straight	A483	38	11:07	11:29	11:22	11:16	00:13
43.8	82.1	27.2	51.1	Sign		Ffairfach	38	11:09	11:31	11:24	11:17	00:13
44.1	81.8	27.4	50.9	M R/about	1st Exit	Bethlehem Road	38	11:09	11:31	11:24	11:17	00:13
48.0	77.9	29.8	48.4		Caution!	Narrow Bridge	38	11:15	11:38	11:30	11:23	00:15
50.7	75.2	31.5	46.8	Sign		Bethlehem	38	11:20	11:43	11:35	11:27	00:16
50.9	75.0	31.7	46.6		Caution!	Narrow Bridge	38	11:20	11:43	11:35	11:27	00:16
51.0	74.9	31.7	46.6	QoM 1 Cat 3	Start		38	11:20	11:43	11:35	11:27	00:16
52.0	73.9	32.3	46.0	QoM 1 Cat 3	Finish	Bethlehem Hill	38	11:22	11:45	11:37	11:28	00:16
54.1	71.8	33.6	44.6		Keep Left		38	11:25	11:48	11:40	11:31	00:17
54.5	71.4	33.9	44.4		Keep Right	Caution! Narrow!	38	11:26	11:49	11:41	11:32	00:17
54.5	71.4	33.9	44.4	Green Zone	Starts		38	11:26	11:49	11:41	11:32	00:17
54.7	71.2	34.0	44.3	Feed Zone	Starts		38	11:26	11:50	11:41	11:32	00:17
55.0	70.9	34.2	44.1	T.Junction	Right	A4069	38	11:26	11:50	11:41	11:33	00:17

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Route Details							Estimated Time of Arrival					
kms	kms	Miles	Miles	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA
54.7	71.2	34.0	44.3	Feed Zone	Ends		38	11:26	11:50	11:41	11:32	00:17
57.0	68.9	35.4	42.8		Caution!	Narrow Bridge	38	11:30	11:54	11:45	11:36	00:18
60.6	65.3	37.7	40.6	OoM 2 Cat 1	Start		38	11:35	12:00	11:50	11:41	00:19
61.4	64.5	38.2	40.1		Caution!	Narrow Bridge	38	11:36	12:01	11:51	11:42	00:19
64.9	61.0	40.4	37.9		Caution!	Cattle Grid	38	11:42	12:07	11:57	11:47	00:20
64.9	61.0	40.4	37.9		Caution!	Sheep!	38	11:42	12:07	11:57	11:47	00:20
65.4	60.5	40.7	37.6		Caution!	Narrow Bridge	38	11:43	12:08	11:58	11:47	00:20
67.0	58.9	41.7	36.6		Caution!	Hairpin Left	38	11:45	12:11	12:00	11:50	00:21
68.6	57.3	42.7	35.6	OoM 2 Cat 1	Finish	Black Mountain	38	11:48	12:14	12:03	11:52	00:21
72.0	53.9	44.8	33.5		Caution!	Fast Descent	38	11:53	12:20	12:08	11:57	00:22
72.2	53.7	44.9	33.4		Caution!	Sharp Right!	38	11:54	12:20	12:09	11:57	00:22
73.1	52.8	45.5	32.8	Sign		Brynamman	38	11:55	12:21	12:10	11:58	00:23
73.2	52.7	45.5	32.8		Caution!	Cattle Grid	38	11:55	12:22	12:10	11:59	00:23
74.1	51.8	46.1	32.2	M R/about	2nd Exit	A4069 Station Road	38	11:57	12:23	12:12	12:00	00:23
74.2	51.7	46.1	32.1		Keep Right		38	11:57	12:23	12:12	12:00	00:23
74.2	51.7	46.1	32.1		Keep Left		38	11:57	12:23	12:12	12:00	00:23
74.7	51.2	46.5	31.8	Sign		Port Talbot	38	11:57	12:24	12:12	12:01	00:23
74.7	51.2	46.5	31.8		Keep Right	A4069 Amman Road	38	11:57	12:24	12:12	12:01	00:23
77.0	48.9	47.9	30.4	T.Junction	Right	A474 Graig Road	38	12:01	12:28	12:16	12:04	00:24
77.8	48.1	48.4	29.9	Sign		Carmarthenshire	38	12:02	12:30	12:17	12:05	00:24
77.8	48.1	48.4	29.9	Sign		Garnant	38	12:02	12:30	12:17	12:05	00:24
78.8	47.1	49.0	29.3	M R/about	2nd Exit	A474 Cwmamman Road	38	12:04	12:31	12:19	12:06	00:24
79.6	46.3	49.5	28.8	X.Roads	Straight	A474 Cwmamman Road	38	12:05	12:33	12:20	12:08	00:25
84.0	41.9	52.2	26.1	Junction	Right	Pont Amman Road	38	12:12	12:40	12:27	12:14	00:26
85.1	40.8	52.9	25.4	T.Lights	Right	A483 College Street	38	12:14	12:42	12:29	12:15	00:26
85.4	40.5	53.1	25.2	Junction	Left	Iscennen Road	38	12:14	12:43	12:29	12:16	00:26
85.7	40.2	53.3	25.0	R/about	3rd Exit	Tir-Y-Dail Lane	38	12:15	12:43	12:30	12:16	00:27
86.1	39.8	53.5	24.7	Junction	Left	Station Road	38	12:15	12:44	12:30	12:17	00:27
86.2	39.7	53.6	24.7		Caution!	Level Crossing	38	12:16	12:44	12:31	12:17	00:27
87.8	38.1	54.6	23.7	Sign		Saron	38	12:18	12:47	12:33	12:19	00:27
89.7	36.2	55.8	22.5	Sign		Capel Hendre	38	12:21	12:50	12:36	12:22	00:28
90.0	35.9	56.0	22.3	T.Lights	Right	B4297 Waterloo Road	38	12:22	12:51	12:37	12:22	00:28
91.1	34.8	56.7	21.6	Sign		Penygroes	38	12:23	12:53	12:38	12:24	00:28
91.7	34.2	57.0	21.3	Sprint 2		Penygroes	38	12:24	12:54	12:39	12:25	00:28
92.7	33.2	57.6	20.6	X.Roads	Left	B4556 Norton Road	38	12:26	12:56	12:41	12:26	00:29
94.2	31.7	58.6	19.7	Junction	Left	A476 Llandeilo Road	38	12:28	12:58	12:43	12:28	00:29
94.3	31.6	58.6	19.7	X.Roads	Right	Cefneithin Road	38	12:28	12:58	12:43	12:29	00:29
96.2	29.7	59.8	18.5	Junction	Left	Treventy Road	38	12:31	13:02	12:46	12:31	00:30
96.8	29.1	60.2	18.1	T.Junction	Right	Blaenhirwaun Road	38	12:32	13:03	12:47	12:32	00:30
98.7	27.2	61.4	16.9	Sign		Drefach	38	12:35	13:06	12:50	12:35	00:31
99.1	26.8	61.6	16.7	Junction	Left	Cwm mawr Road	38	12:36	13:07	12:51	12:35	00:31
99.2	26.7	61.7	16.6	M R/about	1st Exit	B4310 Cw mmawr	38	12:36	13:07	12:51	12:35	00:31

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Finish :	Cycle Circuit, Pembrey Country Park

Route Details						Estimated Time of Arrival						
kms	kms	Miles	Miles	Feature	Instruction	Description	Base Speed	Lead Cars 15mins	35 110%	38 100%	42 90%	ETA
99.8	26.1	62.1	16.2	Sign		Cwmmawr	38	12:37	13:08	12:52	12:36	00:31
99.8	26.1	62.1	16.2		Keep Left	B4310 Gwendraeth Road	38	12:37	13:08	12:52	12:36	00:31
100.2	25.7	62.3	16.0	Junction	Left	B4317 Derwen Road	38	12:38	13:09	12:53	12:37	00:31
102.6	23.3	63.8	14.5	Sign		Pontyberem	38	12:42	13:13	12:57	12:40	00:32
105.0	20.9	65.3	13.0	Sign		Pomt-Henri	38	12:45	13:17	13:00	12:44	00:33
105.9	20.0	65.9	12.4		Drinks Finish		38	12:47	13:18	13:02	12:45	00:33
106.6	19.3	66.3	12.0		Keep Right	B4317	38	12:48	13:20	13:03	12:46	00:33
108.0	17.9	67.2	11.1	T.Junction	Right	B4317	38	12:50	13:22	13:05	12:48	00:34
109.7	16.2	68.2	10.1	Sign		Carway	38	12:53	13:25	13:08	12:50	00:34
111.1	14.8	69.1	9.2	R/about	2nd Exit	B4317	38	12:55	13:27	13:10	12:52	00:35
111.9	14.0	69.6	8.7		Keep Left	B4317	38	12:56	13:29	13:11	12:54	00:35
112.3	13.6	69.8	8.5		Keep Left	B4317	38	12:57	13:30	13:12	12:54	00:35
113.3	12.6	70.5	7.8	M R/about	3rd Exit	B4308 Morlais Road	38	12:58	13:31	13:13	12:56	00:35
115.0	10.9	71.5	6.8	Junction	Left	B4317	38	13:01	13:34	13:16	12:58	00:36
116.7	9.2	72.6	5.7		Keep Right	B4317	38	13:04	13:37	13:19	13:00	00:36
117.0	8.9	72.8	5.5	Sign		Pinged	38	13:04	13:38	13:19	13:01	00:36
118.5	7.4	73.7	4.6		Keep Right	B4317	38	13:07	13:40	13:22	13:03	00:37
119.5	6.4	74.3	4.0		Caution!	Narrow Bridge	38	13:08	13:42	13:23	13:04	00:37
119.5	6.4	74.3	4.0	Junction	Left	A484 Lando Road	38	13:08	13:42	13:23	13:04	00:37
120.4	5.5	74.9	3.4	Junction	Right	Factory Road	38	13:10	13:44	13:25	13:06	00:38
120.5	5.4	74.9	3.4		Keep Right	Factory Road	38	13:10	13:44	13:25	13:06	00:38
120.5	5.4	74.9	3.4	T.Lights	Straight	Caution! Narrow Bridge!	38	13:10	13:44	13:25	13:06	00:38
122.0	3.9	75.9	2.4			Entrance to Country Park	38	13:12	13:46	13:27	13:08	00:38
122.6	3.3	76.2	2.1		Keep Left		38	13:13	13:47	13:28	13:09	00:38
122.8	3.1	76.4	1.9		Keep Left		38	13:13	13:48	13:28	13:09	00:38
123.1	2.8	76.5	1.7		Keep Left		38	13:14	13:48	13:29	13:09	00:38
123.1	2.8	76.5	1.7	M R/about	1st Exit		38	13:14	13:48	13:29	13:09	00:38
124.0	1.9	77.1	1.2		Keep Left		38	13:15	13:50	13:30	13:11	00:39
124.6	1.3	77.5	0.8			Entry into Cycle Circuit	38	13:16	13:51	13:31	13:12	00:39
124.7	1.2	77.5	0.7	X.Roads	Straight		38	13:16	13:51	13:31	13:12	00:39
125.9	0.0	78.3	0.0	Finish		Pembrey Country Park	38	13:18	13:53	13:33	13:13	00:39