

CADENCE JUNIOR ROAD RACE - COURSE DETAILS

Distance		Course Description	Comment	ETA at Average Speed (mph)		
Miles	km			23	24	25
0.0	0.0	Assembly Point: Abregavenny Leisure Centre		10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race Neutralised from Race HQ		10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race STRAIGHT ON at traffic lights onto minor road - Pen-y-Pound		10:30 AM	10:30 AM	10:30 AM
0.1	0.2	Race turns LEFT at T-junc onto minor road - Avenue Road		10:30 AM	10:30 AM	10:30 AM
0.2	0.3	Race turns RIGHT at traffic lights onto minor road - Pen-y-Pound		10:30 AM	10:30 AM	10:30 AM
0.3	0.5	Race turns LEFT at T-junc onto A40 - direction Newport		10:30 AM	10:30 AM	10:30 AM
0.6	1.0	Race turns RIGHT at traffic lights onto A40 - direction Newport		10:31 AM	10:31 AM	10:31 AM
1.7	2.7	Race turns LEFT (1st exit) at rbt onto Hardwick gyratory - direction Raglan / Usk		10:34 AM	10:34 AM	10:34 AM
1.9	3.0	Race STRAIGHT ON (2nd exit) at rbt onto B4598 - direction Usk		10:34 AM	10:34 AM	10:34 AM
0.0	0.0	Race De-neutralised at Speed De-restriction	RACING BEGINS	10:34 AM	10:34 AM	10:34 AM
1.4	2.2	Enter Penpergwm		10:38 AM	10:38 AM	10:37 AM
7.7	12.4	Race turns LEFT (1st exit) at rbt onto A40 - direction Raglan / Monmouth		10:55 AM	10:54 AM	10:53 AM
8.3	13.3	Race turns LEFT onto minor road - direction Mitchletroy		10:56 AM	10:55 AM	10:54 AM
12.7	20.4	Race turns LEFT at T-junc onto A40 slip road - direction Abergavenny/Newport		11:08 AM	11:06 AM	11:05 AM
12.8	20.5	Race joins dual-carriageway from the Left		11:08 AM	11:06 AM	11:05 AM
16.7	26.8	Race turns LEFT onto slip road: A40 - direction Abergavenny		11:18 AM	11:16 AM	11:14 AM
17.0	27.3	Race joins dual-carriageway from the Left		11:19 AM	11:17 AM	11:15 AM
17.8	28.6	Race turns RIGHT (3rd exit) at rbt onto minor road - direction Gwehelog, Usk		11:21 AM	11:19 AM	11:17 AM
20.0	32.1	Enter Gwehelog		11:27 AM	11:24 AM	11:22 AM

20.3	32.6	Enter Coldharbour		11:27 AM	11:25 AM	11:23 AM
20.9	33.5	KOM prime point: GWEHELOG	KOM PRIME POINT	11:29 AM	11:27 AM	11:24 AM
22.5	36.1	Enter Usk		11:33 AM	11:31 AM	11:28 AM
22.6	36.3	Race turns LEFT at T-junc onto A472 - direction Newport / Abergavenny		11:33 AM	11:31 AM	11:28 AM
23.3	37.4	Race turns LEFT onto B4235 - direction Gwernesney/Shirenewton		11:35 AM	11:33 AM	11:30 AM
24.3	39.0	Enter Gwernesney		11:38 AM	11:35 AM	11:32 AM
25.6	41.1	Enter Llangwm		11:41 AM	11:38 AM	11:36 AM
29.2	46.9	KOM prime point: at 5-way crossroads (GAERLLWYDD)	KOM PRIME POINT	11:41 AM	11:38 AM	11:36 AM
29.5	47.4	Feed Zone for 100 metres before and after large layby	FEED ZONE	12:04 PM	12:00 PM	11:56 AM
35.0	56.2	Race turns LEFT at T-junc onto A466 - direction Tintern / Monmouth		12:18 PM	12:14 PM	12:09 PM
35.1	56.3	Race turns LEFT (1st exit) at rbt onto B4293 - direction Itton/Devauden/Trelleck		12:18 PM	12:14 PM	12:10 PM
35.7	57.3	Enter Howick		12:20 PM	12:15 PM	12:11 PM
37.7	60.5	Enter Itton		12:25 PM	12:20 PM	12:16 PM
39.3	63.1	KOM prime point: DEVAUDEN	KOM PRIME POINT	12:29 PM	12:24 PM	12:20 PM
39.4	63.2	Enter Devauden		12:30 PM	12:25 PM	12:20 PM
42.2	67.7	Enter Llanishen		12:37 PM	12:32 PM	12:27 PM
44.0	70.6	Enter Trelleck		12:42 PM	12:36 PM	12:31 PM
48.9	78.5	Race turns LEFT at T-junc onto minor road - direction Mitcheltroy		12:54 PM	12:48 PM	12:43 PM
49.9	80.1	Enter Mitcheltroy		12:57 PM	12:51 PM	12:45 PM
50.7	81.4	Race joins dual-carriageway from the Left		12:59 PM	12:53 PM	12:47 PM
54.6	87.6	Race turns LEFT onto slip road - A40 direction Raglan/Abergavenny		1:09 PM	1:03 PM	12:56 PM
54.9	88.1	Race joins dual-carriageway from the Left		1:10 PM	1:03 PM	12:57 PM
55.7	89.4	Race turns RIGHT (4th exit) at rbt onto minor road - direction Clytha/Charthouse		1:12 PM	1:05 PM	12:59 PM
60.7	97.4	Enter Penpergwm		1:25 PM	1:18 PM	1:11 PM
62.7	100.6	FINISH: opposite Hardwick Public House.	FINISH	1:30 PM	1:23 PM	1:16 PM