

UK NATIONAL JUNIOR ROAD RACE CHAMPIONSHIPS - ETAs

Distance		Course Description	ETA at Average Speed (mph)		
Miles	km		24	25	26
0.0	0.0	Assembly Point: Brecon Leisure Centre Car Park	10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race Neutralised	10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race turns LEFT at T-junc onto B4602 (Cerrigochion Road)	10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race STRAIGHT ON (2nd exit) at rbt onto B4602 (Cerrigochion Road)	10:30 AM	10:30 AM	10:30 AM
0.3	0.5	Race turns RIGHT at T-junc onto B4602 - direction Builth Abergavenny	10:30 AM	10:30 AM	10:30 AM
1.4	2.2	Race turns LEFT at T-junc onto A470 - Direction Builth Wells, Hereford	10:33 AM	10:33 AM	10:33 AM
0.0	0.0	Race De-neutralised at the end of the Dual Carriageway	10:33 AM	10:33 AM	10:33 AM
5.3	8.5	Enter Bronllys	10:46 AM	10:46 AM	10:45 AM
5.4	8.7	Race turns RIGHT (3rd exit) at rbt onto A438 - Direction Talgarth, Hereford	10:47 AM	10:46 AM	10:45 AM
5.9	9.5	Race STRAIGHT ON (2nd exit) at rbt onto A438 - Direction Hereford	10:48 AM	10:47 AM	10:46 AM
7.6	12.2	Enter Pont Ithel	10:52 AM	10:51 AM	10:50 AM
8.5	13.6	Race turns LEFT onto A479 - Direction Llyswen, Builth Wells	10:54 AM	10:53 AM	10:52 AM
10.7	17.2	Race turns RIGHT (2nd exit) at rbt onto A479 - Direction Llyswen, Builth Wells	11:00 AM	10:59 AM	10:57 AM
11.0	17.7	Enter Llyswen	11:01 AM	10:59 AM	10:58 AM
11.4	18.3	Race turns LEFT onto A470 - Direction Brecon	11:02 AM	11:00 AM	10:59 AM
14.2	22.8	Race turns LEFT at crossroads onto A438 - Direction Bronllys, Hereford	11:09 AM	11:07 AM	11:06 AM
15.4	24.7	Enter Pont Ithel	11:12 AM	11:10 AM	11:08 AM
15.6	25.0	Race turns RIGHT (3rd exit) at rbt onto A438 - Direction Talgarth, Hereford	11:12 AM	11:10 AM	11:09 AM
16.1	25.8	Race turns RIGHT (3rd exit) at rbt onto A479 - Direction Talgarth, Abergavenny	11:13 AM	11:12 AM	11:10 AM
16.5	26.5	Enter Talgarth	11:14 AM	11:12 AM	11:11 AM
17.1	27.4	Race STRAIGHT ON (3rd exit) at rbt onto B4560 - Direction Llangorse,	11:16 AM	11:14 AM	11:12 AM
18.1	29.1	Enter Trefeca	11:18 AM	11:16 AM	11:15 AM
20.8	33.4	Enter Llangorse	11:25 AM	11:23 AM	11:21 AM
25.0	40.1	Enter Bwlch	11:36 AM	11:33 AM	11:30 AM
25.1	40.3	Race turns LEFT onto A40 - Direction Crickhowell, Abergavenny	11:36 AM	11:33 AM	11:31 AM
29.4	47.2	Race turns LEFT onto A479 - Direction Talgarth, Builth Wells	11:47 AM	11:43 AM	11:41 AM
30.4	48.8	Enter Tretower	11:49 AM	11:46 AM	11:43 AM
31.8	51.0	Enter Cwmdru	12:23 PM	12:19 PM	12:15 PM
33.2	53.3	Feed Zone Begins at Parking Area - continues at parking areas on the climb until Pengenffordd	12:27 PM	12:22 PM	12:18 PM
33.8	54.3	Enter Waun Fach	12:28 PM	12:24 PM	12:19 PM
36.1	57.9	Enter Pengenffordd	12:34 PM	12:29 PM	12:24 PM
39.7	63.7	Race turns RIGHT (2nd exit) at rbt onto A479 - Direction Bronllys, Hereford	12:43 PM	12:38 PM	12:33 PM
40.7	65.3	Race turns LEFT (1st exit) at rbt onto A438 - Direction Brecon	12:46 PM	12:40 PM	12:35 PM
41.1	66.0	Race turns LEFT (1st exit) at rbt onto A438 - Direction Brecon	12:47 PM	12:41 PM	12:36 PM
48.4	77.7	Race STRAIGHT ON (2nd exit) at rbt onto A40 - Direction Llandoverly,	1:05 PM	12:59 PM	12:53 PM
51.0	81.9	Race STRAIGHT ON (3rd exit) at rbt onto A40 - Direction Llandoverly,	1:11 PM	1:05 PM	12:59 PM
52.0	83.5	Enter Llanspyddid	1:14 PM	1:07 PM	1:01 PM
58.4	93.7	Race turns LEFT onto A4067 - Direction Defynnog, Swansea	1:30 PM	1:23 PM	1:16 PM
59.1	94.9	Enter Defynnog	1:32 PM	1:24 PM	1:18 PM
59.4	95.3	Race turns LEFT onto A4215 - Direction Libanus, Brecon	1:32 PM	1:25 PM	1:18 PM
61.0	97.9	Feed Zone: begins at the top of the climb	1:36 PM	1:29 PM	1:22 PM
64.4	103.4	Race turns LEFT onto A470 - Direction Brecon	1:45 PM	1:37 PM	1:30 PM
65.0	104.3	Enter Libanus	1:46 PM	1:38 PM	1:31 PM
68.3	109.6	Race turns RIGHT (4th exit) at rbt onto A40 - Direction Builth Wells, Abergavenny	1:55 PM	1:46 PM	1:39 PM
70.7	113.5	Race STRAIGHT ON (2nd exit) at rbt onto A470 - Direction Builth Wells, Hereford	2:01 PM	1:52 PM	1:44 PM
72.5	116.4	Race turns LEFT onto B4602 - Direction Brecon	2:05 PM	1:56 PM	1:48 PM
73.7	118.3	Race turns LEFT onto B4602 - Direction Brecon	2:08 PM	1:59 PM	1:51 PM
74.0	118.8	FINISH: at Lay-by just North of Brecon Leisure Centre	2:09 PM	2:00 PM	1:52 PM