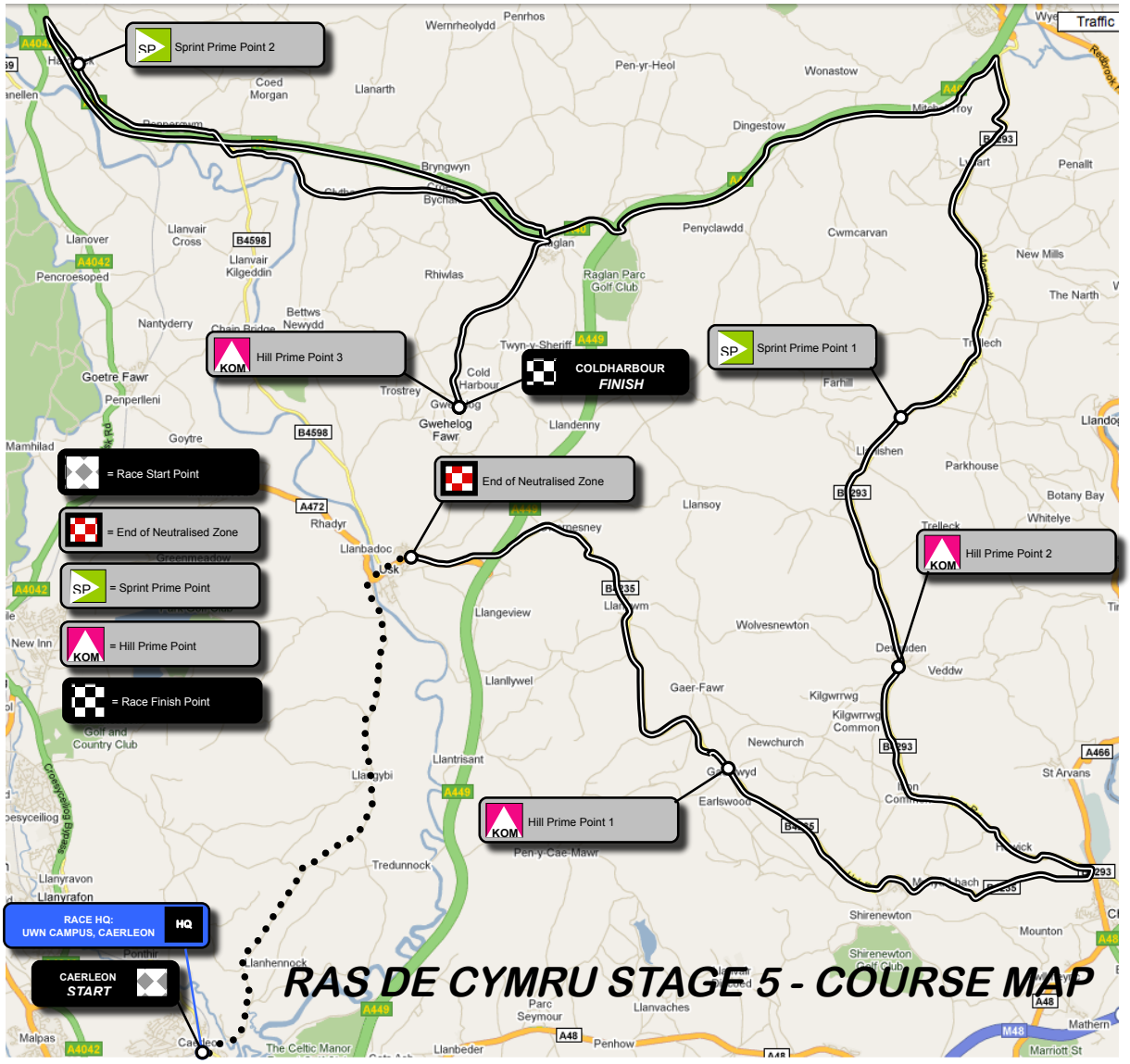
RAS DE CYMRU STAGE 5 - COURSE MAP
Sprint Prime Point 2
Hill Prime Point 3
COLDHARBOUR FINISH
Sprint Prime Point 1
End of Neutralised Zone
Hill Prime Point 2
Hill Prime Point 1
= Race Start Point
= End of Neutralised Zone
= Sprint Prime Point
= Hill Prime Point
= Race Finish Point
RACE HQ: UWN CAMPUS, CAERLEON
HQ
CAERLEON START
Traffic
Wernrheolydd
Penrhos
Pen-yr-Heol
Wonastow
Coed Morgan
Llanarth
Dingestow
Bryngwyn
Penyclawdd
Cwmcarvan
Penallt
New Mills
The Narth
Llanover
Llanvair Cross
Llanvair Kilgeddin
Pencroesoped
Rhiwlas
Raglan Parc Golf Club
Nantyderry
Bettws Newydd
Twyn-y-Sheriff
Trellech
Goetre Fawr
Penperlleni
Trostrey
Cold Harbour
Gwehelog Fawr
Llandenny
Farhill
Llandogo
Mamhilad
Goytre
Llanishen
Parkhouse
Botany Bay
Whitelye
Llansoy
Rhadyr
Llanbadoc
Usk
Llangeview
Llanellen
Wolvesnewton
Veddw
Llanllywel
Gaer-Fawr
Kilgwrrwg
Kilgwrrwg Common
Newchurch
Llantrisant
Llangybi
Earlswood
St Arvans
Pen-y-Cae-Mawr
Tredunnock
Llanyravon
Llanyrafon
Shirenewton
Mounton
Llanhennock
Parc Seymour
Llanvaches
Malpas
The Celtic Manor
Llanbeder
Penhow
Mathern
Marriott St
Golf and Country Club
New Inn
Ponthir
Caerleon