

STAGE 4 RACE SCHEDULE

LLANIDLOES - HAY-ON-WYE SATURDAY 22ND AUGUST

NEUTRALISED SECTION

High Street, New Street, Smithfield Street, Bryn-du Road, B4518

Approximate distance of neutralised section **5.8km / 3.6mi**

Distance of Stage **138.3km / 86mi**

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
0.00	5.80	0.00	3.60	🏁 Start		Great Oak Street - Llanidloes	11:00	11:00	11:00
0.00	138.3	0.00	86.0	📺 Start Proper		B5418	11:15	11:15	11:15
2.7	135.6	1.7	84.3		Keep Left		11:19	11:19	11:18
3.1	135.2	1.9	84.1	Sign		Nantgrwyn	11:20	11:19	11:19
5.1	133.2	3.2	82.8	Sign		Pant y dwr	11:23	11:23	11:22
7.6	130.7	4.7	81.3	Sign		St Harmon	11:28	11:27	11:25
7.8	130.5	4.9	81.2		Keep Left		11:28	11:27	11:26
12.7	125.6	7.9	78.1	Sign		Rhayader	11:37	11:35	11:33
12.7	125.6	7.9	78.1	⚠ Caution!		Buildouts Both Sides!	11:37	11:35	11:33
12.9	125.4	8.0	78.0	⚠ Caution!		Buildouts Both Sides!	11:37	11:35	11:33
13.3	125.0	8.3	77.7	T.Junction	Left	A470 North Street	11:38	11:36	11:33
13.5	124.8	8.4	77.6	X.Roads	Right	B5418 West Street	11:38	11:36	11:34
13.8	124.5	8.6	77.4		Keep Left	B5418	11:38	11:36	11:34
14.1	124.2	8.8	77.2	Junction	Right		11:39	11:37	11:35
14.1	124.2	8.8	77.2			Loop Entry Point	11:39	11:37	11:35
14.4	123.9	9.0	77.0	📺 QoM 1 Cat 1	Start		11:40	11:37	11:35
16.1	122.2	10.0	76.0		⚠ Caution!	Cattle Grid!	11:42	11:40	11:37
19.8	118.5	12.3	73.7	📺 QoM 1 Cat 1	Finish		11:48	11:46	11:43
19.8	118.5	12.3	73.7			Green Zone for 200m	11:49	11:46	11:43
21.9	116.4	13.6	72.4	Junction	Left	Caution! Hairpin Left!	11:53	11:49	11:46
22.0	116.3	13.7	72.3		⚠ Caution!	Hairpin Right!	11:53	11:49	11:46
22.3	116.0	13.9	72.1		⚠ Caution!	Hairpin Left!	11:53	11:50	11:46
22.3	116.0	13.9	72.1		⚠ Caution!	Narrow Bridge!	11:53	11:50	11:46
26.2	112.1	16.3	69.7		⚠ Caution!	Narrow Bridge!	12:00	11:56	11:52
28.8	109.5	17.9	68.1		⚠ Caution!	Narrow Bridge!	12:05	12:00	11:55
30.0	108.3	18.7	67.3	🍷 Drinks	Start		12:07	12:02	11:57
30.5	107.8	19.0	67.0		⚠ Caution!	Hairpin Left!	12:07	12:03	11:58
30.7	107.6	19.1	66.9		⚠ Caution!	Hump Back Bridge!	12:08	12:03	11:58
31.1	107.2	19.3	66.7		⚠ Caution!	Feed Zone	12:09	12:04	11:59
40.6	97.7	25.2	60.8			Loop Exit Point	12:25	12:19	12:12
41.5	96.8	25.8	60.2	Sign		Cwmdeuddwr	12:27	12:20	12:13

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
42.2	96.1	26.2	59.8	X.Roads	Straight	A44 East Street	12:28	12:21	12:14
45.1	93.2	28.0	58.0	Sign		Gaufron	12:33	12:26	12:19
45.2	93.1	28.1	57.9		⚠ Caution!	Feed Zone	12:33	12:26	12:19
48.1	90.2	29.9	56.1	Sign		Nantmell	12:38	12:30	12:23
52.4	85.9	32.6	53.4	Sign		Gwystre	12:46	12:37	12:29
54.9	83.4	34.1	51.9	Sign		Crossgates	12:50	12:41	12:33
55.2	83.1	34.3	51.7	R/about	2nd Exit	A44 East Street	12:50	12:42	12:33
57.9	80.4	36.0	50.0	Sign		Penybont	12:55	12:46	12:37
58.2	80.1	36.2	49.8	Junction	Left	A488	12:56	12:46	12:37
58.4	79.9	36.3	49.7		⚠ Caution!	Cattle Grid!	12:56	12:47	12:37
60.9	77.4	37.9	48.1		⚠ Caution!	Cattle Grid!	13:00	12:51	12:41
68.9	69.4	42.8	43.2	Sign		Bledffa	13:14	13:03	12:52
72.5	65.8	45.1	40.9	Sign		Monaughty	13:20	13:09	12:58
79.1	59.2	49.2	36.8	Sign		Knighton	13:32	13:19	13:07
80.4	57.9	50.0	36.0	Junction	Right	B4355 Prestigne Road	13:34	13:21	13:09
86.8	51.5	54.0	32.0	Sign		Norton	13:45	13:32	13:18
89.3	49.0	55.5	30.5		⚠ Caution!	Feed Zone	13:50	13:36	13:21
89.9	48.4	55.9	30.1	X.Roads	Right	B4356	13:51	13:36	13:22
91.8	46.5	57.1	28.9	Junction	Left		13:54	13:39	13:25
93.1	45.2	57.9	28.1	Sign		Discoed	13:56	13:42	13:27
94.4	43.9	58.7	27.3	T.Junction	Left	B4357	13:58	13:44	13:29
95.4	42.9	59.3	26.7	Sign		Beggars Bush	14:00	13:45	13:30
97.0	41.3	60.3	25.7	Sign		Evenjobb	14:03	13:48	13:32
97.4	40.9	60.6	25.4		Keep Right		14:04	13:48	13:33
100.0	38.3	62.2	23.8	Sign		Walton	14:08	13:52	13:37
100.2	38.1	62.3	23.7	T.Junction	Left	A44	14:09	13:53	13:37
101.1	37.2	62.9	23.1		⚠ Caution!	Fast Descent!	14:10	13:54	13:38
102.0	36.3	63.4	22.6	Junction	Right	B4594	14:12	13:56	13:39
102.7	35.6	63.9	22.1		⚠ Caution!	Feed Zone	14:13	13:57	13:40
103.7	34.6	64.5	21.5		Keep Left	B4594	14:15	13:58	13:42
107.2	31.1	66.7	19.3		Keep Right		14:21	14:04	13:47
107.4	30.9	66.8	19.2		Keep Left		14:21	14:04	13:47
107.5	30.8	66.8	19.2	📺 QoM 2 Cat 2	Start		14:21	14:04	13:47
110.1	28.2	68.5	17.5	📺 QoM 2 Cat 2	Finish		14:26	14:08	13:51
110.1	28.2	68.5	17.5			Green Zone for 200m	14:26	14:08	13:51
111.4	26.9	69.3	16.7		⚠ Caution!	Fast Descent!	14:28	14:10	13:53
111.9	26.4	69.6	16.4	Sign		Newchurch	14:29	14:11	13:54
112.3	26.0	69.8	16.2		Keep Right		14:30	14:12	13:54
116.1	22.2	72.2	13.8	Sign		Rhosgoch	14:36	14:18	13:59
118.3	20.0	73.6	12.4			20km to Race Finish	14:40	14:21	14:03

KM	KM to go	Miles	Miles to go	Feature	Instruction	Description	32km/h	38km/h	42km/h
118.6	19.7	73.8	12.3	Sign		Painscatle	14:40	14:22	14:03
119.2	19.1	74.1	11.9	Junction	Left		14:42	14:23	14:04
119.9	18.4	74.6	11.4	📺 QoM 3 Cat 2	Start		14:43	14:24	14:05
122.1	16.2	75.9	10.1	📺 QoM 3 Cat 2	Finish		14:47	14:27	14:08
122.1	16.2	75.9	10.1			Green Zone for 200m	14:47	14:27	14:08
122.4	15.9	76.1	9.9		⚠ Caution!	Cattle Grid!	14:47	14:28	14:08
123.3	15.0	76.7	9.3			15km to Race Finish	14:49	14:29	14:10
124.1	14.2	77.2	8.8		Keep Left		14:50	14:30	14:11
125.1	13.2	77.8	8.2	T.Junction	Right		14:52	14:32	14:12
126.0	12.3	78.4	7.6	T.Junction	Right		14:53	14:33	14:14
126.1	12.2	78.4	7.6	T.Junction	Right	A438	14:54	14:34	14:14
128.3	10.0	79.8	6.2			10km to Race Finish	14:57	14:37	14:17
128.7	9.6	80.0	6.0	Sign		Llowes	14:58	14:38	14:17
132.2	6.1	82.2	3.8		Keep Left		15:04	14:43	14:22
132.6	5.7	82.5	3.5	T.Junction	Left	B4350	15:05	14:44	14:23
135.3	3.0	84.1	1.9			3km to Race Finish - Green Zone for 200m	15:10	14:48	14:27
138.3	0.0	85.8	0.0	🏁 Finish		Brecon Road - Hay-on-Wye	15:14	14:52	14:31