

**Stage 4: Abergavenny – Penpergwm – 87.2km / 54.2 mile flat Road Race**

Stage Headquarters	Abergavenny Leisure Centre	
Signing-On Opens	13:45	
Signing-On Closes	14:30	
Convoy Drivers / Officials' Meeting	14:30	
Rider Briefing	14:50	
Briefing Location, Fine Weather	Race start area - LC Car Park	
Briefing Location, Poor Weather	Sugar Loaf Room (Signing-On)	
Presentation of Jerseys	14:55	
Stage Rollout (neutral)	15:00	
Length of Neutralised Zone	6.74km / 4.2 miles	
Feed Zone	Bus stop and verge on <u>left</u> side of road adjacent to Hardwick restaurant	

Adam Stenson takes stage 4 2015. © Huw Fairclough

**SAFETY NOTES:**

- Sections of this stage are on dual carriageway roads: riders must take care to keep to the left-hand lane to allow fast-moving traffic to pass the race. Failure to comply will lead to penalties or disqualification.
- Take utmost care to stay on the left hand side of the road in the run to the finish and Do NOT stop at the finish line: carry on to the feed zone area to meet cars/race followers
- Team Managers / Race Supporters: See parking instructions below. Do not obstruct the bus stop that is part of the feed zone when needed for its primary purpose!

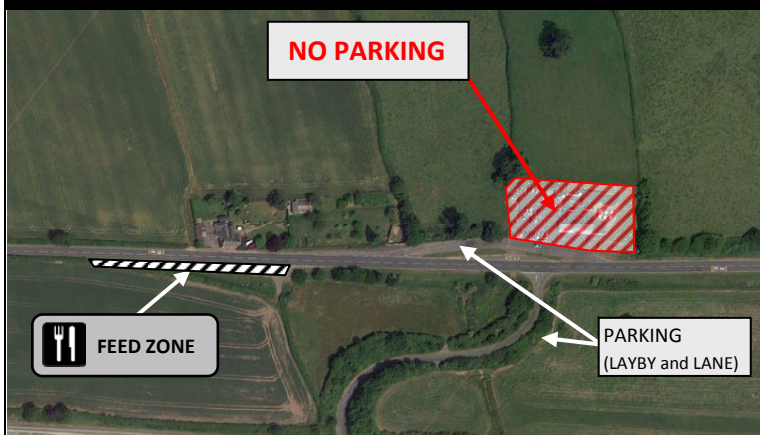
**King of the Mountains, Sprint Competitions and Time Bonuses:**

There is one (2<sup>nd</sup> category) KoM prime at 17.6km/10.9 miles

There are three sprints – all at the finish line, and all three attract a **time bonus**:

		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Sprint 1 (37.3km)	Points	6	5	4	3	2	1		
	Bonus	15s	10s	5s					
Sprint 2 (62.3km)	Points	6	5	4	3	2	1		
	Bonus	15s	10s	5s					
Sprint 3 (Finish)	Points	6	5	4	3	2	1		
	Bonus	30s	20s	10s					

**Feed Zone Overview**



**NOTES FOR TEAM MANAGERS/HELPERS**

There is plenty of parking space in the lay-by or the lane opposite.

Please do NOT park in the Hardwick Pub/Restaurant car park or obstruct the entrance to it when arriving at the feed zone area.

Any vehicles seen disobeying this instruction will attract penalties for any riders they are associated with.

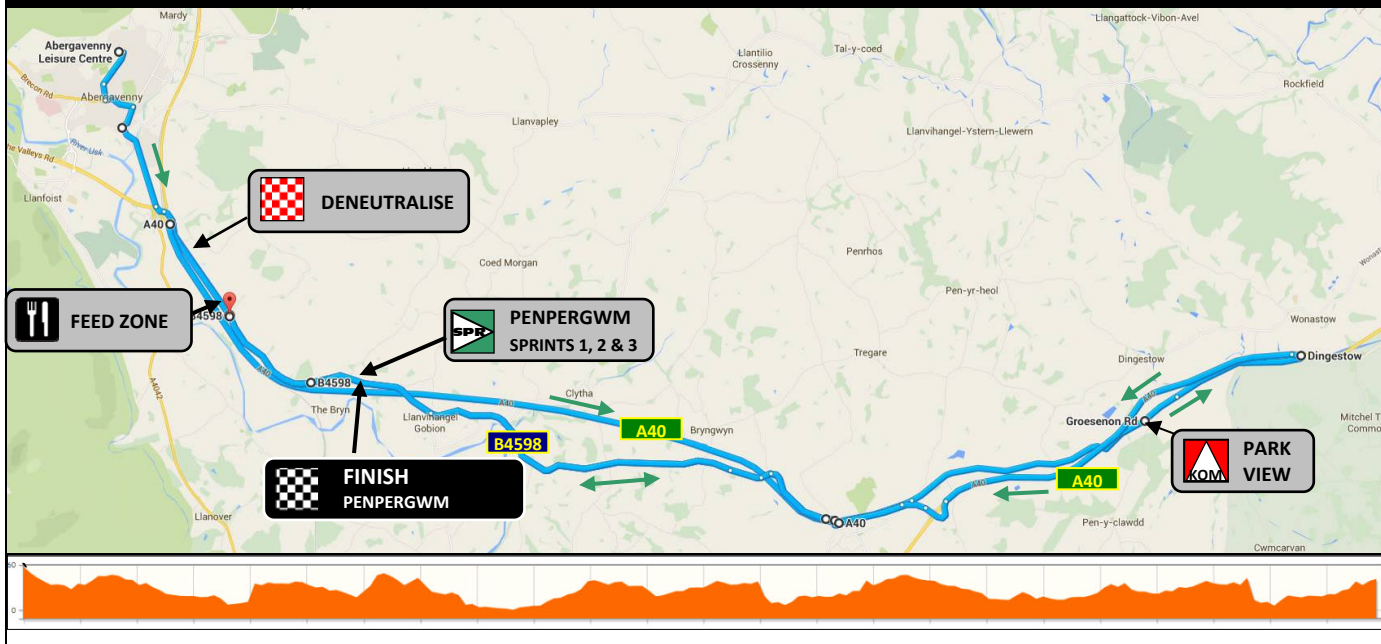
## Course Description – Stage 4

km	miles	Description	Comment
0.0	0.0	Assembly Point: Car Park of Race HQ - Abergavenny Leisure Centre	<b>ASSEMBLY POINT</b>
0.0	0.0	Race Neutralised	<b>RIDERS NOT RACING</b>
0.4	0.3	Race turns LEFT at T-junc onto minor road (Pen-y-pound)	
0.7	0.5	Race turns LEFT at T-junc onto minor road (Avenue Road)	
0.8	0.5	Race turns RIGHT at traffic lights onto minor road (Pen-y-pound)	
0.9	0.6	Race turns LEFT onto Park Crescent	
1.8	1.1	Race turns LEFT onto Hereford Road	
1.9	1.2	Race turns RIGHT onto Grosvenor Road (B4521)	
3.0	1.9	Race turns LEFT onto A465 link	
3.2	2.0	Race filters via slip road onto A465	
6.1	3.8	Race filters into LEFT lane of Hardwick Gyratory	
6.3	3.9	Race leaves Hardwick Gyratory onto B4598 signposted Usk/Brynbuga & Clytha	
6.7	4.2	Race Deneutralises at junction coincident with end of double white lines	
0.0	0.0	Start of racing	<b>RACING BEGINS</b>
3.1	1.9	Enter Penpergwm	
12.4	7.7	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto A40 direction Monmouth	
13.4	8.3	Race bears LEFT off the A40 onto minor road (Groesonen Rd) dir. Mitcheltroy	
17.6	10.9	KoM prime at summit of climb 100m after layby on right	<b>KoM PRIME</b>
20.4	12.7	Race turns LEFT at T-junc onto slip road A40 – direction Raglan / Abergavenny	
20.6	12.8	Race joins dual-carriageway from the Left	
26.4	16.4	Race bears LEFT onto slip road to join A40, direction Abergavenny	
28.6	17.8	Race turns RIGHT (4 <sup>th</sup> exit) at roundabout onto minor road – direction Clytha	
36.7	22.8	Enter Penpergwm	
37.3	23.2	Sprint Prime outside King of Prussia Public House	<b>SPRINT PRIME</b>
40.2	25.0	Feed zone at layby and verge opposite Hardwick Restaurant	<b>FEED ZONE</b>
41.5	25.8	Race turns LEFT (1 <sup>st</sup> exit) at rbt onto A40 – direction Raglan	
53.6	33.3	Race turns LEFT (1 <sup>st</sup> exit) at rbt onto minor road – direction Clytha	
61.7	38.3	Enter Penpergwm	
62.3	38.7	Sprint Prime outside King of Prussia Public House	<b>SPRINT PRIME</b>
65.0	40.4	Feed zone at layby and verge opposite Hardwick Restaurant	<b>FEED ZONE</b>
66.4	41.3	Race turns LEFT (1 <sup>st</sup> exit) at rbt onto A40 – direction Raglan	
78.5	48.8	Race turns LEFT (1 <sup>st</sup> exit) at rbt onto minor road – direction Clytha	
86.6	53.8	Enter Penpergwm	
87.2	54.2	Sprint Prime and FINISH adjacent to King of Prussia public house	<b>FINISH, SPRINT PRIME</b>

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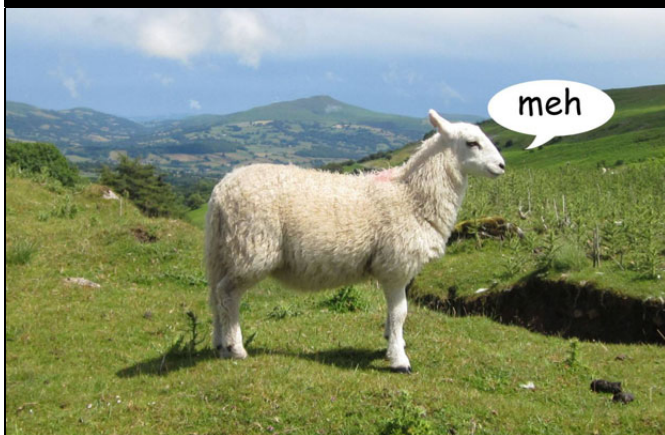
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Estimated Arrival Times				
Location	26mph	27mph	28mph	29mph
Raglan (Eastbound)	15:37	15:37	15:36	15:36
Park View (KoM Prime)	15:45	15:44	15:43	15:43
Raglan (Westbound)	16:00	15:59	15:58	15:57
Penpergwm (Sprint 1)	16:13	16:11	16:09	16:08
Penpergwm (Sprint 2)	16:49	16:46	16:43	16:40
Penpergwm (Sprint 3 / Finish)	17:25	17:21	17:16	17:12

### A word about the natives...



For those who have never seen one before, this is a sheep. He and his colleagues are to be found in quantity on certain parts of the parcours – in particular through Defynnog, Crai and on the Rhigos on stage 2, and through Penderyn Moor and on the Tumble on Stage 5.

They are usually quite chilled but take care if you see one on the road. They will normally get out of your way, but can sometimes have attitude, and have taken riders off in previous editions!



This particular local is none other than our Race Patron, Geraint Thomas MBE. G achieved a unique all-rounder's performance on the Junior Tour, finishing second in all three competitions in 2004. He was a narrow second to Dan Martin – now of Etixx-Quick Step, in the overall.

This year has been his strongest road season yet. Winning Paris-Nice, giving everything (including his bike) to aid Chris Froome's third Tour de France victory, and beaten only by the treacherous course in his quest for another Olympic medal. Da iawn G. 😊 [www.geraintthomas.com](http://www.geraintthomas.com)