

Stage 2: Abergavenny – Rhigos / Pen y Cymoedd. 118.7 km / 73.7 mile Road Race


Stage Headquarters	Abergavenny Leisure Centre	
Signing-On Opens	09:30	
Signing-On Closes	10:15	
Convoy Drivers / Officials' Meeting	10:40 (Sports Hall, HQ)	
Rider Briefing	10:50	
Briefing Location, Fine Weather	Assembly Area	
Briefing Location, Poor Weather	Sports Hall, Race HQ	
Stage Rollout (neutral)	11:00	
Length of Neutralised Zone	3.0km / 1.86 miles	
Feed Zone	49.3km/30.6 miles at Heol Senni road junction after Defynnog climb	

Photo: Peter Kibble wins on the Rhigos, ©2016 Huw Fairclough

This is a lengthened version of the 2016 route, featuring a mid-stage lap of the 'Sennybridge loop' and the challenging Defynnog climb (which was ridden in the opposite direction, as a descent, last year). It also has a slightly altered finish location.

SAFETY NOTES:

- This stage includes two long, fast descents – after the feed zone (50.3km) and into Glynneath (100km). Both have the risk of oncoming traffic (sometimes round blind bends) and junctions at the bottom. **MAKE SURE** you stay on the left hand side of the road and keep your heads up.
- 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.
- Riders must be fed on the **left** hand side of the road at the feed zone (and when taking service). Any helpers seen assisting riders from the wrong side of the road will attract penalties
- Take care at and beyond the finish (see Stage Finishes in Race Safety Notes on page 37).
- There is a 36km, approximate 20-25 minute **car journey** from the stage finish back to Brynmawr. If you are staying in the HQ area it will **not** be practical to ride back from the stage finish.
- 2016 competitors please note course alterations – including the Sennybridge Loop, a different route from Glynneath to the foot of the Rhigos, and the altered finish location which is depicted in detail on page 22. The final 500m or so are **downhill**.

King of the Mountains and Sprint Competitions:

This stage includes **five** hill primes: 16.7km/10.4 miles, 48.4km/30.1 miles, 82.7km/51.4 miles, 94.7km/58.8 miles (all 2nd Category), and the stage finish (1st Category)

There are **four** hotspot sprints, at 24.2km/ 15.0 miles, 36.4km/22.6 miles, 63.9km/39.7 miles and 87.2km/54.2 miles. All are 2nd Category

Time Bonuses

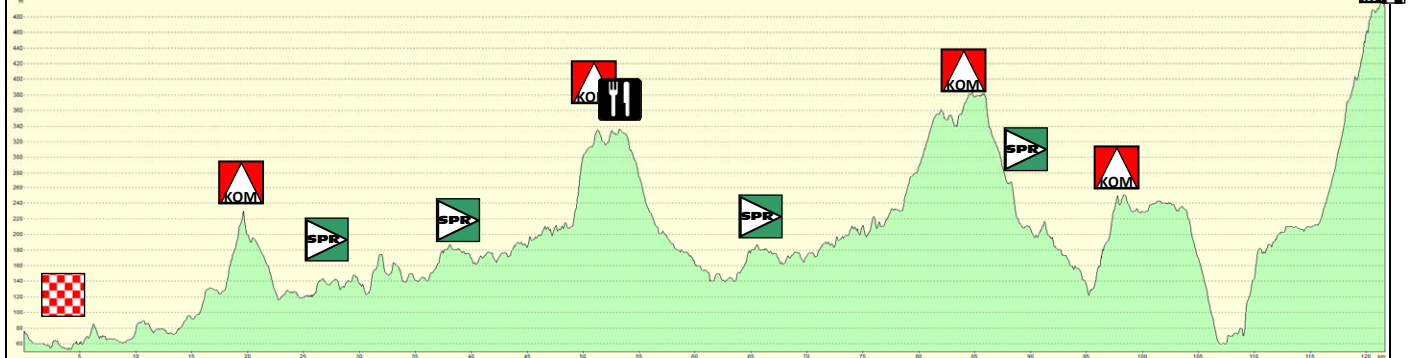
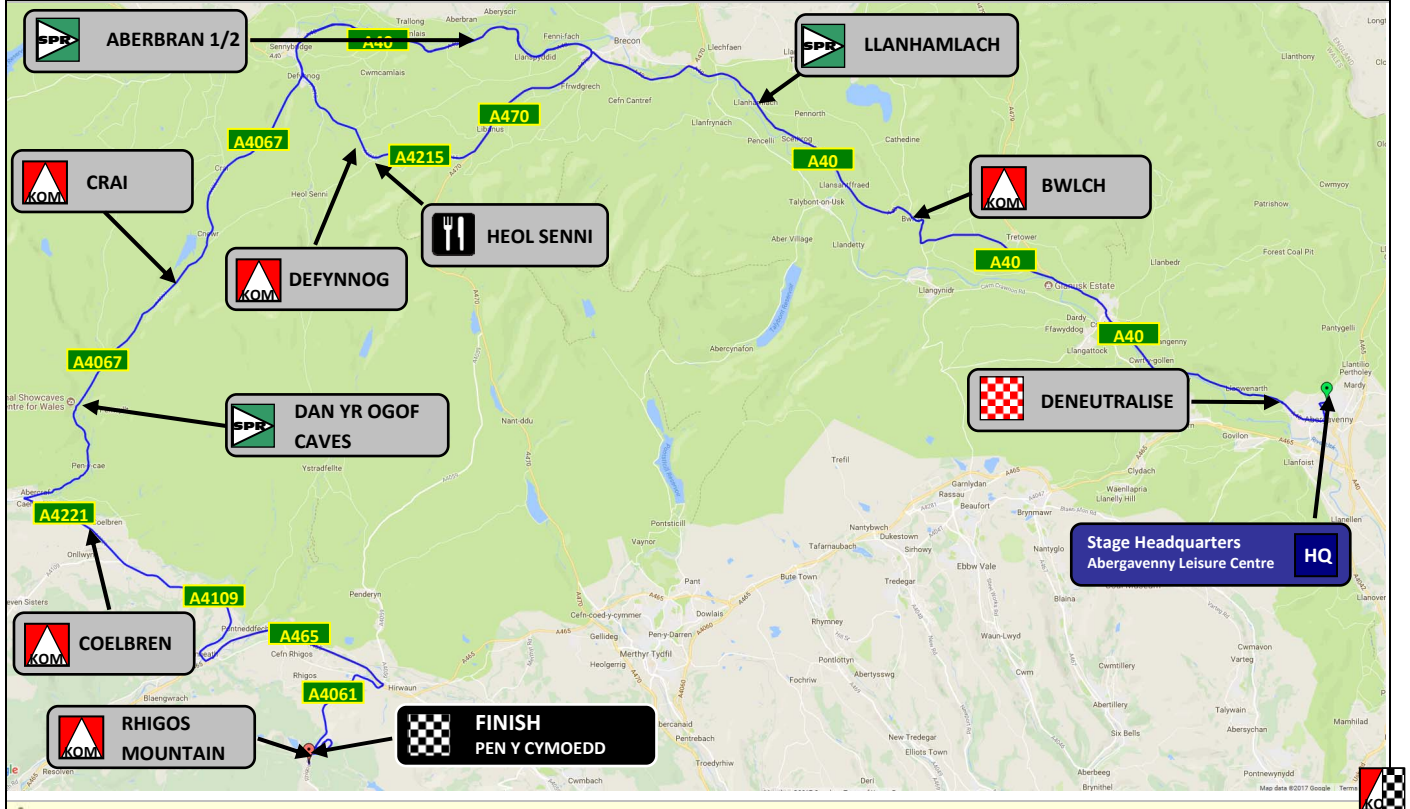
At the **second and third** hotspot sprints (Aberbran Fawr) 1st: 15 seconds. 2nd: 10 secs. 3rd: 5 seconds.

(Note: all prime/feed distances are quoted are from the **de-neutralisation point**, NOT the rollout)

Course Description – Stage 2

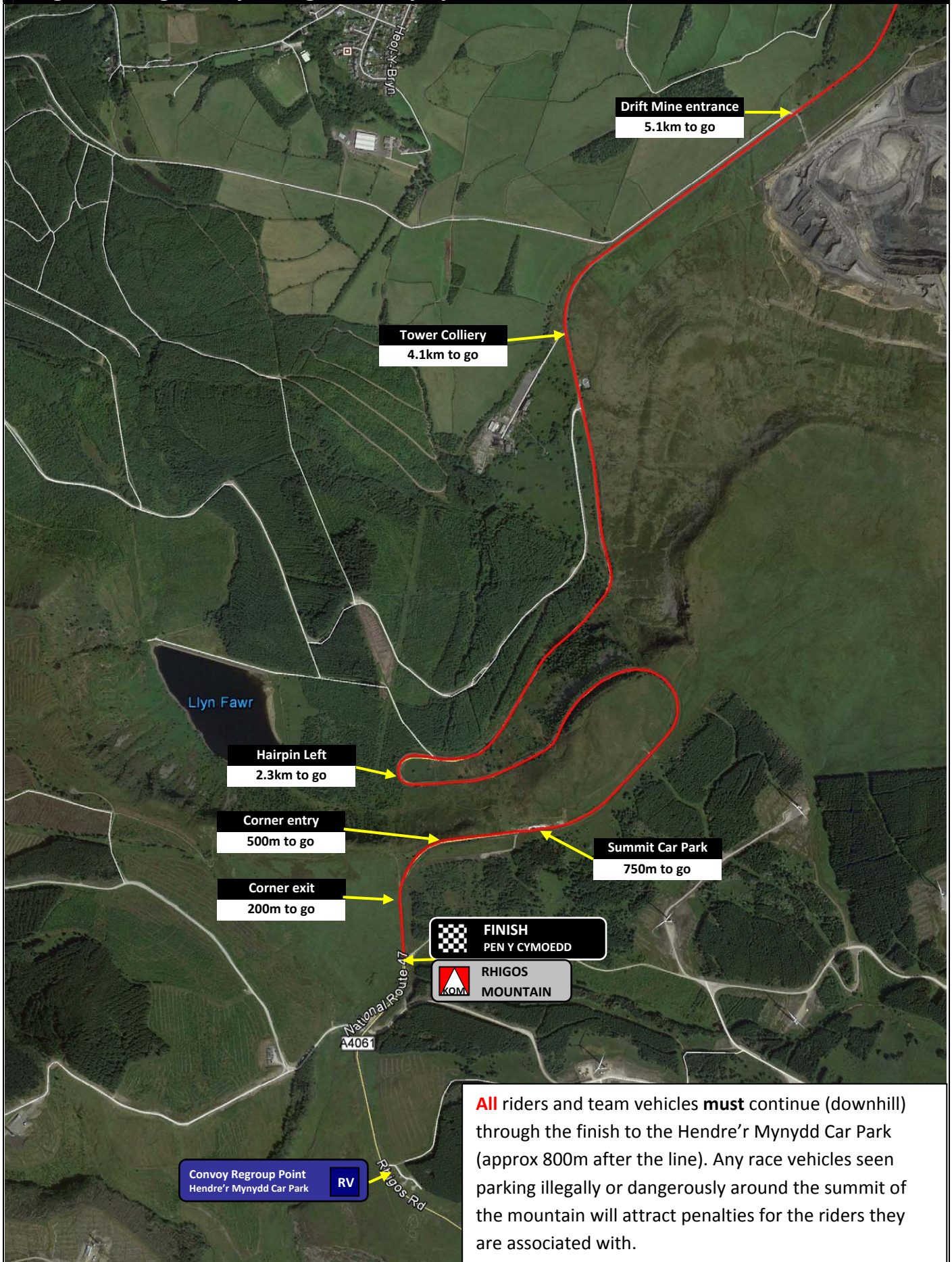
km	miles	Description	Comment
0.0	0.0	Assembly Point: Car Park of Stage HQ - Abergavenny Leisure Centre	ASSEMBLY POINT
0.0	0.0	Race Neutralised	RIDERS NOT RACING
0.4	0.3	Race turns LEFT at T-junc onto minor road (Pen-y-pound)	
0.8	0.5	Race turns LEFT at T-junc onto minor road (Avenue Road)	
0.9	0.55	Race turns RIGHT at traffic lights onto Old Hereford Road	
1.1	0.7	Race turns RIGHT onto Brecon Road (A40)	CAUTION – BEWARE OF TRAFFIC
1.6	1.0	Race STRAIGHT AHEAD (2 nd exit) over roundabout on A40	
3.0	1.9	Race deneutralises at Brecon Beacons National Park sign on A40	
0.0	0.0	Start of Racing	RACING BEGINS
3.7	2.3	Enter Powys	
4.2	2.6	Enter Glangwryney	
7.1	4.4	Enter Crickhowell CARE – traffic lights, roundabout, pelican crossings	CARE
16.4	10.2	Enter Bwlch	
16.7	10.4	KoM Prime point at summit of climb, adjacent to Buckland Hill	KoM PRIME
24.2	15.0	Sprint Prime point outside Old Ford Inn	SPRINT PRIME
24.5	15.2	Enter Llanhamlach	
27.5	17.1	Race turns LEFT (1 st exit) at Brynych rbt onto A40 dir Llandovery	
31.5	19.6	Race STRAIGHT ON (3 rd exit) at Tarrell rbt onto A40 dir Llandovery	
32.1	19.9	CARE – Traffic lights at livestock crossing	CARE
33.1	20.6	Enter Llanspyddid	
36.4	22.6	Sprint prime point at layby opposite Aberbran Fawr farm road	SPRINT PRIME
43.2	26.8	Race turns LEFT at junction onto A4067 dir Defynnog, Swansea	
44.4	27.6	Enter Defynnog	
44.8	27.8	Race turns LEFT onto A4215 direction Libanus, Brecon	
48.4	30.1	KoM Prime Point at gate, summit of Defynnog climb	KoM PRIME
49.3	30.6	FEED ZONE adjacent to junction of minor road sp. Heol Senni	FEED ZONE
50.8	31.5	CARE – Descent (2km long)	CARE
52.9	32.9	Race turns LEFT at T-Junction onto A470 dir. Brecon	
53.6	33.3	Enter Libanus	
58.8	36.5	Race turns LEFT (2 nd exit) at Tarrell rbt onto A40 dir Llandovery	
59.4	36.9	CARE – Traffic lights at livestock crossing	CARE
60.3	37.5	Enter Llanspyddid	
63.9	39.7	Sprint prime point at layby opposite Aberbran Fawr farm road	SPRINT PRIME
70.6	43.9	Race turns LEFT at junction onto A4067 dir Defynnog, Swansea	
72.2	44.9	Race CONTINUES on A4067 dir Swansea	
75.4	46.9	CARE – Traffic lights at livestock crossing	CARE
76.7	47.7	Enter Crai	
82.7	51.4	KoM Prime point at layby at summit of climb out of Crai	KoM PRIME
85.8	53.3	CARE - Enter Glyntawe – beware horse riders	
87.2	54.2	Sprint Prime opposite entrance to Dan yr Ogof Showcaves	SPRINT PRIME
87.8	54.6	CARE – Enter Craig y Nos – beware horse riders	CARE
89.6	55.7	Enter Penycae	
90.8	56.4	CARE – Enter Ynsyswen – beware Pelican Crossing	CARE
92.7	57.6	Race turns LEFT at junction onto A4221 dir Onllywyn, Glynneath	
94.7	58.8	KoM Prime adjacent to junction signposted Coelbren 1½	KoM PRIME
96.1	59.7	Enter Neath Port Talbot County	
97.1	60.3	Race continues STRAIGHT ON as road becomes A4109	
100.9	62.7	CARE – long descent (3km) into Glynneath	CARE
103.9	64.6	CARE- Race STRAIGHT ON at crossroads/traff lts dir Merthyr/Neath	CARE
104.1	64.7	Race bears LEFT at slip road onto A465 direction Merthyr Tydfil	CARE
111.4	69.2	Race turns RIGHT (3 rd exit) at roundabout onto A4061 dir Treherbert	
112.7	70.0	Race turns LEFT (1 st exit) at roundabout onto A4061 dir Treherbert	BEGIN RHIGOS MOUNTAIN CLIMB
112.8	70.1	Enter Rhondda Cynon Taf	
118.7	73.8	RACE FINISH & KoM Prime – 500m after summit of Rhigos Mountain	FINISH/KoM PRIME

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Estimated Arrival Times				
Location	23mph	24mph	25mph	26mph
Crickhowell	11:18	11:17	11:17	11:16
Bwlch (KoM 1)	11:34	11:32	11:31	11:30
Llanhamlach (Sprint 1)	11:46	11:44	11:42	11:41
Aberbran Fawr (Sprint 2)	12:07	12:03	12:01	11:58
Defynnog (KoM 2)	12:27	12:22	12:19	12:15
Aberbran Fawr (Sprint 3)	12:52	12:47	12:42	12:37
Crai (KoM 3)	13:24	13:17	13:10	13:04
Dan yr Ogor Caves (Sprint 4)	13:31	13:24	13:17	13:11
Coelbren (KoM 4)	13:44	13:35	13:28	13:21
Glynneath	13:59	13:50	13:42	13:34
Start of Rhigos Climb	14:14	14:04	13:55	13:47
Pen y Cymoedd Wind Project (Finish)	14:24	14:14	14:04	13:56

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All riders and team vehicles **must** continue (downhill) through the finish to the Hendre'r Mynydd Car Park (approx 800m after the line). Any race vehicles seen parking illegally or dangerously around the summit of the mountain will attract penalties for the riders they are associated with.