

**Stage 4: Abergavenny – Hardwick. 92.4km / 57.4 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	4.22km / 2.62 miles
Feed Zone	Bus stop and verge on <u>left</u> side of road adjacent to Hardwick restaurant



Billy Robinson takes stage 4 2016. © 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!

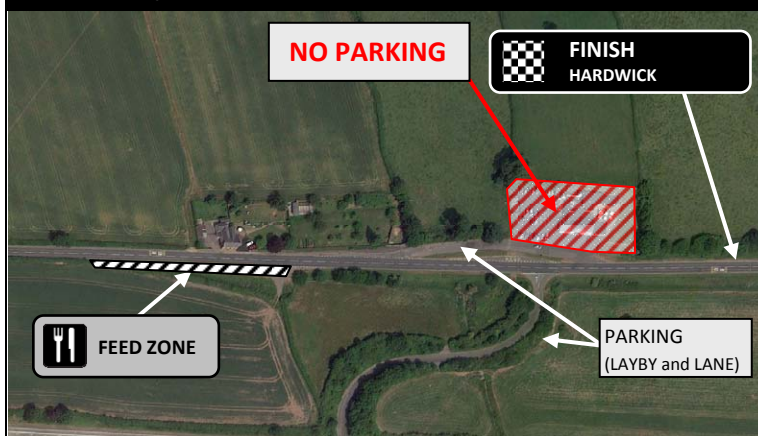
**King of the Mountains, Sprint Competitions and Time Bonuses:**

There is one (2<sup>nd</sup> category) KoM prime at 20.2km/12.6 miles

There are **four** sprints – at the finish line (sprint 1 eastbound, all others westbound), and **all** 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>		
Sprint 1 (3.7km)	Points	6	5	4	3	2	1		
	Bonus	15s	10s	5s					
Sprint 2 (42.5km)	Points	6	5	4	3	2	1		
	Bonus	15s	10s	5s					
Sprint 3 (67.5km)	Points	6	5	4	3	2	1		
	Bonus	15s	10s	5s					
Sprint 4 (Finish)	Points	6	5	4	3	2	1		
	Bonus	30s	20s	10s					

**Finish Area/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.

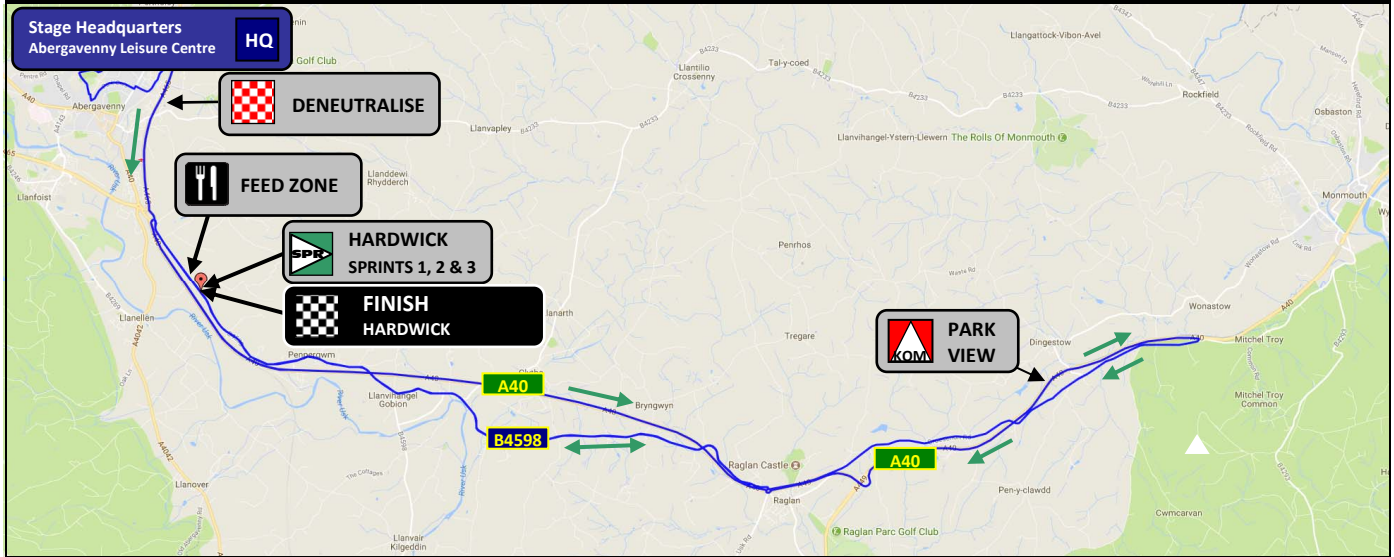
## Course Description – Stage 4

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	
4.2	2.6	Race deneutralises adjacent to layby on A465	
0.0	0.0	Start of racing	<b>RACING BEGINS</b>
2.2	1.4	Race enters Hardwick Interchange, holding the left lane	
2.3	1.4	Race exits Hardwick Interchange (1 <sup>st</sup> exit) onto B4598 dir. Usk, Raglan	
3.7	2.3	Sprint Prime at finish line (eastbound)	<b>SPRINT PRIME</b>
5.8	3.6	Enter Penpergwm	
15.1	9.4	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto A40 dir. Monmouth	
16.1	10.0	Race bears LEFT off the A40 onto Groesonen Road dir. Mitcheltroy	
20.2	12.6	KoM prime at summit of climb 100m after layby on right	<b>KoM PRIME</b>
23.1	14.4	Race turns LEFT at T-junction onto A40 dir. Raglan, Newport	
29.1	18.1	Race bears LEFT onto slip road, A40 dir. Raglan, Abergavenny	
31.3	19.4	Race turns RIGHT (4 <sup>th</sup> exit) at roundabout onto Clytha Road, dir. Clytha	
39.7	24.7	Enter Penpergwm	
42.7	26.5	Sprint Prime at finish line (westbound)	<b>SPRINT PRIME</b>
44.2	27.5	Race turns LEFT (1 <sup>st</sup> exit) at Hardwick Interchange onto A40 dir. Raglan, Monmouth	
56.3	35	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto Clytha Road, dir. Clytha	
64.5	40.0	Enter Penpergwm	
67.5	42.0	Sprint Prime at finish line (westbound)	<b>SPRINT PRIME</b>
69.0	42.9	Race turns LEFT (1 <sup>st</sup> exit) at Hardwick Interchange onto A40 dir. Raglan, Monmouth	
81.1	50.4	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto Clytha Road, dir. Clytha	
89.3	55.5	Enter Penpergwm	
92.4	57.3	FINISH on B4598 200m east of Hardwick Restaurant	<b>SPRINT PRIME/FINISH</b>

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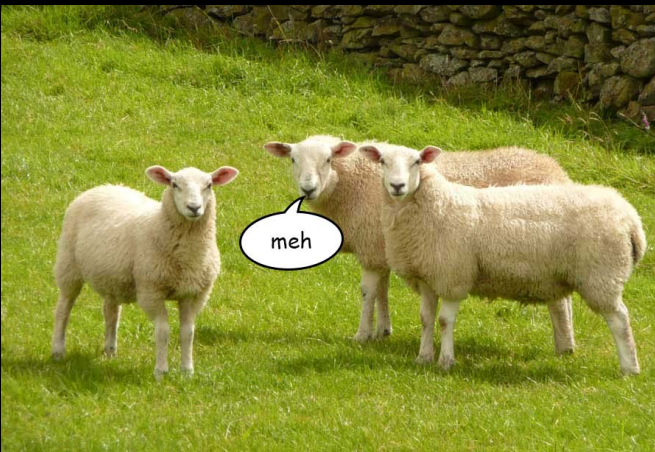
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### Estimated Arrival Times

Location	26mph	27mph	28mph	29mph
Hardwick (Sprint 1)	15:14	15:14	15:13	15:13
Raglan (Eastbound)	15:30	15:29	15:28	15:27
Park View (KoM Prime)	15:37	15:36	15:35	15:34
Raglan (Westbound)	15:53	15:51	15:49	15:48
Hardwick (Sprint 2)	16:10	16:07	16:04	16:02
Hardwick (Sprint 3)	16:45	16:41	16:37	16:33
Hardwick (Sprint 4 / Finish)	17:20	17:14	17:09	17:04

### A word about the natives...



For those who have never seen one before, these are sheep. They 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, just behind Dan Martin – now of Quick-Step Floors, in the overall.

This year has been, as he describes himself, G's best and worst season so far. The highs have been higher than ever – capped with a hugely popular victory in the Tour de France prologue and three days in Yellow. The worst, the crash that put him out of the race.

[www.geraintthomas.com](http://www.geraintthomas.com)