


## Stage 5: Brynmawr – Tumble Mountain – 94.04km / 58.5 mile Road Race

Stage Headquarters	Brynmawr Foundation School	
Signing-On Opens	09:15	
Signing-On Closes	10:00	
Convoy Drivers / Officials' Meeting	10:00	
Rider Briefing	10:20	
Briefing Location, Fine Weather	Assembly Area	
Briefing Location, Poor Weather	Main Hall, Race HQ	
Presentation of Jerseys	10:25	
Stage Rollout (neutral)	10:30	
Length of Neutralised Zone	5.4km	
Feed Zone	66.0km/40.9 miles. 2.2km / 1.4 miles before Bwlch KoM point	

Pic: @Tompid discovers the pitfalls of helium-filled tyres, ©2016 Huw Fairclough

### King of the Mountains, Sprint Competition and Time Bonuses:

KoM	Distance	Cat
Mynydd Aberdâr	16.9km/10.5mi	2 <sup>nd</sup>
Bwlch	68.2km/42.3mi	2 <sup>nd</sup>
The Tumble (Finish)	94.0km/58.5mi	1 <sup>st</sup>

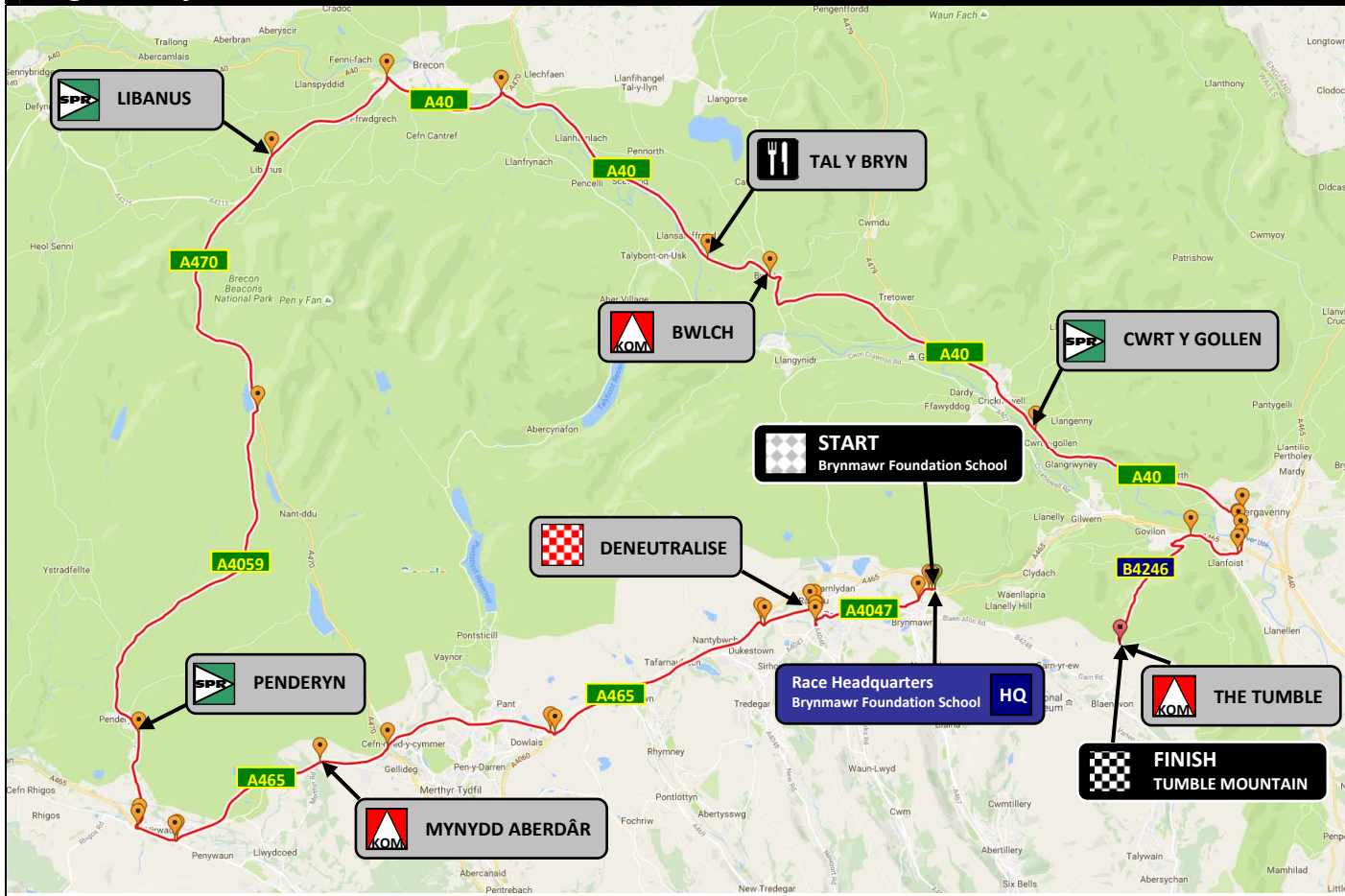
Sprint		Cat	Bonus
Penderyn	26.6km/16.5mi	2 <sup>nd</sup>	15s/10s/5s
Libanus	48.9km/30.4mi	2 <sup>nd</sup>	none
Cwrt - y - Gollen	79.0km/49.1mi	2 <sup>nd</sup>	none

### SAFETY NOTES:

- A video recording of the neutral zone is available at <https://youtu.be/yJLRV21cJms>.
- 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.
- After the first sprint at Penderyn the race moves onto exposed road on open moorland which is often subject to crosswinds. If echelons form they **MUST NOT** cross the centre line. If this happens, riders who are offending will be penalised. **If riders persist, the race will be stopped.**
- After exiting Penderyn village and joining the moor, beware of sheep roaming onto the road: see page 27 for advice on understanding these usually benign but occasionally tricky natives
- After the hill prime at Bwlch, there is a fast descent with sharp hairpin bends.
- At 76.3 km / 47.4 miles, the race passes through the centre of the town of Crickhowell. This is a small but busy market town with traffic bollards, parked cars etc. You went through it in the opposite direction at the beginning of stage 2. Keep alert and warn your fellow riders of the hazards.
- At 86.2km/53.6 miles the race passes through the outskirts of Abergavenny and over several roundabouts in quick succession. Do **NOT** pass the wrong way around any of the roundabouts.
- The final climb is 3 miles long with an average gradient of 8%, but at the steepest points 15% (see Stage Finishes in Race Safety Notes on page 39).
- Please, please take care at the finish – **do not** remain in the road or stop on the road immediately after the line. If you block traffic you will make it dangerous for the riders who finish after you.
- **Team Managers / Race Supporters:** at the finish **DO NOT** park **on** the road. Obstructing traffic will lead to congestion and danger to all riders (and penalties for your own!). Follow the instructions of race marshals to **pull off** the road or continue on **well** beyond the finish before parking. Make the best use of the parking spaces that are available.

Course Description – Stage 5			
km	miles	Description	Comment
0.0	0.0	Assembly Point: Brynmawr Foundation School Car Park.	<b>ASSEMBLY POINT</b>
0.0	0.0	Race Neutralised	<b>RACE NEUTRALISED</b>
0.0	0.0	Race turns RIGHT at T-junc onto minor road - Intermediate Road	
0.2	0.1	Race turns RIGHT at T-junc onto onto King Street (A4047)	
4.2	2.6	Race STRAIGHT ON (2nd exit) at rbt onto A4047	
4.3	2.7	Race turns LEFT onto A4046 College Road - direction of Ebbw Vale	
4.5	2.8	Race takes U-turn (3 <sup>rd</sup> exit) to retrace on A4046 direction Abergavenny A465	
5.2	3.2	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto Old A465 (A4281) dir. A465	
5.4	3.4	Race deneutralised at large grey sign on right	
0.0	0.0	Start of racing – large grey sign on right	<b>RACING BEGINS</b>
1.3	0.8	Race turns RIGHT (3 <sup>rd</sup> exit) at roundabout to continue on old A465 (A4281)	
1.5	0.9	Race turns LEFT (1 <sup>st</sup> exit) at roundabout onto A465 direction Merthyr Tydfil	
8.1	5.0	Enter Merthyr Tydfil	
9.0	5.6	Race turns RIGHT (2nd exit) at rbt onto A465 - direction Neath / Brecon	
9.2	5.7	Race STRAIGHT ON (2nd exit) at rbt onto A465 - direction Neath / Brecon	
14.6	9.0	Race STRAIGHT ON (2nd exit) at rbt onto A465 - direction Neath	<b>START PRIME CLIMB</b>
16.9	10.5	KOM prime point at summit of Mynydd Aberdâr	<b>KOM PRIME</b>
22.1	13.8	Race turns RIGHT (3rd exit) at rbt onto A465 - direction Neath	
23.5	14.6	Race turns RIGHT (3rd exit) at rbt onto A 4059 - direction Penderyn / Brecon	
24.6	15.3	Enter National Park	
24.7	15.3	Enter Penderyn	
26.6	16.5	SPRINT prime point at traffic square outside Penderyn School	<b>SPRINT PRIME</b>
33.4	20.8	Enter Powys	
39.2	24.3	Race turns LEFT at T-junc onto A470 - direction Brecon	
48.1	29.9	Enter Libanus	
48.9	30.4	SPRINT prime point 20m south of Tai'r Bull Country Inn	<b>SPRINT PRIME</b>
53.3	33.1	Race turns RIGHT (4th exit) at rbt onto A40 - direction Builth Wells / Abergavenny	
57.3	35.6	Race turns RIGHT (3rd exit) at rbt onto A40 - direction Abergavenny	
60.1	37.4	Enter Llanhamlach	
66.0	40.9	Tal y Bryn – Feed Zone	<b>FEED ZONE</b>
67.4	41.9	Enter Bwlch	<b>START PRIME CLIMB</b>
68.2	42.3	KOM prime point at summit of climb into Bwlch	<b>KOM PRIME</b>
76.3	47.4	Enter Crickhowell	
79.0	49.1	SPRINT prime point at end of lay-by adjacent to Cwrt y Gollen camp entrance	<b>SPRINT PRIME</b>
80.0	49.7	Enter Glangrwyney	
81.3	50.5	Enter Monmouthshire	
85.4	53.1	Enter Abergavenny	
86.2	53.6	Race turns RIGHT (3rd exit) at rbt onto A4143 - direction Llanfoist, Merthyr Tydfil	
86.9	54.0	Race turns RIGHT (2nd exit) at rbt onto A4143 - direction Llanfoist, Merthyr Tydfil	
87.2	54.2	Race STRAIGHT ON (1st exit) at rbt onto A4143 - direction Llanfoist, Merthyr Tydfil	
87.5	54.4	Race STRAIGHT ON (2 <sup>nd</sup> exit) at rbt onto B4246 Merthyr Road	
87.6	54.4	Enter Llanfoist	
87.8	54.6	Race STRAIGHT ON (2 <sup>nd</sup> exit) at mini-roundabout to continue on B4246	
89.4	55.6	Race turns LEFT onto B4246 - direction Blaenavaon	<b>START PRIME CLIMB</b>
91.8	57.0	CARE – Cattle grid	<b>CATTLE GRID</b>
94.0	58.5	FINISH: at Summit of Tumble Mountain. Parking areas on Right and Left	<b>FINISH, KOM PRIME</b>

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#### Estimated Arrival Times

Location	23mph	24mph	25mph	26mph
KoM 1 ( Mynydd Aberdâr)	11:11	11:10	11:09	11:08
Sprint 1 (Penderyn)	11:28	11:27	11:24	11:24
Sprint 2 (Libanus)	12:05	12:02	11:59	11:56
KoM 2 (Bwlch)	12:37	12:32	12:28	12:24
Crickhowell	12:51	12:46	12:41	12:37
Sprint 3 (Cwrt y Gollen)	12:56	12:51	12:46	12:41
Abergavenny	13:06	13:00	12:55	12:50
Tumble Mountain (Finish)	13:20	13:14	13:08	13:03

#### Stage 5 Vertical Profile

