

## Race Overview

|                |  |  |                         |                     |
|----------------|--|--|-------------------------|---------------------|
| <b>Day 1</b>   | <b>Saturday 28<sup>th</sup> August</b>   |  |                         |                     |
| <b>Stage 1</b> | <b>Brynmawr – Tumble</b><br>7.55km / 4.69 Mile Individual Time Trial. Rolling course with hill finish  |  |                         |                     |
|                | <b>Stage Headquarters</b>  | <b>Signing-On Open</b>                                 | <b>Signing-On Close</b> | <b>Stage Starts</b> |
|                | Brynmawr School  | 15:30  | 17:30                   | 17:01 (first rider) |
|                | <b>Start Location</b>  | B4248 Blaenavon Road, 310m east of Brynmawr Roundabout |                         |                     |
| <b>Day 3</b>   | <b>Sunday 29<sup>th</sup> August</b>   |  |                         |                     |
| <b>Stage 2</b> | <b>Pembrey National Closed Road Circuit – Carmarthenshire</b><br>44.6km / 27.72 miles. 1 neutral lap and 25 laps of a 1.785km rolling circuit with a flat finish   |  |                         |                     |
|                | <b>Stage Headquarters</b>  | <b>Signing-On Open</b>                                 | <b>Signing-On Close</b> | <b>Stage Starts</b> |
|                | Circuit Signing-On Tent  | 09:45  | 10:30                   | 11:00               |
|                | <b>Start Location</b>  | Start/finish line on race circuit                      |                         |                     |
| <b>Stage 3</b> | <b>Pembrey Country Park – Nantgaredig</b><br>99.7km / 62 miles rolling road race with a flat, fast finish  |  |                         |                     |
|                | <b>Start Headquarters</b>  | <b>Signing-On Open</b>                                 | <b>Signing-On Close</b> | <b>Stage Starts</b> |
|                | Pembrey Country Park   | 13:45  | 14:30                   | 15:00               |
|                | <b>Start Location</b>  | Pembrey Closed Circuit                                 |                         |                     |
| <b>Day 4</b>   | <b>Monday 30<sup>th</sup> August</b>   |  |                         |                     |
| <b>Stage 4</b> | <b>Abergavenny – Tumble Mountain</b><br>94.8km / 58.7 mile place to place rolling road race with a mountain finish   |  |                         |                     |
|                | <b>Stage Headquarters</b>  | <b>Signing-On Open</b>                                 | <b>Signing-On Close</b> | <b>Stage Starts</b> |
|                | St John Ambulance Hall   | 09:15  | 10:00                   | 10:30               |
|                | <b>Start Location</b>  | Fairfield Car Park, adjacent to signing-on             |                         |                     |
|                | <b>Total Race Distance: 246.7km/ 153.3 miles</b>   |  |                         |                     |
|                | <b>Prize Presentation</b>  |  |                         |                     |
|                | A prize presentation will take place at approximately 3pm outside Brynmawr School (if good weather) and in the main hall (if inclement weather). We have received updated guidance on this in the last few days and so the exact format is still being evolved. Re-download this manual in order to obtain the latest information. |  |                         |                     |