

Stage 3: Pembrey – Nantgaredig, 99.7km/62.0 miles rolling-flat Road Race


Start Headquarters	Pembrey Country Park	
Signing-On Opens	13:45	
Signing-On Closes	14:30	
Convoy Drivers / Officials' Meeting	14:30	
Rider Briefing	14:50	
Briefing Location	Race start area - Closed Circuit	
Presentation of Jerseys	14:55	
Stage Rollout (neutral)	15:00	
Length of Neutralised Zone	3.1km/1.92 miles	
Feed Zone	Outskirts of Nantgaredig, 500m after finish line, immediately before and after Towy bridge	

Photo: James Harrison pip Sam Watson. ©2019 Dave Partridge for British Cycling

This stage features an early climb followed by a largely flat 18km circuit that offers the sprinters and rouleurs a chance to impose themselves.

Remember to return your timing chip at signing-on for stage 3. No chip, no race!

A Google Earth fly-through of the stage is available at: <https://youtu.be/JjYzdwIwGfA> Have a look!

SAFETY NOTES:

- The race will roll out with a ceremonial lap through the Country Park before joining the public road.
- The 'Carmarthen bypass' section of the stage from the right turn at 16.1km through to the turn onto the B4300 at 20.8km is largely downhill, features a fast right-hand fork into a residential area with narrow roads, speed bumps and potentially parked cars, and sharp left- and right-hand turns at the bottom of descents. Almost immediately after the right fork, there are stone walls on the left hand side of the road with no kerbs – and no margin for error. Ride with your heads up and with safety first.

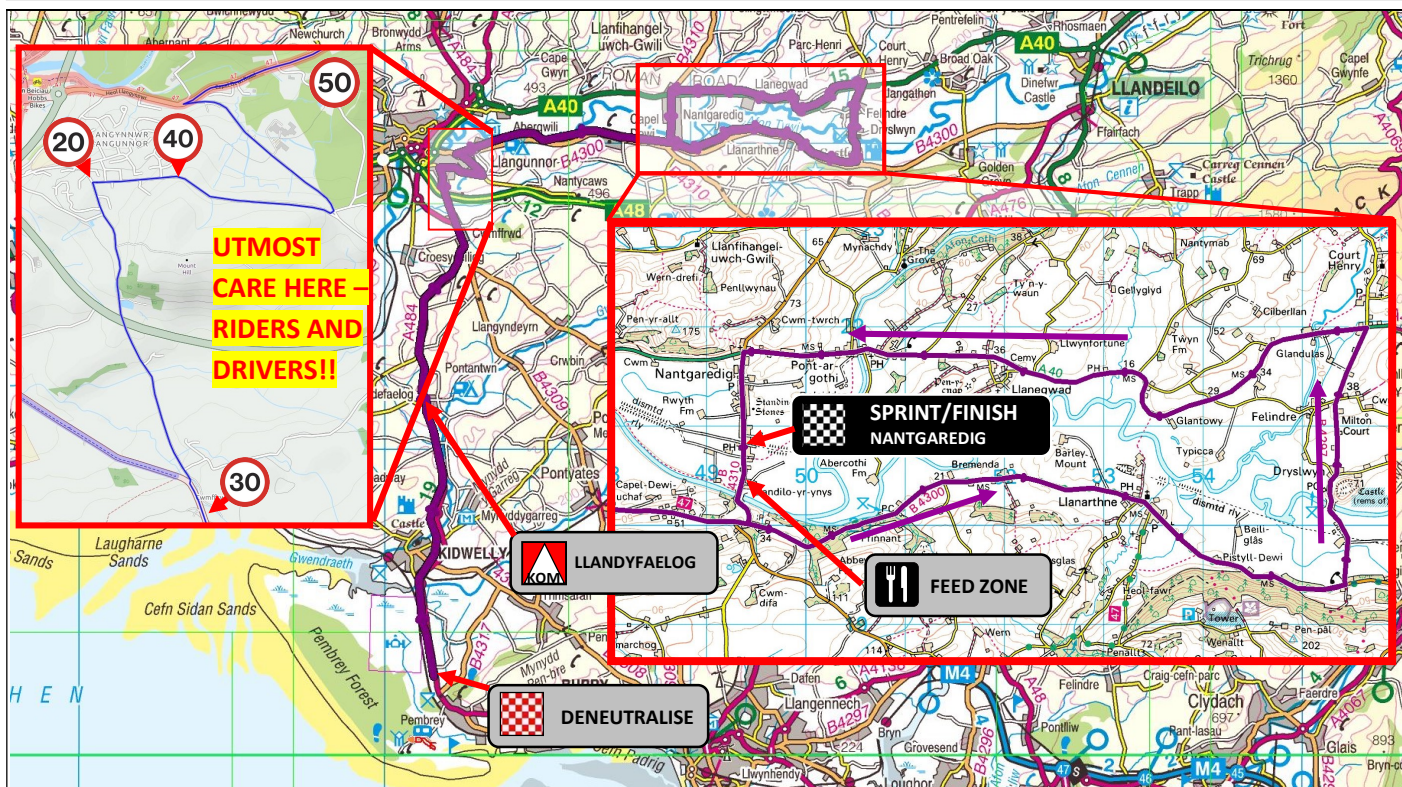
Drivers: Be aware of your speed and positioning when transiting through this section. Riders will be moving fast around you – and there are 30 and 20mph limits in parts of this area. See inset map on the next page for details →

- The final 900m from the left-turn into the sprint/finish area is fast, straight and slightly downhill.

King of the Mountains, Sprint Competition and Time Bonuses:

There is one KoM prime – and four sprints. All four sprints attract a time bonus:

		1 st	2 nd	3 rd	4 th	5 th	6 th
KoM 1 (Llandyfaelog, 10.3km)	Points	4	3	2	1		
Sprint 1 (45.3km)	Points	4	3	2	1		
	Bonus	15s	10s	5s			
Sprint 2 (63.5km)	Points	4	3	2	1		
	Bonus	15s	10s	5s			
Sprint 3 (81.6km)	Points	4	3	2	1		
	Bonus	15s	10s	5s			
Sprint 4 (Finish)	Points	6	5	4	3	2	1
	Bonus	30s	20s	10s			



Course Description – Stage 3

km	miles	Description	Comment
0.0	0.0	Assembly Point: Central cut-through, Closed Road Circuit	ASSEMBLY POINT
0.0	0.0	Race Neutralised	RIDERS NOT RACING
0.1	0.0	Race exits Country Park	
0.3	0.2	Race turns RIGHT at T-junction onto Factory Road	
1.3	0.8	Traffic Lights – Race continues over railway bridge	
1.5	0.9	Race turns LEFT at T-junction onto Lando Road (A484)	
3.1	1.9	40mph Speed Limit Sign	DENEUTRALISATION POINT
0.0	0.0	RACING BEGINS	RACING BEGINS
3.3	2.1	Race bears RIGHT (2 nd exit) at roundabout – dir. Carmarthen	
5.7	3.5	Race carries STRAIGHT ON (2 nd exit) at Parc y Bocs roundabout.	
10.3	6.4	KoM Prime at layby near summit of Llandyfaelog climb	KoM PRIME
13.5	8.4	Enter Idole	
15.4	9.6	Enter Cwmffrwd	
16.1	10.0	Race turns RIGHT onto minor road (Heol Bolahaul) dir. Tregynwr	CARE – ROAD NARROWS
17.3	10.7	Enter Brynhyfryd	CARE – DESCENT
18.1	11.2	Race turns RIGHT into minor road (Brynmeurig) – direction Nantycaws	CARE – DESCENDING CORNER
19.7	12.2	Race turns LEFT at T-junction onto Heol Llangynnwr – dir Llangynnwr	
20.5	12.7	Enter Llangynnwr	CARE – DESCENT
20.8	12.9	Race SHARP RIGHT onto B4300 (Capel Dewi Road) – dir Capel Dewi	CARE – DESCENT TO HAIRPIN
25.7	16.0	Enter Capel Dewi	
28.2	17.5	Towy Valley Circuit begins	
32.1	19.9	Enter Llanarthne	
34.8	21.6	Race turns LEFT onto the B4297 – dir. Dryslwyn	
37.6	23.4	Race turns LEFT at crossroads onto A40 – dir. Carmarthen	
43.0	26.7	Enter Pontarogothi	

44.3	27.5	Enter Nantgaredig	
44.7	27.8	Race turns LEFT from A40 onto B4310 dir. Porthyrhyd, Llansawel	
45.3	28.1	Sprint prime at finish line adjacent to Railway Inn	SPRINT PRIME 1
45.8	28.5	Feed zone just prior to Towy Bridge on outskirts of village	FEED ZONE
46.2	28.7	Race turns LEFT onto B4300 – end Towy Valley Circuit lap 1	
47.1	29.3	Enter Llanarthne	
52.8	32.8	Race turns LEFT onto the B4297 – dir. Dryslwyn	
55.5	34.5	Race turns LEFT at crossroads onto A40 – dir. Carmarthen	
60.9	37.8	Enter Pontargothi	
62.2	38.6	Enter Nantgaredig	
62.6	38.9	Race turns LEFT from A40 onto B4310 dir. Porthyrhyd, Llansawel	
63.5	39.5	Sprint prime at finish line adjacent to Railway Inn	SPRINT PRIME 2
64.0	39.8	Feed zone just prior to Towy Bridge on outskirts of village	FEED ZONE
64.4	40.0	Race turns LEFT onto B4300 – end Towy Valley Circuit lap 2	
65.3	40.6	Enter Llanarthne	
71.0	44.1	Race turns LEFT onto the B4297 – dir. Dryslwyn	
73.7	45.8	Race turns LEFT at crossroads onto A40 – dir. Carmarthen	
79.1	49.2	Enter Pontargothi	
80.4	50.0	Enter Nantgaredig	
80.7	50.1	Race turns LEFT from A40 onto B4310 dir. Porthyrhyd, Llansawel	
81.6	50.7	Sprint prime at finish line adjacent to Railway Inn	SPRINT PRIME 3
82.0	51.0	Feed zone just prior to Towy Bridge on outskirts of village	FEED ZONE
82.5	51.3	Race turns LEFT onto B4300 – end Towy Valley Circuit lap 3	
83.4	51.8	Enter Llanarthne	
89.1	55.4	Race turns LEFT onto the B4297 – dir. Dryslwyn	
92.0	57.2	Race turns LEFT at crossroads onto A40 – dir. Carmarthen	
97.4	60.5	Enter Pontargothi	
98.8	61.4	Race turns LEFT from A40 onto B4310 dir. Porthyrhyd, Llansawel	
99.7	62.0	Sprint prime and FINISH adjacent to Railway Inn	SPRINT PRIME 4/FINISH

Stage 3 Vertical Profile

