


Stage 4: Abergavenny – Tumble Mountain – 94.8km / 58.9 mile Road Race

Stage Headquarters	St John Ambulance Hall	
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	Inside SJA Hall	
Presentation of Jerseys	10:25	
Stage Rollout (neutral)	10:30	
Length of Neutralised Zone	5.4km	
Feed Zone	Whitestone forest complex immediately after KoM prime (51.5km)	

Pic: Archie Ryan triumphs on the Tumble, ©2018 Dave Partridge for British Cycling

King of the Mountains, Sprint Competition and Time Bonuses:

KoM	Distance	Cat
Gaerllwyd	29.9km/18.8mi	2 nd
Whitestone	51.4km/32.0	2 nd
The Tumble (Finish)	94.5km/58.9mi	1 st

Sprint		Cat	Bonus
Penpergwm 1	4.0km/2.5mi	2 nd	15s/10s/5s
Tintern	48.0km/29.8mi	2 nd	none
Penpergwm 2	81.8km/50.8mi	2 nd	none

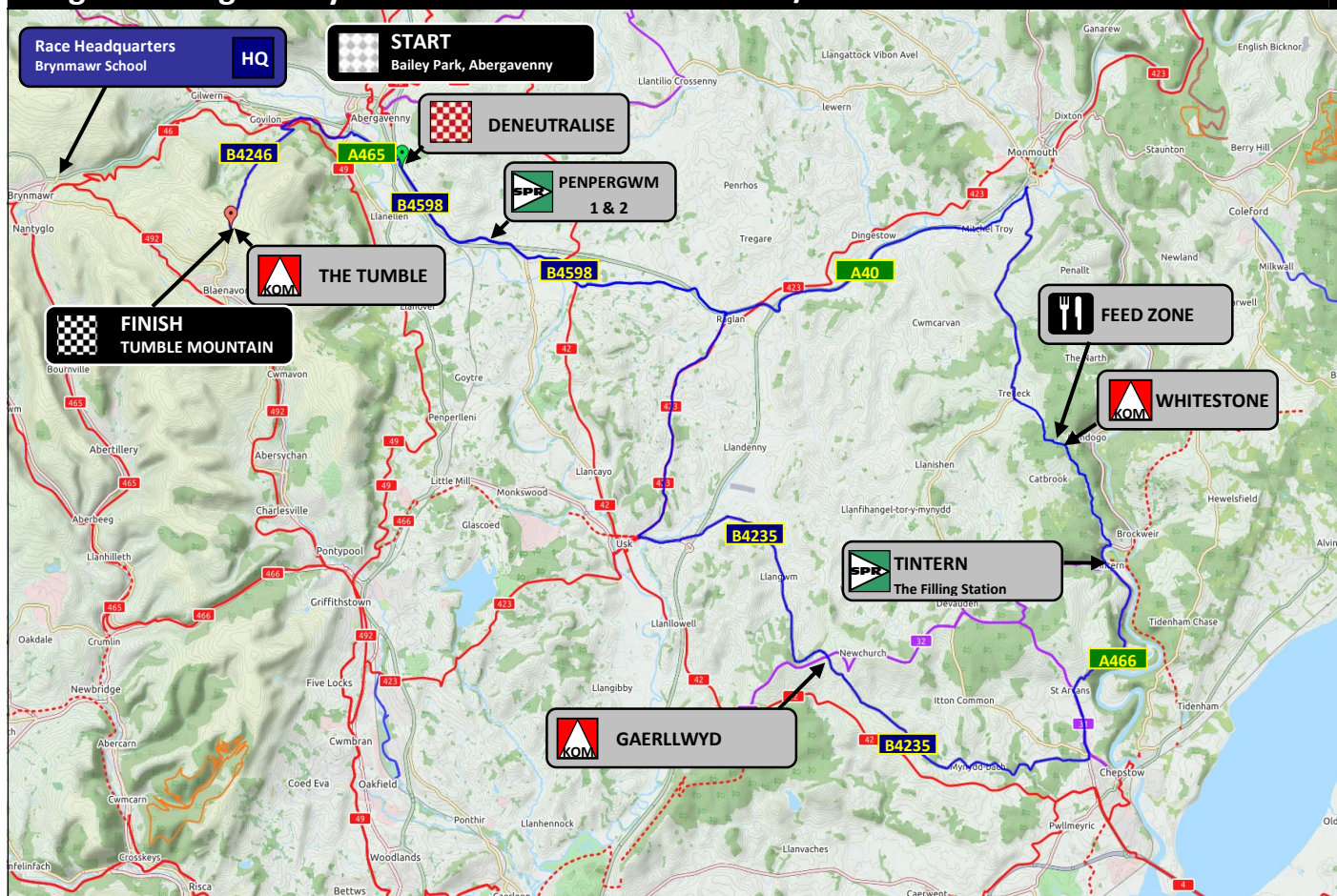
A fly-through of the entire stage is available at <https://youtu.be/1I7oxfj3ZPo>

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.
- The race also uses a number of B-roads and transits through small villages. Beware of parked cars as well as other roadside hazards.
- The descent into Chepstow from 32.7km is fast, narrow and features a number of tricky, tightening right and left-hand bends. Keep left, ride with care, and with your heads up.
- The descent into Mitchel Troy from 58.6km features a tight left-right corner complex at 60.5km with a further tight hairpin left at the T-junction at the bottom of a fast descent (62.2km). This section of the stage has recently been 'dressed' with tar and gravel. Be aware of your road positioning, and grip level.
- 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). Choose your gearing accordingly.
- Please take care at the finish – **do not** remain in the road or stop on it immediately after the line. If you block traffic you will make it dangerous for the riders following you.
- Team Managers / Race Supporters:**
Parking is available (but limited) in the forestry car park adjacent to the **FEED ZONE**. There are other forest car parks further down/up the hill. Please utilise these – and do not obstruct the race route or other roads if parking on the verge.
- At the finish **DO NOT** stop or 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 4			
km	miles	Description	Comment
0.0	0.0	Assembly Point: Fairfield Car Park, Abergavenny	ASSEMBLY POINT
0.1	0.1	Race turns LEFT from car park onto Park Road (A40)	RIDERS NOT RACING
0.3	0.2	Race turns LEFT at traffic lights onto Hereford Road (B4521) dir. Skenfrith	
0.9	0.6	Race turns RIGHT onto Grosvenor Road (B4521)	
1.3	0.8	Grosvenor Road becomes Ross Road – race continues STRAIGHT AHEAD	
2.1	1.3	Race turns LEFT onto A465 link	
2.3	1.4	Race filters LEFT onto southbound A465 slip-road dir. Abergavenny	CARE – KEEP LEFT
5.2	3.2	Race enters Hardwick Interchange, holding left-hand lane	
5.4	3.4	Race leaves Hardwick Interchange at FIRST EXIT onto B4598 dir. Usk & Clytha	
5.8	3.6	Race deneutralises adjacent to minor junction on left	
0.0	0.0	Start of racing	RACING BEGINS
3.1	1.9	Enter Penpergwm	
4.0	2.5	Sprint prime at entrance to industrial estate -RH	SPRINT PRIME
12.4	7.7	Race bears right at Raglan Roundabout onto Usk Road dir. Usk, Gwehelog	
16.2	10.1	Enter Gwehelog	
17.8	11.1	Race begins 2km fast descent toward Usk	CARE – KEEP LEFT
20.3	12.6	Race bears LEFT toward junction with A472	
20.4	12.7	Race turns LEFT onto A472 dir. Newport, Monmouth	
21.7	13.5	Race bears LEFT at slip-road onto B4235 Chepstow Road dir. Chepstow	
23.2	14.4	Enter Gwernesey	
23.4	14.5	Race bears RIGHT to stay on B4235 dir. Llangwm	
25.3	15.7	Enter Llangwm	BEGIN KoM CLIMB
29.9	18.6	KoM Prime adjacent to Little Goytre Farm - AR	KoM PRIME
31.0	19.3	Enter Gaerllwyd	
32.7	20.3	Begin 8km descent towards Chepstow featuring a number of tricky bends	CARE
40.6	25.2	Race turns LEFT at T-junction onto A466 dir. Tintern, Monmouth	
40.7	25.3	Race carries STRAIGHT ON (2 nd exit) at roundabout onto A466 dir. Tintern	
41.1	25.5	Race carries STRAIGHT ON (2 nd exit) at Chepstow Racecourse rbt onto A466	
42.5	26.4	Enter St Arvans	
42.7	26.5	Race passes 3 sets of centreline bollards	CARE – KEEP LEFT
43.2	26.8	Race bears RIGHT to continue on A466 dir. Tintern	
47.4	29.5	Enter Tintern	
48.0	29.8	Sprint Prime outside The Filling Station Café, Tintern - RH	SPRINT PRIME
48.9	30.4	Race turns LEFT onto Catbrook Road dir. Trellech	
51.3	31.9	Race turns LEFT at T-junction onto Llandogo Road dir. Trellech	BEGIN KoM CLIMB
51.4	31.9	KoM Prime opposite entrance to Whitestone Forestry complex - JS	KoM PRIME
51.5	32.0	Feed zone on side of road for 500m after prime point	FEED ZONE
54.6	33.9	Enter Trellech – 20mph speed limit	CONVOY – 20mph
54.9	34.1	Race turns RIGHT at T-junction onto Catbrook Road dir. Trellech	
55.0	34.2	Race turns RIGHT at T-junction onto Church Street	
55.3	34.4	Race passes through traffic calming and centreline bollards	CARE
58.6	36.4	Race begins descent towards Mitchel Troy	
60.5	37.6	Race passes through the Lydart Bends – square left, square right	CARE
62.2	38.6	Race turns LEFT at T-junction onto Mitcheltroy Road dir. Raglan	CARE – HAIRPIN BEND
63.6	39.5	Enter Mitchel Troy	
63.9	39.7	Traffic calming and centreline bollards through village	CARE – KEEP LEFT
65.0	40.4	Race heads STRAIGHT ON onto A40 slip road dir. Newport, Abergavenny	
65.1	40.5	Race joins southbound A40 dual carriageway	KEEP LEFT
71.1	44.2	Race bears LEFT onto slip road to continue on A40 dir. Abergavenny	
73.3	45.5	Race turns RIGHT (4 th exit) at Raglan Roundabout dir. Clytha	
81.5	50.6	Enter Penpergwm	
81.8	50.8	Sprint Prime at entrance to industrial estate - AR	SPRINT PRIME
86.2	53.6	Race joins the Hardwick Interchange	
86.6	53.8	Race exits Hardwick Interchange at 2 nd exit onto A465 dir. Merthyr Tydfil	KEEP LEFT
87.4	54.3	Race bears LEFT onto slip road onto A4143 dir. Llanfoist, Blaenavon	
87.8	54.6	Race carries STRAIGHT ON (2 nd exit) at roundabout	
88.0	54.7	Race turns LEFT (1 st exit) at roundabout onto B4246 dir. Llanfoist, Blaenavon	
88.1	54.7	Enter Llanfoist	
88.2	54.8	Race carries STRAIGHT ON (2 nd exit) at mini-rbt onto B4246 dir. Blaenavon	
88.6	55.1	Traffic calming and centreline bollards	KEEP LEFT
89.9	55.9	Race turns LEFT onto B4246 dir. Blaenavon	BEGIN KoM CLIMB
92.4	57.4	Cattle Grid	CARE
94.8	58.9	FINISH at summit of Tumble Mountain	FINISH/KoM PRIME

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Estimated Arrival Times

Location	23mph	24mph	25mph	26mph
Penpergwym (Sprint 1)	10:53	10:53	10:53	10:52
Usk	11:17	11:16	11:15	11:14
Gaerllwyd (KoM 1)	11:33	11:31	11:29	11:27
Chepstow	11:50	11:48	11:45	11:43
Tintern (Sprint 2)	12:02	11:59	11:56	11:53
Whitstone (KoM 2/Feed Zone)	12:10	12:06	12:03	12:01
Mitchel Troy	12:28	12:23	12:19	12:16
Raglan	12:43	12:38	12:34	12:30
Penpergwym (Sprint 3)	12:57	12:52	12:46	12:42
Finish	13:23	13:16	13:10	13:03

Stage 4 Vertical Profile

