

CADENCE JUNIOR ROAD RACE – COURSE DESCRIPTION

Distance		Course Description	ETA at Average Speed (mph)		
Miles	km		23	24	25
0.0	0.0	Assembly Point: Gwernyfed Leisure Centre, Three Cocks	10:30 AM	10:30 AM	10:30 AM
0.0	0.0	Race Neutralised	10:30 AM	10:30 AM	10:30 AM
0.2	0.3	Race turns RIGHT at T-junction onto A438 - Direction Hereford	10:30 AM	10:30 AM	10:30 AM
1.4	2.2	Race turns LEFT onto A438 - direction Hereford, Leominster	10:33 AM	10:33 AM	10:33 AM
1.6	2.6	Race turns LEFT onto B4350 - direction Boughrood	10:34 AM	10:34 AM	10:33 AM
0.0	0.0	Race De-neutralised: at speed de-restriction signs	10:34 AM	10:34 AM	10:33 AM
1.4	2.2	Enter Bryst Boughrood	10:37 AM	10:37 AM	10:37 AM
2.2	3.5	Enter Boughrood	10:39 AM	10:39 AM	10:39 AM
2.8	4.5	Race turns LEFT at T-junction onto A470 - direction Brecon, Abergavenny	10:41 AM	10:41 AM	10:40 AM
2.8	4.5	Enter Llyswen	10:41 AM	10:41 AM	10:40 AM
3.6	5.8	Race STRAIGHT ON (2nd exit) at roundabout onto A479 - direction Talgarth, Abergavenny	10:43 AM	10:43 AM	10:42 AM
4.2	6.7	KOM prime point	10:45 AM	10:44 AM	10:43 AM
5.1	8.2	Race turns LEFT at T-junction onto A438 - direction Hereford, Leominster.	10:47 AM	10:46 AM	10:46 AM
6.2	10.0	Enter Pont Ithel	10:50 AM	10:49 AM	10:48 AM
6.7	10.8	End of Lap 1	10:51 AM	10:50 AM	10:49 AM
15.7	25.2	Repeat lap	11:15 AM	11:13 AM	11:11 AM
24.7	39.6	Repeat lap	11:38 AM	11:35 AM	11:33 AM
33.7	54.1	Repeat lap	12:02 PM	11:58 AM	11:54 AM
42.7	68.5	Repeat lap	12:25 PM	12:20 PM	12:16 PM
51.7	83.0	Repeat lap	12:49 PM	12:43 PM	12:37 PM
60.7	97.4	Repeat lap	1:12 PM	1:05 PM	12:59 PM
61.9	99.4	Race turns LEFT onto A438 - direction Hereford, Leominster	1:15 PM	1:08 PM	1:02 PM
62.1	99.7	Race turns LEFT onto B4350 - direction Boughrood	1:16 PM	1:09 PM	1:02 PM
64.4	103.4	Enter Bryst Boughrood	1:22 PM	1:15 PM	1:08 PM
65.2	104.7	Enter Boughrood	1:24 PM	1:17 PM	1:10 PM
65.8	105.6	Race turns LEFT at T-junction onto A470 - direction Brecon, Abergavenny	1:25 PM	1:18 PM	1:11 PM
65.8	105.6	Enter Llyswen	1:25 PM	1:18 PM	1:11 PM
66.6	106.9	Race STRAIGHT ON (2nd exit) at roundabout onto A479 - direction Talgarth, Abergavenny	1:27 PM	1:20 PM	1:13 PM
67.2	107.9	FINISH: at summit of climb on A479	1:29 PM	1:22 PM	1:15 PM