

# Stage 8 Worcester - Cardiff Sun10th Sep



Start :	Worcester - Croft Road
Neutralised section :	15.5 km or 9.6 miles
Stage Distance :	180.2 km or 112.1 miles
Finish :	Cardiff - King Edward VII Avenue

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
15.50	15.50	9.60	9.60	Start Neutralised		Worcester - Croft Road	42	10:45	11:00	11:00	11:00	
0.00	180.2	0.00	112.1	Start Proper		B4048	42	11:00	11:20	11:20	11:20	00:00
1.1	179.1	0.7	111.4	Sign		Pershore	42	11:06	11:21	11:21	11:21	00:00
1.9	178.3	1.2	110.9	T.Lights	Straight	B4048 High Street	42	11:07	11:22	11:22	11:22	00:00
2.2	178.0	1.4	110.7	T.Lights	Straight	B4048 High Street	42	11:08	11:23	11:23	11:22	00:00
2.6	177.6	1.6	110.4	Junction	Right	B4536 Broad Street	42	11:08	11:24	11:23	11:23	00:00
2.7	177.5	1.7	110.4	T.Junction	Left	B4536 Defford Road	42	11:08	11:24	11:23	11:23	00:00
2.8	177.4	1.7	110.3		Keep Right	B4536 Defford Road	42	11:09	11:24	11:24	11:23	00:00
3.1	177.1	1.9	110.1		Keep Right	B4536 Defford Road	42	11:09	11:24	11:24	11:23	00:00
4.1	176.1	2.5	109.5	T.Junction	Left	A4104 Defford Road dir Upton	42	11:10	11:26	11:25	11:25	00:01
6.6	173.6	4.1	108.0	Sign		Defford	42	11:14	11:30	11:29	11:28	00:01
9.8	170.4	6.1	106.0		Keep Left	A4104 Defford Road dir Upton	42	11:19	11:35	11:34	11:32	00:02
11.6	168.6	7.2	104.8	Sign		Baughton	42	11:21	11:38	11:36	11:34	00:03
13.6	166.6	8.5	103.6	T.Junction	Left	A38	42	11:24	11:41	11:39	11:37	00:03
13.7	166.5	8.5	103.5	Junction	Right	A4104 dir Upton	42	11:24	11:41	11:39	11:37	00:03
14.0	166.2	8.7	103.4	Sign		Holly Green	42	11:25	11:42	11:40	11:38	00:04
14.9	165.3	9.3	102.8	Sign		Upton	42	11:26	11:43	11:41	11:39	00:04
15.3	164.9	9.5	102.5	M R/about	1st Exit	A4104 Church Street	42	11:26	11:44	11:41	11:39	00:04
15.4	164.8	9.6	102.5		Keep Right	A4104 High Street	42	11:27	11:44	11:42	11:39	00:04
15.5	164.7	9.6	102.4	X.Roads	Straight		42	11:27	11:44	11:42	11:39	00:04
19.9	160.3	12.4	99.7	Sign		Welland	42	11:33	11:51	11:48	11:45	00:05
20.0	160.2	12.4	99.6		Keep Left	A4104	42	11:33	11:51	11:48	11:45	00:05
20.5	159.7	12.7	99.3	Sign		Welland	42	11:34	11:52	11:49	11:46	00:05
21.7	158.5	13.5	98.6	T.Junction	Right	B4208	42	11:36	11:54	11:51	11:47	00:06
21.8	158.4	13.6	98.5	Junction	Left	A4104 Marlbank Road	42	11:36	11:54	11:51	11:48	00:06
22.4	157.8	13.9	98.1	KoM 1	Start Cat 2		42	11:37	11:55	11:52	11:48	00:06
25.0	155.2	15.5	96.5	Junction	Left	A449	42	11:40	11:59	11:55	11:52	00:07
25.0	155.2	15.5	96.5	T.Junction	Left	A449	42	11:40	11:59	11:55	11:52	00:07
26.0	154.2	16.2	95.9	KoM 1	Finish	British Camp	42	11:42	12:00	11:57	11:53	00:07
26.0	154.2	16.2	95.9	Sign		Herefordshire	42	11:42	12:00	11:57	11:53	00:07
26.2	154.0	16.3	95.8		Caution!	Fast Descent	42	00:00	12:01	11:57	11:53	00:07
30.9	149.3	19.2	92.8		Keep Right	A449	42	11:49	12:08	12:04	11:59	00:08
31.2	149.0	19.4	92.7		Keep Left	A449	42	11:49	12:09	12:04	12:00	00:08
32.0	148.2	19.9	92.2	Sign		Ledbury	42	11:50	12:10	12:05	12:01	00:09
32.6	147.6	20.3	91.8	T.Lights	Right	A438 High Street Caution! Narrow	42	11:51	12:11	12:06	12:01	00:09
33.0	147.2	20.5	91.5	Sprint 1		Ledbury	42	11:52	12:11	12:07	12:02	00:09
33.2	147.0	20.6	91.4	T.Lights	Straight	A438 Homend	42	11:52	12:12	12:07	12:02	00:09
33.6	146.6	20.9	91.2		Keep Left	A438 Hereford Road	42	11:53	12:12	12:08	12:03	00:09
34.3	145.9	21.3	90.7	R/about	2nd Exit	A438 Hereford Road	50	11:54	12:13	12:09	12:04	00:09
39.3	140.9	24.4	87.6	T.Lights	Straight	A438	50	12:00	12:20	12:15	12:09	00:11
43.4	136.8	27.0	85.1	Sign		Tarrington	50	12:04	12:25	12:19	12:13	00:11
45.1	135.1	28.0	84.0	Sign		Stoke Edith	46	12:06	12:28	12:21	12:15	00:12
46.7	133.5	29.0	83.0	Sign		Dormington	42	12:09	12:30	12:24	12:17	00:12
47.5	132.7	29.5	82.5	Junction	Left	dir Mordiford	42	12:10	12:31	12:25	12:18	00:13
47.6	132.6	29.6	82.5		Keep Right		42	12:10	12:31	12:25	12:18	00:13
50.0	130.2	31.1	81.0	Drinks Start			42	12:13	12:35	12:28	12:21	00:13
50.7	129.5	31.5	80.5	Sign		Mordiford	42	12:14	12:36	12:29	12:22	00:13
51.0	129.2	31.7	80.3	T.Junction	Left	B4224	42	12:15	12:37	12:30	12:23	00:14
51.1	129.1	31.8	80.3		Keep Right	B4224	42	12:15	12:37	12:30	12:23	00:14
52.0	128.2	32.3	79.7	Junction	Right	B4399	42	12:16	12:38	12:31	12:24	00:14
53.2	127.0	33.1	79.0	Sign		Holme Lacy	42	12:18	12:40	12:33	12:26	00:14
54.3	125.9	33.8	78.3		Keep Right	B4399	42	12:19	12:42	12:34	12:27	00:14
57.8	122.4	35.9	76.1	R/about	1st Exit	B4399 Gatehouse Road	42	12:24	12:47	12:39	12:31	00:15
61.1	119.1	38.0	74.1	R/about	1st Exit	A49 dir Ross on Wye	42	12:29	12:53	12:44	12:36	00:16

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Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
64.6	115.6	40.2	71.9	X.Roads	Straight		42	12:34	12:58	12:49	12:40	00:17
65.7	114.5	40.9	71.2	Junction	Right	A466 dir Monmouth	42	12:36	13:00	12:51	12:42	00:18
65.9	114.3	41.0	71.1	Sign		King's Thorne	42	12:36	13:00	12:51	12:42	00:18
67.3	112.9	41.9	70.2	Sign		Wormelow	42	12:38	13:02	12:53	12:44	00:18
73.8	106.4	45.9	66.2	Sign		St Weonards	42	12:47	13:13	13:02	12:52	00:20
74.7	105.5	46.5	65.6	X.Roads	Straight		42	12:49	13:14	13:04	12:53	00:20
76.5	103.7	47.6	64.5	X.Roads	Left	B4521 dir Abergavenny	42	12:51	13:17	13:06	12:55	00:21
77.2	103.0	48.0	64.1	X.Roads	Straight		42	12:52	13:18	13:07	12:56	00:21
78.3	101.9	48.7	63.4	X.Roads	Straight		42	12:54	13:20	13:09	12:58	00:21
79.0	101.2	49.1	62.9		Caution	Fast Descent	42	12:55	13:21	13:10	12:59	00:22
80.3	99.9	49.9	62.1	Sign		Monmouthshire	42	12:57	13:23	13:12	13:00	00:22
81.0	99.2	50.4	61.7	Sign		Skenfrith	42	12:58	13:24	13:13	13:01	00:22
81.1	99.1	50.4	61.6		Caution!	Narrow Bridge	42	12:58	13:24	13:13	13:01	00:22
82.5	97.7	51.3	60.8	Junction	Left	B4347	42	13:00	13:26	13:15	13:03	00:23
82.5	97.7	51.3	60.8	KoM 2	Start Cat 2		42	13:00	13:26	13:15	13:03	00:23
83.4	96.8	51.9	60.2		Keep Right		42	13:01	13:28	13:16	13:04	00:23
84.3	95.9	52.4	59.6	KoM 2	Finish	Crossway	42	13:02	13:29	13:17	13:05	00:23
85.7	94.5	53.3	58.8	Sign		Newcastle	42	13:04	13:31	13:19	13:07	00:23
86.1	94.1	53.5	58.5	Junction	Right	Caution! Narrow	42	13:05	13:32	13:20	13:08	00:24
88.6	91.6	55.1	57.0		Caution!	Fast & Narrow Descent	42	13:08	13:36	13:23	13:11	00:24
89.4	90.8	55.6	56.5	T.Junction	Right	B4233 dir Hendre	42	13:10	13:37	13:25	13:12	00:25
90.0	90.2	56.0	56.1	Sign		Hendre	42	13:10	13:38	13:25	13:13	00:25
90.2	90.0	56.1	56.0	X.Roads	Straight	B4233	42	13:11	13:38	13:26	13:13	00:25
93.6	86.6	58.2	53.9	Sign		Tal-y-Coed	42	13:16	13:44	13:31	13:17	00:26
96.9	83.3	60.3	51.8	Sign		Llantillio Crossenny	42	13:20	13:49	13:35	13:22	00:27
98.4	81.8	61.2	50.9	Junction	Left	Lea Field Road	42	13:22	13:51	13:37	13:24	00:27
99.3	80.9	61.7	50.3		Caution!	Narrow Bridge	42	13:24	13:53	13:39	13:25	00:27
100.5	79.7	62.5	49.6		Caution!	Fast Descent	42	13:25	13:55	13:40	13:26	00:28
101.5	78.7	63.1	48.9	Sign		Llanarth	42	13:27	13:56	13:42	13:28	00:28
104.4	75.8	64.9	47.1	T.Junction	Right	B4598	42	13:31	14:01	13:46	13:31	00:29
104.7	75.5	65.1	46.9	Junction	Left	dir Llanfair Kilgeddin	42	13:31	14:01	13:46	13:32	00:29
105.0	75.2	65.3	46.8		Caution!	Fast Descent	42	13:32	14:02	13:47	13:32	00:29
105.7	74.5	65.7	46.3	T.Junction	Right	B4598 dir Llanfair Kilgeddin	42	13:33	14:03	13:48	13:33	00:29
106.2	74.0	66.0	46.0	X.Roads	Straight		42	13:34	14:03	13:49	13:34	00:29
107.6	72.6	66.9	45.1	Sign		Llanfair Kilgeddin	42	13:36	14:06	13:51	13:35	00:30
109.3	70.9	68.0	44.1		Keep Left		42	13:38	14:08	13:53	13:38	00:30
109.3	70.9	68.0	44.1	T.Lights	Straight	Chain Bridge	42	13:38	14:08	13:53	13:38	00:30
112.6	67.6	70.0	42.0	Sign		Llancayo	42	13:43	14:14	13:58	13:42	00:31
144.4	35.8	89.8	22.3	Sign		Usk	42	14:28	15:03	14:43	14:23	00:40
115.2	65.0	71.6	40.4	T.Junction	Right	A472 Bridge Street	42	13:46	14:18	14:01	13:45	00:32
115.4	64.8	71.8	40.3		Keep Right	A472	42	13:47	14:18	14:02	13:45	00:32
115.5	64.7	71.8	40.2	Junction	Left	dir Llangybi	42	13:47	14:18	14:02	13:46	00:32
116.0	64.2	72.1	39.9	Sprint 2		Usk	42	13:48	14:19	14:03	13:46	00:32
116.1	64.1	72.2	39.9	Sign		Llanbadoc	42	13:48	14:19	14:03	13:46	00:32
119.6	60.6	74.4	37.7	Sign		Llangybi	42	13:53	14:25	14:08	13:51	00:33
126.8	53.4	78.9	33.2	Sign		Newport	42	14:03	14:36	14:18	14:00	00:35
127.2	53.0	79.1	33.0	Junction	Left	B4236 Mill Street	42	14:04	14:36	14:19	14:01	00:35
127.7	52.5	79.4	32.6		Keep Right	B4236 Castle Street	42	14:04	14:37	14:19	14:01	00:35
128.2	52.0	79.7	32.3	Junction	Left	New Road	42	14:05	14:38	14:20	14:02	00:36
128.6	51.6	80.0	32.1		Keep Right	B4236 Belmont Hill	42	14:06	14:39	14:21	14:02	00:36
128.6	51.6	80.0	32.1	KoM 3	Start Cat 2		42	14:06	14:39	14:21	14:02	00:36
129.4	50.8	80.5	31.6		Keep Right		42	14:07	14:40	14:22	14:03	00:36
129.5	50.7	80.5	31.5	Junction	Left	Catash Road	42	14:07	14:40	14:22	14:04	00:36
129.5	50.7	80.5	31.5	KoM 3	Finish	Celtic Manor	42	14:07	14:40	14:22	14:04	00:36
130.7	49.5	81.3	30.8		Caution!	Fast Descent	42	14:09	14:42	14:24	14:05	00:36

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Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
131.1	49.1	81.5	30.5		Caution!	Speed Humps	42	14:09	14:43	14:24	14:06	00:36
131.4	48.8	81.7	30.3	Junction	Left	Beechwood Road	42	14:10	14:43	14:25	14:06	00:37
131.4	48.8	81.7	30.3		Caution!	Fast Descent	42	14:10	14:43	14:25	14:06	00:37
131.5	48.7	81.8	30.3		Caution!	Speed Humps	42	14:10	14:43	14:25	14:06	00:37
132.1	48.1	82.1	29.9	X.Roads	Left	B4237 Chepstow Road	42	14:11	14:44	14:26	14:07	00:37
132.6	47.6	82.5	29.6	X.Roads	Straight		42	14:11	14:45	14:26	14:08	00:37
133.0	47.2	82.7	29.4	T.Lights	Left	B4237 Wharf Road	42	14:12	14:46	14:27	14:08	00:37
133.1	47.1	82.8	29.3		Keep Left	Central Island	42	14:12	14:46	14:27	14:08	00:37
133.5	46.7	83.0	29.0	T.Lights	Straight	B4237 George Street	42	14:13	14:46	14:28	14:09	00:37
134.1	46.1	83.4	28.7	T.Lights	Left	Lower Dock Street	42	14:13	14:47	14:28	14:10	00:37
134.2	46.0	83.5	28.6	T.Lights	Straight	Lower Dock Street	42	14:14	14:47	14:29	14:10	00:37
134.4	45.8	83.6	28.5	R/about	3rd Exit	A4402 Usk Way	42	14:14	14:48	14:29	14:10	00:37
135.1	45.1	84.0	28.0	T.Lights	Straight		42	14:15	14:49	14:30	14:11	00:38
135.2	45.0	84.1	28.0	T.Lights	Right	A48 dual carriageway Keep Left!	42	14:15	14:49	14:30	14:11	00:38
135.4	44.8	84.2	27.9	R/about	1st Exit	A48 Usk Way dual carriageway Keep Left!	42	14:15	14:49	14:30	14:11	00:38
136.0	44.2	84.6	27.5	T.Lights	Straight	A48 Usk Way dual carriageway Keep Left!	42	14:16	14:50	14:31	14:12	00:38
136.1	44.1	84.6	27.4	T.Lights	Straight	A48 Usk Way dual carriageway Keep Left!	42	14:16	14:50	14:31	14:12	00:38
137.2	43.0	85.3	26.7	R/about	2nd Exit	A48 Docks Way dual carriageway Keep Left!	42	14:18	14:52	14:33	14:14	00:38
137.6	42.6	85.6	26.5	R/about	2nd Exit	A48 Docks Way dual carriageway Keep Left!	42	14:18	14:53	14:33	14:14	00:38
138.5	41.7	86.1	25.9	Junction	Left	B4239 Lighthorne Road	42	14:20	14:54	14:35	14:15	00:39
140.3	39.9	87.2	24.8		Caution!	Narrow Bridge	42	14:22	14:57	14:37	14:17	00:39
140.4	39.8	87.3	24.7	Sign		St Brides	42	14:22	14:57	14:37	14:18	00:39
142.5	37.7	88.6	23.4		Keep Right	B4239	42	14:25	15:01	14:40	14:20	00:40
144.0	36.2	89.5	22.5	Sign		Peterstone	42	14:28	15:03	14:43	14:22	00:40
145.4	34.8	90.4	21.6		Keep Left	B4239	42	14:30	15:05	14:45	14:24	00:41
146.8	33.4	91.3	20.8		Keep Right	B4239 Broadstreet Common	42	14:32	15:07	14:47	14:26	00:41
147.6	32.6	91.8	20.3		Caution!	Horses	42	14:33	15:09	14:48	14:27	00:41
149.6	30.6	93.0	19.0	Sign		Cardiff	42	14:36	15:12	14:51	14:29	00:42
150.2	30.0	93.4	18.7	R/about	1st Exit	B4239 Wentlog Avenue	42	14:36	15:13	14:51	14:30	00:42
150.3	29.9	93.5	18.6	R/about	2nd Exit	B4239 Wentlog Avenue	42	14:37	15:13	14:52	14:30	00:42
151.2	29.0	94.0	18.0	R/about	1st Exit	B4239 Wentlog Avenue	42	14:38	15:14	14:53	14:32	00:42
155.7	24.5	96.8	15.2	R/about	2nd Exit	Rover Way	42	14:44	15:21	14:59	14:37	00:43
156.0	24.2	97.0	15.0	R/about	2nd Exit	Rover Way	42	14:45	15:22	15:00	14:38	00:44
156.5	23.7	97.3	14.7	R/about	2nd Exit	Ocean Way	36	14:45	15:23	15:00	14:38	00:44
156.6	23.6	97.4	14.7	R/about	2nd Exit	Ocean Way	36	14:46	15:23	15:01	14:38	00:44
157.0	23.2	97.6	14.4	R/about	2nd Exit	Ocean Way	36	14:46	15:23	15:01	14:39	00:44
157.6	22.6	98.0	14.1		Keep Right	Ocean Way	36	14:47	15:25	15:02	14:40	00:44
158.3	21.9	98.4	13.6	R/about	1st Exit	East Tyndall Street	46	14:48	15:26	15:03	14:41	00:44
158.6	21.6	98.6	13.4	R/about	2nd Exit	Tyndall Street	46	14:49	15:26	15:04	14:41	00:44
158.8	21.4	98.7	13.3	T.Lights	Straight	Tyndall Street	46	14:49	15:27	15:04	14:42	00:44
159.2	21.0	99.0	13.1	T.Lights	Left	Lloyd George Avenue	46	14:50	15:27	15:05	14:42	00:45
159.2	21.0	99.0	13.1			Circuit Entry Point	46	14:50	15:27	15:05	14:42	00:45
159.4	20.8	99.1	12.9	T.Lights	Straight	Lloyd George Avenue	42	14:50	15:27	15:05	14:42	00:45
159.6	20.6	99.2	12.8	T.Lights	Straight	Lloyd George Avenue	42	14:50	15:28	15:05	14:43	00:45
159.7	20.5	99.3	12.7	T.Lights	Straight	Lloyd George Avenue	42	14:50	15:28	15:05	14:43	00:45
159.8	20.4	99.4	12.7	T.Lights	Straight	Lloyd George Avenue	42	14:50	15:28	15:05	14:43	00:45
160.0	20.2	99.5	12.6	T.Lights	Straight	Lloyd George Avenue	42	14:51	15:28	15:06	14:43	00:45
160.2	20.0	99.6	12.4	T.Lights	Straight	Lloyd George Avenue	42	14:51	15:29	15:06	14:43	00:45
160.4	19.8	99.7	12.3	T.Lights	Right		42	14:51	15:29	15:06	14:44	00:45
160.5	19.7	99.8	12.3	T.Lights	Right	Lloyd George Avenue	42	14:51	15:29	15:06	14:44	00:45
161.8	18.4	100.6	11.4	T.Lights	Left	Herbert Street	42	14:53	15:31	15:08	14:45	00:45
161.9	18.3	100.7	11.4	T.Lights	Straight	Callaghan Street	42	14:53	15:31	15:08	14:46	00:45
162.0	18.2	100.7	11.3	R/about	2nd Exit	St Mary Street	42	14:54	15:31	15:09	14:46	00:45
162.3	17.9	100.9	11.1	T.Lights	Straight	St Mary Street	42	14:54	15:32	15:09	14:46	00:45
162.3	17.9	100.9	11.1		Caution!	Speed Hump	42	14:54	15:32	15:09	14:46	00:45

# Stage 8 Worcester - Cardiff Sun10th Sep



Start :	Worcester - Croft Road
Neutralised section :	15.5 km or 9.6 miles
Stage Distance :	180.2 km or 112.1 miles
Finish :	Cardiff - King Edward VII Avenue

Route Details							Estimated Time of Arrival					
kms	kms to go	Miles	Miles to go	Feature	Instruction	Description	Base Speed	Lead Cars	38kmph	42kmph	46kmph	Time Range
								15mins	110%	100%	90%	
162.4	17.8	101.0	11.1	T.Lights	Left	Wood Street	42	14:54	15:32	15:09	14:46	00:45
162.6	17.6	101.1	10.9	Junction	Right	Havelock Street	42	14:54	15:32	15:09	14:46	00:45
162.7	17.5	101.2	10.9	T.Junction	Right	Park Street	42	14:55	15:33	15:10	14:47	00:46
167.2	13.0	104.0	8.1		Keep Left	Westgate Street	42	15:01	15:40	15:16	14:52	00:47
163.2	17.0	101.5	10.6	T.Lights	Right	A4161 Castle Street	42	14:55	15:33	15:10	14:47	00:46
164.1	16.1	102.0	10.0	T.Lights	Right	Corbett Road	42	14:57	15:35	15:12	14:48	00:46
164.5	15.7	102.3	9.8	Junction	Right	King Edward IIV Avenue	42	14:57	15:35	15:12	14:49	00:46
164.7	15.5	102.4	9.6			1st Passage of Finish Line	42	14:57	15:36	15:12	14:49	00:46
165.1	15.1	102.7	9.4	T.Junction	Right	A4161 Boulevard De Nantes	42	14:58	15:36	15:13	14:50	00:46
165.1	15.1	102.7	9.4	T.Junction	Left	A4161 North Road	42	14:58	15:36	15:13	14:50	00:46
165.6	14.6	103.0	9.1		Keep Right	A4161 Duke Street	42	14:59	15:37	15:14	14:50	00:46
165.9	14.3	103.2	8.9	T.Lights	Left	Westgate Street	42	14:59	15:38	15:14	14:51	00:46
166.4	13.8	103.5	8.6	T.Lights	Left	Wood Street	42	15:00	15:38	15:15	14:51	00:47
166.6	13.6	103.6	8.5	T.Lights	Straight	St Mary Street	42	15:00	15:39	15:15	14:52	00:47
166.8	13.4	103.7	8.3	R/about	1st Exit	Callaghan Square	42	15:00	15:39	15:15	14:52	00:47
167.0	13.2	103.8	8.2	T.Lights	Straight	Herbert Street	42	15:01	15:39	15:16	14:52	00:47
167.1	13.1	103.9	8.1	Junction	Right	Lloyd George Avenue	42	15:01	15:39	15:16	14:52	00:47
167.3	12.9	104.0	8.0	T.Lights	Straight	Lloyd George Avenue	42	15:01	15:40	15:16	14:52	00:47
167.5	12.7	104.2	7.9	T.Lights	Straight	Lloyd George Avenue	42	15:01	15:40	15:16	14:53	00:47
167.6	12.6	104.2	7.8	T.Lights	Straight	Lloyd George Avenue	42	15:02	15:40	15:17	14:53	00:47
167.7	12.5	104.3	7.8	T.Lights	Straight	Lloyd George Avenue	42	15:02	15:40	15:17	14:53	00:47
167.9	12.3	104.4	7.6	T.Lights	Straight	Lloyd George Avenue	42	15:02	15:41	15:17	14:53	00:47
168.1	12.1	104.5	7.5	T.Lights	Straight	Lloyd George Avenue	42	15:02	15:41	15:17	14:53	00:47
168.2	12.0	104.6	7.5	T.Lights	Straight	Lloyd George Avenue	42	15:02	15:41	15:17	14:54	00:47
168.3	11.9	104.7	7.4	T.Lights	Right		42	15:03	15:41	15:18	14:54	00:47
168.4	11.8	104.7	7.3	T.Lights	Right	Lloyd George Avenue	42	15:03	15:42	15:18	14:54	00:47
169.7	10.5	105.5	6.5	T.Lights	Left	Herbert Street	42	15:05	15:44	15:20	14:56	00:48
169.8	10.4	105.6	6.5	T.Lights	Straight	Callaghan Street	42	15:05	15:44	15:20	14:56	00:48
169.9	10.3	105.7	6.4	R/about	2nd Exit	St Mary Street	42	15:05	15:44	15:20	14:56	00:48
170.2	10.0	105.8	6.2	T.Lights	Straight		42	15:05	15:44	15:20	14:56	00:48
170.2	10.0	105.8	6.2		Caution!	Speed Hump	42	15:05	15:44	15:20	14:56	00:48
170.3	9.9	105.9	6.2	T.Lights	Left	Wood Street	42	15:05	15:45	15:20	14:56	00:48
170.5	9.7	106.0	6.0	Junction	Left	Havelock Street	42	15:06	15:45	15:21	14:57	00:48
170.6	9.6	106.1	6.0	T.Junction	Right	Park Street	42	15:06	15:45	15:21	14:57	00:48
170.6	9.6	106.1	6.0		Keep Left	Westgate Street	42	15:06	15:45	15:21	14:57	00:48
170.9	9.3	106.3	5.8	T.Lights	Right	A4161 Castle Street	42	15:06	15:45	15:21	14:57	00:48
171.2	9.0	106.5	5.6		Keep Left	A4161 Duke Street	42	15:07	15:46	15:22	14:57	00:48
171.4	8.8	106.6	5.5	T.Lights	Straight	A4161 North Road	42	15:07	15:46	15:22	14:58	00:48
171.8	8.4	106.8	5.2	T.Lights	Straight	A4161 North Road	42	15:08	15:47	15:23	14:58	00:48
172.0	8.2	107.0	5.1	T.Lights	Left	Corbett Road	42	15:08	15:47	15:23	14:59	00:48
172.2	8.0	107.1	5.0	Junction	Right	King Edward IIV Avenue	42	15:08	15:47	15:23	14:59	00:48
172.6	7.6	107.3	4.7			2nd Passage of finish line & Sprint 3	42	15:09	15:48	15:24	14:59	00:48
180.2	0.0	112.1	0.0			1 further complete lap	42	15:20	16:00	15:35	15:09	00:51
180.2	0.0	112.1	0.0	Finish		Cardiff - King Edward VII Avenue	42	15:20	16:00	15:35	15:09	00:51