

RACK RAID STAGE TIMES / TIMETABLE

SUNDAY 2nd June 2019. PERMIT NO: EAST R.A.C. RR-32

STAGE 1.	GROSMONT CASTLE to SKENFRITH CASTLE 5.1 Miles START TIME: 7.30AM	CUT-OFF TIME: 46 MINS
STAGE 2.	SKENFRITH CASTLE to WHITE CASTLE 6.93 Miles START TIME: 8.05AM	CUT-OFF TIME: 62 MINS
STAGE 3.	WHITE CASTLE to ABERGAVENNY 7.51 Miles START TIME: 8.50AM	CUT-OFF TIME: 68 MINS
STAGE 4.	ABERGAVENNY to OLD COURT MOAT 6.7 Miles START TIME: 9.40AM	CUT-OFF TIME: 61 MINS
STAGE 5.	OLD COURT MOAT to MONMOUTH 8.1 Miles START TIME: 10.25AM	CUT-OFF TIME: 73 MINS
STAGE 6.	MONMOUTH to RAGLAN 12.6 Miles START TIME: 11.20AM	CUT-OFF TIME: 1HR 54 MINS
STAGE 7.	RAGLAN to USK 5.53 Miles START TIME: 12.40PM	CUT-OFF TIME: 50 MINS
STAGE 8.	USK to TINTERN ABBEY 13.1 Miles START TIME: 1.20PM	CUT-OFF TIME: 1HR 58 MINS
STAGE 9.	TINTERN ABBEY to CHEPSTOW CASTLE 10.0 Miles START TIME: 2.45PM	CUT-OFF TIME: 1HR 30 MINS
STAGE 10.	CHEPSTOW CASTLE to CALDICOT CASTLE 5.63 Miles START TIME: 3.50PM	CUT-OFF TIME: 51 MINS
STAGE 11.	CALDICOT CASTLE to PENHOW 8.3 Miles START TIME: 4.25PM	CUT-OFF TIME: 1HR 15 MINS
STAGE 12.	PENHOW to CAERLEON AMPHITHEATRE 6.64 Miles START TIME: 5.20PM	CUT-OFF TIME: 60 MINS
STAGE 13.	CAERLEON AMPHITHEATRE to CASTELL-Y-BWCH 5.43 Miles START TIME: 6.05PM	CUT-OFF TIME: 49 MINS

TOTAL DISTANCE: APPROXIMATELY 100 MILES.

APPROXIMATE FINISH TIME: 6.45PM

THE PRESENTATION WILL TAKE PLACE AS SOON AS POSSIBLE AFTER THE LAST RUNNER HAS FINISHED, EITHER IN THE PUB OR OUTSIDE DEPENDING ON THE WEATHER!

RACK RAID STAGE DESCRIPTIONS

STAGE 1. GROSOMT CASTLE to SKENFRITH CASTLE APPROXIMATE MILEAGE: 5.1 Miles

Start on approach lane to Grosmont Castle. Proceed down lane and turn left onto B4347. In approximately 4 miles turn left along B4521 signposted "Ross/Skenfrith". On entering village take left turn for castle and finish.

STAGE 2. SKENFRITH CASTLE to WHITE CASTLE APPROXIMATE MILEAGE: 6.93 Miles

Start on lane adjacent to Skenfrith Castle. Proceed to B4521 and turn right towards Abergavenny. Continue for approximately 5.5 miles and take left turn signposted "White Castle". **OFFICIAL VEHICLES ONLY PLEASE.** Follow lane and finish on castle green.

STAGE 3. WHITE CASTLE to ABERGAVENNY APPROXIMATE MILEAGE: 7.51 Miles

Start on green within White Castle. Return to B4521 along lane and turn left towards Abergavenny. On entering town bear left under bridge and keep left. On reaching T-junction turn left and then right after 100 yards into the park alongside the Gavenny River. Keep to left hand path and finish at end. The castle is visible to the right.

STAGE 4. ABERGAVENNY to MOAT APPROXIMATE MILEAGE: 6.7 Miles

Start on path alongside bus station car park. Go to end, turn right and proceed along B4233 towards Monmouth, through Llanvapley. In approximately 6 miles, turn left into lane signposted "White Castle", finish is about 50 metres after the turn off from the B4233. **ONLY TIMEKEEPERS** vehicles permitted on this lane. Parking is available at Park Farm about 100 metres further along B4233 or in the village of Llantilio Crossenny, footpath from the church across field to the start.

STAGE 5. MOAT to MONMOUTH APPROXIMATE MILEAGE: 8.1 Miles

See above for parking restriction. Race starts in the lane alongside the Moat turn left on to the B4233.. Continue along B4233. On entering Monmouth town go straight ahead at roundabout before turning left at next roundabout and proceed to the finish on the Monnow Bridge.

Vehicles to use New River bridge downstream of Old Monnow bridge.

STAGE 6. MONMOUTH to RAGLAN APPROXIMATE MILEAGE: 12.6 Miles

Start on the Monnow Bridge. Turn right at roundabout and take first left at next roundabout signposted "Wonastow/Dingestow". Follow this road ignoring signs to Hendre and Raglan. Turn right at Tjunction in Dingestow village (approx 3.8 miles) just after the Bridge Caravan Site signposted "Llandeilo Crosenny/Tregaer/Bryngwyn" and bear left near the Church. Follow this road until taking the first left turn (approx 4.9 miles) after Dingestow Court towards Coed-y-fadw. At the crossroads go straight over towards Pen-y-clawdd. **OFFICIAL VEHICLES ONLY PLEASE.** (Other vehicles turn right to stage finish at Raglan or pick up the route further on at "The Crosshands"). On entering Pen-y-clawdd village bear right signposted "Usk" and follow this road until reaching the "Crosshands" crossroads. Take a right turn signposted "Llandenny/Raglan". On entering the town go straight across at the crossroads near the Church into Castle Street and finish near small bridge (Raglan Castle is visible directly ahead). Parking is extremely limited in this road so please do not stop in Raglan unless you have a runner to drop off / collect

STAGE 7. RAGLAN to USK

APPROXIMATE MILEAGE: 5.53 Miles

Start near small bridge on Castle Street. Proceed down road and turn right through town. Turn left at the Crown Inn. Follow to T-junction at end and turn left towards Usk passing through Gwehelog. On entering Usk town take right hand spur just past "Ladyhill" estate identified by "No Entry" signs (support vehicles take usual route into Usk by turning right at T-junction). On reaching main road bear right and follow towards main town. Care must be taken here as you must cross to left hand side of road before taking left turn signposted "Llantrisant" for finish in Twyn Square. Usk Castle is visible on a hill directly opposite the square.

STAGE 8. USK to TINTERN ABBEY

APPROXIMATE MILEAGE: 13.05 Miles

Start in Twyn Square, Usk. Proceed down road bearing right near Church and left at Convenience Store passing the prison on left (we might drop a few off here!). On exiting tunnel under main Newport to Ross dual carriageway take left turn signposted "Grass Ski Centre". OFFICIAL VEHICLES ONLY Follow to B4325 junction and turn right, then immediate left signposted "Wolvesnewton/Cobblers Plain". Take care crossing the road here. Follow lane past the Model Farm Folk Museum and on junction with B4293 take lane directly opposite signposted "Trellech Grange". At next junction bear right signposted "Parkhouse/Tintern". At next T-junction turn right signposted "Tintern" past the Fountain Inn. At next junction bear left signposted "Tintern" past trout pools and over bridge. Pass Tintern Ironworks on your left. On reaching main A466 Wye Valley road turn right towards Chepstow. Exercise caution on crossing to left hand side in readiness for left turn to Tintern Abbey and finish adjacent to car park.

STAGE 9. TINTERN ABBEY to CHEPSTOW CASTLE

APPROXIMATE MILEAGE: 10.0 Miles

Start adjacent to Tintern Abbey car park. Proceed to main A466 and turn right. Again take care when crossing for left turn signposted "Llanishen" (near the George Hotel). In approximately third of a mile bear right signposted "Devauden" past the Cherry Tree Inn and trout pools. Continue for approximately one mile keeping large top trout pool to your right. Take left turn up hill after pool. In approximately 1.8 miles turn right signposted "Devauden/Monmouth". Just after entering Devauden village take left turn opposite the Masons Arms pub. Follow to T-junction and turn left along the B4293 towards Chepstow. Proceed to roundabout near Chepstow racecourse and carry straight ahead up the hill. On entering the town take the footpath on left signposted "Wye Valley Walk" and finish in Chepstow Castle car park.

STAGE 10. CHEPSTOW CASTLE to CALDICOT CASTLE

APPROXIMATE MILEAGE: 5.63 Miles

Start near Chepstow Castle car park. Follow footpath to road and turn right. Just after brow of hill turn left into Kingsmark Lane and left again at the T-junction. Take the A48 towards Newport by turning right at the roundabout. Pass through Pwllmeyric past St Pierre Golf Club. Please make use of available footpaths on this section. On reaching the right hand bend at the top of the hill, runners bear left to side of barrier and proceed to B4245 towards Caldicot (support vehicles turn left at roundabout slightly further on). Continue to next roundabout and take right turn onto footpath alongside lane, go through kissing gate and finish on path just before pedestrian bridge.

STAGE 11. CALDICOT CASTLE to PENHOW

APPROXIMATE MILEAGE: 8.3 Miles

Start in car park area adjacent to Caldicot Castle. Proceed along approach lane to T-junction and turn right. Bear right at roundabout through housing estate and continue for approx. 1 mile to sign for village of Caerwent passing over motorway. At 1.35 miles take left turn, and continue past golf course. At 2 miles, turn right to Highmore Hill. At 3.8 miles turn left at the crossroads. At 4.7 miles turn left at the T-junction towards Magor. At 6.1 miles turn right, then follow this lane to the finish, in residential lane on left adjacent to main road, next to the Groes Wen public house. We have introduced a NO VEHICLES policy in the narrow lanes. A marshal will direct vehicles to the A48.

STAGE 12. PENHOW to CAERLEON AMPHITHEATRE
APPROXIMATE MILEAGE: 6.64 Miles

Start on footpath on right hand side of main A48 opposite previous stage finish. Keep to footpath on RIGHT HAND SIDE of road. In just over 1 mile turn right signposted "Tregarn Road" and right again into "Old Roman Road". Take right turn signposted "Usk" and left under the dual carriageway. On entering Caerleon turn right opposite the Bell Inn identified by "No Entry" signs (support vehicles take right turn at next T-junction). On reaching junction take a sharp right through the car park of the Ship Inn and cross footbridge. After bridge cross to left hand side and proceed into Caerleon. Take left turn after the Bull Inn signposted "Municipal Golf Course" and "Heritage Trail". On reaching the car park take left turn into Amphitheatre site. Skirt round the right hand side of the arena and enter over ramp at the far end and finish in middle.

STAGE 13. CAERLEON AMPHITHEATRE to CASTELL-Y-BWCH
APPROXIMATE MILEAGE: 5.43 Miles

Start within Caerleon Roman Amphitheatre. On reaching car park turn right along Cold Bath Road and then left to follow one way system past the Common. At mini roundabout turn left and in approximately one mile turn left into "Malthouse Lane" (**OFFICIAL VEHICLES ONLY PLEASE**). At the crossroads take "Pentre Lane" directly opposite past the Three Blackbirds pub (**FIRST AID VEHICLE ONLY** – any Official Vehicles follow directions below). Please take the utmost care at this junction due to poor visibility. Continue along Pentre Lane to finish at top of hill adjacent to Castell-y- Bwch pub. Note that the last mile of this stage is used by Newport Harriers for their "Masochist Mile" race. The sting is in the tail!

Any Official Vehicles using "Malthouse Lane" can reach the finish at the Castell-y-Bwch as follows:

- Turn right at the end of Malthouse Lane.
- Turn left at the roundabout into Llantarnam Park Way.
- Proceed straight across at the next roundabout.
- Proceed straight across at the next roundabout into Hollybush Way.
- Turn left at the next roundabout.
- Turn left at the next roundabout into Henllys Way.
- Proceed up the hill and take the first left turn into the lane leading to the Castell-y-Bwch (approx half a mile).
- Please use field on the right hand side for parking.