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| **R12.16 Course (revised 2022)** | Inter Miles | Tot. Miles |
| Start on unclassified road signposted 'Clytha' (old A40 Raglan - Abergavenny road) at yellow mark on drain cover by Light Standard on flare at western side of entrance to Monmouthshire Livestock Market (O.S. 161 384087) | 0.000 | 0.000 |
| Proceed westwards on unclassified road (joining B4598 at Steel Horse Cafe) and continue to Hardwick roundabout to take 1st exit TO START MORNING CIRCUIT | 6.155 | 6.155 |
| Proceed eastwards along A40 dual carriageway to enter Raglan roundabout | 7.559 | 13.714 |
| Straight on to continue on A40 Sign "no U-turn, Clearway" after RAB | 0.085 | 13.799 |
| to Raglan interchange where bear left to Monmouth still on A40 Post 22/8 after services end of slip road | 2.183 | 15.981 |
| to Monmouth Tunnels where after tunnels bear left onto road signed for Trellech and Rockfield to mini roundabout at Esso Petrol Station (Give Way sign) (check) | 4.852 | 20.834 |
| Turn left WITH GREAT CARE and follow B4239 and unclassified road through Mitchel Troy to rejoin A40 Dual-carriageway (blue sign "no U-turns, Clearway) | 2.545 | 23.379 |
| Join A40 westbound | 0.213 | 23.592 |
| Proceed past Raglan Services to go STRAIGHT ON, at Raglan Interchange (sign Usk) as road becomes A449. Post 21/0 | 3.411 | 27.003 |
| Bear left at Llangeview Interchange (signpost Usk) on A472 | 5.254 | 32.257 |
| TURN at break in dual carriageway (signpost B4236 'Chepstow 14') to remain on A472 (check) | 0.505 | 32.761 |
| Proceed to take left hand lane at Llangeview Interchange to rejoin north bound A449 | 0.387 | 33.148 |
| continue on A449 to bear left at Raglan interchange  | 4.398 | 37.547 |
| Join A40 to Raglan roundabout | 1.186 | 38.732 |
| Take 3rd exit (straight on) on A40 to Hardwick roundabout  | 7.629 | 46.361 |
| Encircle roundabout taking 4th exit A465 (Hereford) | 0.300 | 46.661 |
| proceed on A465 to Hereford *(traffic lights at Llangua bridge - see notes re riders safety) via Pontrilas (Sign Hereford 12)* | 12.234 | 58.895 |
| to roundabout at Kingfisher Rise Estate (Tesco) (check) | 9.736 | 68.631 |
| Circle rbt and retrace on A465 via Pontrilas (sign “Abergavenny 12”) | 9.970 | 78.601 |
| to Hardwick rbt, Abergavenny TO FINISH MORNING CIRCUIT | 12.181 | 90.782 |
| Take 2nd exit TO START FIRST MID DAY CIRCUIT (check) | 0.198 | 90.980 |
| Proceed eastwards along A40 dual carriageway to enter Raglan roundabout | 7.559 | 98.539 |
| Take 2nd exit (straight on) along A40 dual carriageway going eastwards (passing Raglan Castle turn)and take LEFT fork on unclassified road towards Mitchel Troy (signpost Monmouth) | 0.646 | 99.185 |
| Continue on unclassified road (old A40) via Dingestow to TURN left and IMMEDIATELY left (with care) to enter A40 on-slip (check) | 4.335 | 103.520 |
| Proceed westwards to pass Services to 1st turn off left (where A40 leaves A449) at Raglan Interchange | 3.800 | 107.320 |
| Continue on A40 to Raglan roundabout | 1.323 | 108.643 |
| Take 3rd exit (straight on) on A40 dual carriageway and proceed westwards to enter Hardwick roundabout (Abergavenny) | 7.629 | 116.272 |
| Encircle roundabout taking 6th exit TO START SECOND MID DAY CIRCUIT.  | 0.498 | 116.770 |
| Repeat. TO START THIRD MID DAY CIRCUIT.  | 25.790 | 142.560 |
| Repeat TO START FOURTH MID DAY CIRCUIT. | 25.790 | 168.350 |
| Repeat TO START FIFTH MID DAY CIRCUIT. | 25.790 | 194.140 |
| Repeat TO FINISH FIFTH MID DAY CIRCUIT.  | 25.790 | 219.930 |
| ***When the first rider completes the fifth circuit proceed along A40 to Raglan roundabout. A FINISH CIRCUIT OPEN sign will show at Raglan Roundabout; take FIRST EXIT (CARE)***  | 7.559 | 227.489 |
| To T/K1 access bridge to Cefn Coch Farm (to start finishing circuit) | 0.362 | 227.851 |
| T/K2, Monmouthshire Livestock Market | 1.279 | 229.130 |
| T/K3, Bus Shelter opposite turning to Llanarth  | 2.087 | 231.287 |
| T/K4, layby past King of Prussia Inn (closed) | 1.656 | 232.873 |
| T/K5, layby past Farmhouse 3 Tyr-Pwll sign, near Hardwick Inn | 1.502 | 234.375 |
| T/K6 mark on kerb at Hardwick rbt to take 1st exit onto A40 eastbound | 1.033 | 235.408 |
| T/K7, 2nd layby on dual carriageway | 0.974 | 236.382 |
| T/K8, 3rd layby on dual carriageway | 1.601 | 237.983 |
| T/K9, 4th layby on dual carriageway | 1.916 | 239.899 |
| T/K10, 7th layby on dual carriageway  | 1.733 | 241.632 |
| At Raglan r/a turn left (CARE) on unclassified road | 1.340 | 242.972 |
| To T/K1 access bridge to Cefn Coch Farm (to complete 1st lap) | 0.362 | 243.334 |
| Repeat to T/K1 to complete 2nd lap of Finishing Circuit | 15.484 | 258.818 |
| Repeat to T/K1 to complete 3rd lap of Finishing Circuit | 15.484 | 274.302 |
| Repeat to T/K1 to complete 4th lap of Finishing Circuit | 15.484 | 289.786 |
| Repeat to T/K1 to complete 5th lap of Finishing Circuit | 15.484 | 305.270 |
| Repeat to T/K1 to complete 6th lap of Finishing Circuit | 15.484 | 320.754 |
| Repeat to T/K1 to complete 7th lap of Finishing Circuit | 15.484 | 336.238 |
| Repeat to T/K1 to complete 8th lap of Finishing Circuit | 15.484 | 351.722 |