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

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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