

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

A gpx file of this route is available at www.fairwater-runners-cwmbran.org.uk/content/rack-raid

START TIME: 6.04PM

CUT-OFF TIME: 50 MINS

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 was 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).

