

Point Ref:	CourseRoad:	PointLocation:	Area:	BriefRouteDescription:	Miles Done	Time 1st:	Time Last	Miles Done	Time 1st:	Time Last	Miles Done	Time 1st:	Time Last
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R 01	Tudor Square	START	Tenby		0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 02	High Street	Crackwell Street	Tenby	Runners going straight on Runners going straight on	0.11	10:00:33	10:01:30	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 03	White Lion Street	High Street	Tenby	Runners turning left Runners turning right	0.16	10:00:48	10:02:11	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 04	White Lion Street	Upper Frog Street	Tenby	Runners turning left Runners going straight on	0.18	10:00:54	10:02:27	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 05	Upper Frog Street	St George's St	Tenby	Runners turning left	0.32	10:01:36	10:04:22	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 06	Paragon	St Mary's Street / Church St	Tenby	Runners going straight on	0.36	10:01:48	10:04:55	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 07	Paragon	St Mary's Street	Tenby	Runners going straight on	0.46	10:02:18	10:06:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 08	Paragon	Lower Frog Street	Tenby	Runners going straight on	0.50	10:02:30	10:06:49	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 09	Paragon	Florence Parade	Tenby	Runners turning right	0.53	10:02:39	10:07:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 10	Florence Parade	South Cliffe Street	Tenby	Runners going straight on	0.57	10:02:51	10:07:46	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 100	The Green	Norton	Tenby		0.16	10:00:48	10:02:11	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 101	Dill Road	A4075 Holyland Road	Pembroke	Runners going straight on	10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 101.1	A4075 Holyland Road	A477	Pembroke		10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 102	Main Street	Westgate Hill	Pembroke	Runners turning left	12.40	11:02:00	12:49:05	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 103	Main Street	Well Hill	Pembroke	Runner turning right in to Well Hill	12.85	11:04:15	12:55:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 104	U6340 Jason Road	A4139	Freshwater East	Runners turning right	17.72	11:28:36	14:01:38	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 11	Florence Parade	Trafalgar Road	Tenby	Runners turning left	0.67	10:03:21	10:09:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 12	Trafalgar Road	Picton Road	Tenby	Runners turning left	0.72	10:03:36	10:09:49	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 13	Picton Road	Picton Terrace	Tenby	Runners going straight on	0.81	10:04:03	10:11:03	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 14	Picton Terrace	Esplanade	Tenby	Runners turning right	0.89	10:04:27	10:12:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 15	Esplanade	Victoria Street	Tenby	Runners turning right	0.94	10:04:42	10:12:49	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 16	Victoria Street	Culver Park	Tenby	Runners going straight on	1.02	10:05:06	10:13:55	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 17	Culver Park	Trafalgar Road	Tenby	Runners turning left	1.10	10:05:30	10:15:00	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 18	Trafalgar Road	Harries Street	Tenby	Runners going straight on	1.15	10:05:45	10:15:41	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 19	Church Park	Queens Parade	Tenby	Runners turning right	1.20	10:06:00	10:16:22	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 20	Queens Parade	Edward Street	Tenby	Runners going straight on	1.27	10:06:21	10:17:19	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 21	Queens Parade	Golf Course Access	Tenby	Runners going straight on	1.29	10:06:27	10:17:35	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 22	Station Road	Park Place	Tenby	Runners going straight on	1.34	10:06:42	10:18:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 23	Warren Street	Station Access	Tenby	Runners going straight on	1.42	10:07:06	10:19:22	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 24	Warren Street	Greenhill Avenue	Tenby	Runners going straight on	1.45	10:07:15	10:19:46	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 25	Warren Street	Penally Road	Tenby	Runners turning right	1.51	10:07:33	10:20:35	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 26	Penally Road	Upper Park Road	Tenby	Runners turning right	1.56	10:07:48	10:21:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 27	Lower Park Road	Marsh Road	Tenby	Runners turning left	1.84	10:09:12	10:25:05	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 28	Marsh Road	Salterns Road	Tenby	Runners going straight on	1.90	10:09:30	10:25:55	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 29	Marsh Road	Clickett Lane	Tenby	Runners going straight on Runners going straight on	2.51	10:12:33	10:34:14	24.87	12:04:21	15:39:08	0.00	10:00:00	10:00:00
R 29.1	Clickett Lane	Sports Centre	Tenby		2.51	10:12:33	10:34:14	24.87	12:04:21	15:39:08	0.00	10:00:00	10:00:00
R 29.2	Clickett Lane	Heywood Lane	Tenby		2.51	10:12:33	10:34:14	24.87	12:04:21	15:39:08	0.00	10:00:00	10:00:00
R 30	Marsh Road	Kiln Park Junction	Penally	Runners turning right Runners turning left	2.72	10:13:36	10:37:05	24.68	12:03:24	15:36:33	0.00	10:00:00	10:00:00
R 31	Marsh Road	Kiln Park Junction	Penally	Runners turning right Runners turning left	2.72	10:13:36	10:37:05	24.68	12:03:24	15:36:33	0.00	10:00:00	10:00:00
R 32	Trefloyne Lane	Holloway Hill	Penally	Runners going straight on Runners going straight on	2.81	10:14:03	10:38:19	24.59	12:02:57	15:35:19	0.00	10:00:00	10:00:00
R 33	Holloway Hill	Penally Village Road	Penally	Runners turning right Runners turning left	2.91	10:14:33	10:39:41	24.49	12:02:27	15:33:57	0.00	10:00:00	10:00:00
R 33.1	C3184 Penally Village Road	Estate entrance on Holloway Hill	Penally	Runners going straight on Runners going straight on	3.05	10:15:15	10:41:35	24.37	12:01:51	15:32:19	0.00	10:00:00	10:00:00

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R 34	Strawberry Lane	Bottom of	Penally		3.45	10:17:15	10:47:03	23.97	11:59:51	15:26:52	0.00	10:00:00	10:00:00
R 34.1	The Ridgeway	Strawberry Lane	Penally	Runners going straight on	3.45	10:17:15	10:47:03	23.97	11:59:51	15:26:52	0.00	10:00:00	10:00:00
R 34.4	The Ridgeway	Strawberry Lane	Penally	Runners going straight on Runners going straight on	3.52	10:17:36	10:48:00	23.95	11:59:45	15:26:35	0.00	10:00:00	10:00:00
R 35	Unnamed Road	Caravan Park Access	Penally		4.03	10:20:09	10:54:57	23.38	11:56:54	15:18:49	0.00	10:00:00	10:00:00
R 35.1	The Ridgeway	Unnamed Road	Penally	Runners going straight on Runners going straight on	4.03	10:20:09	10:54:57	23.38	11:56:54	15:18:49	0.00	10:00:00	10:00:00
R 36	Eastern Lane	Bottom of	St. Florence		5.43	10:27:09	11:14:03	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 36.4	The Ridgeway	Eastern Lane crossing	St. Florence	Runners going straight on Runners turning right	5.43	10:27:09	11:14:03	21.98	11:49:54	14:59:44	0.00	10:00:00	10:00:00
R 37	The Ridgeway	Station Road	St. Florence	Runners going straight on	5.63	10:28:09	11:16:46	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 38	The Ridgeway	Beavers Hill	Manorbier Newton	Runners going straight on	6.78	10:33:54	11:32:27	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 39	The Ridgeway	Coal Lane	Manorbier Newton	Runners going straight on	7.25	10:36:15	11:38:52	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 39.2	Coal Lane	Unnamed road	Manorbier Newton		7.25	10:36:15	11:38:52	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 40	The Ridgeway	Summerhill Lane	Manorbier Newton	Runners going straight on	7.65	10:38:15	11:44:19	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 41	The Ridgeway	Stephens Green Lane	Manorbier Newton	Runners turning right	7.93	10:39:39	11:48:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 41.4	Stephens Green Lane	Deer Park Lane	Lamphey	Runners turning left	8.40	10:42:00	11:54:33	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 42	Stephens Green Lane	Paddock Lane	Milton		8.40	10:42:00	11:54:33	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 43	The Ridgeway	Unnamed Road	Lamphey		7.93	10:39:39	11:48:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 44	Deer Park Lane	Dill Road	Pembroke	Runners going straight on	10.19	10:50:57	12:18:57	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 44.1	Unnamed Road	Middle Farm access	Pembroke		10.19	10:50:57	12:18:57	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 45	Dill Road	Phillips Lane	Pembroke	Runners going straight on	10.32	10:51:36	12:20:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 46	Dill Road	Sixth Lane	Pembroke	Runners going straight on	10.44	10:52:12	12:22:22	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 46.1	Sixth Lane	A4139	Pembroke		10.44	10:52:12	12:22:22	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 47	Dill Road	A4075 Holyland Road	Pembroke	Runners going straight on	10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 47.1	A4075 Holyland Road	Phillips Lane	Pembroke		10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 47.2	A4075	A477	Pembroke		10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 48	Dill Road	A4075 Holyland Road	Pembroke	Runners going straight on	10.87	10:54:21	12:28:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 49	Golden Lane	Unnamed Road	Pembroke	Runners going straight on	11.40	10:57:00	12:35:27	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 50	Golden Lane	Powells Close	Pembroke	Runners turning left	11.63	10:58:09	12:38:35	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 51	Golden Lane	Footpath entrance (School)	Pembroke	Runners turning left on to footpath by school	11.67	10:58:21	12:39:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 51.1	The Green	Woodbine Terrace	Pembroke		11.67	10:58:21	12:39:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 52	Footpath from Old School via Mill Pond to Mill Bridge		Pembroke	Runners going straight on	11.67	10:58:21	12:39:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 53			Pembroke	Runners going straight on	11.86	10:59:18	12:41:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 53.4	Water station 4, Corner of Mill Pond		Pembroke	Runners going straight on	11.93	10:59:39	12:42:41	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 54	The Green	Westgate Hill	Pembroke	Runners turning left	12.35	11:01:45	12:48:25	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 55	Main Street	Westgate Hill	Pembroke	Runners turning left	12.40	11:02:00	12:49:05	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 56	Main Street	East Back	Pembroke	Runners going straight on	12.62	11:03:06	12:52:05	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 57	Main Street	East Back	Pembroke	Runners going straight on	12.73	11:03:39	12:53:35	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 58	Main Street	Well Hill	Pembroke	Runner turning right in to Well Hill	12.85	11:04:15	12:55:14	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 59	Well Hill	Lower Lamphey Road	Pembroke	Runners turning left	12.89	11:04:27	12:55:46	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 60	Lower Lamphey Road	Watery Lane	Pembroke	Runners going straight on	13.25	11:06:15	13:00:41	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 61	Lower Lamphey Road	West Hill	Lamphey	Runners going straight on	14.56	11:12:48	13:18:33	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 62	Lower Lamphey Road	Freshwater East Road	Lamphey	Runners turning right	14.64	11:13:12	13:19:38	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 62.4	Freshwater East Road		Lamphey	Runners going straight on	15.35	11:16:45	13:29:19	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 63	Portclew Road	Trewent Hill	Freshwater East	Runners going straight on	16.26	11:21:18	13:41:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 64	Portclew Road	Unnamed road to Hodgston	Freshwater East	Runners going straight on	16.30	11:21:30	13:42:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 64.1	Jason Road	Unnamed road to Hodgston	Freshwater East	Runners going straight on	16.30	11:21:30	13:42:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 65	U6340 Jason Road	A4139	Freshwater East	Runners turning right	17.72	11:28:36	14:01:38	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 66	U6339 Swanlake	U6338 unnamed road	Freshwater East	Runners turning right	17.80	11:29:00	14:02:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 67	U6338 unnamed road	Cob Lane crossroads	Manorbier	Runners turning right	18.74	11:33:42	14:15:33	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 68	Unnamed Road	Manorbier beach	Manorbier	Runners going straight on	19.50	11:37:30	14:25:55	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 69	Unnamed Road	Manorbier Car park entrance	Manorbier	Runners going straight on	19.59	11:37:57	14:27:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 69.1	Unnamed Road	Manorbier Castle entrance	Manorbier	Runners going straight on	19.59	11:37:57	14:27:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 69.2	Unnamed road	Down hill to beach from Castlemead Hotel	Manorbier	Runners going straight on	19.70	11:38:30	14:28:38	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 70	B4585	Junction at Café	Manorbier	Runners going straight on	19.79	11:38:57	14:29:52	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 71	B4585	Manor Crescent	Manorbier	Runners going straight on	20.00	11:40:00	14:32:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 72	B4585	Vicarage Fields	Manorbier	Runners going straight on	20.04	11:40:12	14:33:16	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00

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R 73	B4585	Skrinkle Junc	Manorbier	Runners going straight on	20.37	11:41:51	14:37:46	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 74	B4585	Whealers Way	Manorbier	Runners going straight on	20.60	11:43:00	14:40:55	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 75	B4585	A4139	Manorbier	Runners going straight on	5.43	10:27:09	11:14:03	20.81	11:44:03	14:43:46	0.00	10:00:00	10:00:00
R 76	C3040 Norchard Lane	Norchard Farm	Penally	Runners going straight on	5.43	10:27:09	11:14:03	21.49	11:47:27	14:53:03	0.00	10:00:00	10:00:00
R 77	Marsh Road	Churchill Close	Tenby	Runners going straight on	24.87	12:04:21	15:39:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 78	Marsh Road	Knowling Mead	Tenby	Runners going straight on	24.92	12:04:36	15:39:49	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 79	Marsh Road	Newell Hill	Tenby	Runners going straight on	25.28	12:06:24	15:44:44	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 80	Marsh Road	Salterns Road	Tenby	Runners going straight on	25.37	12:06:51	15:45:57	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 81	Marsh Road		Tenby	Runners going straight on	25.42	12:07:06	15:46:38	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 82	A4218	Greenhill Road	Tenby	Runners turning right	25.45	12:07:15	15:47:03	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 83	Greenhill Road	White Lion Street	Tenby	Runners turning left	25.69	12:08:27	15:50:19	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 84	White Lion Street	High Street	Tenby	Runners turning right	25.75	12:08:45	15:51:08	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 85	High Street	Crackwell Street	Tenby	Runners going straight on	25.80	12:09:00	15:51:49	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00
R 86	Tudor Square and Castle Area		Tenby		25.91	12:09:33	15:53:19	0.00	10:00:00	10:00:00	0.00	10:00:00	10:00:00