

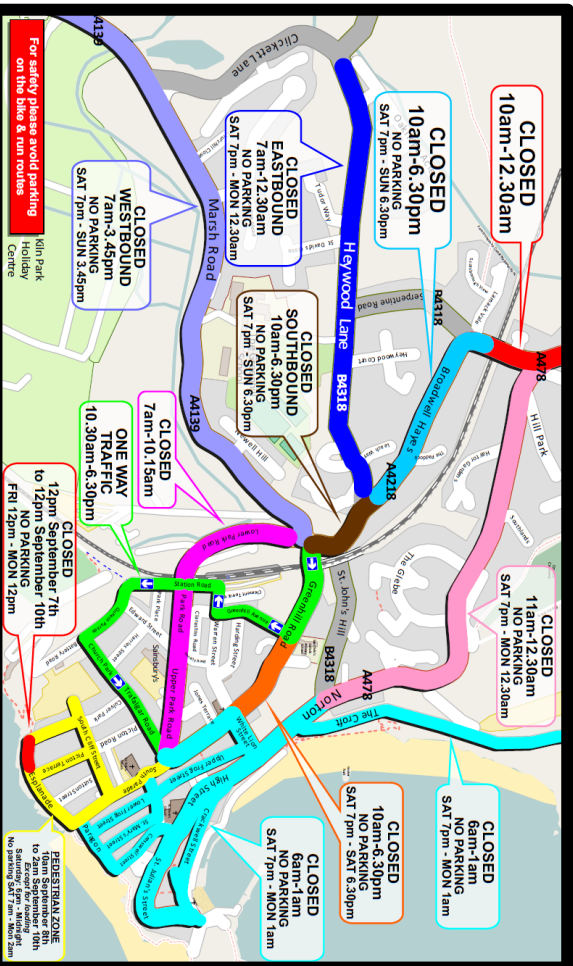
# IRONMAN WALES ROAD ACCESS INFORMATION – SUNDAY 9<sup>th</sup> SEPTEMBER 2018

TENBY, PENALLY, LYDSTEP, LAMPHEY, ST PETROX, CASTLEMARTIN, ANGLE, PEMBROKE, REDBERTH, SAGESTON, CAREW, NEW HEDGES

Temporary road closures will be in place on IRONMAN Wales race day (Sunday 9 September) to ensure the safety of athletes and the public. These legal road closures are implemented under the Road Traffic Regulation (Special Events) Act 1994, and apply to all vehicles and bikes that are not involved in the event. Please use this information to plan your journey in advance, and so minimise the inconvenience to your travel on race day.

- Please avoid parking on any section of the bike course for safety reasons.
- Pedestrians **can** cross the course at any time when safe to do so.
- Essential access for carers will be facilitated. Please contact [wales@ironmanroadaccess.com](mailto:wales@ironmanroadaccess.com) as early as possible.
- There are **NO RESTRICTIONS** at any time to any of the emergency services
- **DETOUR ADVICE:** The A477, A40 and A4076 are unaffected by the road closures.

AREA	CLOSURES TIMES	DETAILS
TENBY	SUNDAY 9 <sup>TH</sup> SEPTEMBER	<p><b>North Beach Car Park</b> – Access via the A478 until 10:00 on Sunday 9<sup>th</sup> September. The car park will be locked down from 11:00 – 00:30 on Monday the 10<sup>th</sup> September.</p> <p><b>South Beach Car Park</b> – Access via Marsh Road (A4139) and use the one-way system from Greenhill Road to South Beach. Exit will be using Upper Park Road/Park Road and Heywood Lane (B4318) throughout the day.</p> <p><b>Tenby Multi-storey Car Park</b> – There will be no access to the car park between 07:00 – 10:15 as Park Road is closed. Exit will be via Upper Park Road/ Park Road and Heywood Lane (B4318).</p> <p><b>Salterns Car Park</b> – Please follow the one-way signage in place.</p> <p><b>CAREW PARK &amp; RIDE</b> – There will be a two-day athlete and spectator Park &amp; Ride available from Carew Airfield on Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> September into Tenby (Saturday and Sunday) &amp; Saundersfoot (Sunday only). Please visit <a href="http://www.ironman.com/wales">www.ironman.com/wales</a> to find out more information. Carew Airfield can be easily accessed via the A477.</p>
PENALLY	07:00 - 15:45	<p>The bike course travels Westbound out of Tenby along Marsh Road (A4139) through Kiln Park and Penally. The road is closed Westbound ONLY.</p> <p><b>ACCESS ADVICE:</b> There will be access for all vehicles to travel Eastbound towards Tenby on Marsh Road (A4139) throughout the day. Any traffic travelling into Tenby please read the Tenby specific section of the leaflet.</p>
LYDSTEP, MANORBIER, JAMESTON, HODGESTON	07:00 - 15:45	<p>The bike course continues Westbound along Marsh Road (A4139) passing Lydstep, Manorbier, Jameston and Hodgeston. The road is fully closed between 07:00 – 15:45.</p> <p>The red section of the road closure map shows that one-way traffic can flow Eastbound on the A4139 from Lamphey and Northbound from Hodgeston towards Manorbier Newton between 07:00 – 15:45.</p> <p><b>ACCESS ADVICE:</b> There are two vehicle crossing points located at both junctions of the B4585 where it crosses the A4139. This allows clear access throughout the day in and out of Manorbier.</p>
LAMPHEY	07:30 - 13:00	<p>The bike course continues Westbound on Upper Lamphey Road towards Pembroke. The course takes a left onto Well Hill and Southbound on the A4139 and B4319 (St Daniel's Hill). This section of road is fully closed between 07:30 and 13:00 due to two-way bikes.</p>
KINGSFOLD, ST PETROX, MERRION, MAIDENWELLS	07:30 - 11:30	<p>The bike course continues along the B4319 through Kingsfold, St Petrox and Merrion.. The bikes also return from Angle along Clay Lane and through Maidenwells joining back onto the B4319.</p> <p>These sections of road are fully closed between 07:30 and 11:30.</p>
CASTLEMARTIN, ANGLE	08:15 - 12:00	<p>The bike course continues through Castlemartin on the B4319 before joining the B4320 towards Angle. The bikes continue down into Angle village and then cycle back along the B4320 towards Hundleton. The named roads are fully closed from 08:15 – 12:00.</p> <p><b>ACCESS ADVICE:</b> There are traffic managed crossing points between Speculation Inn on Redford Hill and the junction of the B4320 and Clay Lane to allow traffic to flow Northbound and Southbound.</p>
PEMBROKE	08:30 - 13:00	<p>The bikes travel Northbound into Pembroke Town Centre on the B3149/A4139. The bikes do an out and back loop down Main Street turning outside Rowlies Fish &amp; Chips to head back towards Lamphey. The Main Street is closed to cars from 08:30 – 13:00.</p>
THE RIDGEWAY, REDBERTH, SAGESTON	08:30 - 16:30	<p>The bike course follows The Ridgeway and takes a left onto Coal Lane and right onto Locke's Lane. The course then crosses the B4318 travelling North towards Redberth. The bikes then continue travelling parallel to the A477 to Sageston. The above-named roads will be fully closed from 08:30 – 16:30.</p>
CAREW	09:00 - 17:00	<p>The bike course follows Bird's Lane before taking a left onto the A4075 around Carew Methodist Chapel before travelling North through Cresselly up to Templeton and Narberth. The road will be fully closed from 09:00 – 17:00. Please see the Tenby section for information on the <b>Carew Park and Ride</b>.</p> <p><b>ACCESS ADVICE:</b> There will be a traffic managed vehicle crossing point at Cresselly to allow traffic to flow from Cresswell Quay across the course to Lanesead and back.</p>
NEW HEDGES	10:00 - 00:30	<p>The bike and run course utilise the A476 (Narberth Road) throughout the day. The road will be fully closed from Twycross Roundabout into Tenby from 10:00 – 00:30 on Monday the 10<sup>th</sup> of September. The B3146 will also be closed from 10:00 – 00:30 on Monday the 10<sup>th</sup> of September for the run course.</p>



**TENBY MAP**

**BIKE COURSE - SOUTH**

