## **REGULARITY 4 – CARREG-Y-GARTH**

Start - 099605

Dep SW

End - 008647 Dep NNE

Coloured roads only

## 6009096009610861610706616005046004040302 0261020202620263026401

Start	at	20mph	
Change	to	26mph	@ When you cross 61 for the 4th time
Change	to	20mph	@ 7.60 miles
Change	to	26mph	@ 10.00 miles
Change	to	20mph	@ 13.20 miles