

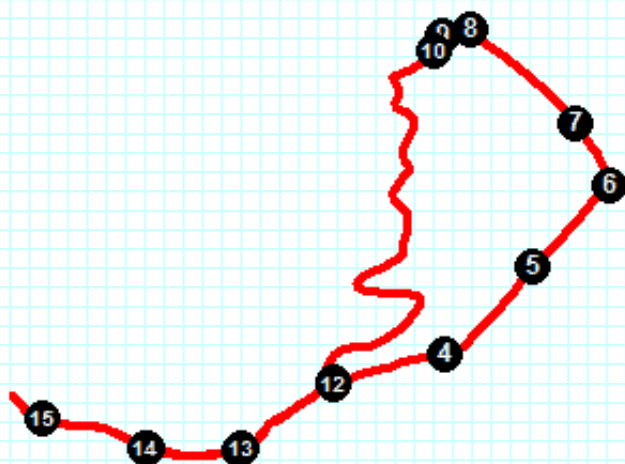
# Pontypool 10k Home Run 2014

**6.20 miles**  
(6.47 Flat Equivalent)

## Directions for Running this Route

The Estimated Time of Arrival (ETA) at each new direction is calculated from the distance and hilliness of each segment of the route and your running pace on an equivalent flat route.

### ROUTE PROFILE

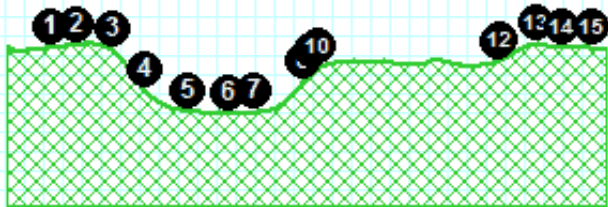



### HILL PROFILE

Flat Run pace:  mins per mile [Refresh](#)

miles ▼	ETA	Direction
<b>1</b> 0.46 miles	0:03:47	Left out of Park Gates onto Usk Road. Care needed as pavement narrows.
<b>2</b> 0.71 miles	0:05:51	Continue forward on Usk Road
<b>3</b> 1.10 miles	0:08:59	Continue forward on Usk Road
<b>4</b> 1.42 miles	0:11:35	Bear left along pathway of A4042. <b>DO NOT RUN ON DUAL CARRIAGEWAY</b>
<b>5</b> 1.88 miles	0:15:13	Continue straight ahead.
<b>6</b> 2.29 miles	0:18:30	Continue on pathway, bearing left onto Old Abergavenny Road.
<b>7</b> 2.57 miles	0:20:47	Continue forward on Old Abergavenny Road. <b>NO PAVEMENT - STAY ON LEFT HAND SIDE OF ROAD.</b>
<b>8</b> 3.07 miles	0:25:32	Turn left straight after Star Inn, onto Folly Road.
<b>9</b> 3.15 miles	0:26:24	Immediately before bridge, take left pathway to join canal towpath
<b>10</b> 3.23 miles	0:27:09	Continue forward on Mon-Brecon canal towpath
<b>11</b> 5.08	0:42:21	Bear left onto permissive pathway to leave

**miles** canal towpath



**12** 0:42:29 Turn right, rejoining Usk Road towards   
**5.10**  
**miles** Pontypool Park

**13** 0:45:52 Continue forward along Usk Road towards  
**5.47**  
**miles** Park

**14** 0:48:04 Turn right through park gate into Pontypool  
**5.75**  
**miles** Park.

**15** 0:50:33 Active Leisure Centre on left, continue  
**6.06**  
**miles** forward, just a few more metres!