



Promoted for and behalf of Cycling Time Trials, under their rules & regulations

Bynea CC 25 mile Time Trial

Incorporating the W. E. Wheeler Memorial Shield

Monday 26th of May 2014 @ 0801hrs

Awards

Fastest Rider - £25 Second Fastest - £15 Third fastest - £10

First Veteran (on standard) - £10 Second Veteran (on standard) - £7

Fastest Lady - £10 Fastest Junior - £10 Fastest Team of three riders - £30 (£10 each)

One rider per award, except team award

Timekeeper – Mr Tudor THOMAS

Event Secretary – Emyr GRIFFITHS, “Y Gorlan”, Old St. Clears Road, Johnstown, Carmarthen, SA31 3HN. emyr.griffiths9@gmail.com

Telephone – (01267) 220316; **(07508) 705014 (pre-event & EMERGENCY on day of event)**

Event HQ – Llandeilo RFC, Cae William, Carmarthen Road, Llandeilo, Carmarthenshire, SA19 6RS.
(open from 0715hrs)

Signing on – Please ensure to sign on when collecting your numbers at HQ & return them at the end of your ride for a drink.

Course details – Emergency 25 mile time trial course (A40 Llandeilo – Carmarthen – Llandeilo)

In the interests of your own safety, Cycling Time Trials and Bynea CC strongly advise you to wear a hard shell helmet which meets an internationally accepted safety standard. In accordance with rule 15, all junior competitors must wear such a helmet. It is also recommended that a flashing or constant rear light is fitted to your bicycle and is active whilst the bicycle is in use.

Please call out your number as you cross the finish line.

Best of luck, keep your head up and have a safe ride – Emyr (Event Secretary).

Any complaints regarding this event must be made in writing to the event secretary within 24 hours of the event.

Course details & safety notes

This route is an EMERGENCY variation of the R25/4 due to permanent road works on the originally published route.

Start - EXPLORER MAP Sheet 186 - 618231 - Central storm water drain on lhs of A40(T) carriageway alongside layby 0.2 miles west of A40(T) junction with u/c road leading to Llandeilo (White Hart). Proceed NW along A40(T) through Broad Oak, Dryslwyn, Pontargothi, Nantgaredig, Whitemill, through Abergwili roundabout and onto further roundabout at junction of A40(T) & A485 - **12.4 miles**.

Circle roundabout and retrace route on A40(T) east towards Llandeilo.

Finish 0.2 miles east of start at street light 506-98, short of A40(T) junction with u/c road to Penybanc (621231) - **25miles**.

The start / finish of the event is 0.4 miles downhill from HQ, where there is adequate parking and space for warming up, along with changing facilities.