

Bynea CC Open 25 mile Time Trial

W.E. Wheeler Memorial 25.

Monday 30th May 2016 at 9.01 am

Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Awards

Fastest rider £25

Second fastest £15

Third fastest £10

First Vet on standard £10

Second Vet on standard £7

Fastest Lady £10

Fastest Junior £10

Fastest team of 3 riders £30 (£10 each)

One Rider Per Award, Except Team Award.

Timekeeper: Tudor Thomas.

Event Secretary: Yeung Ng,
34 Bwlchygwynt, Llanelli, SA15 2AQ.
Tel. 07796 170017

Event HQ: Llandeilo RFC, Llandeilo. SA19 6RS . Open at 7.30 am

Signing on: Sign on and collect numbers at HQ.
Please return numbers to HQ after event.
Numbers can be exchanged for a drink at the catering counter.

Course details : Emergency 25 Mile Time Trial Course
A40 Llandeilo – Carmarthen – Llandeilo.

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.

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 rule15, 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 and have a safe ride – Yeung Ng - event sec.