

# **Bynea CC Open 25 mile Time Trial**

## **W.E. Wheeler Memorial 25.**

**Monday 25<sup>th</sup> May 2015 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: Ms Angela Lewis,  
Merhba, Factory Road, Pembrey, Carmarthen. SA16 0DZ  
Tel. 01554 833938

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 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 and have a safe ride – Angela Lewis - event sec.**