

Bynea CC Phil Jones Memorial Open 30 mile Time Trial

Sunday 15th April 2018 at 9.07 am

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

Awards

Fastest rider 1:05:43- Phil Tucker, Cycle Specific- £25

Second fastest – 1:06:34 - Joe Beech, Ogmores Valley CC-£15

Third fastest – 1:07:21 - Luke Cornish, Cwmcarn Paragon RC- £10

First Vet on standard – +12:12 - John Regan, Pembroke Velo - £10

Second Vet on standard – +11:02 - Emyr Griffiths, TRCC - £7

Fastest Lady – 1:21:02 - Michelle Fishbourne, Team Backsted - £10

Fastest team – Cycle Specific – Phil Tucker, Alex John, Robert Hall - £30

One Rider Per Award, Except Team Award.

Timekeepers: Tudor Thomas, Andrew Grist.

Event Secretary: Karen Dugate,
Fir Tree Cottage, Llanmadoc, Swansea SA3 1DB
Tel 07721 538386

Event HQ: Llanwrda Village Hall. Llanwrda. SA19 8HD. Open at 7.30 am
Please do not wear cycling shoes in the hall as they can damage the wooden floor.
Please do not park on the road outside the hall as local residents have objected and further complaints could lead to the future loss of these headquarters.

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

Course details :R30/5 Llanwrda Circuit

OS References: Sheet 160 - Start 714313 Finish 716286 Start in unclassified road to east of Llanwrda by-pass signed "Station" at power pole opposite farm gate between stone buildings of Pentremeurig Farm. Proceed to A40 where turn left, then to junction with A4069 where turn left (2.428 miles). Proceed through Llangadog village with great care. Bear left through village towards Llandovery. At Llandovery Church "30mph sign" 8.729miles. Proceed to junction with A40, turn left with care to Llanwrda by-pass. "Station" sign 13.113 miles. Repeat circuit to Llanwrda by-pass - "Station sign 2nd time 26.165 miles. Continue on A40 to junction with A4069 where turn left, through Llangadog village as before to finish ¼ mile beyond derestriction sign and 60 yards beyond small stone bridge at a point 9 yards beyond stone gate post furthest from bridge. 30.017 miles

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 – Karen Dugate - event sec.

I would like to thank the following for making the event run so smoothly.

Tudor Thomas and Andy Grist for the timekeeping

Alan Owen, Marilyn Shehan, Wendy Beaton and Julie Evans for helping myself with the catering

Richard Smith for being the "Pusher Offer"

And all the other Bynea members who were marshals and helped out in any way they could.

Thank you all for making my first Event Sec. Job go so brilliantly – Karen.