

Bynea CC Open 50 Mile Time Trial

Held on the R50/5

9th June 2019 at 9am

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

Awards

Fastest rider £30

Second fastest £20

Third fastest £15

First Vet on standard £20

Second Vet on standard £15

Fastest Lady £20

Second Lady £15

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

One Rider Per Award, Except Team Award.

Timekeepers: Tudor Thomas/Alf Williams.

Event Secretary: Jonathan Hopkins
92 Maes ty Gwyn, Llangennech, Carmarthenshire SA14 8XW
Tel. 07737 373472

Event HQ: Llandovery Rugby Club
Church Bank Playing Fields,
Queensway, Llandovery,
SA20 0EF

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

Course details: R50/5 – Llandovery – Carmarthen - Llandovery

Start next to red Royal Mail box in lay-by approx 1 mile west of Llandovery on the A40. Proceed westwards along A40 via Llanwrda by-pass, Manordeilo and Rhosmaen to Llandeilo roundabout (10.338 miles). Take 2nd exit (A40), continue through Halfway, Pontarcothi, and Nantgaredig to roundabout to East of Abergwili (23.095 miles). Take 2nd exit (A40), proceed along Abergwili by pass to next roundabout where take 1st exit along Camarthen eastern by-pass to roundabout at junction with B4300 (25.081 miles). Turn and retrace the outward route along the A40 to roundabout West of Abergwili, take 2nd exit along Abergwili by pass to roundabout (27.112 miles). Take 2nd exit again along the A40 via Nantgaredig, Pontarcothi and Halfway to Llandeilo roundabout (39.866 miles). Take 1st exit again along A40 via Rhosmaen, Manordeilo and Llanwrda by pass to finish at telegraph pole referenced TP12 in lay-by opposite and 12 metres east of starting point (50.025 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 – Jonathan Hopkins - event sec.