



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

Bynea CC 50 mile Time Trial

Incorporating the Tom Samuel Handicap Cup for Bynea CC riders

Sunday 2nd of June 2013 @ 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 – Llandovery RFC, Church Bank, Llandovery, SA20 0BA (open from 0700hrs)

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 50 mile time trial course (A40 Llandovery – Brecon – Llandovery)

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 the second EMERGENCY route to have been considered for this event due to permanent roadworks on the originally published route and subsequent last minute road closure for the first emergency route. I apologise for the short notice.

Start in lay-by at BT pole (No. 12) on Eastbound carriageway of A40 1.5 miles west of Llandovery on the A40 (**OS ref. 753336**).

RIDERS - TRAFFIC CONTROL ROADWORKS 200 YARDS WEST OF START – PLENTY OF SPACE TO LAY UP PRIOR TO START IN START LAYBY & LAYBY OPPOSITE ON THE WESTBOUND CARRIAGEWAY – STOP & TAKE CARE WHEN CROSSING THE ROAD TO START FROM ONE LAYBY TO THE OTHER.

Proceed Eastbound from start along A40 through the town of **Llandovery** towards Brecon.

TAKE CARE WHEN NEGOTIATING THE TOWN - PARKED CARS, PEDESTRIAN CROSSINGS, NEARSIDE STREET ACCESS AND NARROW SECTION FOLLOWING THE WAR MEMORIAL PRIOR TO THE CASTLE HOTEL.

Continue on the A40 through Halfway, Llywel, Trecastle and **Sennybridge (13 miles)**.

TAKE CARE NEGOTIATING THE VILLAGE DUE TO GARAGE FORECOURT, ARMY BARRACKS & PARKED VEHICLES.

Continue on A40 through Llanspyddid to the Brecon West roundabout (A40 / B4601 / A470) and take **second exit** to continue on the A40 Brecon bypass (dual carriageway) – **MARSHALLS PRESENT.**

Continue on the bypass for 2.5 miles to the further roundabout (Brynich – A40 / B4601 / A470) where you will **circle the roundabout and take the fourth exit.** **MARSHALLS PRESENT. (23.8 miles).**

RIDERS TAKE CARE WHEN CHANGING LANES APPROACHING ROUNDABOUT TO CIRCLE.

Retrace your route along the Brecon bypass (A40) to the Brecon West roundabout (A40 / A470 / B4601) and take **third exit** to continue on the A40 towards Llandovery. **(26.3 miles).**

RIDERS TAKE CARE NEGOTIATING THIS ROUNDABOUT – DUAL CARRIAGEWAY EXIT MERGING INTO SINGLE CARRIAGEWAY ENTRANCE. MARSHALLS PRESENT.

Continue on the A40 Westbound retracing route back to Llandovery, through Llanspyddid to **Sennybridge**.

TAKE CARE NEGOTIATING THE VILLAGE DUE TO JUNCTION OF A4067, NEARSIDE JUNCTIONS FROM DEFYNNOG ROAD, GARAGE FORECOURT, ARMY BARRACKS & PARKED VEHICLES.

Continue on A40 Westbound through Trecastle, Llywel and Halfway towards Llandovery town.

TAKE CARE WHEN NEGOTIATING THE TOWN - PARKED CARS, PEDESTRIAN CROSSINGS, NEARSIDE STREET ACCESS AND NARROW SECTION FOLLOWING THE CASTLE HOTEL.

At the junction of the A40 / A4069 - West End Cafe – turn left (signposted Llangadog) - **MARSHALL PRESENT.**

Continue on the A4069 for approximately 4 miles towards the finish at the entrance of public footpath on nearside by a small lay-by servicing dwelling known as “Green Grove” (**OS Ref. 726298**). **(50.2 miles)**

The start of the event is 1.8 miles from HQ. Please allow sufficient time to negotiate the route.

The finish is 3.5 miles from HQ and once passed the finish line take care when turning to retrace route back to HQ – stop and ensure that no traffic is around to ensure that you can carry out the manoeuvre for your own safety and that of other road users.