

**Bynea CC Open 10 Mile Time Trial**  
**Also the John Williams Handicap 10 Mile TT (Bynea Riders Only)**

Saturday 25<sup>th</sup> May 2013 at 2:01 pm

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

This event is the fourth of nine rounds in the South West District SPOCO Series 2013.

Further details of the series available a gerardoram@btinternet.com

**Awards**

Fastest rider £30      Second fastest £20      Third fastest £10

Fastest lady £15 (5 or more 2<sup>nd</sup> £8)      Fastest junior £15 (5 or more 2<sup>nd</sup> £8)

Fastest juvenile £15 (under 16 years)

Fastest Vet on Standard £15      Second Vet on Standard £8

Team of 3 riders £8 each

Timekeepers:      Tudor Thomas, John Bevan

Event Secretary:      John Evans  
28 Cleviston Park, Llangennech, Llanelli, SA14 9UW

Tel 01554 820540  
E-Mail shakeyjohn@hotmail.co.uk

Event HQ:      Llandovery RFC. Open at 1:00 pm.  
Please do not wear cycling shoes in the club.  
Car parking facilities available.

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

Course details R10/4:

Start in line with junction of Llandovery Ind. Estate at farm gate post on left. Proceed in Southerly direction to turn at Southerly end of Llangadog school gate post.

Return route to finish approximately 100 yards short of starting point.

In the interest 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 static rear light is fitted to your bicycle and is active whilst your bike is in use.

Please call out your number as you cross the finish line.

Best of luck and have a safe ride – John Evans – event sec.