

## NOTES TO COMPETITORS

The headquarters will be open at about 07.10hrs but are in a real sleepy, snoozy village so you are kindly asked to keep the noise down and avoid slamming car doors, etc.

There is the world's largest permanent cowpat on that bend near Manordeilo and in wet weather it becomes a bit of a cowpat slick so be careful! It regularly takes out motorcyclists so speedy testers on skinny tyres are easy prey in the wet.

Regarding motorcyclists, then the whole area is a bit of a magnet for our leather-clad friends but, thankfully, they're a good-natured bunch and generally respectful of our sport ("two wheels good") so just be aware because they don't half shift!

On a race of this distance and on rural roads you should always expect the unexpected! But you'll have plenty of time to make up any delays so please don't take any unnecessary risks and make getting back home to your families your first priority and a fast time your second priority.

The CTT, the South Wales Police and the event organiser all strongly recommend the use of Snell/ANSI helmets. Keep your head up and have a safe and speedy ride.

Dear Deidre

*Q. I've heard that Wales is silly hilly and the course gives me the fear. Will I need a triple chainset?*

A. Fear not West Wales virgin. This course is mildly 'sporting' and there are no brutal climbs, just a couple of long drags. Trust me, I'm a race organiser. If you do need to use your inner chainring then you can claim a free Jaffa cake from the cake stall.



**UK POWERED ACCESS DIVISION**

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## **THE WEST WALES CYCLISTS' LEAGUE**



**PRESENT AN OPEN 100-MILE TIME-TRIAL**

**Sunday, June 16<sup>th</sup>, 2013 starting at 08.01hrs on the R100/1 course**

**EVENT HEADQUARTERS – LLANWRDA VILLAGE HALL**

**TIMEKEEPER – PAUL REES (BYNEA C.C.)**

### **AWARDS LIST**

Fastest Rider - £30

2<sup>nd</sup> Fastest - £20

3<sup>rd</sup> Fastest - £10

Fastest Lady Rider - £15

Fastest Vet/Std - £15

Fastest Team of 3 Riders - £30

Strictly one award per rider (except team) but unused prizes will be passed down.

EVENT SEC: ALF WILLIAMS, 25 TAN-Y-GROES STREET, PORT TALBOT, SA13 1EL. 01639 770581