

Course Description for RS20 - from HQ, turn left out of gates and proceed through Cefneithin to j/w A476 (2 miles). Turn left and proceed up hill to start (4 miles). Allow 15 mins.

START: adjacent to lay-by on A476 by CARMEL village sign. Proceed through Carmel (with care) north towards Llandeilo to TURN SHARP LEFT with great care (5.2 miles) onto B4300. Proceed south on B4300, through Llanarthne (10.5 miles) to TURN LEFT on B4310 signposted NATIONAL BOTANIC GARDENS. Climb hill past Y POLYN restaurant, through CEFN ABBEY and descend to roundabout at NATIONAL BOTANIC GARDEN entrance (16 miles). Go straight on at r-a-b (2nd exit) with care (r-a-b is offset to left) to next r-a-b where go straight on (2nd exit) to pass underneath A48 flyover (16.7 miles) and into village of PORTHYRYD where TURN LEFT (17 miles) on unclassified road signposted CEFNEITHIN. Climb hill to village of CEFNEITHIN to FINISH by field entrance approx. 200 metres past Cefneithin village sign (19.5 miles).

Course record: 43m 54s - Kieron Davies, Bynea CC (2013)

All riders are asked to comply with the following requests:

DO NOT park or stop your car inconsiderately. Remember that we are guests in the village
DO NOT leave your number flapping - four pins are supplied for each - USE THEM
DO NOT allow your friends and relations to follow you around the course - it's not allowed.
DO call your number to the finishing timekeeper or your time may not be recorded.
DO keep your head up; be aware of your surroundings and HAVE A SAFE RIDE

Important Notice to all Riders

The WCA, CTT and Police all recommend the use of a good hard shell helmet manufactured to internationally recognised standards and to use a constant or flashing rear light.

For ALL Riders under the age of 18 these helmets are COMPULSORY.

Marshall's will be positioned around the course they are there to show you the way, they have no authority over the traffic.

Please be familiar with the course. It is the Riders responsibility to ride within the laws of the road and with consideration to other road users, please do so.

TAKE EAXTRA CARE in the wet, many of the corners can be very slippery

Event Secretary:

Gerry Oram, 'Romaris', Ferryside, Carms, SA17 5SS

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West Wales Cyclists' League
'Hilly 20'

Incorporating CTT **S. Wales District Championships**

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

Sunday 27 July 2014

Start Timekeeper - Julia Jones
Finishing Timekeeper - Tudor Thomas, Bynea CC

Course RS20, first rider off at 10-01

Awards – important, please take note

Medals will be awarded to 1st, 2nd, 3rd in **each** of the following categories
(subject to sufficient numbers finishing the event):

Senior Men; Women; Vets 40-49; Vets 50-59

Medals will also be awarded to 1st & 2nd women and to veterans 60-69
(again subject to riders finishing)

Please remain after the event for the awarding of prizes and also to receive your own
championship medal (and reduce my postage costs)

Headquarters. (open from 9 am):
Village Hall, Heol y Parc, Cefneithin, near Cross Hands, SA14 3DE

Numbers will be at HQ
Return your number for a free drink.