

West Wales Cyclists League Mountain Time Trial

(incorporating round 3 of South Wales SPOCO Series)
Promoted for and on behalf of Cycling Time Trials and under their rules and regulations.

19 May 2013

Course (RS30):

START: on A4069 at point just south of Llangadog where grass verge widens (immediately beyond junction with minor road). Proceed south on A4069 to climb hill in direction of Brynaman. Cross cattle grid (at 9 kms) and continue on A6069 across bridge where road steepens and zig-zags to:
FINISH: at point adjacent to stone wall at first car park (13 kms)

Course Record: Richard Harris, Cwmcarn Paragon RC – 26m 5s (2012).

HQ: Llangadog Rugby Club, Myddfai Road, Llangadog, SA19 9EH

Timekeepers: Tudor Thomas & Paul Rees, Bynea CC

Event Secretary: Gerry Oram, Romaris, Ferryside, SA17 5SS
Tel: 01267 267573; Mobile: 07805 387759;
Email: gerardoram@btinternet.com

Awards (medals) will be presented to the following on a one rider, one award basis:

1st overall; 2nd overall; 3rd overall;

1st Woman; 2nd Woman

1st Veteran; 2nd Veteran; 3rd Veteran

1st Junior

Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL JUNIOR COMPETITORS must wear protective hard shell helmets. It is further recommended that a working rear light, either flashing or constant is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

Do take care when crossing the cattle grid, especially if wet. Care should also be exercised on the descent after completing the event. Please put safety first at all times.