

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.

20 May 2012

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: Darran Carpenter, Cwmcarn Paragon – 26m 56s (2010).

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

Timekeepers: Norman James, Ogmore Valley Wheelers, Paul Rees, Bynea CC

Event Secretary: Gerry Oram, Romaris, Ferryside, SA17 5SS

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Prizes (one rider, one prize):

1st - £20; 2nd - £15; 3rd - £10;

1st Woman - £10;

1st Veteran - £10

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 1.5 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.

This is the third round of the 2012 South Wales District SPOCO Series. An updated table showing current overall positions will be issued as soon as possible after this event.