

Bynea CC Open 30 mile Time Trial

Sunday 22nd April 2012 at 9.01 am

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

This event is the second of nine rounds in the South Wales District SPOCO Series 2012.
Further details of the series are available from gefordoram@btinternet.com

Awards

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

First Vet on standard £15 Second Vet on standard £8

Fastest Lady £15

Fastest team of 3 riders £30 (£10 each)

One Rider Per Award, Except Team Award.

Timekeepers:

Tudor Thomas, John Bevan

Event Secretary:

Andrew Grist ,

59 Bartley Terrace, Plasmarl, Swansea. SA6 8LN

Tel. 01792 792597, 07721 538386

Event HQ:

Llanwrda Village Hall. Llanwrda. SA19 8HD. Open at 7.30 am

Please do not wear cycling shoes in the hall as they can damage the wooden floor.

Please do not park on the road outside the hall as local residents have objected and further complaints could lead to the future loss of these headquarters.

Signing on:

Sign on and collect numbers at HQ.

Please return numbers to HQ after event.

Numbers can be exchanged for a drink at the catering counter.

Course details R30/5

OS references: Sheet 160. Start 714313, finish 716286.

Start in unclassified road to east of Llanwrda by-pass signed "Station" at power pole opposite farm gate between stone buildings of Pentremeurig farm. Proceed to A40 where turn left, then to junction with A4069 where turn left (2.428 miles). Proceed through Liangadog village with great care. Bear left through village towards Llandovery. At Llandovery church 30 mph sign (8.729 miles). Proceed to junction with A40, turn left with care to Llanwrda by-pass. Station sign (13.113 miles). Repeat circuit to Llanwrda by-pass (station sign 2nd time 26.165 miles). Continue on A40 to junction with A4069 where turn left through Liangadog village as before to finish one quarter of a mile beyond derestriction sign and 60 yards beyond small stone bridge at a point 9 yards beyond stone gate post furthest from bridge (30.017 miles).

In the interests 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 constant rear light is fitted to your bicycle and is active whilst the bicycle is in use.

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

Best of luck and have a safe ride – Andrew Grist - event sec.