Course description of amended (R25/4(emerg) for Bynea event May 2024.

Start at southernmost point of the northern entrance splay of the layby S side of A40 immediately S of Llanwrda (OS 146 GR711312). Proceed SW on A40 to Llangadog r/a (2.5 miles). Take 2nd exit (straight on) (CIRCUIT START) to continue SW on A40 through Manordeilo , Rhosmaen to Llandeilo r/a (7.5 miles).Encircle roundabout taking 3rd exit to continue NE on A40 via Rhosmaen, Manordeilo, to Llangadog r/a (12.5 miles). Encircle r/a taking 4th exit (to complete 1st circuit). REPEAT CIRCUIT (via Manordeilo, Rhosmaen Llandeilo r/a, encircle r/a taking 3rd exit to continue NW on A40 to Llangadog r/a (to complete 2nd circuit (22.5 miles)). Take 2nd exit on A40 to continue NE past ( Abermarlaes caravan park) passing Brownhill Farm to pass opposite Start point to FINISH at mark on kerb and approx. 200 yards before A482 junction (Lampeter). (GR 712313) 25.13 miles.