

Bynea CC Open 50 Mile Time Trial

Held on the R50/5

6th June 2021 at 9:01am

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

Medal Awards :-

**First Junior Non-Aero
First Male Non Aero
Fastest Junior
Fastest Female
First, Second, Third Male Main Event
Fastest Vet on Standard**

One Rider, One Prize

Timekeepers: Tudor Thomas.

Event Secretary: Andy Grist
17 Olive Street Morfa Llanelli SA15 2AP
Tel. 07721 538386

Event HQ: Llandovery Rugby Club
Church Bank Playing Fields,
Queensway, Llandovery,
SA20 0EF

Signing on: Please use your own pen to sign on
Collect disposable numbers at HQ Gazebo
Sign out after event.
Failure to sign out after the event may lead to a DQ.

Covid Regulations.

Please turn up at HQ race ready. Gazebo in car park is to be used for signing on only. Do not congregate near the signing on area or the car park. No turbos to be used to warm up. Please do not warm up on the course or you will get DQ'd. Please do not turn up at the start line more than 5 mins before your start time. Once you have signed out of the event please leave as soon as possible congregate after you have finished.

Thank you for your co-operation with these regulations.

Course details: R50/5 – Llandovery – Carmarthen - Llandovery

Start next to red Royal Mail box in lay-by approx 1 mile west of Llandovery on the A40. Proceed westwards along A40 via Llanwrda by-pass, Manordeilo and Rhosmaen to Llandeilo roundabout (10.338 miles). Take 2nd exit (A40), continue through Halfway, Pontarcothi, and Nantgaredig to roundabout to East of Abergwili (23.095 miles). Take 2nd exit (A40), proceed along Abergwili by pass to next roundabout where take 1st exit along Camarthen eastern by-pass to roundabout at junction with B4300 (25.081 miles). Turn and retrace the outward route along the A40 to roundabout West of Abergwili, take 2nd exit along Abergwili by pass to roundabout (27.112 miles). Take 2nd exit again along the A40 via Nantgaredig, Pontarcothi and Halfway to Llandeilo roundabout (39.866 miles). Take 1st exit again along A40 via Rhosmaen, Manordeilo and Llanwrda by pass to finish at telegraph pole referenced TP12 in lay-by opposite and 12 metres east of starting point (50.025 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 rule15, 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.

Please adhere to the highway code

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