

**Bynea CC Open 10 Mile TT
Saturday 25th May 2019**

Held on the R10/4

At 10:05am

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

AWARDS

Fastest Male Rider £20

Fastest Lady Rider £20

Fastest Male Vet On Standard £15

Fastest Female Vet On Standard £15

Fastest Junior/Juvenile/Espoir £15

Team Prize (3 Riders) £30

Mystery 'spot' prize £10 will be announced on the morning

Individual winners will also receive medals at the WCA lunch at the end of the season

One rider one prize except team

Timekeepers: Tudor Thomas, Andrew Grist.

Event secretary: Sarah Rees, 17 Olive Street Llanelli SA15 2AP
Mob. 07581 386375

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

Signing On: Sign on and collect numbers at HQ
Please return numbers to HQ and sign out after the
event. Not doing so will result in DQ.

Course details.

Start at Northern end of farm gate service road approx 1/2 mile southwest of Llandovery town centre on the A4069. Proceed south west on the A4069 to Llangadog, to turn in the road at southern boundary wall of Llangadog school, one yard short of lamp standard 112-6-4. Retrace on the same road to finish at northern end of farm gate approx 75 yards short of starting point

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.