

**Bynea CC Open 10 Mile TT
Saturday 29th May 2021**

**Held on the R10/4
At 10:01am**

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

**Medal Awards for :-
First Junior Female GHS
First Junior Male GHS Second Junior Male GHS Third Junior Male GHS
First Woman Non-Aero First Male Non-Aero
First, Second and Third Main Event
Fastest Vet on Standard**

One rider one prize.

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 with own pen and collect disposable numbers
at HQ. Please bring own pins to attach numbers.
Sign out after the event. Not doing so will result in 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. Do not congregate after you have finished. Thank you for your co-operation with these regulations.

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 mandatory that a flashing or constant rear light is fitted to your bicycle and is active whilst the bicycle is in use.

Please adhere to the highway code.

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

Good luck everyone- Sarah Rees event organiser.