



## **Bynea CC Open 25TT on R25/4 - 26<sup>th</sup> May 2024 at 09:00**

### **W.E. Wheeler Memorial 25**

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

**Event Organiser:** Brad Davies

**Timekeepers:** Andrew Grist & Tudor Thomas

### **Event HQ**

Llandoverly RFC, Church Bank, Llandoverly SA20 0BA.

### **Competitor Information**

Event HQ will open from 08:00 - please sign on at HQ. Competitors may park at HQ.

This is a new course avoiding the 20mph speed limit at Llandoverly.

The start line is at the A40 layby just South of Llanwrda, approximately 5 miles from HQ. Please bear this in mind when planning your journey from HQ to the start line.

Allow ample time to arrive for your start time slot.

When arriving at the Start, riders can muster in the layby. Do not pass the Start line officials as warming up on the course is not allowed.

Remember to sign back in at HQ after finishing.

### **Course: R25/4 - description**

**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 (2.0 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 (23.0 miles)). Take 2nd exit on A40 to continue NE past (Abermarlais caravan park) passing Brownhill Farm to pass opposite Start point to **FINISH** at Northern end of field entrance gateway approx. 400 yards before A482 junction (Lampeter). (GR 710312) 25.08 miles.

### **CAUTION at Llangadog Roundabout - competitors please take note**

Competitors will enter the Llangadog Roundabout after 2, 12.5 & 23 miles. On approaching the roundabout, riders may encounter competitors travelling in the opposite direction, or taking a different exit. **Extreme caution must be exercised** to ensure all competitors can safely enter the roundabout and continue onto the next section of the course

At 2.0 miles, take 2<sup>nd</sup> exit



At 12.5 miles, take 4<sup>th</sup> exit



At 23 miles, take 2<sup>nd</sup> exit



### **Road Bike Criteria - CTT Regulation 29:**

#### **29. Road Bike Criteria (Moved from Regulation 14, 14I - Section: Competitors)**

(a) The road bike can possess drop or straight handlebars; no tri-bars, clip-on bars or Spinaci bars are allowed; no disc wheels; both front & rear wheels must have at least 12 spokes each; the maximum rim depth allowed is 90mm.

(b) Helmets used in Road Bike category events must not cover the ears or have a tear drop/pointy style "tail", any helmet vents must not be covered or blocked. The helmet must not have been altered or had any element added or removed in terms of design or form but may be used as the manufacturer intended (e.g., sliding vents). It is prohibited to add a detachable cover to a helmet. The composition of the helmet material and its surface condition are not subject to any regulations. However, additions to the helmet are not allowed (cover, tape etc.).

*N.B. For competitors riding Road Bikes, competitors must predominantly ride holding the drops or brake hoods. Riders may not ride in the "Puppy Paws" Position or simulate a Tri-Bar position by resting the forearms on the handlebars*

### **Prizes:**

1<sup>st</sup> Open: £20

1<sup>st</sup> Female: £20

1<sup>st</sup> Veteran on standard: £20

2<sup>nd</sup> Open: £15

1<sup>st</sup> Road Bike: £20

2<sup>nd</sup> Veteran on standard: £15

3<sup>rd</sup> Open: £10

1<sup>st</sup> Team of 3 Riders: £30

3<sup>rd</sup> Veteran on standard: £10

**Bynea CC** would like to thank all riders for supporting this event and we hope you enjoy riding a traditional single-carriageway course in beautiful Carmarthenshire.

**Brad Davies**

Event Organiser, Bynea CC