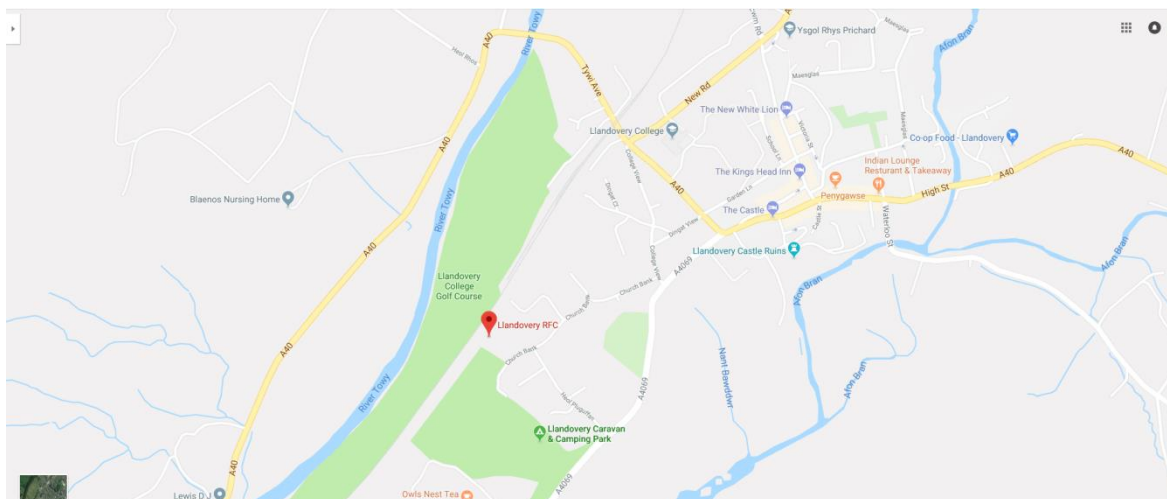


Bynea CC Open 25TT (Road Bikes) on R25/4: 30-05-2021

W.E. Wheeler Memorial 25

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

Event HQ: Llandovery RFC, Church Bank, Llandovery SA20 0BA.



Event Organiser: Brad Davies **Timekeepers:** Andrew Grist & Tudor Thomas

Competitor Information

Event HQ will open from 08:00.

Competitors may park at HQ. Additional parking is available in the town centre.

Please sign on at HQ using your own pen.

Disposable numbers will be provided - please bring your own pins.

Please do not congregate in groups and observe Social Distancing Regulations

No rollers, turbo trainers or warming up at HQ nor on the course from 09:00.

There is no parking at or near the start line, so competitors are encouraged to ride from event HQ to the start, which is approximately 3 miles.

Allow ample time to arrive for your start time slot.

Do not arrive at the start line more than 5 minutes before your start time.

Remember to sign back in at HQ after finishing.

There will be no results board. Results & prizes will be issued after the event.

Road Bike Rules

No tri bars, clip on bars or Spinaci bars.

No disc wheels. Both front and rear wheels must have a minimum of 12 spokes each.
The maximum rim depth for each wheel is 65mm.

No aero helmet or a helmet that covers the ears or a helmet with a visor to be used.

Riders must not ride with their forearms resting on the handlebars at any time.

No restrictions on clothing, shoe covers etc.

Course: R25/4 - description

OS references: sheet 160 start 732311 finish 753334

Start on A4069 at northern edge of field gate on left approximately 3 miles south of Llandovery. Proceed north on A4069 to junction with A40 at Llandovery (3.028 miles). Bear left on A40 over railway crossing, continue on A40 via Llanwrda by-pass (7.197 miles). Continue to Llangadog roundabout (9.50 miles), taking 2nd exit to continue along A40 towards Llandeilo. Pass Rhosmaen village sign (13.897 miles) onto roundabout one mile east of Llandeilo (14.73 miles). Circle roundabout and retrace along A40, to Llangadog roundabout (19.90 miles), taking 1st exit, continuing on A40 to Llanwrda by-pass (22.343 miles). Continue on A40 to finish at telephone pole 12 opposite farm track and 15 yards west of post box in lay-by approximately a mile and a half west of Llandovery town.

<https://www.strava.com/segments/14959540>

Prizes:

1st Male: Medal

1st Female: Medal

1st Male Junior: Medal

1st Veteran on standard: Medal

Current Course Records:

Solo Male: 48:11

Solo Female: 1:04:29

Solo Male (Junior): 1:00:13

Marcin Bialoblocki

Kirsty Smith

Iwan Evans

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