**Bynea CC Open 30 mile Time Trial**

**Sunday 21st April 2013 at 9.01 am**

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

**Awards**

**Fastest rider £25 Second fastest £15 Third fastest £10**

**First Vet on standard £10 Second Vet on standard £7**

**Fastest Lady £10**

**Fastest Junior £10**

**Fastest team of 3 riders £30 (£10 each)**

**One Rider Per Award, Except Team Award.**

Timekeeper: Tudor Thomas.

Event Secretary: Andrew Grist ,

59 Bartley Terrace, Plasmarl, Swansea. SA6 8LN

Tel. 01792 792597, 07721 538386

Event HQ: Llanwrda Village Hall. Llanwrda. SA19 8HD. Open at 7.30 am

Please do not wear cycling shoes in the hall as they can damage the wooden floor.

Please do not park on the road outside the hall as local residents have objected and further complaints could lead to the future loss of these headquarters.

Signing on: Sign on and collect numbers at HQ.

Please return numbers to HQ after event.

Numbers can be exchanged for a drink at the catering counter.

Course details : Emergency 30 Mile Time Trial Course

A40 Manordeilo - Abergweli - Manordeilo

Start in Manordeilo Village at S.W. Entrance to Tourist Information layby, opposite to and 14 yards east of farm sign “Glanbydan Farm”. (This is approx. 4.2 miles S.W. from headquarters in Llanwrda.) Proceed along A40 via Rhosmaen to Llandeilo roundabout. (3.172 miles) Take second exit along A40 via Llandeilo bypass via Pentrefelin, Broad Oak, Llanegwad and Nantgaredig to turn at Abergwili east roundabout. (15.970 miles). Retrace over same route to Landeilo roundabout (28.747 miles). Take first exit along A40 to finish at point 14 yards east of centre of the 4th road to the left after roundabout at Manordeilo (30.017 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.

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

**Order of start from 9.01 am**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Name** | **Club** | **Cat** | **Vet Std.** |
| 1 | Norman James | Ogmore Valley Wheelers | V | 1:31:31 |
| 2 | Paul Rees | Bynea CC | V | 1:21:37 |
| 3 | Tom Samuel | Bynea CC | V | 1:35:51 |
| 4 | Michael George | Pembrokeshire Velo | S |  |
| 5 | Andrew Evans | Port Talbot Wheelers | V | 1:20:09 |
| 6 | John Evans | Bynea CC | V | 1:24:17 |
| 7 | Gary Flower | Acme Wheelers | V | 1:20:39 |
| 8 | David Brice | Bynea CC | V | 1:22:21 |
| 9 | Scott Davies | Cardiff Ajax CC | S |  |
| 10 | Earl Smith | CCWRT | V | 1:20:09 |
| 11 | Peter Asplin | Bynea CC | V | 1:28:56 |
| 12 | Sally Harmer | Pembrokeshire Velo | LV | 1:28:56 |
| 13 | John Shehan | Bynea CC | V | 1:27:22 |
| 14 | Gareth Rees | Cwmcarn Paragon RC | S |  |
| 15 | Mark Rosser | Merthyr CC | V | 1:20:09 |
| 16 | Steven Madeley | Ogmore Valley Wheelers | V | 1:22:21 |
| 17 | Paul Griffiths | Acme Wheelers | V | 1:24:17 |
| 18 | Mike Bevan | Bynea CC | V | 1:22:51 |
| 19 | Luke Cornish | West Wales Cycling RT | S |  |
| 20 | Lyn Jones | EC Cycles | S |  |
| 21 | Trevor Richards | Bynea CC | V | 1:24:17 |
| 22 | Gareth Rees | Tenby Aces | V | 1:20:25 |
| 23 | Ron Boast | Ogmore Valley Wheelers | V | 1:25:17 |
| 24 | Anthony Cowdry | Porth & District | S |  |
| 25 | Dan Colman | Pembrokeshire Velo | J |  |
| 26 | Dan Taylor | Acme Wheelers | S |  |
| 27 | Nic Forbes | Bynea CC | V | 1:19:53 |
| 28 | Brian McCartney | EC Cycles | S |  |
| 29 | Lee Watts | Bynea CC | S |  |
| 30 | Ben Phillips | Bynea CC | S |  |
| 31 | Sam Davies | Abergavenney RC | S |  |
| 32 | Rob Jones | Ogmore Valley Wheelers | S |  |
| 33 | Paul Colman | Pembrokeshire Velo | V | 1:22:36 |
| 34 | John Hughes | Porth & District | V | 1:21:52 |
| 35 | Kieron Davies | Bynea CC | S |  |

Course Record – Kieron Davies 22nd April 2012 – 1:03:36