

Bynea CC Open 50 Mile Time Trial

Held on the R50/5

11th June 2023 at 9:05am

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

Awards

Lisa Davies, VMCC - Fastest Female
Joshua Tarling, Inneos Grenadiers - Fastest Male
Paul Colman, Port Talbot Wheelers - Fastest Vet on Standard

Joshua Tarling – New Course Record 1:35:26 (1:36:23 Marcin Bialoblocki 2019)

Timekeeper: Andy Grist.

Event Secretary: Andy Grist
17 Olive Street Morfa Llanelli SA15 2AP
Tel. 07721 538386

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

Signing on: Please use your own pen to sign on
Collect disposable numbers at HQ Gazebo
Sign out after event.
Failure to sign out after the event may lead to a DQ.

Course details: R50/5 – Llandovery – Carmarthen - Llandovery

Start next to red Royal Mail box in lay-by approx 1 mile west of Llandovery on the A40. Proceed westwards along A40 via Llanwrda by-pass, Manordeilo and Rhosmaen to Llandeilo roundabout (10.338 miles). Take 2nd exit (A40), continue through Halfway, Pontarcothi, and Nantgaredig to roundabout to East of Abergwili (23.095 miles). Take 2nd exit (A40), proceed along Abergwili by pass to next roundabout where take 1st exit along Camarthen eastern by-pass to roundabout at junction with B4300 (25.081 miles). Turn and retrace the outward route along the A40 to roundabout West of Abergwili, take 2nd exit along Abergwili by pass to roundabout (27.112 miles). Take 2nd exit again along the A40 via Nantgaredig, Pontarcothi and Halfway to Llandeilo roundabout (39.866 miles). Take 1st exit again along A40 via Rhosmaen, Manordeilo and Llanwrda by pass to finish at telegraph pole referenced TP12 in lay-by opposite and 12 metres east of starting point (50.025 miles).

Thank you to all the riders for taking part today. A smaller field than usual but I think everyone had a course PB today. Well done Josh for taking nearly a minute off the course record, and to Lisa and Paul who took the other prizes home with them. Hope we will see you next year in the beautiful Towy Valley.

**Thank you to all the marshals who helped out today on the course in the sun and heat.
Andy Grist - event sec.**