

# Welsh Hill Climb Championship 2023



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

*Promoted by the*

**Welsh Cycling Association**

Sunday 8 October 2023 10:00 am

**Timekeepers:**

**Start:** Martyn Heritage-Owen Bush Healthcare

**Finish:** Robin Field Cardiff Byways CC

**Recorder** Phyllis Harradine Welsh CA

**HQ. Steward** Fran Field Cardiff Byways CC

Course **RH/10X** Starting at 10.00am

**H.Q. Llanfoist Church Hall, Merthyr Road, Llanfoist, Abergavenny, NP7 9LP**

**Numbers will be at H.Q.**

**THERE IS A SILENT PRAYER MEETING IN THE MAIN CHURCH FROM 11 UNTIL NOON  
PLEASE KEEP NOISE TO A MINIMUM**

**This event is subject to Dope Control**

Event Secretary: Robin Field 89 Velindre Road, Whitchurch, Cardiff CF14 2TG

**To whom any complaints must be made in writing within 72 hours**

Tel: 02920 632358 Mob. (On the day) 07753 603098 E-mail: [robin.field@cyclingt看metrials.org.uk](mailto:robin.field@cyclingt看metrials.org.uk)

## Course RH/10X ‘The Keepers’

Start at telephone pole opposite junction with B4246 and Unclassified road to Govilon. Proceed uphill on B4246 beyond cattle grid (CARE) (1.85 miles) to continue climbing beyond Pen-Ffordd-Goch pond Car Park (The Keepers pond) to FINISH at ‘Y Tymble 514 m’ post on road 5 yds north of minor road junction from the east (2.64 miles)

2.64  
Miles

**Allow 15 minutes to ride to the start.** *Directions to start. From **Llanfoist HQ** proceed down lane to junction with B4246, turn right, along B4246 and in 1.25 miles fork left onto Blaenavon Road (also B4246) signpost **Blaenavon**. Continue on B4246 for 800 yards, crossing the canal (sharp bend) to junction with unclassified road to Govilon – approx. 2 miles*

Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE.**

### Awards

**(Presentation-only Caps are used on the day but you will be sent one through the post)**

<b>Men’s Champion</b>	<b>Championship Cap, Hill Climb Trophy, WCA Medallion</b>
<b>Women’s Champion</b>	<b>Championship Cap, Hill Climb Trophy, WCA Medallion</b>
<b>Junior Male Champion</b>	<b>Championship Cap, WCA Medallion</b>
<b>Junior Female Champion</b>	<b>Championship Cap, WCA Medallion</b>
<b>Youth Male Champion</b>	<b>Championship Cap, WCA Medallion</b>
<b>Youth Female Champion</b>	<b>Championship Cap, WCA Medallion</b>
<b>1<sup>st</sup> Male Vet</b>	<b>WCA Medallions</b>
<b>1<sup>st</sup> Female Vet</b>	<b>WCA Medallions</b>

You must wear a **HARD SHELL HELMET** that meets an internationally accepted standard. You must have a white front and red rear light fitted and working at the start of the event and is active when the machine is in use.

number	start_time	firstname	lastname	club	gender	category	age on day
9	10:09:00	Iwan	Morton	Pontypool Road Cycling Club	Male	Veteran	47
10	10:10:00	Lianne	Lusty	Cwmcarn Paragon Cycling Club	Female	Senior	38
11	10:11:00	Lowri	Woodier	Pontypool Road Cycling Club	Female	Veteran	44
12	10:12:00	John	Aspell	Port Talbot Whs CC	Male	Veteran	55
13	10:13:00	Ted	Cross	University of Bristol Cycling Club (UOBCC)	Male	Senior	27
14	10:14:00	Helen	Stevenson	Cwmcarn Paragon Cycling Club	Female	Juvenile	15
15	10:15:00	Joshua	Palmer	VMCC powered by Y Beic	Male	Juvenile	15
16	10:16:00	Emma	Davies	Port Talbot Whs CC	Female	Veteran	54
17	10:17:00	Shane	Pocock	Jubilee Park Cycling Club	Male	Senior	34
18	10:18:00	Stephan	Wilcox	Port Talbot Whs CC	Male	Veteran	62
19	10:19:00	John	Rees	Cardiff Ajax CC	Male	Senior	38
20	10:20:00	Charlie	Williams	Hereford & Dist Whs CC	Male	Junior	17
21	10:21:00	Emma	Bexson	Stratford Cycling Club	Female	Veteran	48
22	10:22:00	Becky	Aicheler	Cwmcarn Paragon Cycling Club	Female	Veteran	43
23	10:23:00	Mike	Hall	Port Talbot Whs CC	Male	Veteran	54
24	10:24:00	Arion	Oates	PDQ Cycle Coaching	Male	Senior	32
25	10:25:00	Alex	Jehu	Merthyr CC	Male	Senior	32
26	10:26:00	Karl	Rees	Port Talbot Whs CC	Male	Senior	39
27	10:27:00	Geoff	Pickin	PDQ Cycle Coaching	Male	H4	60
28	10:28:00	Lisa	Davies	VMCC powered by Y Beic	Female	Senior	30
29	10:29:00	Timothy	Davies	Towy Riders Cycle Club	Male	Senior	35
30	10:30:00	Roy	Slide	Backpedal	Male	Veteran	56
31	10:31:00	Adam	Holt	Dursley Road Club	Male	Espoir	19
32	10:32:00	Andrew	Metherell	Salt and Sham Cycle Club	Male	Veteran	52
33	10:33:00	James	Pearce	Solihull CC	Male	Senior	33
34	10:34:00	Karl	Norris	360VRT	Male	Veteran	52
35	10:35:00	Jack	Evans	Gorilla Coffee Cycling Club	Male	Senior	29
36	10:36:00	Phil	Stonelake	Bristol Road Club	Male	Veteran	48
37	10:37:00	Michael	Sleeman	Gillingham and District Wheelers / Wheels Cycles	Male	Senior	27
38	10:38:00	Russell	Powell	Sid Valley CC	Male	Veteran	41
39	10:39:00	Joshua	Hall	Elevate RT	Male	Espoir	20
40	10:40:00	Archie	Cross	Bristol Road Club	Male	Senior	28
41	10:41:00	Chris	Mann	Velotik Racing Team	Male	Espoir	22
42	10:42:00	Gabe	Dellar	Stolen Goat Race Team	Male	Espoir	22
43	10:43:00	Ed	Slot	Sotonia CC	Male	Senior	32
44	10:44:00	David	Scott	MULE .C.C.	Male	Senior	32
45	10:45:00	Ed	Laverack	Backpedal	Male	Senior	29
46	10:46:00	Joe	Rees	Kalas Motip	Male	Senior	23
47	10:47:00	Rebecca	Richardson	Team Lifting Gear Products	Female	Senior	37
48	10:48:00	Dylan	Evans	Clwb Beicio Egni Eryri	Male	Senior	29
49	10:49:00	Kieran	Wynne-Cattanach	Team Lifting Gear Products	Male	Senior	26
50	10:50:00	Illi	Gardner	Wahoo Le Col	Female	Senior	23