



Cote de Nebo Road Hill Climb, Llanrwst D600/3

5km 270 m ascent

Sunday 29 September : First rider off at 9:01 am

PRE-REGISTRATION ONLY on Cycling Time Trials: <https://www.cyclingtimetrials.org.uk/find-events> £12 [note: there are two events shown, choose the one that is open!] **Registrations close 16 September.**

Event headquarters and sign-on: Llanrwst Youth Centre, Watling Street, LL26 0LS. Open from 7:30 am for signing-in.

HQ: There are toilets at the HQ, and small changing area. Tea and coffee will be provided (free). Snacks will be available, at cost price.

Parking: Some parking is available at HQ, by the youth centre. The adjacent swimming pool carpark is pay and display, check with HQ whether free passes are available. Additional free local carparks include Gwydr Park (toilets) (<http://norms.maple.documents>) and Glasdir (<http://magnets.fuse.unveils>). In order to keep the traffic running through Llanrwst with ease, please park sensibly, using the suggested carparks. Please ride considerately in the town. There are one way streets which must be obeyed. The bridge over the Conwy river between Llanrwst Park and the HQ/Start line is single lane, and riders should be aware and considerate of vehicle traffic.

Signing-on Sheet and Signing-out Sheet

(a) Safety instructions will be given at sign on.

(b) Competitors must return to the event HQ during the event / by 12 noon and must (i) return their race number(s) and (ii) sign the official Signing-out Sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as Did Not Finish DNF. N.B. Extenuating circumstances may be considered.

Prize list: [second and third places will be awarded if we have more than 50 riders]

First: Open & Female: £50

Second: Open & Female: £30

Third: Open & Female: £20

First: Junior Open & Female: £20

Second: Junior Open & Female: £15

Third Junior Open & Female: £10

And a random
mystery prize



Register with
CTT, £12

Registrations
close 16 Sep



Course
info

The small print

For Your Own Safety

Cycling Time Trials now require that all riders must wear a hard-shell helmet that meets recognised safety standards. All competitors must use a working front and rear light affixed to their bike. Failure to do so will result in disqualification.

This is an open road event:

This event is to be run on an open road, so please stay to the left hand side of the climb and do not cut any corners.

Return to HQ options include:

A) continue along the top road B5113 northwards to the junction with Abergele road A548, turn left and descend down Llanrwst hill to Llanrwst and into the town centre, turn left onto Watling Street and back to race HQ.

B) return down the same hill, riding carefully so as not to disturb climbing riders or other traffic. Return to HQ but ensure follow Llanrwst one way system, or dismount and walk on payment to return to HQ.

Please respect local residents and other road users. Please obey event marshals.

At the START riders MUST NOT stand in the roadway.

No U turns WHATSOEVER within sight of the start.

No warming up on the course after the event has started.

Marshals and helpers will be Rhos on Sea Cycling Club members and other volunteers. Without their help and support this event just simply wouldn't happen.

Get your registration in now, and for further event information

<https://www.cyclingtimetrials.org.uk/race-course/27404#anchor>

and information also on <https://www.rhoscycling.com/time-trials/>

This event may be subject to a Doping Control

As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.