

Welsh National Hill Climb Championship

Sunday, 17th September 2017

Promoted by Energy Cycling Club and the Welsh Cycling Association



**This event is open to men, women, junior and juvenile competitors,
on behalf of Cycling Time Trials and under their rules and regulations.**

Event Secretary,

John Keightley
3 Fron Dirion, Nebo,
Caernarfon, Gwynedd.
LL54 6EN

Phone Numbers;
Prior to the event: 01286 882391
On the day of the event: 07944 258346

Official Time Keepers,

Mrs Wendy Malcolm

Mr Andy Malcolm

Race Head Quarters,

The Vaynol Arms
Nant Peris,
Caernarfon,
Gwynedd.
LL55 4UF

Course Description

Start from private track diagonally opposite and to the left of the main car park entrance (white highlight marker will indicate exact starting point). Continue up the A4086 for approx 5.0 km and finish at the top of The Pass, and adjacent to Pen-y-Pass Youth Hostel (white highlight marker and banners will indicate exact finishing point).

Please note the following with regards to the event

- All competitors and spectators must park their vehicles in the main car park in Nant Peris. There is a parking fee of £2.50 for up to 4 hours. If the main car park is full, marshals will direct you to alternative parking areas close by.
- Please do not park vehicles on the main road through the village or on private land (this is a very sensitive area). Please do not park in front of the mountain rescue team head quarters or adjacent to The Vaynol Arms public house.
- The car park is rough in places, if you plan to use rollers or turbo trainers to warm up, please bring a suitable base to place them on.
- The signing-on and collection of race numbers will be in The Vaynol Arms.
- For those competitors who are new to CTT events, please ensure that you comply with Regulation 16. "No competitor may carry advertising or the name of a commercial business on their race clothing except: a) Where they are a member of a club or team that has paid the advertising fee. The rider must not compete in clothing of a trade team that is or has been registered with the UCI, unless a member of that team".
- Riders must not warm-up on the course 15 minutes prior to the start of the race or at any time during the race. Riders must also keep a minimum of 50m from the start line when warming up.
- The main road that is The Llanberis Pass is steep and narrow in places, please ride carefully and respect other road users. This is a fully open road event, no support vehicles will be allowed on the course whilst the event is on. There is NO parking available at Pen-y-Pass or on the nearby roads.
- Please ensure that you ride safely and in control at all times, particularly when descending from Pen-y-Pass and back down to the start. Please keep to the left of the road and give way to your fellow competitors fighting their way to the top.
- The provisional race results will be in The Vaynol Arms, where refreshments will be available.

- There is limited mobile phone signal in The Pass. Be aware “No one will hear you scream!!”
- If there is an emergency situation, please report to the nearest marshal for assistance.
- There will be a police presence in Nant Peris and at Pen-y-Pass to ensure riders safety, and to avoid any conflict between road users.
- Should you have any complaints regarding the event, please put in writing to the organiser within 24 hours of the race finishing.

CTT and the promoting club strongly advise you to wear a hard shell helmet that meets with international safety standards. In accordance with Regulation 15, all junior and juvenile competitors must wear a hard shell helmet during the event.

This event is being held within the stunning Snowdonia National Park; please enjoy and respect the area available to you and your family. Please use the toilets in the car park, no piddling in the bushes. Please take home all your litter, including gel and energy bar wrappers.

Awards will be as follows;

Men’s Champion: - Hill Climb Trophy and invitation to the BAR dinner.

Women’s Champion: - Plate and invitation to the BAR dinner.

Men's Veteran Champion:- Plate and invitation to the BAR dinner.

Women's Veteran Champion:- Plate and invitation to the BAR dinner.

Super Veterans Champion: - Plate and invitation to the BAR dinner.

Male Espoir Champion:- Plate and invitation to the BAR dinner.

Male Junior Champion: - Plate and invitation to the BAR dinner.

Female Junior Champion: - Plate and invitation to the BAR dinner.

Male Juvenile Champion: - Plate and invitation to the BAR dinner.

Team Champions: - Plates and invitations to the BAR dinner.

The prize presentation on the day will be in The Vaynol Arms at 12.30pm.

All Welsh Cycling Association trophies will be presented at the Welsh Champions Dinner and Prize Presentation later in the year. *All the WCA trophies to be held for one year and returned prior to the 2018 dinner.*

The objectives of the day are:- To go as hard as you can for as long as you can without dying before the finish. Collapse, recover, laugh about your experiences of climbing such a hill, roll down to Nant Peris, eat some cake, drink some coffee and hopefully enjoy some of the spectacular views out over Northern Snowdonia. Enjoy your day.

