

# Welsh CA Hilly 21 - Celtic Series Opener

(formerly the Mon CL 'Hilly' 'back in the day' )



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

For Men and Women

Promoted by the  
Welsh Cycling Association

Sunday 29 April 2018

Start Timekeeper: Martyn Heritage-Owen Bush Healthcare

Finish Timekeeper Tudor Thomas Bynea CC

Recorder Frances Field Cardiff Byways CC

Course RS/22 Starting at 10.00am

**Event HQ; Tretower Village Hall, Tretower, Crickhowell. NP8 1RF**

Very Limited Parking at HQ but there is a Public Car Park at Tretower Court nearby  
Numbers and sign – on will be at HQ which will be open from 8:15 am

Return your number for a free tea. Goodies available!

**Catering Supplied by Sharon Preddy Catering**

The full result of this event will be published on:

[www.southwalesdc.co.uk](http://www.southwalesdc.co.uk)

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

Tel: 02920 632358 Mob. (On the day) 07753 603098 E-mail:

[robin.field@cyclingt看trials.org.uk](mailto:robin.field@cyclingt看trials.org.uk)

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

**This course has not been used for Open events in 20 years - give me your feedback afterwards.**

Course RS/22

## GR 161 187213 (S) 192201 (F)

START on A479 at mark in Layby approx 200 yds south of Tretower village sign. Proceed along A479 north-west up a gradual climb through Cwmdau, Waun Fach to top of climb near Pengenffordd (1084 ft) (5.5 miles). Immediately start descending on A479 through a series of sharp bends to Talgarth roundabout (9 miles). Take 1st exit onto B4560 (signpost Llangors). Proceed south-west on B4560 via Trefecca and a series of little climbs to Llangors (narrow road in places) stay on B4560 passing Llangors Lake, through Cathedine, Nant-y-felin to T junction with A40 at Bwlch (give way) (17.5 miles). Turn left (care) onto A40 through Bwlch and descend hill (RH Hairpin bend) to continue descending to take SHARP left (adverse camber) to continue on A40 to FINISH at mark by field entrance and opposite 'Glenusk Estate' entrance (20.8 miles)

**After you finish continue for 300 yds, turn left onto A479, and continue 1.5 miles to return to Tretower and the HQ**

**The course is challenging with a long steady climb then a descent on A479. There are a series of sharp bends on the descent to Talgarth roundabout so TAKE CARE. The B4560 has short sharp climbs and is very narrow through Llangors (a popular tourist attraction) so please be considerate. Road bikes are OK on this course**

**Allow about 5-10 minutes to get to the Start**

All riders are asked to comply with the following requests.

- ✓ No warming up on the course once the event has started
- ✓ No U Turns within sight of start/finish TK
- ✓ No turbo training within 100 yards of dwellings
- ✓ Urinating in public is not tolerated: **if you must go, use the HQ or be discreet!**
- ✓ If you use a Nopinz type pocket on a skin suit please ensure your number is clearly visible. Pins are available for standard attachment
- ✓ Do call your number to the finishing timekeeper.
- ✓ **IN THE INTERESTS OF YOUR OWN SAFETY** Cycling Time Trials and the Event Promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted standard. In accordance with **Regulation 15 ALL JUNIOR** competitors must wear protective helmets.
- ✓ It is further recommended that a working rear light either flashing or constant is fitted to your machine in a position visible to following road users and is active while the machine is in use
- ✓ This event is subject to Dope Control
- ✓ **Remember to sign back in at the end or you will be DNF**

### Awards

**This is NOT a One Rider One Award Event if you are good enough to win it, you get it!**

Men	Women	Veterans (on Std)
Fastest Rider £25	Fastest Rider £25	Greatest 'plus' £25
2 <sup>nd</sup> Fastest £15	2 <sup>nd</sup> Fastest £15	2 <sup>nd</sup> Greatest £15
3 <sup>rd</sup> Fastest £10	3 <sup>rd</sup> Fastest £10	3 <sup>rd</sup> Greatest £10
Fastest Team of 3 £10 each		

*The Celtic Series Champions will be presented with their awards at the Annual Welsh BAR Lunch, Sunday 4 November 2018 at the TRW Club Resolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465. Tickets are subsidised at £15 – 3 course traditional roast (vegetarian option on request). Dress code is informal, plenty of storage for bikes for those riding to the Lunch and hot showers are available – bring your family and friends for a great day. Email to [robin.field@ntlworld.com](mailto:robin.field@ntlworld.com) for bookings/information.*