



## Round 3 of the Celtic Series

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PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

## Wednesday 29<sup>th</sup> May 2019 - RH9 – 20:01

Timekeepers – Start: Tony Howell, Finish: Robin Field, Holder: Martyn Heritage-Owen

**EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ**  
**Mobile: 0778 606 7819. Complaints should be made in writing to me within 24hrs.**

### **Event HQ: Rhigos Rugby Club (CF44 9HJ) – open from 19:30**

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRAILS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

**REMEMBER to sign in and sign out after the race. Failure to do so will result in a disqualification. Signing in will be at the refreshment bar run by Sharon Preddy**

### **Course Description - RH/9 – Neath Bank**

Start at east end of Glynneath on unclassified road (old A465) at recessed drain cover south of junction with Ynys-y-Nos Ave at Pont Walby. Proceed uphill to FINISH at lay-by near summit by field gate 100 yards short of Cefn Rhigos sign. 1.6 miles OS references: start SN 891060, finish SN 912072.

**Object of the day:** Start at bottom of big hill, ride to top of big hill, collapse in a heap, roll back to the Rugby Club and eat cake.

**Prize List: Celtic Series Medals for 1<sup>st</sup> Man, 1<sup>st</sup> Women, 1<sup>st</sup> Juvenile and 1<sup>st</sup> Veteran** to be presented at the Celtic Series / WCA awards dinner.

**A Prizes presentation will be held at the end of the event with a podium for the top 3 in each category for Series Facebook page only.**

**Free tea or coffee on return of your number. Sharon Preddy Catering will be providing a selection of homemade cakes and rolls at reasonable prices.**

**Have a safe race - Martyn**

Have a safe ride and we hope to see you again at the next Realteam Celtic Series promotions:-  
Thu 13<sup>th</sup> Jun and Thu 28<sup>th</sup> June (R10/17).

**Start Order**

No	Start	Name	club	Cat
1	20:01	Clare Greenwood	Bush Healthcare CRT	WVD
2	20:02	Michelle Fishbourne	CES Sport	WVC
3	20:03	Susan Shook	Bush Healthcare CRT	WVD
4	20:04	Stephanie Post	Team Bottrill	W
5	20:05	David Parry	Cwmcarn Paragon Road Club	MVH
6	20:06	Jamie Ford	A2B Cycle Repair Race Team	M
7	20:07	Tim Strang	Clwb Seiclo Caron	MVE
8	20:08	Ian Gibson	Abercynon Road Club	MVC
9	20:09	Adam Leitch	A2B Cycle Repair Race Team	M
10	20:10	Roger Wood	Pontypool Road Cycling Club	MVE
11	20:11	John Aspell	PDQ Cycle Coaching	MVC
12	20:12	Leon Evans	Cardiff Ajax CC	MVB
13	20:13	Phil Barnes	SheHair Racing Team	MVD
14	20:14	Thomas Dye	Cardiff Ajax CC	M
15	20:15	Andrew Newey	Ribble Valley C&RC	M
16	20:16	Rob Jones	Cardiff Ajax CC	MVA
17	20:17	Neil Poulton	Ogmore Valley Wheelers	M
18	20:18	David Medhurst	Cardiff Ajax CC	M
19	20:19	Chris Massey	CES Sport	MVB
20	20:20	Nathan Leaves	Cwmcarn Paragon Road Club	M

**Notes:**

1. Please do not warm up on the hill once the event has started.
2. Please line up off the "main" road in the unclassified road just before the start (at then end of the houses in Glynneath).
3. Remember there is NO push you are simply held.
4. There are laybys on the hill itself and just near the finish feel free to use those when not at the hall.
5. Please don't turbo outside of the house at the finish.
6. If you descend the hill after your ride please be mindful of the other riders.
7. No anti-social behaviour.