



Bwlch Hill Climb

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

Saturday 5th October 2018 – RH12 – 14:01

Timekeepers – Start: Martyn Heritage-Owen, Finish: Robin Field, Holder: Simon Kinsey

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: Cwm Parc Community Centre (CF42 6LD) – open from 13:00
Parking round the back or on the road outside.

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 Change*****

The course will be lengthened to provide better preparation for the 2019 National Championships.

Course Description - RH/12X – Bwlch Mountain (Treorchy)

2nd turning from junction with B4223 on A4061 (GR 952958), approx ½ mile. Proceed SW up hill to finish at view point opposite with junction with A4107 (GR 939946) (approx 2.5 miles)

Care: Crossing the cattle grid.

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

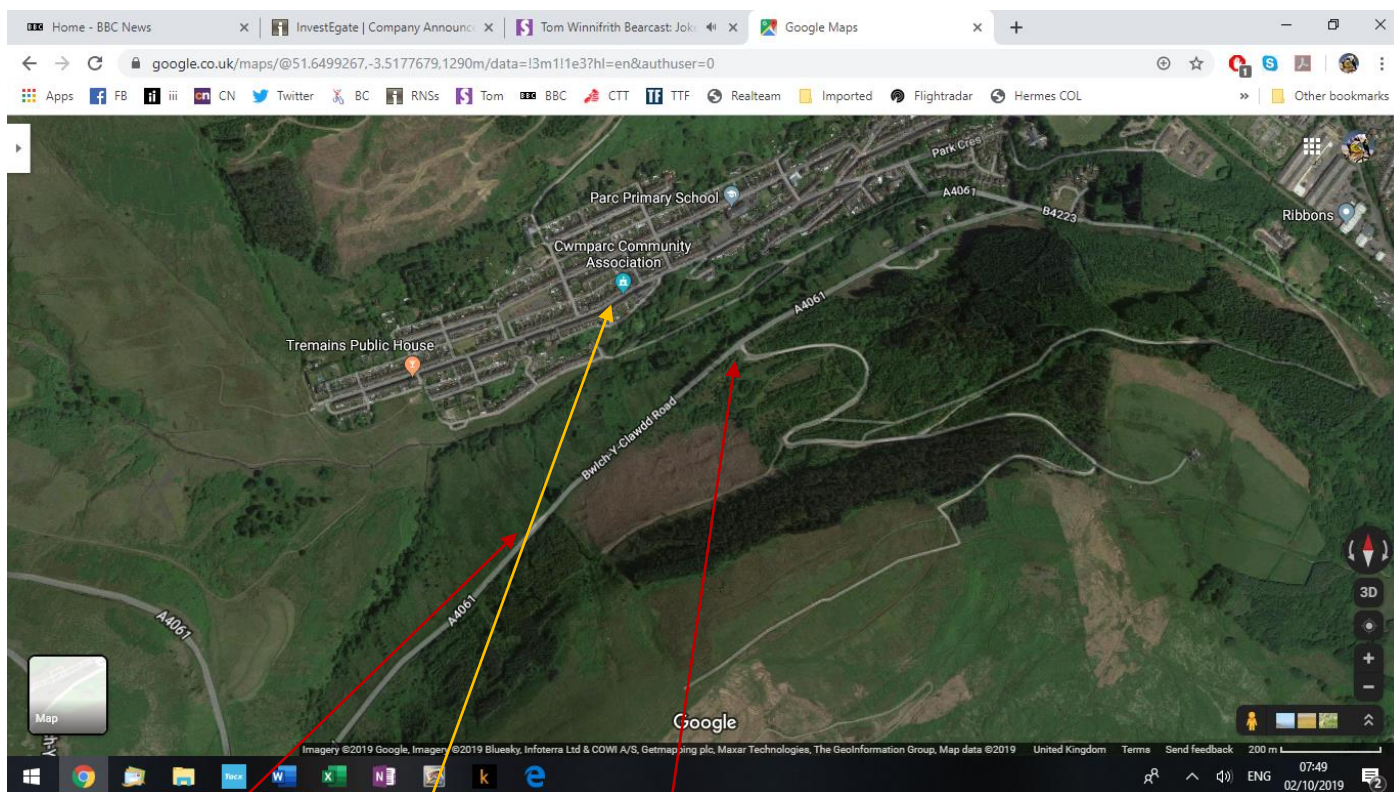
Prize List: 1st - £15 for Man, Women, Vet, Jun and Juv

Previous winner

Date	Name
2018	Ed Laverack – JLT Condor

A Prizes presentation will be held at the end of the event.

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.



Old Start

New Start

HQ – Lower Blue blob

Have a safe race - Martyn

Have a safe ride and we hope to see you again in 2019.

Start Order

No	Name	Club	Cat	Start	Comment
1	David Parry	Cwmcarn Paragon Road Club	MV	14:01	Previous Winner 19XX!
2	Ryu Roberts-Hayamizu	Maindy Flyers Youth Cycling	Juv	14:02	
3	Rhodri Lord	Cardiff Ajax CC	M	14:03	
4	Ethan Pratten	Cardiff Jif	Juv	14:04	
5	Dewi Lord	Cardiff Ajax CC	M	14:05	
6	Morgan Lloyd	Cycle Specific	Juv	14:06	
7	Jonathan Heath	Brecon Wheelers	M	14:07	
8	Euan Hawkins	Maindy Flyers Youth Cycling	Jun	14:08	
9	David Ross	LFGSS CC	M	14:09	
10	Dylan Griffiths	Towy Riders Cycle Club	Jun	14:10	
11	Matthew Page	Ystwyth CC	M	14:11	
12	Dorian Rees	Sarn Helen Club	MV	14:12	
13	Phil Stonelake	Bristol Road Club	MV	14:13	
14	Andrew Metherell	Salt and Sham Cycle Club	MV	14:14	
15	Rob Jones	Cardiff Ajax CC	MV	14:15	
16	Joshua Botham	Doncaster Wheelers C.C.	M	14:16	
17	Richard Gildea	Didcot Phoenix CC	M	14:17	Multiple HC Podiums
18	Andrew Butcher	Cwmcarn Paragon Road Club	MV	14:18	4th Welsh Champs 2012
19	Hayley Simmonds	AeroCoach	W	14:19	3rd National HC 2017
20	Darran Carpenter	Cwmcarn Paragon Road Club	MV	14:20	Previous Welsh Champ

Notes:

1. Please do not warm up on the hill once the event has started.
2. Please line up off the "main" road and be mindful of traffic descending the climb whilst in the start area.
3. Allow 10 minutes to get to the start.
4. Remember there is NO push you are simply held.
5. If you descend the hill after your ride please be mindful of the other riders.
6. No anti-social behaviour.