



Rhigos Hill Climb

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

Sunday 6th October 2018 – RH4 – 14:01

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

**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.**

HQ: Hirwaun Community Centre (CF44 9SL) (Open 7:15). Parking is limited, there is additional parking in nearby roads and at a public car park a little further on

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/4 – Rhigos Mountain

Start at the entrance to the EMS factory near Hirwaun Industrial Estate on A4061 Rhigos Mountain road (edit entrance to Tower these days I believe). Proceed 3.2 miles towards Treherbert to finish opposite far end of large lay-by on top of the mountain.

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: 1st - £25, 2nd £20, 3rd £15, 4th £10

A Prizes presentation will be held at the end of the event with a podium for the top.

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.

Help – I currently don't have a holder so if anyone has a helper or parent who would be prepared to help at the start please volunteer and you can have free refreshments for yourself and rider at the HQ.

Previous winner

Date	Name
2018	Ed Laverack – JLT Condor



Have a safe race - Martyn

Start Order

bib	Name	club	Cat	Start	Comment
1	David Parry	Cwmcarn Paragon Road Club	MV	14:01	
2	Megan Jones	Maindy Flyers Youth Cycling	Fjuv	14:02	
3	Phillip Bradshaw	Cwmcarn Paragon Road Club	MV	14:03	
4	Joanne Jago	Performance Cycles CC	W	14:04	
5	Iago Williams	Towy Riders Cycle Club	Juv	14:05	
6	Euan Hawkins	Maindy Flyers Youth Cycling	Jun	14:06	
7	Morgan Jones	Cwmcarn Paragon Road Club	M	14:07	
8	Phil Stonelake	Bristol Road Club	MV	14:08	
9	Dorian Rees	Sarn Helen Club	MV	14:09	
10	David Ross	LFGSS CC	M	14:10	
11	Dewi Lord	Cardiff Ajax CC	M	14:11	
12	David Fellows	Solihull CC	M	14:12	
13	Rhodri Lord	Cardiff Ajax CC	M	14:13	
14	Owen McConochie	Sarn Helen Club	M	14:14	
15	Andrew Metherell	Salt and Sham Cycle Club	MV	14:15	
16	Jonathan Heath	Brecon Wheelers	M	14:16	
17	Jack Phillips	73 Degrees Bicycles, WestSide Coaching rt	M	14:17	9th West DC 2018
18	Rob Jones	Cardiff Ajax CC	MV	14:18	
19	Andrew Butcher	Cwmcarn Paragon Road Club	MV	14:19	4th Welsh Champs
20	Richard Gildea	Didcot Phoenix CC	M	14:20	Multiple podiums
21	Darran Carpenter	Cwmcarn Paragon Road Club	MV	14:21	Prev Welsh Champ
22	Ed Laverack	SwiftCarbon Pro Cycling	M	14:22	2018 Winner
23	Andrew Feather	ChampionSystem(UK)	M	14:23	National Champion

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 10-15 minutes to get to the start.**
- 4. Remember there is NO push you are simply held.**
- 5. There are laybys on the hill itself and just near the finish feel free to use those when not at the hall.**
- 6. If you descend the hill after your ride please be mindful of the other riders.**
- 7. No anti-social behaviour.**