

CARDIFF BYWAYS CC

(Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations)

TRIPLE HILL CLIMB

On Sunday 5 October, 2014 - Courses RH/2, RH/6, RH/1

Timekeepers

Mr R Field Cardiff Byways CC (Finish)

Mr T Howell Port Talbot Whs (Start)

Starting Steward

Mrs Shirley Howell Port Talbot Whs

Event Secretary

Mr Robin Field

89 Velindre Road

Whitchurch

Cardiff CF14 2TG

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E-mail robin.field@cyclingtimetrials.org.uk

Points will be awarded on finishing position for each hill (5 for First 4 for Second etc.). The person with the **highest** total will be the overall winner. **If a tie on points occurs** the award will go to the person with the **lowest aggregate time**.

AWARDS

1 st OVERALL	£10.00
2 nd OVERALL	£8.00
3 rd OVERALL	£6.00
LANTERNE ROUGE	Quarter Bottle of Whisky to keep out the chill!

HOW TO GET THERE

From Swansea and the West; M4 J37: follow A48, turn R at r/a signpost Ewenny B4265: after 1 mile turn R at fork on B4524 (Ogmore-by-Sea). Continue for 2.5 miles to unclassified road on L. (Norton hill)

From Cardiff and the East: M4 J35: follow A473 for 3 miles take 2nd exit on A48 (Porthcawl): at 2nd r/a turn L signpost Ewenny B4265. After 1 mile turn R at fork on B4524 (Ogmore-by-Sea); continue for 2.5 miles to unclassified road on L. (Norton hill). **THERE ARE NO HEADQUARTERS. Numbers at Norton Hill Start.**

COURSE DESCRIPTION ONE (RH/2)-NORTON Start 10.00

Start on unclassified road at road mark approx. 100 yds South of **B4524** Ewenny-Ogmore-By-Sea Road (**OS170. 874762**), Signpost Norton.

Proceed Southwards up steep hill (max gradient 1 in 6) to **Finish** at top of hill immediately before farm entrance (**OS170. 873759**) **400 yds**,

COURSE DESCRIPTION TWO (RH/6)-PENLLYN CASTLE Start 11.00

Start on unclassified road (Newton Moor-Penllyn Castle) at mark opposite tele pole DP 548 2yds beyond 'The Moorlands' farmhouse (**OS170. 978765**) –approx 1 mile due N of A48 Cowbridge.

Proceed W uphill to **TURN LEFT** up hill (max gradient 1 in 4) to **Finish** 10 yds beyond 'Hill 20%' sign by tele pole DP 549 & 10yds before entrance on left (**OS170. 977763**) **500yds**

COURSE DESCRIPTION THREE Primrose Hill Cowbridge (RH/1). Start 12.00

Start at small entrance 50yds E of '30' sign on A4222 opposite drain cover 30 yds W of Tele pole DP 102 Cowbridge (**OS170. 003744**).

Proceed in an easterly direction on A4222 uphill to **Finish** at drain cover underneath 2 pairs of electricity cables 7 kerb joints from entrance on left (average gradient 1 in 12) **900yds** (**OS170. 012743**)

CUP OF TEA IN 'Hannah's' CAFÉ ON RETURN OF NUMBER.

The Result Board Will Be outside Hannah's on the South side of A48 Stalling Down. Normans Cafe Stalling Down Cowbridge Common has now closed.

(SIGN ON at the start of Norton Hill you must complete all hills to qualify)

No	Name	Club	Cat	Start Norton	Start Penllyn	Start Primrose Hill
1	Lloyd Morgan	San Domenico	V	10:01	11:01	12:01
2	Edward Malarczyk	Cwmcarn Paragon RC	V	10:02	11:02	12:02
3	Gareth Battle	Porth & District CC	V	10:03	11:03	12:03
4	Alexandre Touche	Cwmcarn Paragon RC	J	10:04	11:04	12:04
5	Jon Heath	Brecon Wheelers	S	10:05	11:05	12:05

Cycling Time Trials, South Wales Police and Cardiff Byways CC strongly recommend the wearing of a hard shell helmet manufactured to internationally recognised standards. HELMETS ARE COMPULSORY for Junior riders under the age of 18.