

## CARDIFF BYWAYS C.C.

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

### TRIPLE HILL CLIMB

On Sunday 23 September, 2012 - Courses RH/2, RH/6, RH/1

#### Timekeepers

Mr R Field Cardiff Byways CC (Finish)  
Mr T Howell Port Talbot Whs (Start)

#### Event Secretary

Mr Robin Field  
89 Velindre Road  
Whitchurch  
Cardiff CF14 2TG  
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Points will be awarded on finishing position for each hill (13 for First 12 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 <sup>ST</sup> OVERALL	£10.00
2 <sup>ND</sup> OVERALL	£8.00
3 <sup>RD</sup> OVERALL	£7.00

LANTERNE ROUGE      Bottle of Ross on Wye 'Ashton Bitter' Cider to make the pain disappear!

#### **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 2<sup>nd</sup> exit on A48 (Porthcawl): at 2<sup>nd</sup> 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 11.30**

**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 up hill 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 13.00**

**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 up hill 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)**

**FREE FILLED ROLL + CUP OF TEA (or equivalent) IN 'THE DOWNS'CAFÉ ON RETURN OF NUMBER.**

**The Result Board Will Be In The Downs Café (Normans) Stalling Down Cowbridge Common. Prizes Will Be Awarded In The Cafe.**

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

<b>No</b>	<b>First</b>	<b>Surname</b>	<b>Club</b>	<b>Start Norton</b>	<b>Start Penllyn</b>	<b>Start Primrose Hill</b>
1	Simon	Geary	Hereford & Dist. Whs	10:01	11:31	13:01
2	Elinor	Thorogood	For Viored	10:02	11:32	13:02
3	Gareth	Battle	Porth & District CC	10:03	11:33	13:03
4	David	Crowley	Port Talbot Whs CC	10:04	11:34	13:04
5	Darran	Carpenter	Cwmcarn Paragon	10:05	11:35	13:05
6	Tim	Bayley	Artic SRAM RT	10:06	11:36	13:06
7	Ryan	Brain	Cwmcarn Paragon	10:07	11:37	13:07
8	Daniel	Thorogood	Ystwyth CC	10:08	11:38	13:08
9	Neil	Blessitt	Severn RC	10:09	11:39	13:09
10	Robert	Gough	Artic SRAM RT	10:10	11:40	13:10
11	Glyndwr	Griffiths	Bristol South CC	10:11	11:41	13:11
12	Jonathan	Warner	Rollapaluza CC	10:12	11:42	13:12
13	Robert	Jones *	Ogmore Valley Whs	10:13	11:43	13:13

**\* Winner 2011**

**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 riders under the age of 18.**