

## CARDIFF BYWAYS C.C.

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

### TRIPLE HILL CLIMB

On Sunday 22 September, 2013 - 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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Points will be awarded on finishing position for each hill (16 for First 15 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	£20.00
2 <sup>nd</sup> OVERALL	£15.00
3 <sup>rd</sup> OVERALL	£10.00
4 <sup>th</sup> OVERALL	£ 8.00

LANTERNE ROUGE Peroni Nastro Azzuro Beer – training starts now for next year's Giro!

#### **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>Name</b>	<b>Club</b>	<b>Start Norton</b>	<b>Start Penllyn</b>	<b>Start Primrose Hill</b>
1	Mark Rosser	Ogmore Valley Whs	10:01	11:31	13:01
2	Simon Geary	Hereford & Dist Whs	10:02	11:32	13:02
3	Peter Kibble (Juvenile)	Team Cycology Bikes	10:03	11:33	13:03
4	Richard Harris	Cwmcarn Paragon RC	10:04	11:34	13:04
5	Meirion Rhys	Cardiff Jif	10:05	11:35	13:05
6	Lyn Jones	E C Cycles	10:06	11:36	13:06
7	Osian Meilyr	Cardiff Byways CC	10:07	11:37	13:07
8	Jon Heath	Brecon Wheelers	10:08	11:38	13:08
9	Tom Ilett	Bristol South CC	10:09	11:39	13:09
10	Richard Cartland	Team Echelon - Rotor	10.10	11.40	13.10
11	Christopher Goodwin	Ogmore Valley Whs	10:11	11:41	13:11
12	Gareth Pugh	Cwmcarn Paragon RC	10:12	11:42	13:12
13	Michael Clark	Bristol South CC	10:13	11:43	13:13
14	Darran Carpenter	Cwmcarn Paragon RC	10:14	11:44	13:14
15	Gareth Battle	Porth & District CC	10:15	11:45	13:15
16	Glyndwr Griffiths*	Bristol South CC	10:16	11:46	13:16

\* Winner 2012

**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.**