

## CARDIFF BYWAYS CC

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

### TRIPLE HILL CLIMB

On Sunday 11 October, 2015 - 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 (6 for First 5 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

£8.00

3<sup>rd</sup> OVERALL

£6.00

LANTERNE ROUGE

Bottle of Pinot Noir 'Bicicleta' red wine

#### **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 11.00**

**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.**

**(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>Cat</b>	<b>Start Norton</b>	<b>Start Penllyn</b>	<b>Start Primrose Hill</b>
1	Samuel Reakes	Pembrokeshire Velo	Y	10:01	11:01	12:01
2	Jon Heath	Climb on Bikes RT	S	10:02	11:02	12:02
3	Lloyd Morgan	Cardiff Ajax CC	V	10:03	11:03	12:03
4	Tim Spencer	EC Cycles	S	10:04	11:04	12:04
5	Joel Hender	Pembrokeshire Velo	S	10:05	11:05	12:05
6	James Shaw	Urban-cyclery.co.uk RT	S	10.06	11.06	12.06

**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.**