



## Clwb Sarn Helen Club Hill Climb 28<sup>th</sup> March 2016

Thank you for your entry to Clwb Sarn Helen Club's first official time trail promoted for and on behalf of Cycling Time Trials under their Rules and Regulations. We look forward to welcoming you and hope that you are up for the challenge that is Tychrug.

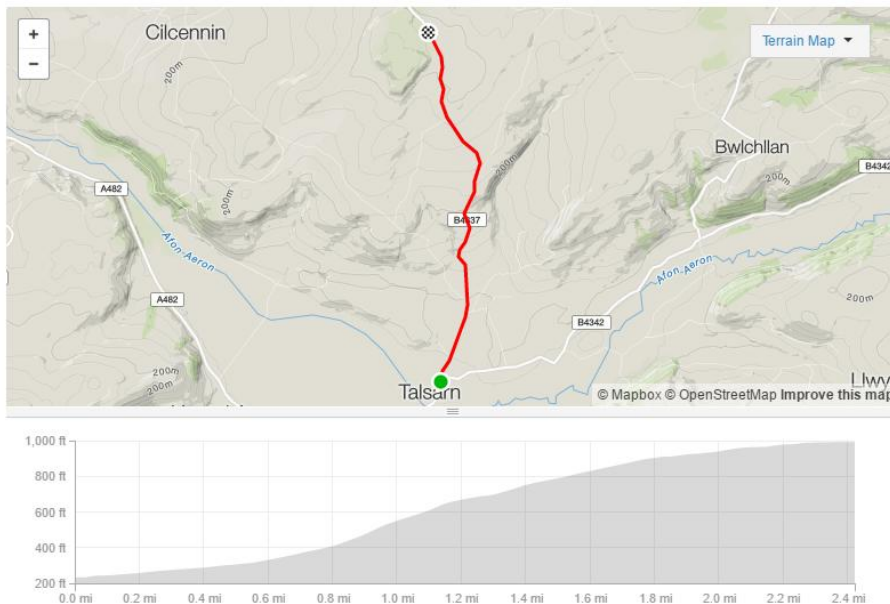
### Course Description

LOCATION A482 Llanwrda – Lampeter - Aberaeron

Course is situated approx. 6 miles North of Lampeter: from Lampeter continue on A482 towards Aberaeron. At 5 miles take right fork on B4337 near Temple Bar. Continue for approx. 1.5 miles. Sat Nav. SA48 8QB

START in Talsarn on B4337 at mark at Bus Stop OS 146 546565. Proceed North (5 % gradient) on B4337, after the Primary School right hand bend (16%) continue to left hand bend (16%). Continue along a short descent (1.3 miles) continue on climb along B4337 around left hand bend and up three short ramps (16%) (1.8 miles) where gradient flattens out to FINISH at mark on left at Tychrug (2.4 miles). OS 146 544602

See map and elevation graph below:



Signing on and results are located at Daltons ATV's approximately 500m south of the start where ample parking is available. Signing on opens at 9.00 am with the first rider away at 10.01.

Refreshments will be available for all at the finish

**Official Time Keepers**

Mr. Robin Field  
Mr Norman James

**Event Secretary**

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**Official Start Times**

| <b>Rider No.</b> | <b>Rider Name</b> | <b>Club</b>                     | <b>Start time</b> | <b>Category</b> |
|------------------|-------------------|---------------------------------|-------------------|-----------------|
| 1                | Edward Bickerton  | Warwick Road Club               | 10.01             | Y               |
| 2                | Richard Marks     | Clwb Sarn Helen Club            | 10.02             | V               |
| 3                | Paul Edwards      | Clwb Sarn Helen Club            | 10.03             | V               |
| 4                | David Thomas      | Clwb Sarn Helen Club            | 10.04             | V               |
| 5                | Jacqueline Hobson | Born to Bike- Bridgetown Cycles | 10.05             | W               |
| 6                | Huw Jones         | Clwb Sarn Helen Club            | 10.06             | V               |
| 7                | Eric Rees         | Clwb Sarn Helen Club            | 10.07             | V               |
| 8                | John Mc Donagh    | Clwb Sarn Helen Club            | 10.08             | V               |
| 9                | Carwyn Davies     | Clwb Sarn Helen Club            | 10.09             | E               |
| 10               | Dorian Rees       | Clwb Sarn Helen Club            | 10.10             | S               |
| 11               | Tim Strang        | Clwb Sarn Helen Club            | 10.11             | V               |
| 12               | Trys John         | Ystwyth CC                      | 10.12             | S               |
| 13               | Gareth Payne      | Clwb Sarn Helen Club            | 10.13             | V               |
| 14               | Dylan Lewis       | Clwb Sarn Helen Club            | 10.14             | S               |
| 15               | Andy Fogg         | Coventry Road Club              | 10.15             | V               |
| 16               | Morgan Ley        | Port Talbot WhsACC              | 10.16             | J               |