

# Welsh Hill Climb Championship 2013



**Promoted for and on behalf of Cycling Time Trials Under their rules and regulations**

*Promoted by the*

**Welsh Cycling Association**

Sunday 29 September 2013

**Timekeepers:**

Tudor Thomas Bynea CC

Norman James Ogmores Valley Whs

Robin Field Cardiff Byways CC

Course **RH/14** Starting at 10.00am

H.Q. Gwynfe Community Hall, Gwynfe, SA19 9RD

**Numbers will be at H.Q.**

Event Secretary: Paul Robinson 44 Bro Henllys, Felinfach, Lampeter, Ceredigion. SA48 8AD  
01570 470129. On the Day 07812 799661

**To whom any complaints must be made in writing within 24 hours**

Tel: 02920 632358 Mob.(On the day) 07753 603098 E-mail:

## Course RH/14

<b>Start</b> on the A4069 at minor road junction on left and 50 yards before red post box on right approx 5 miles south of Llangadog	Miles
Proceed south on A4069 towards Brynaman to <b>FINISH</b> at the small stone wall of car park on the left at top of mountain	3.82

**START OS 160 SN 735220.**

**FINISH OS 160 SN 731193.**

All riders are asked to comply with the following requests.

- ✓ Try and call your number to the finishing timekeeper if you have breath left!
- ✓ Do keep your head up; be aware of your surroundings and **HAVE A SAFE RIDE.**

### Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 50, 100, 12 Hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Riders in all Welsh Championship events count to the final total and awards are made to the six riders with the highest score.

The full result of this event will be published on [www.southwalesdc.co.uk](http://www.southwalesdc.co.uk)

### Awards

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch, **Sunday 3 November 2013 at the Hawthorn Leisure Centre.**

We appreciate that you may want to leave quickly, but please stay to applaud the Champions.

<b>Men's Championship</b>	
1 <sup>st</sup>	Hill Climb Trophy (for one year) WCA Plaque & invitation to BAR lunch
<b>Women's Championship</b>	
1 <sup>st</sup>	WCA Plaque & invitation to BAR lunch
<b>Junior Championship</b>	
1 <sup>st</sup>	WCA Plaque & invitation to BAR lunch
<b>Juvenile Championship</b>	
1 <sup>st</sup>	WCA Plaque & invitation to BAR lunch

No	Name	Club	Start Time	CAT.
8	Richard Harris	Cwmcarn Paragon	10:08	
9	Craig Seaman	Swansea Whs	10:09	
10	Simon Geary	Hereford & Dist Whs	10:10	V1
11	Callum Hutchinson	Pembrokeshire Velo	10:11	
12	Gareth Battle	Porth & Dist. CC	10:12	
13	Garry Ellis	Energy Cycles	10:13	V1
14	Christopher Goodwin	Ogmore Valley Whs	10:14	V1
15	Robert Jones	Ogmore Valley Whs	10:15	
16	Darran Carpenter	Cwmcarn Paragon	10:16	
17	Ryan Brain	Cwmcarn Paragon	10:17	Jun
18	Jessica Roberts	4 Star Racing	10:18	L
19	William Roberts	Bynea CC	10:19	Jun
20	Charlotte Jennings	Bynea CC	10:20	L
21	Rhodrey Evans	Towy Racing CC	10:21	Jun
22	Sally Harmer	Pembrokeshire Velo	10:22	L
23	Mark Rosser	Ogmore valley Whs	10:23	V1
24	Lee Watts	Bynea CC	10:24	
25	Colin Wallace	Merthyr CC	10:25	V2
26	Rhys Lloyd	Port Talbot Whs	10:26	
27	Arwel Davies	Bynea CC	10:27	V1
28	Richard Cartland	Team Echelon-Rotor	10:28	
29	Benjamin Davies	Bristol RC	10:29	
30	Dan Evans	4 Star Racing	10:30	

Please Note: the HQ (Gwynfe Community Hall) is not the most obvious of places. I suggest you Google the post code prior to leaving home!

### **Object of the Day**

Start at bottom of big hill, ride to top of big hill, collapse in a heap, roll back down hill, eat cake declare that training will start tomorrow, so more cake is allowed ☺

**Have a good one.**

**Go home safely**

*The boring stuff*

**IN THE INTERESTS OF YOUR OWN SAFETY Cycling Time Trials and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets.**

**It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active when the machine is in use.**