

Welsh CA Hilly 21 - Celtic Series Opener

(the Mon CL 'Hilly' 'back in the day')



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

For Men and Women

Promoted by the
Welsh Cycling Association

Sunday 28 April 2019

Start Timekeeper: Martyn Heritage-Owen Bush Healthcare

Finish Timekeeper Tudor Thomas Bynea CC

Recorder Frances Field Cardiff Byways CC

Course RS/22 Starting at 10.00am

**Event HQ; Crickhowell Community Sports Centre, New Road,
Crickhowell. Powys NP8 1AW**

NEW HQ this year with toilets and showers

Numbers and sign – on will be at HQ which will be open from 8:30 am

Return your number for a free tea. Goodies available!

Catering Supplied by Sharon Preddy Catering

The full result of this event will be published on:

www.southwalesdc.co.uk

Event Secretary: Robin Field. 89 Velindre Road, Whitchurch, Cardiff, CF14 2TG

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

robin.field@cyclingt看trials.org.uk

To whom any complaints must be made in writing within 72 hours

TO THE START: From HQ turn left along New Road and take first Left at T junction (A40) continue for 1.5 mile to turn Right onto A479 by Nantyffin Cider Mill Inn. Continue on A479 for approx. 1 mile to Start. (2.7 miles from HQ)

bib	firstname	lastname	club	gender	category	age on day	Vet Std (20.8 miles)	start_time
61	Mathew	Atkins	UFIT TRI TEAM	Male	Veteran	54	00:57:02	11:01:00
62	Tim	Strang	Clwb Seiclo Caron	Male	Veteran	65	00:59:24	11:02:00
63	Andrew	Metherell	Salt and Sham Cycle Club	Male	Veteran	48	00:56:04	11:03:00
64	Matt	Grantham	Pontypool Road Cycling Club	Male	Espoir	21		11:04:00
65	Lester	Grant	Auchencrow Thistle CC	Male	Senior	32		11:05:00
66	Ian	Gibson	Abercynon Road Club	Male	Veteran	59	00:57:58	11:06:00
67	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran	67	01:00:00	11:07:00
68	Ryan	O'rourke	Cwmcarn Paragon Road Club	Male	Senior	26		11:08:00
69	Robert	Powell	Ogmore Valley Wheelers	Male	Veteran	40	00:54:42	11:09:00
70	Gethin	Davies-Jones	Abercynon Road Club	Male	Veteran	52	00:56:42	11:10:00
71	John	Aspell	PDQ Cycle Coaching	Male	Veteran	50	00:56:23	11:11:00
72	Neil	Meredith	Merthyr CC	Male	Senior	33		11:12:00
73	Michelle	Fishbourne	CES Sport	Female	Veteran	52	01:01:33	11:13:00
74	Steve	Sebburn	Bpm Coaching	Male	C5	40	00:54:42	11:14:00
75	John	Williams	Bynea Cycling Club	Male	Veteran	66	00:59:41	11:15:00
76	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran	65	00:59:24	11:16:00
77	Paul	Stephens	Ross on Wye & Dist CC	Male	Veteran	54	00:57:02	11:17:00
78	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran	55	00:57:13	11:18:00
79	Jonathan	Heath	Brecon Wheelers	Male	Senior	31		11:19:00
80	Nathan	Leaves	Cwmcarn Paragon Road Club	Male	Espoir	21		11:20:00
81	Oliver	Rowlands	Newport Phoenix CC	Male	Junior	17		11:21:00
82	Diccon	Hill	Cardiff 100 Miles RCC	Male	Veteran	47	00:55:54	11:22:00
83	David	Brice	Bynea Cycling Club	Male	Veteran	57	00:57:34	11:23:00
84	Thomas	Dye	Cardiff Ajax CC	Male	Senior	33		11:24:00
85	Stephanie	Post	Team Bottrill	Female	Senior	33		11:25:00
86	Leon	Evans	Cardiff Ajax CC	Male	Veteran	45	00:55:35	11:26:00
87	Colin	Wallace	Merthyr CC	Male	Veteran	56	00:57:23	11:27:00
88	Earl	Smith	Royal Dean Forest Cycle Club	Male	Veteran	48	00:56:04	11:28:00
89	Will	Bevan	Ross on Wye & Dist CC	Male	Senior	38		11:29:00
90	Chris	Massey	CES Sport	Male	Veteran	46	00:55:45	11:30:00
91	Christopher	Gibbard	Bynea Cycling Club	Male	Senior	37		11:31:00
92	Michiel	Vaal	CES Sport	Male	Veteran	57	00:57:34	11:32:00
93	Ioan	Smallwood	Cardiff Ajax CC	Male	Senior	36		11:33:00
94	Lee	Perrott	Cycle Specific	Male	Veteran	40	00:54:42	11:34:00
95	Scott	Davies	Team Dimension Data	Male	Senior	23		11:35:00

Celtic Series Events 2019

Event	Date	Distance (miles)	Course	Club	Organiser
Opener	28/4/19	20.8	RS/22	Welsh CA	Robin Field
2 of 9	25/5/19	25	R25/4	Bynea CC	Sarah Rees
3 of 9	29/5/19	Hill Climb	RH/9	www.realteam.co.uk	Martyn Heritage-Owen
4 of 9	13/6/19	10	R10/17	www.realteam.co.uk	Martyn Heritage-Owen
5 of 9	27/6/19	10	R10/17	www.realteam.co.uk	Martyn Heritage-Owen
6 of 9	09/7/19	10	R10/22A	Port Talbot Whs	Owain Roberts
7 of 9	30/7/19	10	R10/9	www.realteam.co.uk	Martyn Heritage-Owen
8 of 9	08/8/19	10.9	R10/24	Welsh CA	Martyn Heritage-Owen
Finale	22/9/19	10	R10/12	www.realteam.co.uk	Martyn Heritage-Owen

Course RS/22

GR 161 187213 (S) 192201 (F)

START on A479 at mark in Layby approx 200 yds south of Tretower village sign. Proceed along A479 north-west up a gradual climb through Cwmdy, Waun Fach to top of climb near Pengenffordd (1084 ft) (5.5 miles). Immediately start descending on A479 through a series of sharp bends to Talgarth roundabout (9 miles). Take 1st exit onto B4560 (signpost Llangors). Proceed south-west on B4560 via Trefecca and a series of little climbs to Llangors (narrow road in places) stay on B4560 passing Llangors Lake, through Cathedine, Nant-y-felin to T junction with A40 at Bwlch (give way) (17.5 miles). Turn left (care) onto A40 through Bwlch and descend hill (RH Hairpin bend) to continue descending to take SHARP left (adverse camber) to continue on A40 to FINISH at mark by field entrance and opposite 'Glenusk Estate' entrance (20.8 miles)

After you finish, continue along A40 for 2 miles into Crickhowell, turn Right (New Road) then first right into Crickhowell School Complex

The course is challenging with a long steady climb then a descent on A479. There are a series of sharp bends on the descent to Talgarth roundabout so TAKE CARE. The B4560 has short sharp climbs and is very narrow through Llangors (a popular tourist attraction) so please be considerate. Road bikes are OK on this course

Allow about 15 minutes to ride to the Start

All riders are asked to comply with the following requests.

- ✓ No warming up on the course once the event has started
- ✓ No U Turns within sight of start/finish TK
- ✓ No turbo training within 100 yards of dwellings
- ✓ Urinating in public is not tolerated: **if you must go, use the HQ or be discreet!**
- ✓ If you use a Nopinz type pocket on a skin suit please ensure your number is clearly visible. Pins are available for standard attachment
- ✓ Do call your number to the finishing timekeeper.
- ✓ **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 further recommended that a working rear light either flashing or constant is fitted to your machine in a position visible to following road users and is active while the machine is in use
- ✓ This event is subject to Dope Control
- ✓ **Remember to sign back in at the end or you will be DNF**

Awards

This is NOT a One Rider One Award Event if you are good enough to win it, you get it!

Men	Women	Veterans (on Std)
1 st £15 + WCA Medallion	1 st £15 + WCA Medallion	1 st £15 + WCA Medallion
2 nd £12 + WCA Medallion		2 nd £12 + WCA Medallion
All Medallions will be presented on the day 30 Mins after the Last Rider Finishes -so don't rush off!		

The Celtic Series Champions will be presented with their awards at the Annual Welsh BAR Lunch, Sunday 3 November 2019 at the TRW Club Resolven – it's on the R25/3 course: take the exit sign posted 'Works' at Resolven roundabout on A465.