



Rhigos Hill Climb

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PROMOTED FOR AND ON BEHALF OF CYCLING TIME TRAILS UNDER THEIR RULES AND REGULATIONS

Sunday 7th October 2018 – RH4 – 14:01

Timekeepers – Start: Martyn Heritage-Owen, Finish: Robin Field, Holder: TBA

**EVENT SEC: Martyn Heritage-Owen 28 Clos Tyla Bach, St Mellons, Cardiff, CF3 0EJ
Mobile: 0778 606 7819. Complaints should be made in writing to me within 24hrs.**

Event HQ: Rhigos Rugby Club (CF44 9HJ) – open from 13:00

RIDERS MUST SIGN ON FOR RACE NUMBERS AT HQ IN THE INTERESTS OF YOUR OWN SAFETY, CYCLING TIME TRAILS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU TO WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. IT IS A REGULATION OF THE CTT THAT ALL RIDERS UNDER THE AGE OF 18 OR JUNIORS AS DEFINED BY REG 9 SHOULD WEAR A HARD SHELL HELMET CONFORMING TO A SAFETY STANDARD IN ACCORDANCE WITH THE REGULATION 15 AND HAVE A REAR FACING FLASHING RED LIGHT FITTED TO YOUR MACHINE.

REMEMBER to sign in and sign out after the race. Failure to do so will result in a disqualification. Signing in will be at the refreshment bar run by Sharon Preddy

Course Description - RH/4 – Rhigos Mountain

Start at the entrance to the EMS factory near Hirwaun Industrial Estate on A4061 Rhigos Mountain road (edit entrance to Tower these days I believe). Proceed 3.2 miles towards Treherbert to finish opposite far end of large lay-by on top of the mountain.

Object of the day: Start at bottom of big hill, ride to top of big hill, collapse in a heap, roll back to the Rugby Club and eat cake.

Prize List: 1st - £25, 2nd £15, 3rd £5.

A Prizes presentation will be held at the end of the event with a podium for the top.

Free tea or coffee on return of your number. Sharon Preddy Catering will be providing a selection of homemade cakes and rolls at reasonable prices.

Help – I currently don't have a holder so if anyone has a helper or parent who would be prepared to help at the start please volunteer and you can have free refreshments for yourself and rider at the HQ.

Have a safe race - Martyn

Have a safe ride and we hope to see you again in 2019.

Start Order

No	Name	Club	Cat	Start Time
1	Floyd Bailey	Cwmcarn Paragon Road Club	Juv	14:01
2	Clare Good	www.realteam.co.uk	W	14:02
3	David Parry	Cwmcarn Paragon Road Club	MV	14:03
4	Jack Ramsbottom	West Wales Cycle Racing Team	Juv	14:04
5	Dorian Rees	Sarn Helen Club	MV	14:05
6	Tim Strang	Clwb Seiclo Caron	MV	14:06
7	Tim Bailey	Cwmcarn Paragon Road Club	MV	14:07
8	Scott Ramsey	Union Cycliste Ystrad Mynach	M	14:08
9	Phillip Bradshaw	Cwmcarn Paragon Road Club	MV	14:09
10	Lawrence Cronk	Team CRANC	M	14:10
11	Jonathan Heath	Brecon Wheelers	M	14:11
12	Luke Protheroe	Merthyr CC	Jun	14:12
13	David Thomas	Rhondda Triathlon Club	M	14:13
14	Hefin Evans	Bynea Cycling Club	M	14:14
15	Euan Hawkins	Maindy Flyers Youth Cycling	Juv	14:15
16	Rob Jones	Cardiff Ajax CC	MV	14:16
17	Ed Laverack	JLT Condor	M	14:17

Notes:

1. Please do not warm up on the hill once the event has started.
2. Please line up off the "main" road and be mindful of traffic descending the climb whilst in the start area.
3. Allow 10-15 minutes to get to the start.
4. Remember there is NO push you are simply held.
5. There are laybys on the hill itself and just near the finish feel free to use those when not at the hall.
6. If you descend the hill after your ride please be mindful of the other riders.
7. No anti-social behaviour.