

End of Season Hill Climbs 2010

Nant Gwynant (*this page*),
Llanberis Pass (*page 2*),
Marchlyn Mawr (*page 3*).

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CRM 2010 TIME TRIAL RESULTS

Please note that position numbers appear against CRM club riders only as this event counts towards the Club's end of season awards.

Date:	03-10-10	Course:	Nant Gwynant Hill Climb 3.90 Miles		- Time -			Ave Speed
In time order	Name		PB	Improved by	hr	min	sec	(mph)
(RhosCC)	Dan Evans					14	53	15.722
1	Chris Green					15	36	15.000
(RhosCC)	Gareth Bowyer					16	22	14.297
(ECC)	Jamie Holding					18	58	12.337
(ECC)	John Williams					19	07	12.240
(RhosCC)	Steve Heaney					19	32	11.979
2	Huw Parry					19	40	11.898
3	Iwan Evans					20	14	11.565
4	Barry Williams					20	30	11.414
5	John Sammut					20	41	11.313
(RhosCC)	John Newsome					22	03	10.612
(ECC)	Rhys James					22	13	10.532
6	Mark Hobson					22	31	10.392
7	Ruth Parry					27	01	8.661

No PBs this time! However, it was a first attempt for several of the riders listed above, so they have set themselves a time to beat next time! To see the full PB list for this event, please click: [HERE](#)

Cymdeithas Seiclo GWYNEDD Cycling Association

CLWB RASIO MONA

LLANBERIS PASS HILL CLIMB
12th September, 2010. Distance: 3 miles
(Held under the rules of Cycling Time Trials)

Association Category Winners			
1st Overall	Dan Evans	Rhos C.C.	10:53
Fastest Vet	Gareth McGuinness	Energy Cycles	11:15
Fastest Lady	Jasmine Sharp	Energy Cycles	17:15
Fastest Junior	Owain Llyr James*	Energy Cycles	13:40

In G.C.A order	Name	Club	PB	Improved by	- Time -		Ave Speed (mph)
					min	sec	
1	Dan Evans	RhosCC			10	53	16.539
2	Chris Green	CRM	✓	0:46	10	58	16.413
3	Gareth McGuinness	ECC	✓	0:45	11	15	16.000
4	Matt Pritchard	CRM	✓	0:46	11	20	15.882
5	Ben Butler	ECC			11	28	15.697
(Not in GCA)	Ryan Mullen	Planet X			11	33	15.584
6	Garry Ellis	ECC	✓	2:04	11	44	15.340
7	Gareth Bowyer	RhosCC			11	55	15.104
8	Matthew Roberts	ECC			12	25	14.496
9	Thomas Bunn	CRM			12	33	14.342
10	Rob Mansell	CRM	✓	0:05	12	35	14.304
11	Paul Howarth	RhosCC			12	43	14.154
12	Geraint Jones	CHCC			12	45	14.117
(Not in GCA)	Constantin Bartels	WLCC			12	51	14.007
13	Dafydd Williams	CRM	✓	2:10	12	52	13.989
"	Rich Parry	ECC					
14	Matthew Vernon	ECC	✓	0:30	13	01	13.828
15	Nestor Guasch	ECC			13	09	13.688
16	Owain Llyr James	ECC	✓	3:09	13	40	13.170
17	John Williams	ECC	✓	0:44	13	45	13.090
18	Luigi Baccarini	ECC			13	59	12.872
19	Ian Wilmhurst	ECC			14	00	12.857
20	Chris Pritchard	RhosCC	✓	4:08	14	15	12.631
21	Steve Heany	RhosCC	✓	0:42	14	16	12.616
(Not in GCA)	John Sammut	(Unattached)			14	17	12.602
(Not in GCA)	Matt Strickland	(Unattached)			14	20	12.558
22	Wayne Owen	ECC	✓	1:47	14	24	12.500
23	Jamie Holding	ECC			14	30	12.413
24	Andy Jones	CRM			15	13	11.829
25	Stephen Jones	LlynCC			15	27	11.650
26	Dewi Jones	ECC	✓	3:43	15	34	11.563
27	John Newsome	RhosCC			16	24	10.975
28	Howyn Roberts	CRM			16	59	10.598
29	Jasmine Sharp	ECC			17	15	10.434
30	David Roberts	ECC			17	25	10.334
31	Iwan Pritchard	ECC			17	39	10.198
32	Gethyn Hughes	CRM	✓	2:07	17	50	10.093
33	Dave Parry	CRM	✓	6:17	18	19	9.827
34	Dave Hughes	CRM			18	41	9.634
35	Alwyn Parry	CRM			19	50	9.075
36	Sioned Parry	CRM			22	30	8.000

Congratulations to Dan Evans (RhosCC) for setting a new Course Record by taking 55 seconds off the previous record time of 11:44 set by Chris Green on 03-07-07. Some of the PBs above are improvements over previous ones set several years ago. The best improvement margin goes to Dave Parry with a huge advantage of 6:17 over his time of 24:36 set on 13-09-09!

To see the full PB list for this course, please click: [HERE](#)

*Entry corrected on 14-09-10

CRM 2010 TIME TRIAL RESULTS

Please note that position numbers appear against CRM club riders only as this event counts towards the Club's end of season awards.

Date:	05-09-10	Course:	Marchlyn Mawr 2.40 Miles		- Time -			Ave Speed
In time order	Name	PB	Improved by	hr	min	sec	(mph)	
(RhosCC)	Gareth Bowyer				14	18	10.069	
(Unattached)	Andy Profit				15	14	9.452	
1	Dave Gleave				15	38	9.211	
(ECC)	James Tottle							
2	Tim Whitton				15	50	9.094	
3	Iwan Morton							
(Unattached)	Dave Proctor	✓	0:13		16	01	8.990	
(Unattached)	Matthew Roberts				16	04	8.962	
(ECC)	Richard Parry	✓	0:12		16	30	8.727	
(ECC)	Nestor Guasch				16	32	8.709	
(Unattached)	Dylan Jones				16	44	8.605	
(ECC)	John Williams				17	07	8.412	
4	Gareth Hind				17	14	8.355	
(Unattached)	Matt Stricland				17	52	8.059	
5	Huw Parry				17	56	8.029	
6	Gerallt Roberts				18	19	7.861	
(Unattached)	Joe Morgan				18	22	7.840	
(Unattached)	John Sammut				18	24	7.826	
(Unattached)	Gareth Owen				18	41	7.707	
(Unattached)	Ali Chant				18	49	7.652	
(ECC)	Jasmine Sharp				20	44	6.945	
7	Howyn Roberts				20	45	6.939	
(RhosCC)	Steve Heaney				20	59	6.862	
8	Gethyn Hughes				22	40	6.352	
9	Charlotte Parry				23	46	6.058	
10	Ruth Parry				24	58	5.767	
11	Alwyn Parry	✓	0:51		28	28	5.058	
12	Dave Lee				28	51	4.991	

The strong wind did not help at all on this occasion; only three PBs were achieved! Richard Parry's PB is an improvement over the time recorded for him on 18-09-05, whilst Alwyn Parry and Dave Proctor's PBs are improvements over the time recorded for them on 06-09-09. To see the full PB list for this course, please click: [HERE](#)

A special thanks to Iwan Parry for saving the day by relaying riders' times on his mobile phone from the finish to Wendy at the bottom. This was after Timekeeper, Dylan Williams' paper became useless in all the wind & rain!!

This climb frequently hits 12% to 14% of incline - 16% in some places, and even 17% is recorded on one section. And with a distance of 2.40 miles, this must be the toughest of all local Hill Climb competitions!