

RHYL CC

Date: 1st May 2023

Riders Story:

Finley started riding with Rhyl CC in 2019, he started on his chunky wheeled Cube MTB but soon set his eyes on the drop bars. After learning the skills and confidence for racing he now competes all over the UK on his lightweight Fuji. His must have gadget is his Garmin Fenix6 watch, because it links to Strava and everyone knows if it's not on Strava it doesn't count! Fin loves the atmosphere of race day, the pre-race nerves and the adrenaline rush afterwards. Sam Long is Finley's favourite Triathlete cyclist and his dream ride would be to race in the World Triathlon Finals in Abu Dhabi around the F1 track. Finley's top tip is to keep pushing no matter what, as success doesn't come easily and takes a lot of hard work and dedication, set small goals and be proud of what you've achieved!



Race News:

Deian took on the u14 boys to win at Shrewsbury. That's three wins now in 2023. While Steff put out a brilliant effort in the u16 boys, gaining a respectable 7th place.

Just one race wasn't enough for our young coach Steff, who also hit the Darley Moor circuit the following day and gained an impressive 4th place.

Ephram sported his Rhyl CC jersey to come an amazing 2nd in the Nant BH, Go-Ride MTB race, after a quiet Winter season.

Oulton Park had a good sea of Orange riders giving it their all amongst some of the top young riders of the UK, on the 16th April, with Dan, Steff, Frank, Oliver, Finley and The Popes, tussling with in the pelotons, braving the cold weather and fighting on after a few close calls.

Coaches Tip of The Month:

This month's top tip comes from Dave... **Communicate!** Use short, clear communication when riding with others so they know what you are doing. This can make your ride smoother and safer.

Events in May:

This month there are 14 events within 100km of our track, mainly consisting of the Salt Ayre Cog Set Youth Races, the Dolan Bikes North West Youth League and a West Midlands Youth Circuit series race being held in Shropshire, so far.

Question Time:

- 1) What is the name of the race famous for its technical, challenging cobbles?
- 2) Which former World Champion may be competing for their 35th Stage win in the Tour De France, this year?
- 3) Solve the anagram... Koar Dibe.

Committee Meeting Minutes:

This month the committee discussed club rules, admin forms, future possible races, Belgium club trip and updating the Rhyl CC website. Insight of these each rider will receive a copy of the new handbook. Riders attending the Belgium trip will communicate via the Whats App group and the website will hopefully be updated soon. We hope to hold more races at Marsh Tracks throughout the Summer, so keep your eyes peeled.