

RHYL CC

1/2

Date: 1st June 2023

Riders Story:

Afon was inspired to start riding, so he could ride his bike as well as his brother Efan and his friends in the team...Joseph and Finley. You can often find Afon running at school, playing football in the park and in the swimming pool. He has recently earned his Wave 4 swimming badge. Afon loves fast paced races, on the track and off road. He loves descending the local mountain and riding to school. He has been testing out one of our new Frog MTBs, showing us his brilliant bike handling skills, on and off road. When asked why others should join Rhyl CC's Sunday sessions, Afon replied, "Because it gives you good bike skills and we get to make new friends. The coach Dave always makes me laugh, his very funny." Happy riders equal happy coaches!



Race News:

The last weekend of April saw Deian storming the Isle of Man Youth & Junior Tour, with him collecting the Green Jersey after stage 1, battling the hilly stage 2 and holding firm in the pack for the final sprint for the finish line. He has also been smashing the NW Youth League, climbing the podium 3 times this month.

The Time Trials have been seeing a lot more orange this month too, with Dan, Steff, Deian, Henry and the Popes competing. The Vale of Clwyd's, Llanwrnog hill climb TT was Ruled by Rhyl CC's youngsters, with Dan steaming his way to 1st place, Steff marching into 2nd place, Tommy grabbing 4th place and Alfie securing an impressive 5th place.

The Go Ride races are well under way. Oliver had a brilliant day at Alyn Waters, getting his 1st win in the sun. Ephram showed us his brilliant cornering skills, gaining 2nd in the Under 6's. Stanley held 2nd place and Tommy and Alfie came 1st. Unfortunately Alfie had a bad spill on the hair pin, but got straight back on and finished in style.

Steff had a brilliant photo finish at the Darley Moor and was proven to be the better sprinter, gaining yet another 3 points for Rhyl CC.

The 1st Summer Crit Series at our Marsh Tracks, was filled with Rhyl CC Jerseys, with Steff claiming 2nd, Alfie 3rd and Frank 4th in the A Boys. Deian claiming 1st followed by Tommy in 2nd place for the B Boys. Oliver claimed 4th place with Stanley in 5th for the C boys.

Good Luck to everyone else racing in the next few days.



Events in June:

This month within 100km of our track, there will be the Salt Ayre Cog Set Youth Races, round 6 of the West Midlands Youth Series, the North Wales Crit Series. The TCDG Race League at Tameside, Lancaster and not forgetting the most important of them all... The Welsh Circuit Race Championships on the 3rd, hosted at our very own Marsh Tracks this year.

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Club News:

As some of you may be aware, we had North Wales Police and Crime Commissioner Andy Dunbobbin and PACT, Dave Evans pay us a visit, on one of our Thursday sessions. They were keen to see how we have spent their generous "Your Choice Funding Award," This money was raised by money seized from local criminals. They we're very impressed to see what we do as a club in the community and the opportunities we provide for you guys and the local area.

This funding has allowed us to buy new safety helmets and bikes, as well as continue the "Quid a Kid," sessions. It has been lovely to see so many of you making use of the new equipment and enjoying the sport.

Extra funding and grants allow us as a club to keep cycling as economical and accessible as possible.

This month we will be running a sponsored "Milage Legends," to help raise money for our club. When you receive your sponsor from, you can set your own milage challenge to complete over June, and see how many people you can get to sponsor you. Whether your riding to school, with friends and family or setting your self a mamouth ride, all you need to do to help is to ride and enjoy yourself.



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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.

Committee Meeting Minutes:

This month the committee discussed how to help with the cost of living, we have looked into different bike purchase schemes, discounts, fundraising and new kit suppliers. Our aim is to make the sport available for riders from all backgrounds. Also on the agender was future pathways for riders, day trips, TT racing, advertising and the passion for the sport. So keep your eyes peeled on the FB profile page.

Question Time:

- 1) In which year was the first Giro d'Italia stage race held?
- 2) Which side of the road should you ride on in Italy?
- 3) Which famous type of bell is rung at the side of races, to cheer cyclist on?