

RHYL CC

1/2

Date: 1st July 2023

Riders Story:

Efan started his cycling life, on his mountain bike when he was just 3yrs old. His Dad taught him how to ride on the road, safely, when he was 5 and he found Rhyl CC 4 years ago. Efan's favourite bike is his Bradley Wiggins road bike, but he will never forget his 1st Hoy road bike and his Carrera MTB, that will always be at the ready, for his off-road adventures. When asked about his favourite cycling memory, Efan recalled when he cycled all the way from Deeside to Chester before exploring around Chester City, on his MTB, certainly a challenging ride for any youngster. Efan loves playing the Circle of Doom, with his teammates and has some brilliant bike handling skills. Efan thinks people should cycle because it gets them outdoors and keeps them off their computers, it also keeps you fit and it's really fun.



Race News:

The usual suspects have been putting their racing skills to good use, on the close circuit tracks, MTB trails and open roads.

Alfie-Thomas, Tommy and Deian took on South Wales on the Pembrey circuit, fighting it out amongst the pack.

Lots of you did us proud in the Welsh Championship, with excellent performances from you all. Rhyl CC now officially is home to 2 Welsh Champs, thanks to Deian and Jo, storming their way to first place.

Steff has been making himself known on the Darley Moor circuit and battled the famous hills, in the annual Scarborough Cycling Festival race.

Ephram has been making tracks in the North Wales Go-Ride races with two impressive, podium spots.

Henry, Tommy and Alfie have been enjoying the Vale Of Clwyd TT's, with Alfie taking 2nd place overall, on the 25miler D1/25.

The Popes have put the heat on the 4th Lichfield CC, ZipVit series with Tommy gaining 2nd place and Stanley grabbing 3rd.

The We Cycle Summer Series came to an end, with Orange and Black, mainly taking the series podiums. Stanley came 3rd in the under 12's, Tommy took 1st with Deian taking 3rd place in the under 14's, and Steff took 1st place with Frank following in a close 2nd place, for the under 14's.

Deian has been thoroughly enjoying the World of Stage racing and trying out what the UK has to offer, racing in London, South Wales and Leicestershire, in the last month.



RHYL CC

2/2

Date: 1st July 2023

Club News:

Many of you joined us for a great parent and child ride, around the track. Thank you to everyone who joined us. It was great to see our amazing Rhyl CC riders showing their parents how hard it really is and thankfully the weather was good. As requested, there will be more of these sessions arranged in the future, so we will keep you updated.

We also have a newly qualified Rhyl CC coach on the track... Donna passed her Level 1 Coaching Course on the 17th June and has put the under 10's and the Rhyl CC racers, through their paces in the past few weeks. It is lovely to see so many females participating in the sport and we hope having a female coach will help all of you feel safe and offer you all diverse perspectives, insights and advice and encourage more females into the team.



Don't forget to check out the Tour De France, that starts 1st July, with 21 stages and the Tour De France Femmes, starting their 8 stages on the 7th July. Who will you be routing for this year?

Committee Meeting Minutes:

This month's agenda covered updates from the Secretary/Treasurer and the Chair, funds are looking good, so we are able to continue our team ethos, which is great news. Coaching rotas and ideas were also arranged, and kit sizing was also discussed, to ensure all riders will look Pro, in orange and black. Future racing events and plans are well under way, with a new TLI series being planned for next year.

North Wales Handicap

Region NW The North West

Thursday 20th July 2023

7:15 PM



Entries close Thursday 20th July 2023 11:59 PM

Events in July:

This month within 100km of our track, there will be the TCDG Race round 12 at Tameside, The Salt Ayre Cog Set Youth League, round 10 and 11, and the Litherland Circuit League #7 and #8. Rhyl CC will also be holding its first TLI Welsh Handicap race at Marsh tracks on 20th July, and the TLI also have other races available for 14yr olds and over, locally, so take a look at their events.

Coaches Tip of The Month:

This month's top tip comes from Dave... **Team Work!** Practice working as a team, using good communication skills, drafting efficiently and enjoying yourselves as a team will help you ride quicker and win races.

Question Time:

- 1) Who won the Giro d'Italia 2023, over all?
- 2) What word do cyclists use to explain coming down a hill?
- 3) In the Tour De France, the polka dot jersey is awarded to the leader of what classification?

Answers: 1. Primoz Roglic, 2. Descending, 3. King of the mountain.