

RHYL CC

1/2

Date: 1st August 2023

Riders Story:

Alfie-Thomas started riding as soon as he could walk. He first joined Tamworth's BMX club, but never competed and ended up having a rest from cycling until he found Rhyl CC, back in 2020 during the Covid epidemic, where he soon found his love for racing. Alfie much prefers riding road bikes, because he can gain maximum speed and control. Alfie's dream is to be a professional road racer, specialising in sprinting. Alfie lives by the moto, Train, Rest, Repeat, but also knows the importance of a good carb packed diet.



Race News:

Gruff tackled the North West MTB round, and Champs in Tong, and gained a cracking 5th place after a rough slide out in the warm up and clearing some technical National grade skills.

Steff stepped on to the podium twice at the Curborough Zipvit final round, securing 2nd place followed by a brilliant 1st in the under 16's. Alfie crossed the line in 4th, Tommy 3rd and Stanley in 14th place, against some stiff competition and horrendous weather.

Deian attended the National Championship race in Bradford but was gutted his knee didn't want to chase the pack down as much as he did, causing him to pull out early. We hope he recovers quickly and enjoys his rest. On a plus side, he did manage to secure the 6th win of 6, in the Dolan Bikes North West Youth League, for the under 14's and walked away with a very nice trophy.

Henry competed in his first proper road race and gained an impressive 16th place overall, competing against riders of all ages, and a 1st place in the junior's category, in the Ruthin TLI.



Riders On Tour:

Our very own Gruff, was lucky enough to follow the Tour De France, in person this year, wearing his Rhyl CC jersey and all the best Tour De France merch'. After cheering them all on at the Cote D'Ivory summit in the Jura region, he spent the night in Balfort, spotting all the team buses and then completed an 18km walk around the summit of Petit Ballon, to witness Pidcock chasing down Pinot, before moving on to the final stage in Paris.

Henry has also been on holiday, in Devon, smashing the notorious National Hill Climbing Champion, Andrew Feather's KOM, by a whopping 23seconds. Not bad for a Rhyl youngster on holiday. We have some brilliant riders in the club at the moment, oozing with potential, we are proud of all of you.



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Club Notice:

Please be aware that Kalas are taking Rhyl CC kit orders until the 7th August. This offer is only available for a short period to enable you to purchase extra team kit, personally. Please see our Facebook page for the correct link and password you will need to place an order.

Please note that we will still be providing a FREE short sleeved jersey, for each Rhyl CC junior club member.

Events in July:

It looks like a quiet August, this year, but this month within 100km of our track, there will be another fantastic Go Ride series... Summer of Cycling, hosted by the Blackpool Youth Cycling Association, every Wednesday, during August.

There is also the 360 Cycling North West Youth Tour being held from Saturday 26th – Monday 28th at Lancaster University. This will be a closed-circuit race.

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Coaches Tip of The Month:

This month's top tip comes from Donna... **ALWAYS BE OPEN TO LEARNING NEW SKILLS.** Sometimes we all get stuck in our own way of doing things, or think we know everything we need to know, but we are never too old or too clever to learn new tricks to help improve our techniques, on the bike.

Question Time:

- 1) How many stages of the Tour De France was there in 2023?
- 2) What is the fastest Strava recorded time around Marsh Tracks?
- 3) Solve this Anagram, of a famous bike make... Eli Capsized.



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Answers: 1. 21 Stages, 2. 1min10sec, 3. Specialized..