

RHYL CC

1/2

Date: 1st December 2023



Riders Story:

One of our youngest racers, deserves a huge shout out this month...Ephram! Ephram has been riding since he could stand up and has been completely bitten by the competitive World of racing, thanks to his parents and Coach Dave.

Ephram placed 2nd in the Welsh Circuit and MTB Championship for the Under 6's, last year and this year he took on the MTB track again and secured 2nd place, only 3 points behind the winner.

Although Ephram is a familiar sight on the podiums, he will tell you that he really enjoys cycling for the friendships. For someone so young he has brought so many members of the club together. He certainly brings the E to team amongst all of Rhyl CC.

When his not showing his skills off on the track and off road, he enjoys being a Beaver Scout with the rest of his pack. He is never one to complain about the cold or the mud, he loves the outdoors and is often found at the front of the race, flying the Rhyl colours with style. Keep up the good work Ephram! He is definitely one to watch, in the future.

Race News:

The North Wales Cyclocross series is still stealing the winter race scene. Round 5 saw a return to Marsh Tracks, with George holding 5th and Daniel in 8th place for the U10's, Gruff stormed to 1st place in the U12's, followed by Oliver in 5th place, Stanley in 10th and Alex in 12th place. Tommy came 2nd in the U14's with Finley soon behind him in 4th place, and Alfie held 3rd place in the U16's.

Round 6 was held in Ynys Mon, the team tackled some technical climbs, descents and lots of long grass. Daniel took 5th place in the U10's. Gruff flew away with a lap lead, taking 1st place in the U12's, followed by Oliver in a well-deserved 3rd place, Alex in 6th and Stanley trailing in 7th place. Tommy stomped in with an impressive 1st place in the U14's with Finley holding 3rd. Alfie secured another 2nd place for Rhyl CC in the U16's.



Team Notices:

Thursday August 8th to Sunday 11th are the intended dates for our next year's Belgium trip. Once again, we will do our best to subsidise all or part of the accommodation at The Flandrien Hotel in Brakel. All you should have to pay for is the journey there and back, plus food and drink. Speak to any of this year's attendees and they will tell you what an amazing experience it was.

We apologise for the weather this month, unfortunately sometimes it just isn't safe to ride or run our sessions, but please don't let that stop you from training. Indoor training is amazing for winter training, especially when the weathers bad. If you do brave the winter weather, please make sure you wrap up appropriately and remember that layers are your friend!