

RHYL CC

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Date: 1st February 2024



Race News:

Gruff raced in Betley Court, in the North West Cyclocross League. A respectful 7th place for probably one of the youngest riders in the U14's race! He's getting a little bit stronger with every Weetabix he puts in his mouth.

Alexander had a great night at the Manchester Velodrome, winning 3 scratch races in the Rhyl CC colours. It's brilliant to see him back on the track, flying.



Riders Story:

Lewis started riding when he was 7yrs old, his Taid taught him how to ditch the stabilisers and he was off like a shot. Running is Lewis's main sport, but he loves cycling and swimming too. Cycling is great for Lewis's training, and he enjoys the break from running. His proudest achievement was qualifying and taking part at the 1500m British Athletics Championships at Birmingham, last August. Lewis is hoping to compete there again this year. Lewis's favourite athlete is Jake Wightman, the 2022 World Champion in 1500m, who he met whilst he was with the Welsh Squad in London last year. He would also like to meet Geraint Thomas and take him for a run, since he doubts, he could beat him on a bike. Lewis has a lovely Planet X Evo Pro at the minute, but his dream bike would be a Pinarello Dogma F... One Day! Lewis loves a good social ride around the track, cruising around Llyn Brenig on a sunny day and fishing with his Dad, when his not got a competition. In 5yrs time he would love to be part of the Welsh Squad, aiming for the Commonwealth Games. Definitely another Rhyl CC rider to keep your eye on in the future! Good Luck Lewis!

Team Notices:

Some of you have had the pleasure of riding the new additions that have been added to the Marsh Track, we look forward to using these in future sessions, to help improve your biking skills.

We also apologise for the typical Welsh weather, tampering with our sessions again. Hopefully as spring appears, things will improve, and sessions will be able to run more consistently. We thank you all for braving the cold, wet weather when the sessions have run and for adapting your training when it has not been safe to do so.

Coach Tip:

This month's top tip comes from Coach Jon... Adapt! Adapting to different circumstances is a key skill for any cyclist, whether it's due to weather, surface conditions, training routines, illnesses, mechanicals or accidents. Take everything in your stride and make it happen!

