

RHYL CC

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Date: 1st November 2023



Riders Story:

Gruff is one of the clubs more experienced riders. From 3yrs of age he started mastering his cycling skills, by the age of 6 he was ready for his first MTB race, at Llanrwst, following in his Dad's footsteps. Gruff loves variety and a good challenge, which is why he enjoys MTB the most and why he loves a good charity ride. One of Gruffs favourite experiences was when he completed the West Highland Way, which was a 3 day long charity ride, all the way from Glasgow to Fort William when he was just 10 years old! His proudest ride though was the Welsh Champs Cycle Holyhead to Cardiff charity ride, where Gruff raised lots of money for the local food bank and Ukraine. In his spare time Gruff loves to play football, rugby, swim and shred the trails. His favourite rider is definitely Wout Van Art and his favourite bike is his Trek Procaliber and his most satisfying victory was when he came 2nd in the under 10's West Champs, by a whacking 2 mins gain. When asked about what training advice Gruff would give his fellow team mates, he said, " Zwift workouts, for about 40 mins, twice a week." Zwifts a brilliant tool, so keep you entertained and build your fitness and it's definitely working for Gruff, as his podium pictures are building up nicely.

Race News:

While the roadbike racing scene has been put to bed for the winter, the MTB and Cyclocross events are in full swing.

Deian had a brilliant session in the Welsh National Track Championships, at the Geraint Thomas National Velodrome, placing 5th overall in the Under 14's, against some of the top riders in the country. His day consisted of a 1k Time Trail, a scratch race, a points race, an elimination race and a Kerin race, in which he led the way and gained 1st place.

Ephram and Gruff tore up the trails at the North Wales Go Ride MTB and Circuit Championship, with Ephram gaining a brilliant 2nd place in the Under 6's, for the 2nd year running and Gruff won the overall U12's, like a boss.

The North Wales Cyclocross series is well underway, with the Mold results holding Daniel at 8th place in the under 10's, Gruff in 3rd, Oliver in 4th, and Stanley in 10th for the Under 12's, Tommy taking 1st and Finley taking 2nd in the Under 14's and Deian holding 3rd place and Alfie in 4th for the Under 16's.

Marsh Tracks saw a return of cyclocross with round 3. Daniel came 6th, in the under 10 Boys, Eleanor secured 3rd place for the U12 girls. The Under 12 boys saw Gruff take 2nd place, Oliver in 4th, Stanley in 9th and Alex in 11th place. Tommy took 3rd and Finley took 4th place in the U14's, while Owen gained 2nd place and Alfie held 3rd in the U16's.

The last race of the month, was held at Alyn Waters. Oliver flew to 2nd place, with Gruff following close behind in 3rd place and Stanley came 9th in the U12's. Tommy held 1st place in the U14's and Alfie took 3rd place in the U16's.

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Poundland:

As many of you know, Poundland have generously donated a whopping £750, to the club. Thank you to those who came to collect the promotional cheque. This money will be put towards the costs of next year's club jerseys and other safety gear.



Moment of the Month:

This was the moment 2yr old Isabella took off on pedals for the first time, after a few weeks of attending on her balance bike. We are so happy for her.

Pro Rider News:

Mark Cavendish has finally been persuaded to delay his plans to retire and will race in next year's Tour de France, thanks to his young children and the Astana director sportif. The 38-year-old sprinter announced his retirement in May, but he has now signed a new one-year contract with his Astana-Qazaqstan team. He will now have another chance to break the record of 34 Tour stage wins which he shares with the legend Eddy Merckx.



Coaches Tip of The Month:

This month's top tip comes from Dave... Practice your riding skills and techniques. Think about the games we play at our sessions and have a go at practicing them at home, to improve your bike handling skills.

Club Notice:

The club would like to thank Alexander's dad Russell, for the club's new shiny cones, megaphone, bell and the brilliant, hand-built number board. These have been a huge improvement on the old equipment and already brought much delight to the riders and coaches' ears.

