

RHYL CC

1/2

Date: 1st October 2023



Riders Story:

Tryfan has been riding since he was 3yrs old, he soon found his love for mud and making tracks. His brilliant bike handling skills led him into the world of MTB and Cyclocross racing. When the dreaded Covid hit, he found his way to Rhyl CC, like many other members that are still with us today. Since joining Rhyl CC, Tryfan has continued to compete on the track and off road, but his favourite discipline is Cyclocross, because it's so much fun. His favourite bike of all was his Canyon Young Hero Neuron MTB. He shares his time between riding his bikes and his other love... Rugby. Tryfan is definitely one to watch, where there's grass and mud involved.

Race News:

Steff put a brilliant effort in at Darley Moor, coming a respectable 7th place, in his very last race as a child before he enters the Juniors. He has already been rolling with the big guys, finding familiar faces, ex Rhyl CC rider...Issac and finishing in the top 3rd of the Cat 2, 3 and 4 race, in a strong 23rd position.

Deian has been putting his new talents on show at the Monday Night Track league, gaining 1st position on the first night, and ended the month coming 5th in the Welsh Youth Track Championships and 1st in the Keirin race, which is 1 of 5 races in the Omnium.

Ephram tore up the mud at Coed Llandegla's Go Ride MTB series and jumped on the podium in a fantastic 2nd place, in the Under 6's. Gruff followed Ephram hot on the trails, in the under 12's, stomping to 1st place.

A day later Gruff started the Cyclocross season in flying colours, with him taking the under 12's, 1st place, followed by Oliver in 4th and Stanley in 5th position. It was lovely to see Eleanor and her family back on the scene as she took 2nd in style in the under 12's. Tommy then had a fantastic 1st cyclocross race, taking yet another 1st for Rhyl CC. Owen took 2nd place in the under 16's and Alfie suffered some mechanicals but still clung on to 4th place.



Congratulations:

We had the honour of presenting Deian with his new Rhyl CC Under 14's Welsh Champs skinsuit, this month too. He has had an amazing year, spreading his wings and competing all over the UK, with some amazing results. Best news of all... He has just been selected for the Welsh Cycling's Youth Academy, for 2023 and 2024! Keep up the training Beast of Bangor, AKA BOB! We can't wait to see what 2024 holds for you, you're on the right path.



RHYL CC

2/2

Date: 1st October 2023

It's been great to see so many of you making good use of the new training kit, we were kindly donated by Jamie at the Flandrien Hotel. This kit is great for winter training and will hopefully keep you all nice and warm through the cold season. Please ask if you need any.



Riders Day Out:

Some of our lucky riders were invited to participate in a TT at the 2nd stage of the Tour of Britain, in Wrexham. They also got the chance to meet some of the pro team riders, such as Wout Van Aert, Tom Pidcock and Ben Turner. Our team seem to be mixing with the pro's quite a bit since Belgium, and certainly seem to be promoting the club well. It was great to see so many orange and black jerseys out in the crowds too, with those who weren't stuck at school, coming out to support the tour. It may have been hot, but everyone had a brilliant time, together with some getting some great selfies and stepping onto the main stage.

Coaches Tip of The Month:

This month's top tip comes from all the Rhyll CC coaches and a very wise parent... With the weather changing and winter coming, please ensure you are layering up, it protects your muscles and makes your rides so much more comfortable.

Club Notice:

We still have a variety of stems and handlebars, in different sizes, available for people to try, all free for those who need them. Please don't hesitate to talk to any of the coaches, if you are in need of any advice or cycling equipment. Jon and Dave have years of experience and we aim to make cycling affordable for everyone.

