

# RHYL CC

1/6

Date: 1<sup>st</sup> January 2024



## Riders Story:

Most of you know Evie, she is one of our passionate, bubbly, all-rounders. She loves swimming, running and cycling, so obviously she's regularly found on the triathlon scene. Her favourite bike is her black, Planet X EC 130, road bike. She is often found waiting at the top of the hills, waiting for her Dad to catch up. Evie's proudest achievements was qualifying to race in 2023's Triathlon Super Series. It was a great experience and Evie got to race all over the UK. She also competed in the Castle Series Cholomendely castle race, with undulating technical courses, but she still sprung to 2<sup>nd</sup> place, twice! This determined young female, started riding to improve her fitness and health and intends to continue this as she gets older and has her eyes set on some cycling races this year. Evie thinks everyone should try cycling because it's so much fun and it's really good for your fitness.

## Race News:

Round 7 of the North Wales Cyclocross series at Harden was a complete mud bath, but you guys still put your best efforts in. George came 6<sup>th</sup> and Daniel came 8<sup>th</sup> in the under 10's. It was Finley's first cyclocross race and he stomped to an impressive 4<sup>th</sup> place, with Oliver just behind him in 5<sup>th</sup> and Stanley completed in 10<sup>th</sup> place. Gruff unfortunately had mechanical issues and had to DNF. Tommy struggled his way to 3<sup>rd</sup> place with Finley just behind him in 4<sup>th</sup> in the under 14's and Alfie-Thomas showed true determination, running 2 and a half laps with his bike after his chain snapped, shortly after the start. Alfie managed to gain 3<sup>rd</sup> in the under 16's.



## Team Notices:

We hope you have all had an amazing festive break. Normal sessions will resume from the 4<sup>th</sup> January.

Due to our typical Welsh weather, we apologise for the sessions we have had to cancel. Where the wind and rain stopped play, we stumped the ice, by running a spontaneous cyclocross training session, which seemed to be loved by all who attended. We were able to make use of some of the clubs lesser used equipment and get everyone on the grass and mud, with a few quick bike changes.





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## Special Events:

It was lovely to see so many riders and their families turn up for the Christmas Eve and New Years Eve social rides. It gave everyone the chance to have a good old chat, get a few easy miles in and sample the local Pantri Bach Café's and Net's Café's tasty delights. We love seeing parents enjoying the sport too and we aim to promote safe, unbiased, riding for everyone. The weather wasn't too bad, and the company made it all worthwhile. These rides are designed to include riders of all abilities and teach our riders how to group ride in public, so please come and join us on the next one.



## 2023 Memories:

As a club we have had so many amazing memories over the year, way to many to show all of them, but here is some of our favourites...





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## Note from the coaches:

We would like to thank you all for making Rhyl CC what it is and supporting us in making the sport what it should be, fun, educational, challenging and inclusive to all. We love seeing you making use of the skills we have taught you and the adventures you experience. This year we intend on bringing you more cycling opportunities and continuing our child centred coaching, to help you all achieve your goals. Let's make 2024 even bigger!!! From, Jon, Dave and Donna.