

# RHYL CC

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

## Riders Story:

Stanley took to wheels the moment he could sit up, with no fear he raced around the local BMX track and spent no time at all on stabilisers. A few years on he joined Rhyll CC during Covid. Stanley's favourite biking memory was when he came 8<sup>th</sup> in his 1<sup>st</sup> Belgium race and was awarded a Flandrien Cobblestone, last year while on holiday with the team. Stanley rides numerous disciplines, such as TT, Cyclocross, Road and MTB but his favourite discipline is Road because it is fun and fast and is the best way to get around. Stanley enjoys cycling because it keeps him fit and healthy. He has made lots of great friends through cycling and loves a good competitor to race against. Stanley says Jon has helped him learn to ride faster and Dave has taught him to never give up. With the help of his brothers, friends, coaches and family Stanley hopes to win more races this year and take on the TT scene with his Hed, Aero Lab, TT Bike, now his old enough to compete.



## Race News:

With the Cyclocross season coming to an end, Rhyll CC riders claimed some brilliant positions in the North Wales Cyclocross League...

U10 - Daniel 5<sup>th</sup> overall and George 13<sup>th</sup>.

U12 - Boys Overall for Gruff followed by 4<sup>th</sup> Oliver, 7<sup>th</sup> Stanley, Alex 12<sup>th</sup> and Finley 15<sup>th</sup>.

U12 - Girls Eleanor 4<sup>th</sup>. U14 1<sup>st</sup> for Tommy and for Finley.

U16 - 2<sup>nd</sup> for Owen, 3<sup>rd</sup> for Alfie-Thomas and 5<sup>th</sup> place for Deian.

Special mentions to Maria who took part in the young one's fun races

Alexander was flying at the Manchester Track League, taking 1<sup>st</sup> place in the 30 lap scratch race, 2<sup>nd</sup> place in the 6 lap scratch race and another silver in the 25 lap points race.

Steff had his first official race as a junior in the Clayton Velo Spring Classic, road race. He hugged the peloton for over 2hrs and covered an impressive 50miles.



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## Upcoming Races:

It's that time of year where the Road Bike scene kicks in again, with the weather warming and where all that winter training comes into play. Below is just a few of the local races within 100km of Rhyl...

SCC Youth Race are all set to go with round 1 of their North West Youth Series on the 23<sup>rd</sup>, at Victoria Park in Merseyside.

Salt Ayre Spring Series are also kicking off their races for the older riders. So, juniors get booked on!

For more information and events please take a look on the British Cysling Events website.

## Reminder:

As fun as cycling can be, it is important to look after ourselves and others around us while riding. Can we all consider this while out riding or on or around the track, please.

As a team rider it is important we ride sensibly and conduct ourselves correctly, so everyone can enjoy their rides, make the most of their training and absorb what is being taught.

As parents it is important we promote the club well and encourage your child and others positively, and as committee members and coaches it is important that we put your children's safety and wellbeing in high priority, to ensure ALL children feel safe and happy to be on their bikes.

## Coach Tip:

This month's coaching tip comes from Donna... Choose your line! When riding the track, use the whole width of the track to enable you to get the maximum speed through the corner and allow you to accelerate out of the corner at an early stage at the end of the bend. Remember to push your weight to the outside leg as you corner and keep your bottom planted in the saddle.



## Belgium Update:

We have applied for funding for the 2024 Belgium Team Trip and are awaiting responses. The minimum we hope to provide is FREE accommodation at the Flandrien Hotel for youth/junior/U23 riders with BC licences only, plus one accompanying adult. If we secure enough funding, we will try and cover more accompanying family. A 75% plus attendance rate will be required during May, June and July to qualify for this trip offer. Thursday night sessions will be centred around getting riders prepared for the challenging Belgium races, during these months.

