

RHYL CC

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Date: 1st May 2024



Riders Story:

Alex has been riding since he was about 3yrs old and since joining Rhyl CC, he has competed in numerous races. His first race was in November 2021, at the Conwy CX race and since then he has turned out some impressive results in Cyclocross, MTB and on the close circuit tracks, with his latest Go-Ride race seeing him finish in an impressive 3rd place. Alex's favourite bike is his Specialized MTB, which he got in February, and his favourite pro rider is the one and only MBE Tom Pidcock. Alex gets his love of cycling from his Dad, Charles who also races, and he has encouraged his younger sister Maria, to take up the sport too. They travel all over the UK to watch and compete. Alex loves cycling because it's fun and has shown some amazing endurance and determination.

Race News:

The month's racing kicked off in Pembrey, with Deian competing in the Ride Flux GP, National Youth Circuit Series which took place over two days, with a TT, a 50min race and an 1hr and a half race.

Deian had a brilliant race at Darley Moor on the 7th April, taking 2nd place in the U16's.

11 Rhyl CC riders turned up to the Alyn Waters Go-Ride event on the 13th with Bethan, Evan, Ephram, Maria, George Alex, Oliver, Stanley, Tommy, Alfie and Sam all getting podium positions, after showing some excellent bike handling skills.

Gruff Made the long journey up to Glasgow for the British National MTB Trophy Series, in Kirroughtree Forest. After a risky front wheel, slide crash he took the line in 21st place, in the U14's.

Steff returned to Darley Moor for the Haus RT, round 4 as a Regional B racer, now.

Round 2 of the North West Youth League in Carlisle, saw Stanley fighting through the pack to drop to 13th place on the last corner in the U12's. Tommy had similar issues in the U14's ending with 7th position, and Alfie and Deian competed against some powerful competition, with Deian taking 4th place and Alfie holding on in 16th place.

The very next day Deian skipped into the West Midlands Youth League, taking another respectable 4th place.

Alexander has been storming the Velodrome every Monday night, in the Monday Night Track League.



Belgium News:

The plans for the team trip to Belgium is well underway, with all attendees' deposits being paid and the Flandrien Hotel being booked.

We will soon be organising room arrangements, and hopefully we will be securing the team room once again, for the complete Pro Team bonding experience for our older racers.



Upcoming: The Tour of Britain Women's event is coming to Wales this June, so make sure you check it out at <https://facebook.com/tobcycling>.

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Team News:

We would like to thank our sponsors Andy Lowe and Co-Options, who are sponsoring us for a 16th consecutive year in 2024. Fferm Cornel Derwen, Harbour Hub Cafe and Rhyl Bike Hub. Their continued support will help towards preparation and delivery of our 2nd annual Belgium trip in August, as well as allowing us to keep session prices reduced and providing free kit and hire bikes to all our Rhyl members.

Please help us in supporting these businesses so they can continue supporting clubs like our own. Don't forget, The Bike Hub will give any Rhyl CC member a 10% discount, when wearing the club jersey.



Farewell:

We are sad to say a fond goodbye to one of our longest attending members, Steffan. Who is making the brave leap into a new junior team. Steffan has been with the club since he was a tot and has gradually built his bike skills up and grown into his handlebars, taking on some amazing experiences and races.

In the past year, Steff has been preparing himself for the next category of races, by challenging himself against older riders and with more technical types of races. This has helped him secure a spot on a junior race team.

We are always glad to see our older riders continue on to the next stage of their journey, after they have completed their youth training with us. Please join us in thanking Steffan and his family in supporting Rhyl CC throughout the years and in wishing him the best for his cycling future. Go get them Steff!!!



Coach Tip:

This month's coaching tip comes from Donna... Assert your position! When riding in packs or during races, make sure you hold your position firmly and don't allow other riders to push you out of the way. Position yourself well, to allow yourself to take advantage of the draft or to attack around or through the pack safely and efficiently.

