

# RHYL CC

1/1

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

## International Women's Day:

March 8<sup>th</sup> was International Women's Day, a day to highlight our incredible, young female, Rhyl CC cyclists. We are so proud to have such a diverse team, with some excellent female riders. Your determination inspires us all! Keep pedalling towards your dreams and breaking down barriers. Together, let's ride towards a more inclusive and empowering future!



## Race News:

Steff and Henry kicked off March's racing month at Darley Moor, working well together and crossing the line in the main pack.

Deian travelled all the way to Glasgow for the Jets Glasgow Youth Omnium and then to Newport for the Icebreaker Youth Series to compete on the track.

Alexander has been heating things up at the Monday Night Track League rounds, at Manchester Velodrome and dipped his cleats in Bath for the 2<sup>nd</sup> Sulis Scorpions Odd Down event, taking 10<sup>th</sup> place.

Steff also took on his most challenging race yet in the Junior CiCLE Classic, jostling amongst the huge packs, avoiding mammoth potholes and handling the horrendous corners in style with a huge smile on his face.

The 1<sup>st</sup> round of the Dolan Series saw The Popes and Deian battling gale-force winds and some great competition. Stan took 12<sup>th</sup> in the U12's, Tommy took 2<sup>nd</sup> in the U14's and Deian crossed the line in 8<sup>th</sup> and Alfie in 10<sup>th</sup> place in the U16's.

## Riders Story:

Ruby was introduced to cycling thanks to her triathlete training plan. Since joining Rhyl CC Ruby says that her confidence, speed and stamina have improved tremendously.

Ruby has just changed her bike from an Isla Luath 700 (a fantastic beginner bike) to a very nice shiny Bianchi Sprint, which she absolutely loves. Last year Ruby won the Northwest Junior Triathlon Series, for her age category, scoring the maximum points for every race she competed in.

Ruby's favourite cycling memory is when she cycled with her family, from Lanbenne Ocean, Landes to Biarritz. A warm, sunny ride, wrapped up with an ice cream, punctures and a pump that didn't work.

Ruby advises every rider to wear the correct clothing for the weather and to make sure you have a working pump!

## Future Races & Events:

Please take a look at the British Cycling Events website page for all upcoming events and races, for all ages and cycling disciplines.

Rhyl CC are also holding our own 3 Round, July Race Series, more information to follow!