Cylchlythyr Clwb Seiclo Rhuthun
Ruthin Cycling Club Newsletter
Haf/Summer 2026

Welcome to the RCC newsletter

Summer has arrived with a Bang! and there will be many plans afoot. Here is some news from over the last few months.

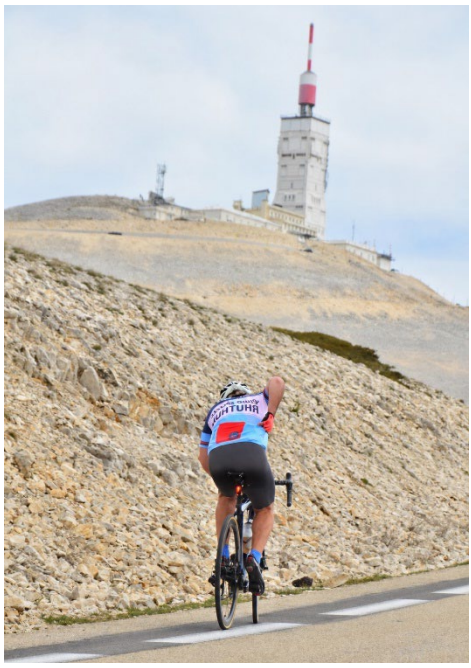
A note from our Chairman

Well, here we go again, summer is switching on and off and with it is the second newsletter of the year. This one comes with some amazing updates on individuals and activities completed and many more planned for the rest of the year.



I know from ride chats that we are all proud of our club and its ongoing achievements, but I find myself astonished that we now officially stand at more than 100 fully paid-up members, the members are the club. Welcome to all the new ones I haven't met yet. 100+ is quite something amongst UK cycling clubs let alone a rural one.

THE key reason we have so many members is our engaging, open, warm and friendly acceptance of riders with a huge variety of cycling interests; competitive, non-competitive, different ages, UCI qualifiers, tourers, long distance endurance riders, time trialling, cycle crossers, duathaletes, Brompton riders and mainly club riders. Our friendly and open attitude is not unique but rarer than you might think, - I've been in five clubs over the years, nothing compares to Rhuthun CC. And long may that continue.



I'm currently in a very hot France enjoying some amazing riding, I don't want to complain but the one downside since I became a member, is now that when I'm away, I genuinely miss the companionship and joint rides we all do together.

I had a chance to tick off a personal bucket list item the other week - I was a tad apprehensive about doing it but I decided one more chilly morning to do Ventoux - the hard side. Ever since I have been buzzing about it. I'm constantly inspired by our club members' achievements and hope you are too. As I say on rides, if you've always wanted to do something, "just book it, and do it". The inspiration of doing new things and setting ourselves tough challenges is evident throughout this newsletter, I hope you enjoy reading it as much as I did. And a big thank you to those involved in producing this document, it takes a lot of effort to get it to such a high standard..

The High Sheriff

Many of you will be aware that David Jones, our past Chairman took up a new role in April as High Sheriff of Clwyd. He assures me that he does not need to wear a star-shaped badge, a waistcoat and cowboy boots but his role does come with some interesting regalia - not least shiny shoes and a sword!



David's voluntary role extends across Conwy, Denbighshire, Flintshire and Wrexham and is centered around supporting the often-unsung voluntary sector, the emergency services, the judiciary and the Law enforcement agencies. He was appointed by the King to perform ceremonial duties like the presentation of citizenship awards, attend Royal visitors while in the area, and to use his expertise to support and champion individuals and organisations working in our community for its common good.

Congratulations David on your appointment and we hope you have a good year as High Sheriff of Clwyd.

Why I finally joined RCC

Hi, my name is Tracey, and I'm a relatively new member of Ruthin Cycling Club.

I've cycled on and off for years, but I'll admit I never seriously considered joining a club. I always assumed club riders would be too fast, too fit, and far more confident than me. For a long time, I watched those blue RCC jerseys riding past my house in Llanrhaeadr and thought, "One day… maybe."

Running had always been a huge part of my life. I've been a member of Denbigh Harriers for over 20 years, and it's a club that has given me friendship, community, and countless great memories. But over time, my joints became less enthusiastic about running, eventually leading to a hip replacement. I knew I needed to rethink how I stayed active.

Several Harriers had already joined RCC and encouraged me to give it a go. So, I finally took the plunge and got in touch with Nigel, who couldn't have been more welcoming. I'm so glad I did.

Cycling with RCC has brought back the joy of being outdoors, moving, chatting, and meeting new people. I've been riding with the B group on Wednesdays, and Clare and Merian have been nothing short of inspirational — strong, capable women who make the hills look effortless. One day, I hope to climb as smoothly as they do and glide along the flatter roads with the same confidence.

Joining RCC has reminded me that it's never too late to try something new — and that the best part of any club is the people who make you feel at home!

Health

The Paradox of the Fit Heart – When Fitness Isn't the Whole Story

We all like to think that miles in the saddle keep us immune from health worries, but even fit cyclists can occasionally experience unexpected heart rhythm issues. In this thought-provoking article, Dr Mark Benson explores common conditions such as Atrial Fibrillation (AF) and Supraventricular Tachycardia (SVT), how they may feel on the bike, and why it is important to listen to your body rather than relying solely on heart-rate data.

The article offers practical advice on what to do if symptoms occur during a ride, when to seek medical help, and why staying active remains one of the best things we can do for long-term health.

A worthwhile read for any cyclist – especially if something has ever felt "not quite right" mid-ride. Read the full article here.

The Paradox of the Fit Heart

Long Rides

RCC Takes on the Amstel Gold Ride 18th April 2026

This year, four of us, Sally, Barbara, Paul, and our friend Kev headed to the Netherlands for the Amstel Gold Race sportive, making a long weekend of it.



After an early Friday start, ferry to Calais, and drive through France and Belgium, we arrived near Valkenburg, the heart of the event. Accommodation in town was fully booked, but staying just across the border in Belgium proved a great choice, only 25 minutes from the start.

Saturday began with registration and soaking up the atmosphere among more than 8,000 riders. Paul and Kev rode together, while Sally and I paired up for the 125km route.

The course was stunning, with rolling countryside and plenty of climbs, although compared to Clwyd, the hills felt fairly tame! We all finished safely with no incidents.

The finish area had a fantastic atmosphere, and celebrations naturally involved a large platter of chips and mayo, washed down with a well-earned Amstel. The rain, which had kindly stayed away all day, arrived just as we finished, perfect timing.

On Sunday, we watched the professional races in Valkenburg, where the festival atmosphere, crowds, and incredible racing made for a brilliant experience.

All in all, it was a fantastic weekend: great riding, great company, and a superb event. Definitely one to recommend, and perhaps one for a few more RCC jerseys next year!

Achievements

Congratulations to Margaret on first place at the UCI Gran Fondo World Series race in Corneilla- la-Riviere France. Another trophy for her cabinet and a qualifying place in the world champs.



Sprint Duathlon Success for Dave Passe

The Welsh National Sprint Duathlon Championships were held in Neyland, Pembrokeshire, on Sunday 8th March, with Ruthin Cycling Club's Dave Passe on the start line.



With an early 8:30am start, the race consisted of a flat 5k run adjacent to the River Cleddau, followed by a 20k hilly TT cycle leg, finishing with a 2.5k run, again on the banks of the Cleddau.

Dave was first in his age group (M70–74) and 89th overall in a total time of **1:26:59**. Winning the age group also secured Dave a bottle of Prosecco and a place in **Tim Tri Cymru** for the 2027 British Age Group Championships (M75–79).



Two weeks later, it was off to East Fortune Racing Circuit near Edinburgh for a sprint duathlon qualifier consisting of a 5k run, 20k draft-legal cycle, and 2.5k run to finish. On a windy day, Dave was again **1st in the M70–74 age group** in a time of **1:24:56**, securing a place in next year's European Championship Sprint Duathlon (M75–79) in Caceres, Spain.

To finish off a busy Spring, Dave was at Mallory Park Racing Circuit near Leicester on 12th April for another sprint duathlon qualifier, similar to East Fortune, finishing in **1:26:51**. This secured his place at next year's World Championship Sprint Duathlon (M74–75) in Edmonton, Canada.

Congratulations to Dave on an outstanding series of performances and three major championship qualifications.





The Hera Project

Many of you will, by now, have heard of **The Hera Project**. It is a pioneering women's cycling initiative based in North Wales, dedicated to developing riders and staff through education, mentorship, and real-world experience.



By building a self-sustaining, female-led ecosystem, Hera aims to set a new global standard for inclusivity, performance, and long-term athlete development. RCC is very proud that this initiative has welcomed **Vicky Hindstridge** as a key member of the race support team.

Vicky brings a wealth of cycling experience to the role. She is an accomplished mountain biker, has more recently tackled cyclocross, and has extensive road riding experience to contribute to the project.

Alongside this is her deep understanding of the challenges of competitive cycling, gained through some epic personal achievements, including two Half Ironman events, the Alpe d'Huez, Col du Télégraphe, and Galibier challenges, as well as countless time trials at home and abroad. Vicky is also a Bikeability trainer and has been a Breeze Ride Leader in the area.

The Hera elite racers will be very well supported. Vicky has a strong understanding of both the mental and physical demands of elite racing, and we are certain her calm and supportive

The youngest member of the Hera team is Jess Atherton. We managed to pin her down between schoolwork and training for a short interview…

For a while now your Dad has been complaining that you were much faster than him on the bike… can you remember when you first started bike racing? Was it mountain biking, cyclocross or track racing?

Yeah, Dad's definitely not too happy about being dropped these days, but I couldn't have made it this far without him. I actually started out racing BMX, which is probably where I learned to be competitive and developed a lot of my bike handling and race instincts. I didn't move over to road or mountain bike racing until 2025. To be fair to Dad, he did beat me up the Horseshoe Pass a few weeks ago… although that was only because of a brutal headwind. I went back a second time and normal service resumed, I think I took about three minutes off his quickest time, so he's gone a bit quiet since.

What made you decide to go into road racing?

I wanted a completely different challenge and was really drawn to the tactical side of road racing. BMX happens so quickly, whereas road racing is about patience, positioning, teamwork and timing. I also loved the idea of bigger events and being part of a strong team environment. The more I rode on the road — and dropped Dad — the more I realised it was something I wanted to pursue.

You must be really buzzed about the Hera Project — what are the best and worst bits of road racing?

I'm really excited to be part of the Hera Project and learn from everyone around me. The best parts are the atmosphere, racing with teammates, and when all the hard training pays off. I also love the speed and unpredictability — once the flag drops, anything can happen. The hardest part is staying motivated to train in bad weather and balancing training and travel while still being at school and sitting exams.

It must be hard balancing schoolwork and training — how is that going?

It can definitely be difficult, especially around exams and race weekends, but I try to stay organised. There are some long days balancing training, recovery and schoolwork, but cycling is something I'm passionate about, so it makes the hard work worthwhile. Having support from family, friends, my coach and team really helps. As a younger rider still in school, having a coach who understands that cycling isn't the only thing you're juggling is incredibly valuable.



Finally, what are you aiming for in this first season on the Hera Elite Team?

This season is a massive step for me as it's both my first year with the Hera Project and my first year as a junior. It's a different level physically, tactically and mentally, so my main aim is to learn as much as possible and keep developing throughout the season. I'd love some strong results, but this year is mainly about progression, consistency and proving I can make the step up successfully.

Who knows — maybe I can give a few more Ruthin CC riders something to complain about on the climbs after gate-crashing their club rides.

What's on – Dates for your calendar

The club is planning to arrange at least four long Sunday rides between now and the end of the summer. Venues will be posted in the Wednesday or Thursday message ahead of the Sunday ride.

Please make a note of the proposed dates:

- 28 June 2026 - Eryi
- 26 July 2026 – Conwy Valley
- 13 September 2026 - Llandudno

If you have any suggestions, please let the ride planners or Glyn Evans know.

Event	Date / Info
RCC Social	12 July 2026 Leyland Arms Llanelidan Details sent via Email from Sally
Welsh Festival of Cycling	23–28 July 2026 Ruthin Rugby Club
Tour de Mon	23 August 2026 Alwaysaimhighevents.com
Wild Wales	30 August 2026 Bala www.merseysidectc.co.uk
Graean Cymru	5 September 2026 Llyn Brenig Gloriousgravel.com

RCC Three-Day Ride – June 2026

The club's three-day ride will leave on Friday 12 June and return on Sunday 14 June. Registration is now closed.

This trip was proposed at the AGM following the success of the North Wales 360 in 2023 and is being planned and coordinated by Jonathan Latham.

Watch out for pictures and reports in the next newsletter!

RCC and VC Melyd Time trials

It's TT season and if you fancy having a go take a look at the timetable below. The summer TT's are all on Thursday evenings. Keep an eye on our Facebook page for details of each event.

Denbighshire Time Trial Series 2026

League Event	Date	Distance	Course	Time	Organiser 1	Reserve
Brass Monkey	Thurs 1 Jan 2026	9miles	D606/9	1300	RCC_Tim	D23/10
2	Thurs 23 Apr 2026	9miles	D606/9	1900		D23/10
3	Thurs 7 May 2026	11.3miles	D608/11	1900	(MayBH 4May)	D23/10
4	Thurs 21 May 2026	9miles	D606/9	1900	(Spring BH 25May)	D23/10
5	Thurs 4 Jun 2026	10miles	D23/10	1915		D23/10
6	Thurs 18 Jun 2026	18miles	D606/9	1900		D23/10
7	Thurs 25 Jun 2026	10miles	D23/10	1915		D23/10
8	Thurs 9 July 2026	18miles	D606/9	1900		D606/9
9	Thurs 16 July 2025	9miles	D606/9	1900		D23/10
10	Thurs 30 July 2026	11.3miles	D608/11	1900		D23/10
11	Thurs 20 Aug 2026	9miles	D606/9	1900		D23/10
HillClimb#1	Thurs 27 Aug 2026	HC Ruallt	D0/11	1845	(Summer BH 31Aug)	D600/1
HillClimb#2	Thurs 3 Sep 2026	HC Ruthin	D600/1	1830		D0/11
Brass Monkey	Fri 1 Jan 2027	9miles	D606/9	1300		D23/10

Pit stop

Caffi Cariad
Upper Denbigh Rd, St Asaph 07887477116

This cafe is run by volunteers at St Kentigern's Hospice for St Kentigern's Hospice, so not only will you enjoy great food and locally roasted coffee, but all proceeds will benefit our local, wonderful hospice. The cafe is open daily 9.30 - 4.00 with plenty of outside seating space. Why not plan a route that takes in a cafe 'with a heart of gold'!

Worth a shout-out:
If you can't wait till you get home the **Llandegla Community shop and Cafe** is highly recommended by some of our members for freshly cooked treats and delicious coffee.
Open daily 9.30-4.00 Monday to Friday and 10-3 Saturday and Sunday

Club news

Membership Update

Exciting news from the membership bunker! Eleven new members have joined us this year and the club is into triple figures for the first time - as I write this, we are up to 102 fully paid-up members!!

Welcome to all the new riders, I hope you are already enjoying riding with the club. From personal experience I can confidently say it has been a pleasure to meet and ride together, even those who ride a lot harder than me!

Kit : New Season, New Kit?

Thinking about refreshing your kit for the new season? Tony Lloyd has a comprehensive list of club kit available to buy.

www.ruthin.cc

Get involved



Are you going on a bike adventure this summer?

If so, we'd love to hear about it! Perhaps even see a couple of pictures? Good luck to everyone who has entered a challenge, whether it's long or short!

Please send your stories and photos to:
Newsletter@Ruthin.cc