Cylchlythyr Clwb Seiclo Rhuthun
Ruthin Cycling Club Newsletter
Hydref/Autumn 2026

Welcome to the RCC newsletter

Autumn is approaching! What a superb summer for riding! Here is some news from over the last few months.

A note from our Chairman

As a lifelong cyclist, the outstanding thing about 2026 so far has to be the weather. I simply can't recall another year that has provided us with so many glorious riding days.

It's certainly had a hand in attracting more new members – welcome to you all – and it seems to have generated more riding too, whether that's frequency, distance or pace. The size of the groups meeting at Cafe R on Wednesdays and Sundays seems to grow by the week.

Every ride in good weather is a clear visual reminder of what an outstanding and special part of the UK we live in. Okay, it's been a bit yellow in places this summer, but its beauty remains unimpaired and, on some of these glorious mornings, perhaps even enhanced.

There's also been a continuation of the amazing sporting prowess of so many club members. STRAVA rides have been littered with yellow PBs, Vicky made it into *Cycling Weekly* (that's "the comic" to our more mature members!), and people have been completing some very, very long rides.

Margaret is currently getting ready for Japan, while Rob is training hard for his forthcoming triathlon as I write. David rode End to End, and Eirian blew us all away with his monumental ride around the Pan Celtic Way, which came after riding 630 miles straight through in the Solstice Sprint 2026. Some truly remarkable achievements.

We've also had a few tumbles from bikes this season, but the good news is that everyone is back riding with the club again.

Some of these stories, and plenty more, are covered in this newsletter. But if anyone has done, or is planning, something special that we haven't mentioned this time, please don't be shy. Let us know so that we can applaud the achievement and share the story with the rest of the club.

A few groups headed out recently to watch the Women's Tour of Britain. The club even got two mentions on BBC Radio Wales on the morning of its arrival here, with Vicky being interviewed and doing a splendid job. It was a superb spectacle to see the race taking place on the very roads that we regularly ride ourselves. The speed of the riders was hugely impressive, as was the organisation behind the whole event.

And on the subject of major cycling events, the club is determined to celebrate next year's Tour de France in grand style. More news on this will follow in the March newsletter, but in the meantime we'd love to hear members' ideas about how we can make the most of its visit.

Wishing everyone a great end to the summer cycling season, and plenty more enjoyable miles beyond.

CTC Cymru Welsh Festival of Cycling 2026

The festival was based at Ruthin Rugby Club with people arriving for registration & camping from early afternoon on the 23rd of July and the last campers leaving on the morning of Tuesday 28th.



There was a choice of 22 self-led rides on offer over the 4 days, ranging from about 16 miles up to 85 miles. On the Saturday there were some 'fun' competitions; a treasure hunt (with a coffee or lunch stop part way round), hill climb & a freewheeling competition. On the Sunday there were 2 audax events in addition to the other rides; 130K and 207K with the last riders coming in just before 10pm. For the social side there were meals at the Rugby Club on the Saturday & Sunday evenings.



RCC members volunteered at various times throughout the weekend, and joined in with riders, events & the social side of the festival. They also did very well in some of the competitions with Clare & Phil Bennett-Lloyd being the winning team in the treasure hunt, Ros Firth & Lesley Lee in third place, and Pete Dilworth & Ant Simons probably covering more milage than any other competitors during the event. Andy Barber won the very competitive individual treasure hunt by ½ a point.



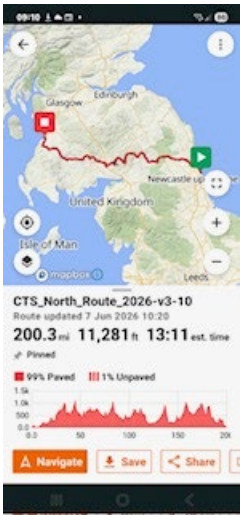
Phil Evans was 3rd in the hill climb (and 2nd Vet) with Ant Simmons in as 2nd Super Vet. Phil also managed 4th in the Freewheeling, with Ant 9th; there are no age categories for that event😉 Photo is of Phil Evans near the finish of the hill climb with Ben Larwood the winner coming up behind.

Over 90 people registered for the festival, with additional riders who just came for the Audax events taking numbers to well over 100; some were local, but there were others from as far away as Glasgow & Northern Ireland.

Thanks to all the brilliant people who took part & volunteered – save the date for 2027 – the venue has been booked for Thursday 22nd th to 27th Tuesday July 😊

CTC Cymru is part of Cycling UK (RCC is affiliated to Cycling UK, and many of the RCC members are Cycling UK members).

Dilyn yr Haul - (Chase the Sun, North)



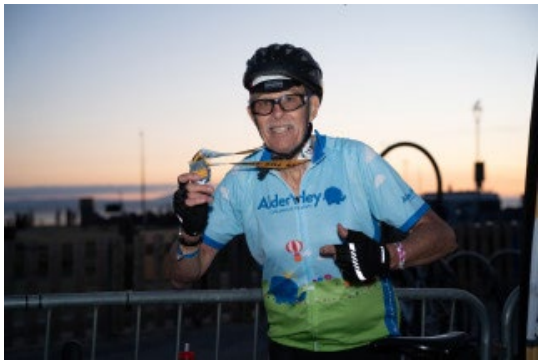
Atgofion o daith feicio "Dilyn yr Haul "[Chase the Sun, North] Mehefin 20fed 2026, dydd Sadwrn Hirddydd Haf. 200 milltir o Whitley Bay i Ayr.

Falch iawn o gwblhau yr her uchod, wedi llwyddo I gyraedd Ayr cyn i'r tywyllwch ddod ar haul ddiflanu. Diwrnod hir 15 awr a haner ar y beic a cyfanswm o 18 awr a deg munud or cychwyn ir diwedd yn golygu 2 awr a haner o orffwys ag aros i lenwi poteli bwyta cinio a bwydo y corff oedd yn llosgi 7330 o galoriau dros y diwrnod. Dyna y ffeithiau yn nol Strava, ond o ran profiad ….roedd yn wefreiddiol, poenus a phopeth yn y canol, yn fythgofiadwy yn sicir! Faswn yn neud o eto? Roedd rhai cyfnodau reit ddu a digalon yn sicir ..faswn wedi methu profiad amhrisiadwy wrth beidio ei neud ac faswn yn anog pawb sydd yn mwynhau beicio i roi cynig ar y reid yma i greu atgof a fydd yn fyw hyd diwedd oes YN WIR !



The above ride CTS, Chase the Sun [north] a 200-mile ride from Whitley Bay to Ayr attracts hundreds of cyclists annually, riding from East to West on the longest day, setting off as the sun appears from the sea in the east to see it sink behind the Isle of Arran on the west coast at dusk. This ride has developed a cult following, a unique cycling challenge which started in 2008 when 2 friends had the idea, over 2,000 participants are reported to take part at 4 locations North, South, North of Ireland and lately Italy every year at the summer solstice. It is not a race but a ride. it's still competitive but the challenge is against yourself. The support from other riders is what makes it so special. I found this event on Youtube and it's well documented with some great footage of all routes, so even if mildly interested I would recommend you

take a look. It's such a popular event that riders are preregistering already for 2027. Many are attempting to complete all 4 routes! such is the attraction! Strava stats are just cold facts! to fully experience the event …The highs... and the inevitable dark lows when you think you're done in, are what makes completing it so special. As club cyclists we are generally loathed to pay for events, I will make an exception for this event the organisation and registration is so well done and the experience is priceless! YOUTUBE CTS [CHASE THE SUN] have a look! Diolch am ddarllen.



Pan Celtic Ride - Eirian Price

The Pan Celtic was almost 1,400 miles — more than double any distance I'd ridden before — and I had no real idea how long it would take. I worked on roughly 200 miles a day, booked 10 days off work and hoped that would leave enough room for error.

The UK was in the middle of a heatwave, but Ireland was supposed to be much cooler. Unfortunately, that never materialised. From start to finish the heat was brutal, and when it finally eased in the evenings it was replaced by clouds of very bitey flying bugs.

The first couple of days went to plan. I managed my planned 3–4 hours of sleep each night on my trusty air mattress and rolled comfortably through the first checkpoint, enjoying a shower and some hot food.

A few hundred miles later I reached the hostel being used for the second checkpoint just as the sun was coming back up. I'd hoped for a proper sleep, but excitement about my progress meant I only managed around two hours before another shower, a face full of toast, then back on the bike.

From there, the race was completely unsupported. There were no more checkpoints, and I still had roughly half the distance left to ride. This was where things started to get away from me.

The west coast of Ireland was absolutely roasting and surprisingly sparse. Every time I stopped for more than 10 seconds another horsefly seemed to find me and take a chunk out of me. The heat became exhausting, and no amount of water, ice cream or fizzy pop seemed to help. Progress slowed dramatically and what I now think was heatstroke took a big chunk out of the lead I'd built over much of the field.

Eventually I booked a hotel in Limerick for some respite, but after a couple of hours doing very little, I realised there was only one final push left. As the sun went down, I got back on the bike and set off for one last overnight effort, aiming for the 1pm ferry the following day.

I caught it by the skin of my teeth. Fortunately, nobody else from the Long Route made the same ferry, which meant I didn't have to race away from the port when we arrived in Holyhead. The hard work was finally done.

Those last 70 miles through Anglesey in the late evening became one of the most memorable rides of my life. I crossed the finish just before midnight, 1,400 miles complete. All that was left was to get to the McDonald's on the A55 and order most of the menu!

Thank you to everyone for the support before, during and after the race. Without Ruthin Cycling Club and the brilliant people who keep it going, I don't think I'd ever have had the confidence to put myself out there and take on adventures like this.

Vets Tour 2026



Bert Bailey Memorial 100 Vets 100 Sunday 5th July 2026.

69 riders took part in this annual 100-mile tourist Trial which is only open to riders of 50 years of age or older and organised by Chester & North Wales CTC. Riders are allocated to groups and have a staggered start with 5 minutes between each group and plenty of refreshment stops; the route goes from Duddon to Four Crosses and back. RCC members Pete Dilworth and Lesley Lee were in a group led by Lowri Evans; they completed the ride well within the time limit.

The Black Cat Challenge - 30/5/26



On a sunny Saturday morning 10 of us lined up to take part in this sportif that undoubtedly takes in some of the most scenic parts of Eryri. There were two options, 90 miles and 7000ft of ascent or 65 miles and 5000ft of ascent. David Baugh and Andy Morse bravely declared they were going to tackle the long route while the rest of us opted for the shorter one.

Both routes started and ended at Eirias Park and took us over the Sychnant Pass. We continued along the coast to Bangor, turned left up the delightful Lon Lâs Ogwen up to Llyn Ogwen and along to Capel Curing and Betws-y Coed. There the routes split, the long one heading over Cwm Penmachno then turning east over the Migneint to Pentrefoelas, crossing the A5 and heading back via Nebo to Eirias park, while the shorter route wound its way back to Llanrwst then climbed over the hills to bring us back to Colwyn Bay.

It was a great day out in the sunshine, and we recommend this sportif to others if you fancy a challenging day out in our beautiful back yard!

Long Rides

LeJoG – with Dave Baugh

After a few summers of doing multi-day bikepacking rides of no more than five days, I thought I would challenge myself, as an official OAP, to something bigger. I knew a couple of people who had cycled



Lands' End to John O'Groats (LEJOG) self-supported and camping, so I listened to their advice carefully. After a bit of research, I decided that although doing this challenge self-supported was appealing, the thought of carrying a load, packing a wet tent in the morning and trying to dry kit influenced my decision to pay a company to support the trip. I looked around and found Pedal Britain was competitive and offered a lot in terms of support and logistics. When I contacted Pedal Britain, they gave me training advice that included starting the training early by building a 16-week base of at least 100 miles a week and including lots of hills. This is where RCC was so brilliant in giving me the motivation to train through the winter and spring and enter summer a fitter rider than I had been in previous years. The RCC tour organised by Jonathan Latham was perfectly timed as my final preparation, replicating the need for me to do consecutive days of 75-95 miles.



My LEJOG in July was over 14 days averaging around 75 miles a day with the longest day being 85. So manageable given the hours available and the fact that we were met by the support vehicle and fed approximately every two hours. All the accommodation was sorted out for us and all we needed to do was cycle. The group was made up of 16 riders aged 29 to an amazing 81-year-old. We were of different abilities and the organisers set us off at intervals in two broad groups so that we arrived at the food stops at roughly the same time

The route took us along the south coast of Cornwall before heading north of Dartmoor until crossing the Severn into Wales and the Wye Valley. In the Southwest my derailleur gave up the ghost and destroyed two hangers. After a lot of faffing, pushing, freewheeling and scooting the bike I met up with the support vehicle that supplied me with a spare bike while my bike was fixed. We then headed north via

Hereford, Shrewsbury and Chester before negotiating Lancashire and eventually the wonderful day through the Lake District. Southern Scotland after Moffat was a bit of a drag but Glasgow was surprisingly pleasant which was perhaps influenced by a distillery stop on the Clyde. Loch Lomond was not as nice as I expected possibly due to an intermittent cycle path and the proximity of a busy main road. A highlight for me was the next three days through the Highlands through some great scenery and despite the rain, really great riding. The last short day to John O'Groats was a bit of a drag in the wind and rain arriving by lunch at the famous signpost.



After doing it the easy way I am full of admiration for those who have done this trip self-supported and camping. Given the vagaries of British weather over any given fortnight, I think the comfort of a dry and warm bed is the way for me in the future.

Traws-Eyri – Libby Glazebrook



It's good to take yourself off on adventures outside of your comfort zone. That's what I told myself as I set off alone in the rain from Machynlleth train station. I was following the Traws Eryri bike packing route to Conwy – it's around 200km with c. 4000m of height gain about half on road and half off.

I pedalled off to Corris, had lunch at the craft centre watching the rain get heavier then confidently headed off in the wrong direction.

Back on track eventually and along the Dysynni valley, I had pedalled along here once in glorious sunshine and remember it being beautiful but with the rain now torrential I couldn't see anything. I ate my second lunch sheltering in a phone box (which had a working phone!) and carried on. The rain got even heavier so I waited it out a campsite toilet and used the hand dryer to dry my waterproof.

Out to sea it looked like it was clearing so at the decision point where I could stick to the coast road or ride up the official off road route to 400m. I chose to go high. Good decision, it stopped raining and I



had a glorious view from the top of the Mawddach estuary and over to Barmouth. A techy descent (was surprised at what is possible on a gravel bike) down to the estuary and along to the George III pub for a pint or two and some tapas and chips (class). Night at a lovely B&B in Dolgellau.

Day 2 started with a warmup back along the Mawddach trail and across the toll bridge. Thankfully it was sunny with the weather staying that way for the next 3 days. Then a very steep uphill first on road (my 34/34 gears proving utterly inadequate, so some pushing was involved). Fire road descent to Coed y Brenin. The trail then picks up the Sarn Helen track. With loose boulders the size of babies' heads and rock steps, this bit would be a challenge on a e-mountain bike let alone a gravel bike so more pushing. A lovely traverse opposite the Rhinnogs down to Trawsfynnyd and more food at the local shop. Round the lake which I thought would be flat, but it wasn't at all which I really didn't need!

A night was spent at the community owned and ultra welcoming Y Pengwern pub in Ffestiniog, watching the England vs DRC game with everyone speaking / shouting in Welsh. And then off up another very steep road which turned into a track and then looked like it came to an abrupt cliff. I inched towards it thinking I had gone wrong again and saw it was the top of a very steep slate railway incline that descending to Manod quarry – the war time repository of the National Collection. Too steep for me to ride for the most part, I pushed down and wandered round the abandoned remains of buildings. A really atmospheric place to spend some time.



On down tracks to Cwm Penmachno and a roll on the road down the valley, and the welcome sight of the village shop. The official route then winds around Penmachno forest but I skipped that bit and went straight up the road (it was very up and once again I pushed) to Ty Mawr which houses a collection of nearly 300 bibles from around the world. It was open and had a fabulous exhibition of poetry written by Y10 students who imagined themselves bringing these bibles from their home countries to Ty Mawr – utterly moving.

Then onto Betws for the night and a meal at the excellent Olif tapas restaurant and a night in a bunkhouse (accommodation standards were dropping…).

My friend Sue had sent me a message asking if I was free for a ride on Friday. Yes! Doing the Traws Eryri, wanna join me for the last bit? This stage was brilliant – along the trail that runs

from Capel parallel to the A5 to Ogwen Cottage and then down the Nant Ffrancon valley to Bethesda. Then along a road above the A55 to Aber falls and up onto the North Wales Pilgrims Way, off road all the way to Conwy. A fantastic 4 days, the route takes you to places you would never normally go, best done south to north to get the fun descents. Needs some planning as few places to get food along the way. And whilst a gravel bike works well, a wider gear range would have been better.

So…who is up for a day trip to do the last stage?

RCC Tour 2026



At this year's AGM Jonathon Latham offered to organise a club tour, based loosely on the North Wales 360 completed in 2024, so on Friday June 12th, 10 RCC members lined up in the craft centre carpark to receive our final arrangements from our tour leader, Jonathon, who unfortunately wasn't able to ride with us. The group was divided into faster/ longer riders (238 miles in total) and slower/shorter distance riders (137 miles) all heading for Porthmadoc where we were to spend our first night. It was a very windy and drizzly day and made traversing the Migneint quite treacherous in parts. But thankfully we all rocked up at the Premier Inn on the cob in one piece.



The next morning dawned bright and less windy. The faster group set off early to circumnavigate the Lleyn peninsula while the slower group had a more leisurely breakfast and headed off to Criccieth then up to Caernarfon before heading along the coast (NCR 5) finishing up in Conwy. We were greeted on the quayside by hundreds of Pirates and their wenches, enjoying the hospitality of the many hostelries of Conwy! It was a sight to behold! The night was spent at YHA Conwy - an experience not too dissimilar to boarding school!

On the last morning the fast group were off early once again to return home via Llanrwst, Cwm Penmachno and Bala, while the short route returned via the coast and back up the Vale. We were extremely fortunate that 2 stalwart volunteers, Sue Worthington and Charles Williams offered to carry our bags. Huge thanks went out to them, and also to Jonathon who masterminded the whole project and kept tabs on us all over the weekend. The group re assembled in Ruthin at the end of the tour tired and contented and all hope that there will be more RCC tours to enjoy in the future.

Congratulations are due!



A very different kind of celebration for Tomo recently, with the wedding of his son Luke!

Congratulations to the whole family, and our very best wishes to the newlyweds for a long and happy life together.

What's on – Dates for your calendar

There have been several long rides this summer. There is only one to go…

- 13 September 2026 - Llandudno

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

Event	Date / Info
Graean Cymru UCI GRAVEL WORLD SERIES RACE	5 September 2026 Llyn Brenig Gloriousgravel.com UCI GRAVEL WORLD SERIES RACE Elite women, Men over 50 and all women race on SAT 5/9/26 Elite men and all men 19-49 Sunday 6 /9/26 Want to be part of the weekend but don't want to race? Join the Granfondo on Sunday morning over the same route. https://gloriousgravel.com/product/gravel-sportives/granfondo-graean-cymru
Horseshoe Pass mountain hill climb	20 September 2026 www.cyclingtimetrials.org.uk (Marshalls needed)

RCC and VC Melyd Time trials

It has been a good season, which is now winding down. Some people are heading to the National Hill climb and here are the details

Somerset | 4.1 miles | Sunday 25 Oct, 10:00

https://www.cyclingtimetrials.org.uk/events/42188-rttc-national-hill-climb-championship?utm_source=native_share&utm_medium=user_share&utm_content=event-42188-rttc-national-hill-climb-championship

Pit stop

Llandegla Community Caffi
Allt yr Efail Llandegla LL11 3AW 01978790604

They offer light breakfasts, soups, sandwiches and toasties, bacon baps, cakes and drinks.

Open daily 9.30-4.00 Monday to Friday and 10-3 Saturday and Sunday

Club news

Kit: New Season, New Kit?

Do you need winter kit? 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 Autumn? If so, we'd love to hear about it! Perhaps even see a couple of pictures? The next edition will be March 27!

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

Can You Help with Welsh Translation?

We'd love to make our club newsletter more accessible to Welsh-speaking members and are looking for someone who might be willing to help with translating some of our content into Welsh.

If you're a Welsh speaker and would be happy to lend a hand, whether regularly or just occasionally, we'd be very grateful to hear from you. Please get in touch with the club if you're interested in helping.