

# Mid Devon Cycling Club (MDCC)

Dear Member,

## **Welcome to Mid Devon Cycling Club**

Thank you for joining Mid Devon Cycling Club. Our membership is currently around 500 with members spread far and wide but mainly concentrated around the Teignbridge, Torbay and South Hams areas.

We are a very active club in both competitive riding and the more leisurely side of cycling. There are some social activities as well as club trips with overnight stays and ride backs with transport support.

Please read the following information carefully to ensure that you gain the most from your membership and if in any doubt contact one of the people detailed below.

To ensure we maintain an up to date profile of the Membership, please complete the attached survey to give us fuller information about you if you have not already provided this information.

You can scan the completed sheet or simply record your numbered answers in an email to Paul Martin, see below.

I look forward to meeting you at some point.

Best wishes,

Andrew Perkins - Chairman

### **Key Contacts:**

**Cyclo Cross & Mountain Biking - Nick Roach - [offroad@mdcc.org.uk](mailto:offroad@mdcc.org.uk)**

**Road Racing - Mike Gratton - [mike@torque-GT.co.uk](mailto:mike@torque-GT.co.uk)**

**Time Trialling - Conrad Moss - [conpmoss@aol.co.uk](mailto:conpmoss@aol.co.uk)**

**Young Riders - Andrew Parker - [mdcc.abbrookaces@gmail.com](mailto:mdcc.abbrookaces@gmail.com)**

**Club Rides - A (20+ mph), B (18-20 mph) - Andrew Perkins - [ashgp@btinternet.com](mailto:ashgp@btinternet.com)**

- C (16-18 mph) - Craig Maberley - [craigbrush@btinternet.com](mailto:craigbrush@btinternet.com)

- D1 (16 mph) - Tim Kingston - [timothy.hingston@sky.com](mailto:timothy.hingston@sky.com)

- D (13-15 mph) - Ken Robertson - [robertson@swdc.freeseve.co.uk](mailto:robertson@swdc.freeseve.co.uk)

- E (12-14 mph) - Caroline Twigger - [caroline@twiggerfamily.co.uk](mailto:caroline@twiggerfamily.co.uk)

- Social (10-12mph) - Pat Ash - [chrisandpat10@hotmail.co.uk](mailto:chrisandpat10@hotmail.co.uk)

**Club Secretary: Annette Dentith - [info@mdcc.org.uk](mailto:info@mdcc.org.uk) to raise issues for the committee**

**Membership Secretary: Liz Crawford - [membership@mdcc.org.uk](mailto:membership@mdcc.org.uk)**

**Newsletter & New Member Liaison - Paul Martin - [news@mdcc.org.uk](mailto:news@mdcc.org.uk)**

**Social Secretary - Sue McGrath - [social@mdcc.org.uk](mailto:social@mdcc.org.uk)**

**Website Issues: Mike Gratton - [mike@torque-GT.co.uk](mailto:mike@torque-GT.co.uk)**

### **A brief History of MDCC**

Early one Sunday morning in April 1930 three cyclists were climbing out of Chudleigh and up the long slopes of Haldon Hill to join the Exeter Wheeler's club run. One made the casual remark "*Why can't we form a club in Newton Abbot and save us from this hill every week?*" From this question it can be said that the Mid Devon club was formed. The three pioneers were Fred Bolt, Charlie Phillips and "Bill" Best.

A meeting was called for May 14<sup>th</sup> 1930 at which the club was formed - with 17 members - under its original name of the Newton Abbot Wheelers. The very first club run was to Berry Head on 18<sup>th</sup> May 1930 and the first club road time trial was a 10 mile event held on 1<sup>st</sup> June of that year, won by "Dick" Lake in 29 mins 20 secs.

In 1936 the club's name was changed to "Mid Devon Road Club". A name that was to last until the mid-2000s when the slight change to Mid Devon Cycling Club was made, to reflect the wider cycling interest of the club's members.

Now some 85 years later, we boast 560 members with 7 club runs now leaving Abbrook Park each Sunday morning, with often close to 100 riders in attendance. Those 85 years have seen many successes, with the club boasting 5 former-national champions, Colin Lewis (National Pro Road Champion twice), Jeremy Hunt (National Junior Road Champion and twice National Pro Road Champion), Yanto Barker (National Junior Road Champion) and Roy Hopkins and Mike Parker (both National Veterans' Road Champions). Both Colin and Jeremy have also competed in the Tour de France - the very pinnacle of the sport.

The Club enjoys a status as one of the UK's leading cycling clubs and has consistently promoted road races, time trials and other cycling activities, including several national championships. Since 2007, the club has also promoted the Dartmoor Classic cyclo-sportive, voted by readers of Cycling Weekly as the nation's favourite sportive, and attracting 4,000 entrants each year to tackle Dartmoor's rugged terrain.

The 'Club Mark' was awarded in 2007 and means the club provides accredited coaching for young, female and novice rider groups at the Torbay Velopark, as well as a full range of sporting activities for all types of riders along with some social events.

### **Club Membership Profile (Information drawn from the end of 2016 survey)**

The club has some 560 members of which 25% are female, 75% male. The age profile shows there are 24% under the age of 25, 24% 26-45, 28% 46-55, 22% 56-75 & 2% 76+.

In terms of participation, 15% take part in road races, 7% in track, 24% in time trials. 64% take part in Sportives, 16% in Mountain Biking(MTB) 15% in Cyclo Cross & 62% in non-competitive activities.

The regular club rides have wide support with 83% joining these, 81% at least once per month. The breakdown across the ride groups is: A 12%, B 14%, C 12%, D1 ?, D 14%, E 26%, Social 29% & Off road 4%.

### **Club Rides**

#### **Which Ride?**

Please make sure that you choose the correct ride, especially for your first club ride. The sensible thing is to start with an easier ride so you're within your comfort zone or contact one of those listed above if in doubt as to what is best for you and remember, **Devon is one of the most hilly areas of the UK, if you have ever ridden the Lands End to John O'Groats route you'll already know this!!**

#### **What's Available?**

Club Rides take place on a weekly basis as follows:

Saturday - 0900h start from the Teignbridge Council carpark Forde House, first right at the mini roundabout after you enter Brunel Road, TQ12 4XX. Please note that this is a Social/E level Ride.

Sunday - 0900h start from Abbrook Park, Strap Lane, Kingsteignton, TQ12 3PS, turn off Strap Lane 200m south of the Clay Pitts Way roundabout entering for Abbrook Farm, there is a sizeable carpark after the height restriction barrier which will damage any roof mounted bike. If the gate is locked park carefully in a nearby road such as Meadowcroft Drive or Clifford Avenue. Riders meet in a courtyard in the entrance just before the height barrier.

Tuesdays and Thursdays - 0900h from Abbrook Park, rides at C, D & E pace usually.

#### **What to expect**

All Saturday and Sunday rides will have a route master and for E & Social rides an experienced back marker who will watch out for the slower riders and any problems en route such as punctures etc. All weekend rides also include a cafe stop so bring money for coffee and cake or even something more substantial, cafe stops usually last about 30/45 minutes. Also ensure that your emergency contacts details are easily available in your bike bag in case of emergencies.

The rides will always regroup at the top of hills, at key turning points and also other points as seen appropriate by the route master. For sections on the busier roads such as the Teign Valley, the bigger groups will sub divide into 4 to 6s to ensure traffic does not get unduly held up.

**Rider Etiquette is very important** and if you have little or no experience of riding in a group and/or on public roads please consult the British Cycling website which has some very good and well illustrated advice, go to:

<https://www.britishcycling.org.uk/knowledge/skills/article/izn20130830-Effective-traffic-riding-part-1-0Longer Rides>

The club's Code of Conduct document is included herewith at the end of this piece.

There will be a selection of other rides available throughout the year. These include some club organised days out to Sportives in the South West and the Ride London event. For some of these transport to the start is provided.

There are currently one or two ride back days in the year such as the Devon stage of the Tour of Britain route. These again provide transport to the start and usually involve a 70 or so miles at the group paces as detailed above.

Over-nighters, these can involve a ride out to stay 1 or 2 nights in accommodation such as a Youth Hostel or Butlins at Minehead. There is also currently an annual 2 night trip to Brittany. Most of these rides are targeted at the Social and E ride level.

### **Off Road Cycling**

Despite our road heritage the Mid Devon is keen to encourage our riders to participate in all forms of cycle sport. We have a number of keen MTB and cyclo cross riders in the club and organise regular rides taking in the South Hams, Torbay, Haldon Forest and Dartmoor areas.

Currently rides are every Friday evening at Haldon Forest and fortnightly on Sundays. For more info contact [offroad@mdcc.org.uk](mailto:offroad@mdcc.org.uk)

### **Social Activities**

We have a few organised events such as the annual AGM & Presentation evening in January. There are also informal social evenings such as the 'last Friday of the month' get together in a local hostelry for a meal and chat. A new Social Committee has just been formed so watch this space.

### **Communication**

Our membership fee is set low and with such a large Membership and all officers being volunteers, we do as much communication as possible through the following electronic means (94+% of members use email):

Club Website and Newsletters - We are currently upgrading the information on the site but when provided to the webmaster a regular emailed Newsletter will be sent to all members giving information on new activities or reporting on events that have recently taken place.

Facebook - We know this is not everyone's choice of linking with other members but the vast majority of members (81%) are involved in the 'closed group' Mid Devon Cycling Club. Do not confuse this with the open MDCC page which provides some information to all Facebook users who seek us out.

### **Troubleshooting if problems occur with the joining process**

Any problems that you encounter, e.g. you can't access the Facebook closed group, you're not receiving the regular news update emails feel free to contact me as below.

Make the most of what we have to offer.

Paul Martin - 22.01.17 - [news@mdcc.org.uk](mailto:news@mdcc.org.uk)

## CODE of CONDUCT for MEMBERS



- Ensure you arrive at the club meeting point in enough time to hear announcements, they may relate to your ride
- Choose a ride appropriate to your ability. If in doubt speak to a ride leader. Don't force the pace of a ride. If the ride is too slow or fast for you, please join a different ride the next time.
- Ensure that you are medically fit to take part in the ride. If you are not feeling at your best or have a slight injury, please make the ride leader aware.
- Please ensure you have an emergency contact card in your saddle bag and wear clothing appropriate to the conditions which can change very quickly route. Your leader may bar you from the ride if your attire is considered unsuitable or unsafe.
- The maximum number on any ride is normally 14, for safety reasons a ride may be split, please be tolerant of the need to do this.
- Obey all the rules of the road as if you were driving a vehicle. Never ride through a red light to stay with the group. Ride no more than 2 abreast and single out when asked by the leader or back marker.
- If you wish to leave the group before the ride is completed ensure that you have notified the leader.
- MDCC strongly advise cycle helmets are worn during any club event or ride.
- Under 16s must have a signed Parental Consent Form before joining any ride.
- Please take note of any instructions during the ride, they're for your own benefit and safety.
- Please pass on any messages, verbal or visual, from the leader, i.e. potholes, pedestrians, horses, along the line.
- Your bike must be in good order with working brakes and tyres pumped up. Please bring enough drink according to the ride length and weather conditions plus enough money for any cafe stop.
- Move away from arguments with other road users. Please report incidents of dangerous driving to the police.
- In the event that the group splits, please wait at the top of hills and at junctions to regroup. Don't congregate across a junction when waiting or on the inside of bends.
- Do not ride up the inside of other riders and alert others when overtaking them.
- All our leaders are unpaid volunteers. They will make mistakes but are always trying to ensure the safety of the group and act in the best interests of the club. Please be mindful of this, do not be critical or disrespectful. If you have an issue please raise this quietly with the leader. Criticism, disrespect, aggression and inappropriate language will not be tolerated. If you feel you cannot approach your ride leader please email the club Secretary at [info@mdcc.org.uk](mailto:info@mdcc.org.uk) who will act accordingly.

- Please acknowledge other riders on the road with either a hello, wave, nod and smile. It's important that MDCC is seen as a friendly club that sets high standards.
- Please note that you ride at your own risk and the club accepts no responsibility for your personal safety.

