



## Mid Devon Cycling Club

# “The Hub”

**April 2017**

### Editorial:

The competition year is well underway and MDCC has already been prominent on the podiums. The club's own Primavera races saw individual success in both categories for Matt Langworthy & Harrison Wood but they would be the first to acknowledge the huge debt of gratitude that the club has to the organising "small army" most expertly led by Ken Robertson. Well done to everyone who played a part. Fuller details of all events in the section reports that follow.

In the last edition of The Hub I highlighted the importance of everyone offering some Volunteer time to help the club in some way. Ken Robertson has written a very interesting “Behind the Scenes” piece on the Primavera Races and it's good to see how much help was offered and how much easier it made the overall staging of the event. Remember, please do your bit in some way.

We will try to ensure that this Newsletter provides something of interest for all cyclists and a big thank you to those who gave feedback on the February issue and commented on exactly that point. Useful feedback, positive or developmental is always welcome, don't be shy.

This month I'm introducing, and encouraging, contributions on cycling overseas. A big thank you to Sean and Dave who have both provided such detail on their adventures, hopefully these and future experiences will provide ideas for others. If you've recently been on a particular trip and could write a small report that would be ideal, the more the better, don't worry about feeling that you cannot provide a "Journalistic standard" piece, just provide the basic details and some of your personal recollections and thoughts and I'll blend it all into the "house" style. Another idea being considered is to hold a Social Evening with 2 or 3 short illustrated presentations on such trips.

As well as cycling abroad I also want to promote those cycling for fundraising. Many of us put our efforts on the line for good causes and all who do so need the widest possible exposure. Make sure you send in your details, again basic information with photo or the charities logo always welcome.

Press Officer needed, can you help? The club is not getting as much exposure as it deserves across the whole of the media spectrum. If you could help in any way, however small, please get in touch.

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

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## Poetry on Motion

The best surprise when I invited contributions for The Hub along the line of 'something I haven't thought of' were the following thoughts and poem provided by Liz Butler, just a great contribution, more please from those who might have held back this time.

Liz writes:

I wanted to write this poem to have a go at writing something which had length and the challenge of sustaining my thoughts on one subject. I also wanted to reflect on my need to cycle as a solitary cyclist. Much as I enjoy the company of others when I cycle getting out on my bike alone gives me a huge boost to my wellbeing.

### Freedom

Balance, harmony, precision,  
Machine and figure fusing.

Granite silhouetted sentinel  
Guards the horizon,  
Rain clouds hang,  
Above shaggy coated ponies.  
Breezes push as a jostling crowd.  
Sun and shadows settle  
Upon the spiky yellow,  
and curvaceous mauve.  
Marvel at the minuscule, a twig, a leaf,  
A tarmac imperfection.

Birds alerted scatter,  
Startled,  
Shrill calls spike the air.

Head bends,  
Body pushing,  
Feel the insistent acceleration,  
Twitch and flick,  
Exertion, toil, labour,  
Rhythmical rotation,  
Cogs and gears,  
Vibration and whirr,  
The mind soars,  
Reaching places as yet unknown.

Downhill tilt,  
Caution screeches behind,  
Ride the bumps and undulations,  
The chance of speed and exhilaration,  
Slowing as the gradient evens...  
Meeting the challenge of the incline,  
The strength builds,  
Warmed muscles,  
Glowing.

Light fading gradually,  
Slicing through the darkening cold,  
Determined meditation,  
Arrival at the destination.  
The bike loses life,  
As I celebrate the elation of cycling.



## THE PRIMAVERA ROAD RACES – AN ORGANISER’S VIEW

So the first road race of the 2017 season has come and gone. How did it go you may ask (or not)? As the organiser of this event, the Primavera Races, for the last 3 years and the Springtime Pursuits for many years before then, they went very well. This was both from an organisational view and also from the race results themselves.

As a club we had decided that the time had come for more members to shoulder responsibilities and not leave it to one person to carry the show. Mike Gratton stepped forward as did Andrew Parker, partly as the Regional Events Officer but also as a club stalwart who could see where help was needed. We also had great assistance from Ruth Burrows who was the catering mastermind and got those who raced to bring along supplies to ensure no one went home hungry or thirsty. She was ably supported in the kitchen by Sue Wood and Gemma Franke. Mark Sanders, as club treasurer, was on hand and either before or after the races paid out as many of the expenses as he could. Finally we had a large number of club members who pitched in with tasks like filling in pot holes, placing advance signs (and collecting them post-race), signing on, returning licences, ensuring the parking was orderly, red flag marshalling, prime judging and videoing the finish so that the race placing were not challenged – and they were not.

We also had a team at the HQ who helped get the kit out and post-race put it back on the shelves in a tidy manner ready for next time.

A great big thank you to all of you. We did a count up and along with the 11 Accredited Marshals and the 10 National Escort Group motor cyclists we had a total of 52 volunteers who gave up their Sunday so that the 150 riders could have a safe and exciting race.

So how about the racing? The weather gods played their part. There was rain in the air – not heavy but early on enough to keep the roads wet. There was a strong breeze blowing that buffeted the riders – sometimes as a head wind, sometimes behind and quite often from the side where knowing where to sit and be sheltered was key in energy conservation.

The club has a record of early season success dating back to at least Colin Lewis, Peter Georgi, and Jeremy Hunt all winning the Springtime Pursuits. In 2016 Ian Cullen won the support race. This year we were well represented in both races. You will no doubt have read the race reports and seen many pictures. The MDCC were active throughout. In the E/1/2/3 race Matt Langworthy did an amazing job in bridging to the break, shedding the weaker riders and then out-thinking the remaining riders to the finish line for a well-deserved win.

Harrison Wood with his brave but wisely aborted solo attack set the tenor as he sprinted clear for first place. Along with the wins there were excellent performance by the all of the MDCC Race Team not least by those who were in the point earning places. (Also see Andrew Perkins race report below).

What did I learn?

- The club has a lot of members who are more than willing to help with race promotion.
- We need to divide the work down into smaller tasks e.g. Mike was run ragged at the HQ multi-tasking.
- We ought to put more effort into advance media work to make the residents of the area aware of the race
- Post-race we need to follow up on our pre-race information to the same media outlets
- I had a much more relaxed race day and I have to thank all who made this possible.

What next? We have the Teign Valley Sporting TT on Friday 14<sup>th</sup> April. Mark Sanders is doing the ‘on the day work’ Andrew Perkins is sorting out the work needed before the day and in the weeks that follow.

On Saturday and Sunday 22<sup>nd</sup>/23<sup>rd</sup> April the club will be running the 44<sup>th</sup> Totnes - Vire Stage Race. I am the Event Secretary. Stage 1 is a prologue time trial around Marine Drive, Torquay and up to the finish at Daddyhole Plain. The start is at 11.01. Stage 2 is sandwiched between races for all categories with Kris Pratt holding the reins here. The final stage on the Sunday is at Okehampton over 18 miles x 4 laps.

We will need numbers similar to those at the Primavera races so if you think you can offer some help in one form or another let me, Mike Gratton or Andrew Parker know and we will accept with alacrity, finding you a job that you can enjoy.

Other races follow later and details will be available soon.

Ken Robertson

## **Primavera Road Races - Andrew Perkins reports**

A cold, wet and windy day greeted the riders who assembled for the 2017 Primavera Road Races at Hatherleigh, Mid Devon. The race started pretty relaxed and rolled along with a few attacks which didn't make much progress as the riders headed onto the rolling Halwill circuit.

Half way through the first of four laps, five riders headed up the road and dangled in front of the main bunch for a majority of the first and second lap, with a few trying unsuccessfully to bridge over. The wind was beginning to pick up and our own Matt Langworthy wisely chose the tailwind section from Halwill up to Chilla Cross to try to join the leaders, he drifted off the front coming into Halwill Junction and then attacked up the climb closing a gap of about 30 seconds in around 4 miles and making the connection as they were just turning into the cross-headwind.

The gap to the bunch had closed to around 20 seconds. The lead group pushed hard and a couple of the leaders dropped back to the bunch. By the fourth lap the leaders, who continued to press hard, had built a lead of over a minute - the bunch had lost heart in the tough conditions.

By now the lead group numbered just 3 riders. As the group approached the finish at Hatherleigh there was a little rise before the descent to the final turn into the 600metre uphill finishing straight. Matt sat at the back of the group and jumped hard over the top to get a gap - his erstwhile companions were chasing, but not closing so Matt carried a healthy lead into the finishing straight - taking the win by around 15 seconds, from Michael Mottram (Morvelo) in what he described as a 'break-through' win.

In the 3<sup>rd</sup> and 4<sup>th</sup> category race there was further cause for celebration with Harrison Wood taking a maiden win from team mate Steve Jones. Gareth Bushnall and Louie Priddle also featuring in the top ten. Harrison had spent a good part of the race clear of the field after a solo effort. For Harrison and Louie it was their first road races showing that a solid winter had paid dividends

A big thank you has to be made to Ken R, Mike G, Andy Parker and the rest of the organisers and volunteers for this event.

## **Severn Bridge Road Race**

Matt Langworthy's performance in this race is being seen as perhaps the best performance by a MDCC rider for some 30 years, quite an achievement.

Matt's records his view on the race as follows: After last week's successes at the Primavera RR, I knew a decent result might be on the cards for the Severn Bridge RR however the standard would be another notch higher. I travelled down from London the night before and stayed with my cousins in Bristol (thank you!) which meant I wasn't time pressured the morning of the race. The weather forecast looked grim with certain rain and strong winds. With sections of the course being very exposed down near the docks, this suited me. After the start I got to the front asap. It was pretty sketchy on the first lap with riders trying to move up and a few moves flying off the front. Coming into the hill for the first time I knew a move was going to go so I got right to the front and rode it hard managing to stay in the top ten over the top which I was surprised with. The break then went with the two Tifosi riders and three Flix riders. I caught a wheel and got into the break. With another eight laps I really wasn't optimistic especially as Catford had no one in the break and had decent numbers back in the bunch.

Nevertheless, we all rode hard and the break of seven (Clemans, Passfield, Smith, Frost, Scott-Collins, Frost and me) was working well in the blustery crosswinds and headwinds on the bottom half of the circuit. We rode the climb hard but steadily each lap which suited me and within a few laps we had a minute and a half on the bunch which gave us hope. We held the gap and by the penultimate lap there were only four of us left (Clemans, Passfield, Smith and me). Since the two Tifosi guys were consistently distancing me on the climb, I knew I was going to have to shell some of the group prior to the steep finish. Luckily Clemans did this for me coming over a rise on the crosswind section. I saw him go and jumped immediately as I knew the other two were struggling and Passfield wouldn't ride if Clemans was up the road. I got across alright and had to ride on the front. Clemans came through and gave me some turns but I already knew what was going to happen on the climb. We hit the bottom and Clemans went again and my legs had nothing left. I stuck it in the 39 and crawled to the finish for 2nd.

There's no way I could've done anymore so I'm pretty happy with that result; I was shattered at the end. The rest of the bunch came in in dribs and drabs after blowing apart in the crosswinds and on the climb. Passfield took the final spot on the podium.

Results:

- 1 Edward Clemens Spirit Racing Team
- 2 Matt Langworthy Mid Devon CC
- 3 Charlie Passfield Spirit Racing Team
- 4 George Smith VC Equipe – Flix
- 5 Robert Partridge BIKE Channel Canyon
- 6 Etienne Georgi Team Wiggins
- 7 Douglas Coleman Spirit Racing Team
- 8 Dylan Thomas VC Meudon
- 9 Ashley Dennis Team Wiggins
- 10 Ken Buckley Spokes BPC Racing

## **Women's Modbury Road Race & others - Jenny Corser reports..**

I've done three events so far this season. A Criterium (Crit) at the Velopark, a Time trial (Ermington 13m hilly) and the Modbury Road Race. Two of them count towards the Kalas women's South West Series.

In a small Crit field I found myself able to time trial it, lapping one rider a few times and gaining almost a complete lap on the two chasers. Sadly, no sprint was needed to win.

I won the time trial. Time trialling is a bit alien to me, not something I've trained for or done much of, but definitely would be a good skill to have. The route was pretty hilly and it was an interesting decision whether to use a tt bike or road bike, especially as it was very windy and had been quite rainy too.



The road race at Modbury was the most recent event. I was quite worried about this as the week before I was away with family skiing. My family hit the slopes and backcountry for every second of lift opening daylight. Chasing down mountains after some of them my quads took a beating. Literally grimacing in pain with each turn at times but knowing if I didn't hold it I'd slam into something at a speed that would require the use of my travel insurance medical cover. I returned Saturday evening from the Alps and raced Sunday morning.

I'd done a recce of the route with the MDCC

Women's Race team. Ruth Burrows was also racing, her first road race.

The event was over 3 laps. On the final lap, final hill, a rider breaks. Ruth and I follow. It's too early but we get a gap. We think it may just be possible to hold the gap, but it isn't. The chasers catch us on the second last bit of the rise into Modbury. I get a bit of recovery in the group, then the last corner into the flat bit and I go for the long sprint. I discover just how long I've tried to sprint for when I get caught by two others and come third.

Big thanks to Ruth for leading the hill! And well done on a great first road race finishing 11th. We hope the racers who crashed on the last hill are ok, both in the women's and men's races.

Jenny Corser

## **Modbury Road Races**

Mid Devon CC Race Team were en masse at the Modbury 2/3/4 race on 12th March, 1st year Junior Louie Priddle gives the low down on his race where he took 2nd following a day in the break.

This was my 2nd road race and I was very excited and ready to get stuck in on the action. During the First lap we were stopped around 2-3 times because people were crossing the white lines onto the other side of the road. But after the Comms had had a good shout at us it seemed that people actually listened and started to behave themselves.

On the second lap there were two people up the road who had about a twenty second advantage on the main group which I was in. As I came up over the hill just before the finish line I had a little dig on the front and then found myself and another rider slowly making a gap. I then looked behind to see seven others trying to bridge this gap and get over to me to form a proper break away. One of these riders was team mate Harrison Wood. On the third and fourth lap we worked very well as a group and ended up catching the two riders who were originally out front. They then got dropped from our group. We had about one minute on the main bunch going into the last lap and we all knew then that it was probably going to be like that until the finish line as we were all still pulling strong turns on the front.



About 2 miles from the finish we started to play a bit of cat and mouse as no one wanted to go through and pull a turn as we were all trying to save our legs for the finish.

Last climb. Harrison attacked, I went on to bridge the gap so it was just me and Harrison on our own with the others behind chasing. Then Josh Croxton bridged over to us and it all came back together as a group of 7 again. It was going to be a sprint finish. As we started to sprint someone hit my back wheel causing a huge pile up behind including Harrison. I'm not sure how I escaped but I did and managed to take 2nd which means I am now only 12 points away from being a Cat 2.

A mega ride from Harrison despite being caught in the crash in the last 100m. And it's still only March!

Harrison who was so unlucky to be bought down in the final sprint gives his thoughts: Going into the final climb into Modbury I opened it up in an attempt to get away and potentially whittle down the group. This worked as 2 riders went out the back after a hard race. I then positioned myself into 3rd wheel and was about to launch my sprint for the line when bang. I went somersaulting through the air and had a nice meeting with Barracks Road in Modbury. Sadly this put me out the race as I had no real idea where I was. Luckily Louie avoided this and took 2nd so a good result for him and made me feel as if the effort was definitely worth it. I was gutted but I did get some nice photos to show future generations!

Mid Devon veterans Julian Pittoco and Ian Cullen also took 13th and 15th respectively.

## **Teign Valley Hilly TT**

The clubs annual Teign Valley TT is being held on Good Friday, 14<sup>th</sup> April. The course starts at Chudleigh Knighton and heads through Bovey Tracey, towards Moretonhampstead where riders turn right over Docombe Hill, before returning along the Teign Valley and finishing just short of Chudleigh.

The course is a testing one, but well away from dual carriageways, so always proves popular with a wide range of riders - particularly as it is a course where many riders choose road bikes, rather than TT bikes.

Organisers Andrew Perkins and Mark Sanders are looking for volunteers who can spare a couple of hours on Good Friday to help with marshalling, refreshments, signage and pushing off. If you can help please give Andrew a call or text on 07850 645227.

## **Royal Navy Cycling Festival**

The RNRMC held its annual cycling festival at RNAS Merryfield at Ilton. MDCC were invited to enter a team and Ian Cullen, Lee Sanderson, Mark Sanders, Stewart Dunne and Andrew Perkins flew the MDCC colours.

It proved a very successful day for the squad with Ian winning the 3-mile prologue and Lee and Andrew also featuring in the top-ten. Ian and Andrew then comfortably won the 6-mile, 2-up time trial with their nearest rivals nearly 30 seconds in arrears.

Stage 3 was a 45 minute crit race, the whole team were active with each spending time at, or off the front of the bunch. A break of 5 formed with around 5 miles to go. Ian bridged to it as the bell rang for the last 3-mile lap. He led out the head wind sprint but was just pipped for first place, by 1<sup>st</sup> Cat rider Dan McQuillan of Tri UK. cont....

The final stage was a 5-up TTT, covering just under ten miles. The wind had increased and the fatigue of the 3 previous stages started to take their toll. The squad faded in the latter stages, but a strong start meant that they



had still salvaged 3<sup>rd</sup> place. Ian was crowned as the overall winner his impressive 1<sup>st</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> giving him an unsurmountable points tally.

## Icebreakers 2017

On Saturday the 25th February, I raced in the second round of the Youth Icebreaker Omnium Series at Newport Velodrome. I have been training on the track every Saturday since September and I was quite pleased with how I got on in the first round back in January.



The first race was the scratch. I managed to hide on the inside of the wheels for most of the race, but I got blocked a bit in the final few laps. I finished finished 12th out of 24.

Next up was the points race. I was frustrated to keep finding myself sitting on the wrong wheel for the point sprints. With two laps to go I jumped clear with another rider and we opened a sizeable gap. We stayed away right up in till the line, where we were just overtaken by one rider. I finished 3rd in the sprint and 5th overall.

The last event was the elimination, with one rider being taken out each lap. I stayed in for quite a while but I got boxed in on my final sprint and finished 10th.

I have not been able to get an entry to the next round as it is full, but I am looking forward to starting my road season in the Mid-Devon Youth race on the 19th March.

Henry Howells

## Off Road Report



With the CX season over, it is back to bigger tyres until next winter, with the Soggy Bottom series at Newnham being the highlight of the early season. The Seniors is particularly hard fought, but we we only a few places away from a top 10 in round 2. Faring better in the Vets with several top 10 finishes, and John Newbold taking a podium in the Grand Vets. A great First and a Second for the ladies for Catherine Kilburn and Jackie Shute.



Its been our Juniors cleaning up though, with podiums from Jack Nixon and Bethany Coates in both Soggies as well as the Exeter Wheelers CX race (Where they both claimed the top spot). Matthew Holmes also made the podium in the second Soggy.

Great work all round, and looking forward to some good results at the 3rd round on the 26th of March.

Work is also underway for our round of the South West XC on the 18th of June, volunteers for marshals on the day, or to help out with the course before the event would be appreciated. (Contact Steve Hodgson via Facebook or myself).

Nick Roach - [offroad@mdcc.org.uk](mailto:offroad@mdcc.org.uk)

## Sportive Committee update

Our budget for the year has been approved and plans for all as mentioned in the last Newsletter are well in hand. All events have proved extremely popular and the Looe Ride Back on 2nd April and the Exmoor Youth Hostel weekend in September were instantly fully subscribed with waiting lists.

We have stretched the Looe trip to over 50 places and we booked more places at the Exford Hostel once we saw the level of interest with over 30 people on that trip.

The Tour of Britain Ride Back on Sunday 17th September will be advertised in due course and again we hope to have over 50 places available.

When we planned the year we did not think there would be a Lands End 100 in 2017. Subsequently a different company has taken on the running of this event and we will be looking to run a trip to this Sportive once all details are known.

Ride London 100 - Sunday 30th July - We had 32 members asking for one of the club places in this event. We are due to hear soon as to how many places we will be allocated but do not envisage it being more than 16 in 4 teams of 4. We have decided that the places will be allocated via a ballot with the Chairman drawing the lots in due course. Footnote: It turned out to be only 12 places, 1 Female & 2 Male teams. The ballot has been completed & people informed.

Jamie Horton, Paul Martin & Phil Stocker - [mdccsportives@gmail.com](mailto:mdccsportives@gmail.com)

## Social Committee update

The social committee have lots of ideas for the future and are very interested to hear members' views on what type of events they would support. With that in mind an email was sent to club members on Tuesday 28th March with a link to a short survey - it should take no more than 5 minutes to complete. **Please do take the time, and reply by Tuesday 4th April. It's your club and we need to hear what you want from it in the way of social activities.**

Friday 27th March sees the regular and increasingly popular pub social gathering organised by Phil Stocker. Drinks and a pub meal for those who wish to eat. This month the pub evening is at the Barn Owl, Kingskerswell - 7.30pm. Please let Phil know via the club Facebook page if you're attending.

On Friday 28th April a New Members evening has been arranged. The club has seen well over 100 new members join since April last year, which is really encouraging, and we want:

- To ensure that all new members are fully aware of all aspects of our club's activities
- To answer any questions they may have
- To listen to new members to ensure that the club does its best to provide what you want
- To provide an opportunity for people to meet with other members in a social setting

If you have joined since 1st April 2016 we hope to see you there, please ensure you RSVP. If you haven't received the email invite please contact Paul on [news@mdcc.org.uk](mailto:news@mdcc.org.uk)

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

## New Zealand Adventures - Sean Lally

In December and January the Lallys hit New Zealand for a road trip and of course, that was always going to include cycling, and lots of it.

Upon landing we went to Waiheke island to recover and I borrowed a 600W motor fat bike. It was fun, but going at 30mph along the beach without pedalling is not REAL cycling now is it?

We decided not to take our own bikes, especially with the stop off in Dubai it seemed like too much hassle. We bought bikes at a community recycling workshop in Point Chev, Auckland. A mtb for my 9yr old son, Oak. A hybrid for Julia and a Kona CX bike for me, so I could tour with the family and ride on and off road with just a change of tyres. We also bought an old banger, aka 'Captain Fantastic', a bike rack and camping gear & sold it all before going home



Our plan was to complete a few short tours as a family and I would venture further afield myself. We were soon to find out, NZ is a truly wild land and one does well not to underestimate Mother Nature!

After getting kitted out we hit the fantastic Pacific Coast Highway down to Paeora to visit a graduate of Cycle Systems Academy, David Morris, who travelled all the way to Devon to train with us before setting up his workshop business. David took me on a stunning road ride and I got the feel of pain in my legs again!

Our first off road jaunt round a few red runs at Raglan's new mtb trails was fun, with views of the famous left hand break rolling in from places. Wave after perfect wave make this place all about the board.

Then we headed to Pureoa Forest Park, a true wilderness where the Timber Trail promised family friendly touring. Honestly the promo video <http://www.nzcycletrail.com/trails/timber-trail/> promises that after day 1, your makeup will still be perfect and you may fancy a bit of fishing or a game of pool. It lulled us into a false sense of security & the plan was for us to ride this easy trail from campsite to campsite and for me to ride back and get our kit in the car.

Well, the first 12km were uphill, off road and Julia and Oak really struggled. We almost turned back, and really should have but British doggedness got the better of us and we slogged on. The profile of the route showed this big hill, then a descent and the rest flat. Easy! Like hell. The descent was full in gravel steeps and Julia was on road slicks, so confident in the ease of the journey she didn't wear her helmet. The rest was 'Devon flat' a 6 hr slog to the next campsite, where we arrived with no water and no kit.

It was close to dark and I faced a 60km ride back with no lights and we were miles, and miles from any sort of town. This was when reality hit. We were ill prepared for a hostile alpine environment and had no means to even light a fire.

Kiwi's though are amazing. Warm, laid back and ever helpful. We met Martin from Taranaki. A hunter who offered to drive us all the way to our car, on gravel roads. All while his partner cooked sausages on his campfire. He saved the day and we realised then that we were a long way from home and the tourist videos lied!



After our 'school of hard knocks' intro to NZ cycling we realised that, i - NZ tracks and routes are really MTB territory, I broke 2 Thule panniers on the 'easy' Timber Trail and it was hard going on a CX bike with off road tyres and ii - touring on the main routes is a dangerous activity. There are few km of motorways in NZ and the A roads are narrow, winding and hilly if not mountainous. Add this to a petrol head culture that doesn't really get road cycling you get an unpleasant experience. It's no surprise that most long distance cycle tourers are non Kiwis.

However, off road New Zealand is heaven. Mile after mile of glorious single track abounds wherever you go, but the best if it is in the mountainous South Island.





I also really enjoyed a few visits to Kaiteriteri MTB park, on the Abel Tasman coast. Again this is a big park with miles of graded runs.

Further South in the adrenaline fuelled Queenstown I engaged full retard and hired a downhill rig from a man whose face and head were half destroyed. (From an mtb injury?) Travel! Slack angles! Fat tyres. I had finally landed in New Zealand. While certain areas have a good roadie scene (Wellington, Rotarua & Auckland) the mtb is king here and the downhill world class.



Shame I'm not. The black runs were bonkers scary, even on a top end Mondraker DH rig. However once my meagre gravity skills found their limits I loved swooping down the trails, with stunning snow capped vistas all around. Dozens of other 'Gnarly' activities are on offer in Queenstown making it a lively and fun spot, albeit a bit of a rich kids playground. We stayed in Arrowtown up the road, like a little Wild West town, itself surrounded by endless single track riding. They also had a trad Irish music night at the pub, with free beer & food for musicians, hic.

This article is too short for a full account of our trip, and we did fit in activities other than cycling(shock, yes I know), but I hope it summarises some of the highlights and inspires you to visit 'The Land of the Long White Cloud'.

## Cycling the Cols of Morocco (February 2017) - David Gow-Smith

This was a 7 day trip with 8000m of ascent over 480 miles in 6 road cycling days, mainly in the High Atlas and Anti Atlas mountains of Morocco. Highest point was 2100 m down to sea level at Agadir and Essaourira on the Atlantic West Coast.



As a mostly D/E rider the cycling demands of the trip were fine for anybody at that level, but probably worth pumping up the mileage to a couple of 50 mile rides per week in the 1-2 months prior.

The trip at £1233 fully inc (+ including bike hire) for 7 days was, I felt, very good value. There were virtually no extras so another 150 pounds was ample for tips (essential in Morocco), drinks and one meal out.



It was extremely well organised by Exodus with a UK (actually Romanian) tour leader who worked damn hard to keep the bikes in great & safe condition (essential given the road conditions and inclement weather on our trip), and what's more he took away nearly all the hassles of traveling in a developing country.

I was very glad I went for the hire bike a Giant Defy 1 with triple chainset. At £100 it was barely more than the alternative cost of transporting your own, and for that you got full maintenance (and let's face it no worries about damage to your own precious bike).

The road surfaces were often bad, potholed, gravelly, wet, muddy etc, so not so different to a few lanes that our Ken takes us down. Descents on long stretches required concentration, but were not evil, and of course there was virtually no traffic to remove the biggest risk.

There was no pressure from the leader to hurry along. We were often spread out over several kms, and then regrouped at a café etc. Remembering that we were supported by 2 vehicles plus the leader for 8 riders there was no issue of being in touch.

The only caveat is be prepared for adventure if, as in our case, the weather is not the shorts and T shirts type the brochure leads you to imagine. Yes I know there was some small print. For us it was damned cold. Devon winter conditions on a poor day. My Garmin showed -2° C at one point, which I understood included wind chill. It did snow, and often we were at 4 to 6° C for most of the day. We were often very high: 1500 to 2000m. Thank god for the van interior for warm regroup.



We had 1.5 good sunny days out of 6, mostly as we came down or climbed from the coast.

Most of us had packed 1 X winter set, when really you needed 3 as getting cold and wet on bikes without mudguards, then arriving at Moroccan hotels, wonderfully picturesque, but with negligible heating, and specifically few ways to dry clothes was a challenge. We made it by swapping the odd electric heater, using hairdryers, and some boy scout ingenuity round the open fire.

Hot water was not guaranteed for all. Luckily the distribution or lack of it was random so no one person was overly victimised. I think the normal back up was by solar which simply didn't work in poor weather.

I admit to jumping into bed in my down jacket to get warm. Others who hadn't brought this essential garment and a balaclava were envious, but there again I missed my overboots terribly. Most nights it was a battle to dry out my cycling shoes.

I'm told the weather we had was highly unusual, so if there had been more sun this would have been a fantastic trip, as the scenery and almost traffic free routes were stunning. Even so it was very rewarding and a great adventure with all credit to the very willing Moroccan drivers and their very able UK tour leader. Highly recommended.

## Cycle Tour of Cape Town - 109km/68 miles

This event must be one of the World's oldest 1 day mass participation rides and is certainly the biggest mass timed event. 2017 should have seen it celebrating its 40th Anniversary. Some 35,000 riders were due to take part with start times from 0615 - 1000h. The route starts and finishes in Cape Town and covers nearly the whole of the classic Cape of Good Hope peninsula with the easier riding coming in the first half and 3 of the 4 main climbs in the second.

The event is traditionally staged on the 2nd Sunday in March which is towards the end of the South African (SA) summer. The great fear in advance is of the strong Cape winds blowing on a very hot day, this year the weather in the Western Cape had been much calmer than previous years in the weeks before but that was absolutely no indication of what would happen on the day. The Expo held during the 3 day pre race registration was most impressive and with the general cost of living in SA well below that of the UK there were many good bargains.

This would be a very long way to travel just for this ride but I'm fortunate to visit the Western Cape most years. However, if you want to challenge yourself further the Cape Rouleur is staged in the week before this ride with priority access to this event. I hire a bike but it's never quite the same as riding your own, this year I had a 25 compact on a 20 speed Giant. Not ideal on big hills but in SA the hills, although much, much longer than in Devon seldom go above 10%.

So to race day. With a start time of 0825h and staying in a hotel 5 minutes from the start I was planning to breakfast at 0700h but by then the whole event had been cancelled, just 20 minutes after starting, owing to

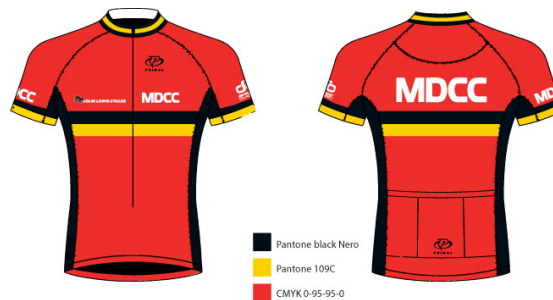
extreme winds gusting at over 100 kph, exacerbated by the channeling effect of the skyscrapers. The video footage available on the internet indicates that wind speeds well in excess of 100 had been experienced. See: <https://www.youtube.com/watch?v=9fsaJ8o4ySg&t=30s> and many other pieces available.

Its such a shame that the event was cancelled but there was no choice. Around 1300 cyclists from the UK alone were entered and many more from Europe and afar. Many of us will hope we have better luck next year.

Paul Martin

## New Club Kit update..

Thought I'd shed some light on the club kit situation. Sorry it's all coming out piecemeal but those of us sorting it are volunteers trying to squeeze it in between working, family life, training, Dartmoor Classic organisation and race promotion - there don't seem to be enough hours!



To give a range of styles and prices, there are three suppliers:

Primal for sport and recreational kit  
NoPinz for time trial oriented kit and  
Castelli for road race oriented kit.

Initial details for each have been released and more news will follow. Kit will be available in men's, women's and youth cut.

To alleviate the cost of new kit, the club has bulk purchased just over 200 Primal Evo jerseys in a range of sizes, these are a sport cut jerseys as used for the Dartmoor Classic jersey - they are available at a discounted price of £45. We are arranging a system for reservations to be made, with delivery expected in early May - keep an eye out for details of the reservation system.

There will also be an announcement made shortly regarding jerseys being made available to members who are Dartmoor Classic volunteers for 2017 - watch this space.

For items other than the bulk order mentioned, Primal offer an online store and will deliver kit to you for a small charge - over the next week or two further items will be added to the online store and orders processed by Primal when trigger points are reached (10 items).

NoPinz offer a range of items many incorporating their No Pinz pocket which holds a number without using pins. Their range spans from Aero Trip Suits, through to RR suits, CX suits, shorts, jerseys and winter kit. They are offering an introductory 10% off until 1st April. NoPinz also offer an online store and both men's, women's and youth kit.

Via Castelli we will be offering race shorts, aero race jerseys and the popular Gabba jerseys. There is no online service for Castelli and Mike Gratton is arranging an online booking system to collate an order.

We are also chatting to Primal about the introduction of an entry level kit at a lower price point - keep an eye on the Primal Store for more details.

We are making separate arrangements for Youth and Junior kit which is VAT free and those riders will receive a separate communication.

I hope that clarifies everything so far as it can be clarified at this stage!

Andrew Perkins

## Committee Corner

The Committee would like to make all members aware that you are invited to sit in on their meetings at any time. If you would like to raise a particular issue for discussion you would need to contact the Secretary, Annette Dentith at [info@mdcc.org.uk](mailto:info@mdcc.org.uk) with the details preferably a couple of weeks before. All meetings start at 1930h at Teigngrace Community Hall, School Road, Teigngrace, TQ12 6QS.

Meeting dates: Monday 24th April, Monday 5th June and provisional Monday 17th July

2018 AGM - Provisional Information - Saturday 6th January at Stover Golf Club, 1830 for 1900h start.

The current committee comprises:

Andrew Perkins	Chairman	Max Vautier	Vice Chairman	Annette Dentith	Secretary
Mark Sanders	Treasurer	Shani Adams	Pete Adams	Colin Lewis	
Liz Crawford	Membership	Mike Gratton	Road Racing	Jamie Horton	Sportives
Paul Martin	Newsletter	Liam McGrath	Welfare Officer	Sue McGrath	Social
Conrad Moss	Time Trialling	Andrew Parker	Young Riders	Ken Robertson	
Nick Roach	Off Road	Vacancy	Women's Officer		

Over the coming months we will give a short profile of the committee, we start with Shani & myself -Ed.

### Shani Adams



I have been a member of the MDCC for four years. I had just bought an old second hand road bike; never having ridden one before, and wanted to ride with others. I started off on the Social Rides and now flit between the Socials, E and D rides. I looked after the Social Rides for 8 months and have now taken over the organising of the Club 10 TTs which I hope riders from all groups will join in. Dates for these can be found in this newsletter, on the MDCC Facebook page under files and on the MDCC website. They are friendly 10 mile timed rides either on the Clay Pits road or on the Dartington to South Brent road. See you on a ride, Shani

### Paul Martin

My main sporting involvement, back in time, was as an athlete, middle & long distance including marathons. I also coached young athletes, team managed & helped run a club. Cycling has been a very good alternative to running when your body can't take the pounding on the roads anymore. Recently, I lived in France & cycled with some of the local club on a casual basis but my competitive edge saw me attempt some long distance challenges such as the E2E, the Tour du Manche & Lhasa to Katmandhu across the Himalayas. Since joining MDCC last summer I have wanted to make some sort of contribution so you now find me producing this Newsletter as well as being a member of the Sportive & Social Committees. Never hesitate to contact me if you have ideas for this publication, Paul



## BIKE & BANTER - Ron Keegan writes:-

'Bike & Banter' is the title conceived, by MDCC Vice President Ken Robertson, for a bi-monthly meeting of Veterans at the Torbay Velopark. Ken's idea is that, rather than meeting by chance at the park, members should have set occasions on which to enjoy each other's company. Now, older club members, plus a few who are unattached, meet on the 1st and 3rd Wednesday of each month, at 2:00 p.m., for an hour's ride.

Two months and four sessions into the project, 15 individual club members have put in an appearance, on at least one occasion, while a further 3 unattached gents have joined in the fun. Attendances have reached double figures on the majority of occasions, with women making up over ten percent of the roll call. These are encouraging stats, given the season, and it is hoped that with spring approaching and some media exposure planned, numbers will grow.

At the close of the sessions, many stay on for a chat and refreshments, with Justin Mann (proprietor of the park's on-site kiosk) being on the rider mailing list and on hand to open up when he knows the Velopark Veterans should be gathering.

Dates for April are Wednesdays the 5th and the 19th and, if you fit the bill - veteran or super vet, male or female and looking for a leisurely and enjoyable hour in a traffic free environment - do come along, it really is good fun.

For further information, contact Ron Keegan on 01803 605008 or email [ronandbarby@blueyonder.co.uk](mailto:ronandbarby@blueyonder.co.uk)



## Riding a Million Miles for Children with Cancer

Children's cancer charity Cyclists Fighting Cancer (CFC) is challenging cyclists from across the UK to collectively ride 1,000,000 miles in 2017 as part of its unique Million Mile Bike Ride.

The money raised will fund specially adapted trikes, static bikes, exercise equipment and advice for twenty-one paediatric oncology units throughout the UK to support children living with and beyond cancer.

CFC has developed a unique fundraising platform with charity software company Blackbaud, using the Everyday Hero system in conjunction with Strava. Rider's miles are automatically uploaded from fitness trackers such as Strava and — in the style of Blue Peter — added to a Million Mile Bike Ride totaliser. To add a bit of competition, riders are asked to pick a region to support in both terms of money and miles. Riders can clock up miles from their commute to work, weekend rides with the family or from longer cycling challenges.

Anyone, whether a club rider or not, can get involved in the Million Mile Bike Ride. All that is needed to take part is a bike and a smartphone to track your miles. Cyclists are encouraged to join individually, as a team or club. You can ride as many miles as you like or create your own personal mileage goal, which can be anything from one mile to one thousand miles and beyond. There are [leaderboards](#) on the website where you can see how you are doing compared to your fellow club members and a club team page will also populate miles into the team leaderboard, answering that old question 'who is the best club in the country?'

The Million Mile Bike Ride challenge will run all year and new cyclists can sign up at anytime. Miles already ridden this year can manually be added, making every mile count.

A MDCC club page has already been set up, to join our club team page [click here](#) and select the 'Join Here' Button. We are currently ranking 5<sup>th</sup> in the leaderboard and would be great to be #1 by the end of March!

This is a free event to join and there is no minimum fundraising amount required, in fact you don't have to fundraise. But, if you chose to do so we have some amazing incentives, which include but are not limited to, free kit, free sportive places, bike draw for a Trek carbon road bike and of course a fantastic t shirt to name but a few!



## About Cyclists Fighting Cancer

Since 2005 Cyclists Fighting Cancer (registered charity number 1140017 and in Scotland SCO46355) has enabled over 3,000 children and young people across the UK who have been affected by cancer to regain their physical fitness, strength and confidence by giving them new bikes, adapted trikes and advice.

### For further information please contact:

Sarah Lakey, Fundraising Manager

Cyclists Fighting Cancer

07718925519

[Sarah@cyclistsfc.org.uk](mailto:Sarah@cyclistsfc.org.uk)

## Can you help the Force Cancer Charity Nello Ride?

MDCC has a strong, cooperative relationship with the Force Cancer Charity, the organisers of the Nello & Autumn Storm ride. Sarah Daniels from Force writes as follows:

Dear All at MDCC,

If any of you are willing and able to support the Nello ride on Sunday 25<sup>th</sup> June 2017 we would welcome volunteer support out on the course, in particular, at our final refreshment stop at Morchard Road, Crediton where both our rides merge and 1500 cyclists head back towards Exeter for their final 20 miles.

The timings would be from 10am until 5pm – obviously we could stagger two groups.

In return I would be able to offer either a free place to cycle the ride the following year or have a place on our Autumn Ride, the Autumn Storm in October

Please contact me via [sarahfr@forcecancercharity.co.uk](mailto:sarahfr@forcecancercharity.co.uk)

Many thanks

Sarah Daniels



Sarah Lakey presenting Sarah Daniels with a £1000 cheque from the 2016 Dartmoor Classic

## Sportive, Audax & other events Calendar for 2017

The following list is not all inclusive and concentrates on a travel distance within 100 miles to access the event.

Entries/information available via [www.britishcycling.org.uk/events](http://www.britishcycling.org.uk/events), [www.aukweb.net/events](http://www.aukweb.net/events), [justevents.org](http://justevents.org), [www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk)

Saturday 8th & Sunday 9th April - New Forrest Spring Sportive - 30, 50 or 80 miles. £23-30

Sunday 9th April - Hammer Sportive - Salcombe Rugby Club

Sunday 16th April - Audax - Combach Century - 160km, Honiton, 0830h, £7

Sunday 23rd April - Audax - A Cornish - 100km, Falmouth, 0900h, £6.50 & Audax - A Bunny Hop - 50km, Falmouth, 1000h, £6.50

Audax - Turf n Surf - 100km, Newton Abbot, 0900h, £7.50

Saturday 29th April - Dartmoor Demon - 30,50 or 90 miles. Exeter Racecourse, £26-35 &

Audax - Valley of the Rocks - 200km, Honiton, 0800h, £7

Saturday 6th May - Jurassic Beast Dorset - 36, 63 or 100 miles, £23-30

Sunday 7th May - Audax - Exmoor Spring - 100km, Minehead, 0930h, £5 & Audax - Exmoor Spring 50 - 57km, 1000h, £5

Sunday 14th May - Coast to Coast Cycle Challenge - Watchet Harbour, Somerset, 1100h & 1400h, £20

Saturday 20th May - Taunton Flyer - 34, 70 & 111 miles - Taunton Racecourse, 0800h, £27-37

Sunday 4th June - The Smuggler 2017 - 25, 40, 50 & 80 miles, Barnstaple, £20-30

Sunday 25th June - Nello Charity Bike Ride - Topsham - 100 & 55 miles, 0800h & 0830h, <http://www.forcecancercharity.co.uk/event/the-nello-2017/>

Bournemouth Sportive - 30, 65 or 100 miles. £23-30

Audax - Mines and Minerals (Off road) - 66km, Carharrack, Cornwall, 1000h, £5

Saturday 1st July - New Forrest Summer Sportive - 31, 71 or 99 miles. £26-35

Sunday 2nd July - Dartmoor Classic - 35, 67 & 107 miles - Newton Abbot Racecourse, 0700h

Sunday 9th July - Velothon Wales - 110 & 140km - Cardiff

Saturday 15th July - Cotswolds Sportive, Gloucestershire - 36, 67 or 102 miles. £23-30

Sunday 16th July - Audax - Devon Delight - 107km, Newton Abbot, 0900h, £8.50 & Audax - Torplex 200km, Newton Abbot, 0800h, £8.50

Sunday 16th July - Two Moors 100 - 100 miles & 100 km - Bideford, 0800h & 0830, £29

Sunday 23rd July - Meon Sportive, Hampshire - 45, 75 or 100 miles. £23-30

Sunday 30th July - Ride London - 100miles

Saturday 2nd September - Moor 2 Sea - Exeter Racecourse - 37, 63 & 112 miles, 0700h, £27-37

Sunday 3rd September - Audax - Utterly Butterleigh - 100km, Budleigh Salterton, 0900h, £6 & Audax - East Devon Escape - 55km, Budleigh Salterton, 1000h, £6

Sunday 17th September - Cornwall Coast and Clay, St Columb Major, TR9 6DB, 0730h - 23, 44, 68 & 100 miles, £15 - £27.50. <http://www.cornwallcoastandclay.co.uk>

Saturday 7th October (not confirmed) - Lands End 100, Marazion

Sunday 8th October (*not confirmed, equivalent date & information for 2016*) - Autumn Storm Charity Bike Ride - 65 miles - Fingle Glen Golf Club, Tedburn St Mary

Sunday 29th October - Audax - Dartmoor Devil - 100km, Bovey Tracey, 0800h & 0900h, £10

# Club 10 TT 2017 Rota

Date / Sign On Time/Start Time	Venue	Timekeepers		Trainee Timekeepers		Marshals	
27.4.17 18:30/19:01	Dartington	1	Jon Crawford	1	Julia Brown	1	Weymouth SB R
		2	Ken Robertson	2	Paul Martin	2	Angela Hanks
11.5.17 18:30/19:01	Clay Pits	1	Caroline Twigger	1	Ian Myers	3	John Hanks
		2	Phil Burrows	2	Julia Brown	1	Keef Marshall
8.6.17 18:30/19:01	Dartington	1	Ken Robertson	1	Ian Myers	2	Mark Whalley
		2	Jon Crawford	2	Paul Martin	3	David Twigger
22.6.17 18:30/19:01	Clay Pits	1	Phil Burrows	1	Anne Simpson	1	Oliver Twigger
		2	Jon Crawford	2	Jamie Horton	2	Weymouth SB R
20.7.17 18:30/19:01	Dartington	1		1	Angela Hanks	3	Viv Crees
		2	Ken Robertson	2	Jamie Horton	1	Mike Radant
3.8.17 18:30/19:01	Clay Pits	1	Phil Burrows	1		2	Michele Radant
		2	Ken Robertson	2	Anne Simpson	3	Julyan Bayles
17.8.17 18:30/19:01	Dartington	1	Ken Robertson	1	Jamie Horton	1	Andy Styles
		2		2		2	Francis McBride
31.8.17 18:00/18:31	Clay Pits	1	Phil Burrows	1	Anne Simpson	3	John Scanlan
		2		2		1	Sue Hardy
26.12.17 09:30/10:01	Clay Pits	1	Ken Robertson	1		2	Rose Parker
		2		2		3	
		1		1		1	Linda Dabbs
		2		2		2	Ian Dabbs
		1		1		3	Celia Atherton
		2		2		1	Celia Atherton
		1		1		2	
		2		2		3	

## Club Ride Schedule - April to June 2017

**All meet 0900h, Saturdays in car park behind Teignbridge Council Offices, Forde House off Brunel Road, Newton Abbot. Sundays at Abbrook Park, Strap Lane, Kingsteignton**  
**Ride options: SS = Saturday Spin, S = Social, E, D, D1, C, B & A**

Date	Group	Destination	Leader	Miles	MPH
01.04	SS	Orange Elephant, Lower Brenton	Louise Swann	30	11/13
02.04	S	Moretonhampstead via Doccombe	Hassan Nada	30	10/12
02.04	E	Holne Stores & Tearooms	Pete Adams	40	12/14
08.04	SS	Broadsands Beach	Craig Maberly	30	11/13
09.04	S	Berry Head	Jill O'Neil	30	10/12
09.04	E	Dartmouth, bring ferry money	Caroline Twigger	40	12/14
15.04	SS	Salmons Leap, Buckfastleigh	Paul Martin	30	11/13
16.04	S	Haldon Cafe if Open, Easter Sunday	Mike Radant	30	10/12
16.04	E	Topsham	Mark Whalley	40	12/14
22.04	SS	Forest Fungi, Dawlish	James Black	30	11/13
23.04	S	Walled Garden, Dunsford via Cheriton Bishop	Pat Ash	30	10/12
23.04	E	Otterton Mill, 55 miles	Martin Nurse	40	12/14
29.04	SS	Castle Drogo	Jamie Horton	30	11/13
30.04	S	Walled Garden, Dunsford	Mark Phare	30	10/12
30.04	E	Moretonhampstead	Jim Black	40	12/14
06.05	SS	Guardhouse Cafe, Berry Head	Steve Swann	30	11/13
07.05	S	Moretonhampstead via Trendlebere	Pat Ash	30	10/12
07.05	E	Castle Drogo	Phil Stocker	40	12/14
13.05	SS	Rare Breeds Farm, Totnes	David Twigger	30	11/13
14.05	S	Coach House, Cheriton Bishop	Mike Radant	30	10/12
14.05	E	Chilli Farm, Loddiswell, 50 miles	Caroline Twigger	40	12/14
20.05	SS	Cafe on The Green, Widecombe	Caroline Twigger	30	11/13
21.05	S	Orange Elephant, Lower Brenton	Steve Swann	30	10/12
21.05	E	Widecombe	Angela Hanks	40	12/14
27.05	SS	Powderham Castle	Kevin Western	30	11/13
28.05	S	Exeter Quays	Rose Parkhouse	30	10/12
28.05	E	Postbridge	Kevin Loader	40	12/14
03.06	SS	Breakwater Cafe, Brixham	Rose Parkhouse	30	11/13
04.06	S	Moretonhampstead via Haytor	Louise & Ian Thomas	30	10/12
04.06	E	Staverton Bridge Nursery	Julia Bee	40	12/14
10.06	SS	Torres Abbey, Torquay	James Black	30	11/13
11.06	S	Buckfast Steam Railway	Mike Radant	30	10/12
11.06	E	Dockside Cafe, Exmouth	Rose Parkhouse	40	12/14
17.06	SS	Pig & Pallet, Topsham	Neil Medland	30	11/13
18.06	S	Orange Elephant, Lower Brenton	Penny Clapham	30	10/12
18.06	E	Dartmoor Classic Route	Kevin Loader	40	12/14
24.06	SS	Central Stores, Moretonhampstead	Bernhard Tingley	30	11/13
25.06	S	Widecombe	Mark Phare	30	10/12
25.06	E	Exeter Quay	Dave Long	40	12/14