

[illegible]

Editorial:

After what others have described as 'a very long wait', the Club has at last been featured in the 'Ride with' section of Cycling Weekly, as above.

Last edition we focussed on the Youth Section after the success of the Club's staging of the National Youth Series at Torbay. This time we follow that with a special look at Junior riders, where Tristan Davies has written a most excellent piece about his recent race experiences, ably backed up by a report from our fledgling Women's section, thanks Jenny for getting that together.

Finally, to add a little international perspective, I've written two pieces about my recent trip to Africa where I had planned to take part in the Cape Town Sportive but had the unexpected bonus of stumbling across the Team Rwanda training camp in the north of that cycling rich country.

Paul Martin - news@mdcc.org.uk

In this Issue:

Cycling Weekly feature	P1	Sportive Committee Report	P11
Junior Spotlight	P2	Social Committee Report	P12
Women's Report	P5	MDCC Committee Corner	P13
Cycle Tour of CapeTown	P7	Can You Help? Breaking the Barrier	P14
Team Rwanda & Cycling in Rwanda	P8	MDCC Calendar 2018	P16
The Dartmoor Classic - An Overview	P10	Club Rides - June 2018	P18

Junior Spotlight

Name: **Harry Birchill**

Age: 17

Age Group: 1st year Junior (cat 3)

Bikes owned: Road bike - Giant TCR

How & at what age did you get into cycling?: I started riding my bike from a really young age when we used to go out for family MTB rides on Dartmoor. My first race was a south west cyclocross round at the age of 7.

How often do you train?: On average 8-15 hours a week.

Say something about your training & how it's developed as you've got older: My trainings varied due to the different disciplines that I do. This keeps things varied, interesting and enjoyable! This year I have had more structure which I have found really beneficial and am hoping that this will pay off and reward with some good results.

Main successes: I think my main successes have been winning the XC MTB National championships in 2014 and 2017. Being on the GB Cycling Team as an apprentice for the last two years and this year stepping up to the junior academy within which I am being given the opportunity to ride at international level at the World Cup series.

Future hopes/targets: To become pro and get paid for riding my bike!

What gives you the greatest buzz about cycling?: The feeling of when you are about to win and you know the training you have been doing has paid off.



Your Cycling hero: Nino Schurter/Peter Sagan

Advice to youngsters thinking of getting involved: Have a go at the different disciplines and have lots of fun!

What do you think of MDCC?: I have been a member since I was 7 and since, MDCC have supported me in many ways on and off the bike. For example, multidiscipline coaching sessions, the opportunity to experience riding on the track, support and advice within racing and the chance to give something back to the club by volunteering at The Dartmoor Classic. It's a great club if you want to be involved in either racing or riding socially at any level.

Name: **Tristan Davies**

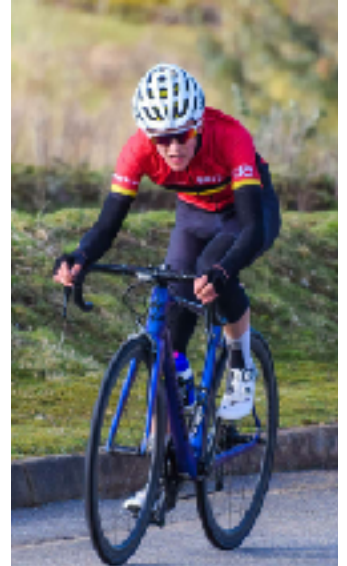
Age: 16 - Junior 1st year

Nickname: Tris

Bikes owned: 4

Road bikes owned: 1

How & at what age did you get into cycling?: I've been riding bikes for as long as I can remember but I started racing as an under 12. This was mainly on the mountain bike. My Dad hired a flowery girls road bike for me and I tried racing it as a first year u14 at Perranporth aerodrome. I got my ass kicked but it gave me the motivation I needed when training.



How often do you train?: At least 5 times a week

Say something about your training & how it's developed as you've got older: I used to train myself (with help from my Dad) as an u14 but as I progressed to u16, I started on a basic training programme. During the winter I started training with Chris Opie as my coach and made good use of my power meter. The feedback that I get from Chris is really important to me and is a key factor to improving. My training sessions are a lot more in depth and detailed than they used to be and have led to better performances.

Main successes: I have had a few top 25's in some national road races but I don't really have any major results I am proud of. Hopefully it won't be long until I do.

Future hopes/targets: I would love to make it as a professional rider.

What gives you the greatest buzz about cycling?: The idea of doing it for a living.

Your Cycling hero: There are lots. Obvious ones like Peter Sagan, Froome, Geraint Thomas, Nino Schurter and Jaroslav Kulhavy. I also like to watch younger riders in mountain biking like Sam Gaze and Mathieu van der Poel because they are only 5 or 6 years older than me and putting pressure on the big names. I think Simon Andreassen will be one to watch once he's finished as an u23.

Other interests, sporting & other: Buying stuff that I probably don't need.

Advice to youngsters thinking of getting involved: Just make sure you enjoy what you are doing.

What do you think of MDCC?: It is the best club I can think of and there are so many members. The club always does a great job at organising events. Its good to be part of it as there is nothing as big in Cornwall where I live.

Tristan reports on his April and May Racing

Dalby Forest MTB National (8th)

At the end of April, I decided to have another try at racing the national mountain bike series, after spending time trying to improve my technical skills and endurance over winter. I have always wanted to get a result I can be happy with at an MTB national, but being a first-year junior right at the back of the grid, I didn't know what to expect and tried to put the least amount of pressure on myself. I definitely felt more focussed than I have done before at a race like this and was confident in my ability; but watching the front row riders line up did make me feel at a slight disadvantage with my size. Hopefully I'll grow again soon!

I had a decent start and made up some places but came into the single-track in about 20th position. This meant I was held up as a result with no room to pass the riders in front. As I came into the field again after the first section, the lead riders had just left it. I made up some good ground on the straight, past the pits, and gradually started to catch riders over the course of the race. The long climb after Medusa's drop benefitted me as this was where I could put my skinniness to good use. Eventually I ended up in no mans land with no one in sight to chase. I maintained my position for the last 2/3 laps and finished with 8th place. Although this is not amazing I was happy considering my previous best result was 20th. In my mind everything can still be improved, so I will do what I can between now and national champs at Hadleigh Farm on July 22nd, which is a big goal for me this year.



Isle of Man Junior Tour (like 40th or something)

I entered the IOM tour expecting the usual hilly course that it had the last two years I had done it and was looking forward to my first junior national road race. However, I was disappointed when we arrived as I found out that every stage was flat, a shame seeing as the island is full of meaty hills. I finished with the bunch on every stage but didn't have the power needed to get any decent results. I had a go at the front a few times and got some good experience but to be honest I find it difficult to enjoy flat sketchy races like this where everyone finishes in one big bunch (perhaps due to my off-road background).



I look forward to trying again at a hillier national. I wish the stage profile had been released before I had entered the race, but I understand this is difficult for organisers. I would have liked to have represented the club better and would like to thank them for the general and financial support.

South West MTB round 3 (1st junior/ 3rd overall)

Although it was the 3rd round of the series, it was actually the first as the other two were cancelled. I had a good start, going into the single-track in second place after the climb. I followed the leaders wheel until half way down the first decent where I binned it, going over the bars and hitting my knee on something. Every time my left leg reached 6 o'clock on the pedal stroke I felt a painful strain in the back of my knee. I continued but it

really affected me, even on the downhill where I couldn't drop my heels for control. I finished the race in 3rd overall and won the juniors but it would have been nice to have seen if I could have done better without the stupid mistake. I got my knee looked at and I had strained the Popliteus which is a small muscle located at the back of the knee. People who have this commonly have tight hamstrings, which I do. I really enjoyed the race, regardless of the injury, and thought MDCC did an amazing job at organising the event.



Brentor road race round 2 (1st junior/5th overall)

At round one at Brentor I had to race my cx bike with heavy wheels, wide tyres, a 1x11 and a very short reach (it's getting small for me). I had snapped my road bike the week before and couldn't get one to borrow in time. I won the prime sprint but lacked the gears needed on the descent and felt sluggish on the climbs.



This time I was motivated to do better with my new bike and knew what not to do after last time. I stayed out of sight and sheltered in the bunch until three laps to go. My initial plan was to attack with 2 laps left but a royal navy rider attacked, and I could see a group forming as the bunch started to split. I was towards the back of the bunch, so I put a big effort in to bridge across. I knew I had to get there before they crested the climb as I would struggle to get back on alone in the wind. There was 5 of us working well together and we stayed away. I helped on the climbs and pulled for a bit longer, helping us stay away. As we got on the last climb, we eased up and everyone looked at each other. The group behind started gaining time on us and I really wanted to stay away so worked on the front on the final climb. As we crested the climb I dropped to the back of our group of 5. I knew I couldn't outsprint the others as I was the smallest there and on restricted gears, so I tried going early. I came from the back and sprinted up the left-hand side of the road. I temporarily got a gap but was eventually caught and the others sprinted past me. I was glad I tried but if I was to race it again, I would have either attacked earlier on the final climb and tried to drop some riders or followed the wheels for the sprint instead of attacking. The rider I felt was the strongest ended up winning so it was a shame I didn't just stay calm and follow his wheel. I was still satisfied with the result and can add the race to my growing 'Lessons Learnt List'.



Chris Opie is doing a great job at coaching me as I try to get my category two licence and train for the national MTB series at the same time. I hope there are still some good results to come this season!

Thanks for reading,

Tristan

Women's Race Report (2018...so far)

So despite little written reporting from us, the women's racing scene has been pretty active so far this season.

One of our main aims is to encourage other female cyclists to give racing a try and to explain a) just how much fun it can be and b) how there is something for everyone. Whether you are a sprinter, a time trialist or just a total novice wanting to have fun, make some new friends, and see what you can achieve. The thing to do is just to ...start!

We have been forming links with some other local clubs' female cyclists with the intention of doing some races together as a type of south west combined team (the more the merrier right!).

A group of four of us entered the Three Day Bedford stage race earlier this year, and MDCC was really keen on supporting us. Sadly after everything was all sorted, the race was unexpectedly cancelled...but it's definitely on the agenda for next year!

We travelled up recently to South Cerney Road together and between three of us (2 MDCC and 1 Wheeler) managed two top 10s (a 4th & a 7th) and to take the sprints prize.

We meet up socially for rides (and obligatory coffee and cake) We take each other on guided reconnaissance of the routes of certain events before they take place, as both a social and, for those who plan on entering, to get to know the course from those who have done it before.

Now and again we also meet for evening meals at each others houses and share lifts to events...

We are a lovely and supportive bunch and if you are interested in joining in with the fun then please message anyone mentioned below. It doesn't matter how strong a cyclist you are - we all had to start somewhere and there's lots of support in the group. We may be able to learn from you too...

Here are some of our results:-

Jenny Corser - Time Trial(TT), Road Race(RR) & Crits.

24 March Totnes Velopark Support races 1st
8 April Hatherleigh Women's RR 14th
14 April Totnes Vire Support Races 3rd
22 April Rob Wilmot RR 11th
29 April Chittern RR 4th
6 May Cotswold Veldrijden RR 4th
12 May Colin Lewis Cycles Grand Prix 1st
27 May South Cerney RR Queen of sprints prize
TT Results: 18 Feb 10M 1st (but only two women entered), 15 Apr 17M (Forfirs/Woodbury route) 1st VET.



Juliet Elliot



I've not yet done a huge amount of racing this year but I'm pleased to have tried something new this season, with the encouragement of Jenny I decided to try my first road race - the Hatherleigh put on by the club. To say it was a baptism of fire would be an understatement and I didn't manage to stay with the main group for the entirety of the race (although I didn't come last either). But honestly, getting dropped didn't matter as it was so fun to actually be trying a road race (despite being so hard) that I couldn't wait to try again and see if I could do a bit better. I raced my third road race last weekend and finished 4th!

I've also entered two Crits at the Velopark, most recently the one put on by Somerset Road Club where I came 1st.

Ruth Burrows



24 May S4/10 mile TT Buckfastleigh - 22m39s 1st female - PB/Club 10 Female record
16 May S4/10 23m18s 1st female
6 May R25/3H Welsh 25mile Championships 55m32s 4th female - PB/Club 25 Female record
15 Apr S7/17S 39m43s 1st Female - course PB
8 Apr S8/25S 42m00s 1st Female



One of the World's Greatest Cycle Sprotives

The Cycle Tour of Cape Town (CTCT) formerly the Cape Argus

I am fortunate to be able to travel to South Africa on a fairly regular basis during the European winter i.e. South African summertime. After hiring a bike for many years I finally decided that I wanted to prepare and take part in this iconic event. I entered the 2017 event, trained well with a local cycling group and travelled to Cape Town the day before ether event. Approaching CT from some 30 miles away there was a huge dark cloud over the Table Mountain area but on reaching the city outskirts it became clear that this was a smoke cloud from a fire in a township. This was a tragedy that killed 9 people and had only started 24 hours before the event and the township was right next to the route.



The forecast was for quite strong winds but what greeted the early starters around 0600h the next day was exceptional and the organisers were forced to cancel the event soon after 0630h. The footage on the internet showed bizarre scenes of bikes being swept above riders heads with them struggling to keep hold. The problem was exacerbated by the tall skyscraper buildings of the CBD (Central Business District) through which the event passed in the first few kms. Out on the open road conditions were slightly better but the fire and other problems gave the organisers a unenviable combination of circumstances that forced the cancellation.

‘Not your average Start line setting’

The consequences of the decision cannot be under estimated with the massive organisation for an event with nearly 35,000 entrants including nearly 2000 who had travelled from Europe especially for the event,

One year on and the organisers had moved the start to avoid the CBD buildings and the weather was looking much more promising and no local circumstances caused complications.

I am a general club cyclists of F ride standard and I again trained thoroughly to prepare and had upped my mileage from the previous year. A cheap, but rather noisy, hotel right near the finish line proved very well situated to access the start within a 3 km ride in and for Anthea to enjoy the day's racing. I drove the route the afternoon before even though I knew the whole area of the Cape peninsula. This was hugely beneficial as I could see exactly where any roadworks/poor surfaces created pinch points and areas to watch your ride line.



Being a first timer and international entry you do not get an early start time which would have helped as the wind on the return half increased during the morning. My start was 0825h and the assembly area was very busy but very well organised and I was through the checks and into the holding pens within 10 minutes. The atmosphere was excellent and the weather was perfect so there was chance to say hello to others including 2 Norwegians riding their first CTCT.



I had planned the ride in fair detail and carried a time check list but I was still determined to start cautiously and was looking to seek out other riders of similar ability. This proved not to be important as riding in a field of some 30,000 others on closed roads meant that there was plenty of company at all times including ride groups/trains that you could tag onto. I had spoken to some of the locals who had taken part many times and from although I was significantly slower than them I couldn't resist the plan for sneaking in under 4 hours for this 68 mile course. I did have a back up plan for 4h 30 in case the wind was blowing hard.

The first and steepest climb comes after 6 miles but only manages around 8% but is not the longest. After that there was a beautiful run down the eastern side of the Cape until you reach the 2nd main climb just before halfway. By midpoint I had gained 10 minutes on my 4 hr plan only to lose the whole lot and a few minutes more as we returned towards Cape Town along the western coast and 3rd main climb over the iconic Chapman's Peak. The view from the top of Hout Bay is stunning but no time to enjoy as there immediately follows a major decent and then straight into the final and longest climb of about 1.5 miles at 6%.



At the top I was 2 plus minutes down and although I'm not the fastest descender my endurance background in running meant that I was able to maintain a 20 - 25 mph pace all the way to the finish some 9 miles away. Over the final stages you're constantly thinking "am I going to get sub 4' and that certainly drove me on and meant that sub 3 h 58 was achieved at an average speed of 17.1 mph. Chuffed? No, 'bloody ecstatic' was my feeling and still is. I had never ridden at such speeds before for such a sustained distance. I had planned my fuelling and drank regularly, it was about 21/22 Celsius for the last 2 hours and took in a gel every 45 minutes after the first hour. In the Dartmoor Classic last year I had cramp in the final 6 miles and had heard about the benefit of 'rennies.' Researching on the net there is some info about this but in no way conclusive. I thought it couldn't do any harm and stayed cramp free.



This was my first ever closed road event and didn't realise what a boost this can give to your speed as you can pick your way over the whole road width. Very many riders seemed to want to ride on the left (they drive on the left) so there were many clear passages when you wanted to pass large groups.

In short this is just a stunning event, so much so that I've already booked the 'noisy' hotel again but a room in the quiet rear section for next year!



For those interested, the event is always on the 2nd Sunday in March, the 10th in 2019 and I can provide fair detail for anyone who is interested in taking part. Go on, you know you want to!

Paul Martin

Focus on Rwanda & Team Rwanda

En route to South Africa we usually try to experience a different part of Africa, this year it was Rwanda to see the mountain gorillas but this fascinating country revealed so much more with an unexpected huge emphasis on cycling.

Rwanda is a land locked country of over 11 million people in southern eastern Africa. It has a land mass of over 10,000 square miles and is about 1/9th the size of the UK. It is affectionately known as the 'Land of a Thousand Hills' and as you drive through this ultra green landscape you see very few sections of flat roads, it's a constant series of climbs and descents. The capital and largest city is Kigali, home to around 1 million



people. It's year round average daytime temperature is 26 Celsius and there is just under 1m of rainfall per year over an average of 130 days.

The country has a very troubled recent past when in 1994 - 96 some 1 million people were killed in an appalling genocide which tore the country apart whilst the rest of the world just looked. As a result the country's economy was decimated and it's population, some 20 years later, is predominantly young and rurally situated.



However, despite these appalling events the country has made enormous strides and in many ways is a shining light for what can be achieved on very limited resources if the people are well led. For example: On the 3rd Saturday of every month, everyone, including the President, is expected to take part in local community service for 3 hours. After that they attend a 1 hour meeting where they discuss the priorities for their future work! As a second example, when you drive from the airport through the capital we were immediately struck by the lack of litter and there was a small army of people along the roadsides

sweeping the gutters clear of debris or gardening the verges, the streets were immaculate. A negative was the pollution from the vehicles but a few weeks after we were there they were introducing a ban on the most heavily polluting vehicles and they still appeared on the roads they would be confiscated! The same approach had instant rewards when introducing a motor cycling helmet law a few years before. No wonder crime is falling!



We had to travel to the very north of the country to access the mountain gorillas and the 3 hour journey only covered just under 100 miles even though once you left the capital the roads were largely empty apart from bicycles! Bikes are the local taxis ferrying people and anything that can be moved by bike!



Nearing the end of our journey north I spotted these signs and had to ask our guide if he could arrange a visit on the way back to the airport which he duly did. Africa Rising is a combined project between Rwanda, Ethiopia and Eritrea to put African cycling on the world stage.



This Team Rwanda base is at 6000' above sea level so immediately all training done in this region give the added bonus of training at altitude for when competing at sea level. We were shown around by Blaise who is in charge of the tourism aspect of this operation. The base is home to 15 women and 30 men and covers mainly road racing but does cater for MTB if individuals wish. Their team had just won the Tour of Gabon the previous weekend and were due to ride the 120 km back from the airport that afternoon. This didn't quite work out, more about that later.

They organise the Tour of Rwanda which was a cat 2.2 race but from this August moves to a cat 2.1. They have 1 or 2 members who are part of the Qhubeka/Team Dimension Data set up and ride with Mark Cavendish and Trek Bikes. They have ridden the baby Giro d'Italia, the Tour of Colorado and the Tour of Good Hope in South Africa and one of their group rode the Cape Epic MTB event in South Africa.

Their accommodation is in small houses with 6 to a room, nothing too luxurious but very good by Rwandan standards. They also have some houses set aside for visitors with bikes for hire. The team Director is American as is the Head Coach and with their growing profile the President had recently bought them all Pinarello bikes. Their next events would be the Tour of Cameroon at the end of February before going off to the Gold Coast for the Commonwealth Games.

Their training ground is on very quiet roads with very few potholes. The gradients in general are around 4 to 8% with very few flat sections. There are easily more bikes on the roads than vehicles, oh, we wish! The team want to do BMX but have no takers as yet, as Blaise said, 'it'll happen.'

As we left the base and drove to the airport we thought we would catch sight of the team riding back to base. It wasn't to be and when we read the local paper the next day all became clear.

Some 20,000 people had turned out to welcome the team back from winning the Tour of Gabon and they went straight to a reception with enthusiastic crowds and special presentations. See below for the press coverage.

This was a nice addition to our visit to this fascinating country which we would love to revisit. Oh yes and we did see the gorillas, up close and personal at just a few feet away.



Profile: Joseph Areuya - Team Rwanda

Age: 22 1st GC Tour of Gabon, January 2018, 3rd African Continental Championships TT, 6th in RR, February 2018, 13th Commonwealth Games TT & 37th CG Road Race, April 2018. UCI World Ranking 166.

The Dartmoor Classic - An Overview

What does the Dartmoor Classic do as key things? That is a good question but here is a view:-

The Dartmoor Classic offers cyclists from all over the world to experience probably the best sportive organised by a cycling club (as opposed to a commercial enterprise like the Etape du Tour, Ride London et al). It gives the participant's a day cycling through a landscape that is difficult to beat on any other ride. The whole of the route is signed to the highest level with the most cheerful marshals you will find anywhere and we have to thank our membership for this. It gives them great value for money in that the value of what they receive is equal to or exceeds their entry fee. They are able to cycle with friends and or meet up and find new friends. They are fed and watered to an exceptionally high standard.

To the outsider the event is run in a professional manner. By advance publicity we do our best to alert residents of the day so they can plan ahead. It raises the profile of cycling across an area much wider than the route covers.

In order to reach the high standards we make use of other organisations like Dartmoor Search and Rescue or Newton Abbot Rugby Club. For their contributions we make contributions to their organisation that is in relation to the help they give us. We have in recent years become more involved with the communities that reside or live on Dartmoor. We have enabled repairs to be carried out on the roof of the hall at Postbridge; provided Princetown Primary School with an interactive white board. We also make an annual contribution to The Dartmoor National Park's schemes to enhance access to Dartmoor. In 2016 this money was used for part of a cycle route between Burrator and Princetown.

Following our last planning meeting we are making arrangements for suitable plates to be fitted to items that we have funded either in part or whole so as time goes by people will learn that the Dartmoor Classic has contributed to their health, well being and enhanced their community in one way or another.

There have been problems such as littering, anti-social behaviour and road discipline. As they have arisen we have taken steps to address them and fortunately the riders have, in the main, taken note of the concerns and acted accordingly.

It is no secret that there is a surplus at the end of each event and we have a formula that was established in the early days and we stick to it. 20% of any surplus is shared amongst the charities or helping organisations; 20% is put into the club's reserves; 20% goes into the rider support fund and 40% is for general club use. The plans for 2018 are nearly complete and we look forward to another successful weekend that will not happen without the help of our own members.

Ken Robertson

Sportive Committee

Lyme Regis Ride Back with Cycling Weekly in tow.



Another brilliant ride back Club Sportive! The organisation and team support throughout was second to none. Huge thanks to Jamie, Chris, Andy & Paul!

The ride didn't start well for me with a flat front off the coach. Very embarrassing but Cycling Weekly loved the footage! Jamie and Chris to the rescue but flat again halfway up the first hill. New tube with air rather than sludge!! Job done! Back on and away to chase the group down with Pete Nippres. Despite a wrong turn and Garmin malfunction, with our hero support, we caught the group. Back in the pack! Good camaraderie and great scenery all the way.

The big disappointment was not seeing more riders in club kit. A sea of red, yellow and black would have been so slick and far more appealing for the club image and Cycling Weekly footage!! Make it compulsory!!!!

Linda (proud to wear club colours)



Brittany Weekend Trips



Two Sportive Committee trips saw nearly 50 riders enjoy a 2 or 3 night trip to the Pink Granite Coast of Brittany at the end of April and start of May. Both trips were blessed with dry weather and the second with blue skies. The riding over there along this coast was spectacular with quiet, good surface roads in the main and many delightful French towns and villages to pass through en route. Even a cafe stop at the beach was included.

The only eventualities were both a broken gear cable and also front wheel bearings gone on trip 1 within the first 17 miles, all expertly repaired or wheel replaced in Morlaix at

the cafe stop.

The rides were a 75 mile out leg on Day 1 and a return route of 54 miles, there were shorter options available but most road the full routes as planned. The longer weekend on the Bank Holiday included a 40 mile round trip to a nearby port town from the hotel base in Perros - Guirec. The hotel and next door restaurant all proved ideal and reasonably priced. All in all a good time was had by all. Probably a repeat on the Sportive Calendar for 2019.



Social Committee

A second club quiz night was enjoyed by over 50 people back in April with Stover Golf Club again proving an excellent venue. Thanks to all those who supported, another one likely in the Autumn.

Mid Summer's Day Ride for Fish 'n Chips @ Dawlish Warren

The next Social Committee event is on Thursday 21st June, 1815h from Abbrook with 15 and 30 mile options to the 'Silly Goose' Pub who will serve us their usual £9.95 meal with 'mushies' for just £7. 44 of the 50 places have been taken but if you'd like one of the others please email Angela on ahanks0607@gmail.com Non riding partners are welcome to join us at the pub and many have already signed up.

Bike Maintenance Courses

Course 1 has already taken place and the second one at Colin Lewis Cycles starts this Friday 1st June with the 8th and 15th for parts 2 & 3.

Bike Treasure Hunt & BBQ

After the great success of last year's event with nearly 100 taking part, the committee decided that we would stage another event this August 25th based at Pete and Shani's place in Teigngrace. Places are not yet open and details will be emailed to all members around the end of June. See page 19 of this newsletter for the poster with full details.

Angela, John, Paul, Rose & Simon

MDCC 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, Ian Myers at info@mdcc.org.uk with the details preferably a couple of weeks before. All meetings (unless otherwise stated) start at 1930h at Teigngrace Community Hall, School Road, Teigngrace, TQ12 6QS.

Next meeting: Monday 18th June, 1930h at Chudleigh Knighton Village Hall.

Club Officials for 2018 as appointed at the AGM

Post	Holder
President	Colin Lewis
Vice President	Ken Robertson, Ron Keegan, Ron Georgi
Chairman	Andrew Perkins
Vice Chairman	Max Vautier
General Secretary	Ian Myers
Hon. Treasurer	Mark Sanders
Time Trial Secretary	Conrad Moss
Club TT	Ian Myers
Road Race Secretary	Mike Gratton
MTB Secretary	Nick Roach
Press Secretary	Vacant
Membership Development Officer	Liz Crawford
Social Secretary	Committee representative
Newsletter Editor	Paul Martin
Welfare Officer	Liam McGrath
Mid Devon Youth	Andrew Parker
Women's Officer	Michele Radant
Sportive officers	Jamie Horton

Can You Help?

Dear Breaking the Barrier Supporters,

Coming soon to a beach, cycle track or race course near you – Breaking the Barrier 2018

Please can you let us know if you can come and help make it happen:

FAMILY CYCLE RIDE AT TORBAY VELOPARK, SATURDAY 16 JUNE 2018 **8.30-3pm (7.30am for get-in crew)**

We are looking for:

ON THE TRACK: Confident cyclists to accompany Breaking the Barrier leisurely cyclists + time trial participants
TRACK SIDE: Volunteers to run event registration; steward the event, kit participants out with safety gear, support trackside activity providers (if any of you might be able to provide trackside activities - thinking multi-sport that would be fantastic J), man the raffle stall and help get participating families to the track on time for their scheduled time slot.

SURFING AT BIGBURY, SUNDAY 24 JUNE, 2018 **8.30-3pm (7.00am for get-in crew)**

We are looking for:

IN THE WATER Volunteers to support the Discovery Surf School Instructors in the water - you will be supporting learning disabled young people in the water on a 2:1 ratio. Confident swimmers required - wetsuits can be provided J

ON THE BEACH Volunteers to run event registration; support learning disabled surfers make it to the water's edge, retrieve wetsuits and return them to Discovery Surf School, support on the beach activity providers, man the raffle stall and keep in the water volunteers topped up with beverages as the day progresses.

CYCLING AT THE MOOR TO SEA SPORTIVE, EXETER RACECOURSE, SATURDAY 08 SEPTEMBER, 2018 **8am-4pm (6.30am for get in team)**

ON A CYCLE: We are looking for volunteers to help British Cycling Go Ride Instructors deliver the HALDON RACE DAY Time trials around Exeter Racecourse, or support Moor to Sea and Freetrike coaches accompany learning disabled young people on a 10K guided off road Adventure Ride around Haldon Forest and the brave and very fit few: or for the hardy few - escort the Breaking the Barrier Challenge Team on the 56KM Inspire route!!

TRACK SIDE: Volunteers to run event registration on a BRAND NEW EVENT FOR US; steward the event, kit participants out with safety gear, support event activity providers (if any of you might be able to provide event activities - thinking face painting or craft that would be fantastic J), steward an enclosed GET CYCLING inclusive cycle offer and help get participating families to the right start point at the right time.

Please note – SUBJECT TO FUNDING – we hope to be running a **Breaking the Barrier Cycle Challenge** - working with Paralympian David Hill and a team of 12 young people (9 learning disabled young people and 3 enrichment students) across the summer to train for the Moor to Sea Sportive – if any of you are up for this challenge - please could you let me know soonest – we hope to find out about the funding the first week in June and have everything crossed. Having a hardy team of volunteers to support these young people on what will be first time experience for all of them bar one and a huge challenge for all of them would be JUST brilliant J Training schedule (see attached delivery plan).

The Breaking the Barrier Cycle Challenge Team will be, we hope, raising funds for a new monthly Inclusive Family Cycle Offer at the Torbay Velopark which we hope to launch on **SATURDAY 06 OCTOBER 2018** – we would love to have as many of you there as possible to celebrate their success - hopefully with a mic in your hand if your Raymonde Nathan J

Please feel free to share this e-mail with anyone you think might want to volunteer or you think might benefit from volunteering

Please could everyone respond to me this coming week by Friday 8th June latest so I can construct a rota for each event.

A quick reminder of why it's so good to volunteer on Breaking the Barrier:

"Our son loves the surfing events. He loves being on or in the water. The volunteers are always amazing. Thank you!"

"Thank you everyone for your time and energy organising the cycling today – shame about the British weather!! He managed 101 laps and came home very pleased with himself!!"

"Thank you for a fab day, we had a fantastic time, so much so he hired a board and went back in on Sunday. All the staff and volunteers were amazing with him and he felt totally safe at all times. A truly amazing experience."




With thanks for your consideration,

Sarah-Jane Lowson
Community Projects Development Manager
Main Contact: 01803 861 060
Mobile: 0750 086 0288



Lifeworks Charity Ltd.
Blacklers, Park Road, Dartington, Totnes, Devon TQ9 6EQ

Charity No: 1054167
Registered in England & Wales; Company No: 3177139

	visit our website		find us on facebook		follow us on twitter
---	----------------------	---	------------------------	---	-------------------------

MDCC Calendar 2018

MDCC Open Time Trials & other club events, Sportive Committee, Sportives, Audax etc...

The following list is not exhaustive and mainly uses a travel distance within 100 miles to access the event.

Entries/information available via www.britishcycling.org.uk/events, www.aukweb.net/events, justevents.org, www.ukcyclingevents.co.uk

All MDCC Competition events are highlighted in Red, Sportive events in Green, Social Committee in Blue.

Wednesday 6th June	MDCC Summer Series Time Trial 10 miles, Clay Pits, 1900h
Sunday 10th June	Bournemouth Sportive - 30, 65 or 100 miles. £23-30 SWXC MTB Series – Mount Edgecombe (Edge cycles)
Tuesday 19th June	MDCC Open TT, 25 miles, 1900h
Sunday 24th June	Nello Charity Bike Ride - Topsham - 100 & 55 miles, http://www.forcecancercharity.co.uk/event/the-nello-2017/
Sunday 1st July	Dartmoor Classic - 35, 67 & 107 miles - Newton Abbot Racecourse, 0700h
Wednesday 4th July	MDCC Summer Series Time Trial 10 miles, Dartington, 1900h
Saturday 7th July	MDCC GHS Youth Heat, 1400h
Thursday 5th July	Velopark Circuit Race 7, Torbay Velopark
Saturday 7th July	National Youth Championship (S West) TT 10 miles, Teign Valley, 1400h SWXC MTB Series – Haldon (Mid Devon CC) ((also round 1 of evening series))
Sunday 8th July	Velothon Wales - 110 & 140km - Cardiff
Sunday 15th July	Audax - 25th Anniversary Devon Delight
	Mendips Sportive - Gloucestershire - 36, 67 or 102 miles
Sunday 15th July	Two Moors 100 - 100 miles & 100 km - Bideford Rugby Club
Sunday 22nd July	MDCC Open TT, 25 miles, 0800h
Wednesday 25th July	MDCC Summer Series Time Trial 10 miles, Clay Pits, 1900h
Sunday 29th July	Ride London - 100 miles
Wednesday 1st August	MDCC Summer Series Time Trial 10 miles, Dartington, 1900h SWXC MTB Evening Series(TBC) – Haldon (MDCC)
Saturday 4th August	Just Events - Taunton Flyer - 0700h, 34, 70 & 111 miles £23 - 28 as of now.
Saturday 11th August	Paignton Regatta, Torbay Velopark
Sunday 12th August	SWXC MTB Series – Mount Edgecombe (Edge cycles)

Wednesday 15th August	SWXC MTB Evening Series(TBC) – Haldon (MDCC)
Wednesday 22nd August	MDCC Summer Series Time Trial 10 miles, Clay Pits, 1830h
Wednesday 29th August	SWXC MTB Evening Series(TBC) – Haldon (MDCC)
Sunday 2nd September	MDCC Tour of Britain Ride
Saturday 8th September	Just Events - Moor 2 Sea - Exeter Racecourse - 37, 65 & 112 miles, 0700h, £23 - 28 as of now
Sunday 9th September	MDCC Open TT, 25 miles, 0800h Devon Rotarium - 100km - Honiton Rugby Club, Northcote Lane, Honiton, Honiton, EX14 1NL
Saturday 22nd & Sunday 23rd September	MDCC YHA weekend to the Eden Project - 70 miles
Sunday 23rd September	Birmingham 100 Sportive
Saturday 29th September	MDCC Open Haytor & Widecombe Hill Climbs, 1000 & 1200h
Saturday 6th October	Just Events - Lands End 100 - 46, 100km & 100 miles, Marazion
Sunday 14th October	Hammer Martello - Okehampton Community College, 110 & 160 km.
Sunday 16th December	MDCC Mince Pie Run
Wednesday 26th December	MDCC Boxing day Time Trial 10 miles, Clay Pits, 0930h
Saturday 5th January 2019	MDCC AGM, Stover Golf Club, 1830 for 1900h start

MDCC Club Rides - June 2018			
F - 50 @ 13/15 mph, G - 40 @ 12/14 mph, S - 30 @ 10/12 mph, SS - 35 @ 11/13 mph			
Date	Ride	Destination	Leader
2nd June	SS	Orange Elephant	Louise Swann
3rd June	F	Chagford	Dave Long
3rd June	G	Wrangaton	Ken Robertson
3rd June	S	Widecombe	Mark Phare
9th June	SS	Widecombe	Caroline Twigger
10th June	F	Bernaville Nursery, Cowley	Jim Black
10th June	G	Buckfast Steam Railway	John Cooper
10th June	S	Dean Court Farm, Buckfastleigh	Michele Radant
16th June	SS	Guardhouse Cafe, Berry Head	Mary Stocker
17th June	F	Dartmoor Classic Route	Kevin Loader
17th June	G	Dartmoor Classic Route	TBD
17th June	S	Veloshack, Dawlish Warren	Michele Radant
23rd June	SS	TBD	Paul Woolgar
24th June	F	Postbridge	Simon Fryer
24th June	G	Bird Cage Cafe, Chagford	Paul Martin
24th June	S	Cheriton Bishop	Mark Phare
30th June	SS	Dartmoor Classic preparation	All

Mid Devon Cycling Club (MDCC)

present their

2018 Summer Bike Treasure Hunt & BBQ

In aid of:



Date: Saturday 25th August - 1030h register

Venue: Teigngrace, TQ12 6QN - using the cycle trails and quieter roads. Off road parking.

Routes: 5, 10 & 15 miles for families & small groups, any ability. Certificates for U12s.

It's all about completing the course & finding the answers, not the speed!

BBQ: around 1230h, hot dog/burger, salads, soft drinks for children, teas & coffee &/or bring your own drinks.

Entry: £5 for club members & non-members, £3 for under 12s

Note: Entries must be in advance to Paul 07546 111871 (cheque or cash in advance) or to other members of the Social Committee (Angela Hanks, John Styles, Rose Parkhouse & Simon Fryer) by Sunday 19th August at the very latest. After last year, places will be limited to around 100, so first come first served.

