



# “The Hub”

The Newsletter of Mid Devon Cycling Club

August 2018

## Jacob Thomas Wins Minehead U14 Grand Prix



### Editorial:

In addition to Jacob's success detailed later the Club has just had 2 Silver Medal successes in National Championships. Well done to Matt Langworthy and Andrew Perkins.

Some of the pictures available for this edition were 'locked' and as such could not be scaled or cropped as is the normal style.

Please promote the Club's 'Bike Treasure Hunt & BBQ' that takes place on Saturday 25th August start between 1030- 1130h in Teigngrace. This is an all ability event very suitably for family and friends groups. We have some good prizes on offer this year which will be allocated by a ballot as well as a prize for all levels of answers. Entries to [panda16@btinternet.com](mailto:panda16@btinternet.com) or by phone/text to Paul on 07546 111871.

Thank you for your help,

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

### John Gordon

If you have not heard the club extends it best wishes to John Gordon for a speedy recovery from his recent accident on the descent from Haytor to Bovey Tracey. Get well soon John.

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## National Seniors 25 mile TT Championships - Matt takes Silver.

Your ideal preparation for a National Championships race is to go out the day before in temperatures over 30 Celsius and, along with 90 others, ride a 90 mile road race where only 30 of the 90 finish and you take 11th place! Well, perhaps not but....

The next day Matt Langworthy lined up for the Senior Mens National 25 mile time trial at Liphook in Hampshire. 46 minutes and 13 seconds later, averaging 32.46 mph, Matt had achieved a remarkable 2nd= placing. Although the winner was well ahead on 44m 22s, I bet he didn't ride a 90 mile race in extreme heat the day before!



Matt writes: Mid-Devon CC rider Matt Langworthy, riding for St Piran, competed in the Mens National 25 on 5th August, the day after having placed 11th in the Andover National B road race. The course was rolling on the A3 near Petersfield. Despite the previous day's efforts, Matt managed to place joint second with Chris Bartley, the Olympic silver medalist British rower, with a time of 00:46:13. This was Matt's second fastest 25 mile time. South West based rider Marcin Bialoblocki won the event convincingly with a time of 00:44:22 showing his class. Matt is targeting the Regional Road Race Championships and the National 10 for the final part of the season.

**Well done Matt.**



**Chapeau!**

## British Vets Championships - Our Chairman takes Silver.

**Well done Andy.**



**Chapeau!**

The Nat Masters Circuit Race Champs are the British Champs for veteran riders - the race is run on the Rockingham Speedway Motor Racing Circuit, flat and windy, in Corby, Northamptonshire.

It attracts the 50 top vet racers from England, Scotland and Wales with most riders in the Cat 2 category and with a handful of 1st Cat and Elite riders. The standard is always very high with everyone in peak condition in the hunt for the title.

Andy writes:

I was in good shape having done a seven week 'block' to deliver me in good form which finalised in a 19:20 ten mile time trial 3 night's earlier.

The race went off at a quick pace with an average of nearly 28mph for the 27 mile race. I covered most of the moves and was clear alone for a couple of laps, but it ultimately came back together with 2 miles to go. At this stage Cambridgeshire's Andy Lyons crept off the front and with the imminent bunch sprint looming no one wanted to deaden their legs by being the one who closed the gap. Thus Andy hovered off the front for the whole of the lap.

I started my sprint worryingly early at 300 yds to go - I needn't have been concerned as my kick was good - however whilst I held off the pack, I didn't do enough to catch the leader in time, passing him just a meter over the line!

Disappointingly it was my third silver medal having taken the same position 2 years earlier and another in 2012 in the BC Masters Time Trial Champs - still, there's always next year!

## Minehead Grand Prix - Jacob Thomas U14 Winner

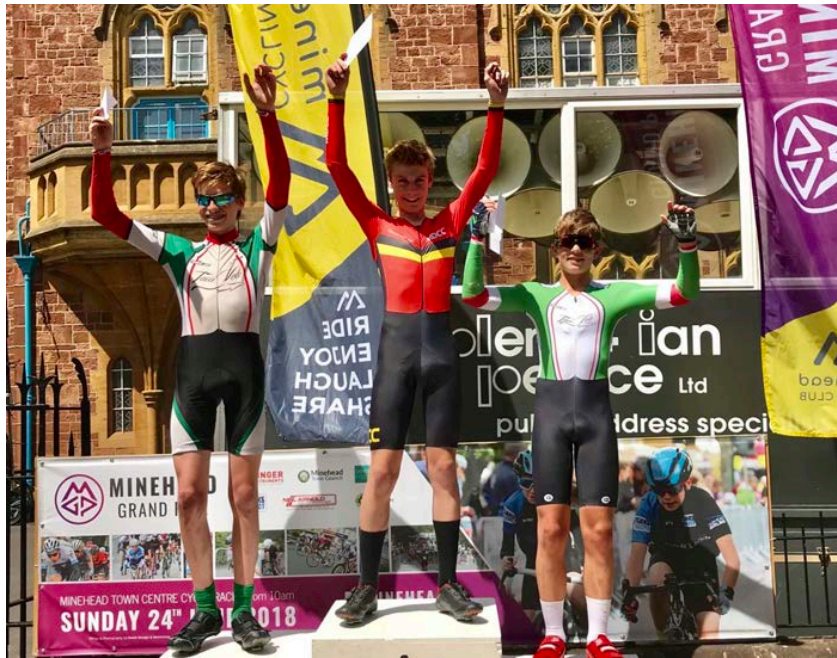
I'd been looking forward to the Minehead Grand Prix for ages. It was a town centre crit and one of the biggest races in the region. I knew it was going to be difficult as lots of the local riders wanted to win here. It was great that it was a really sunny day.

Over 20 riders lined up on the start. But my race was almost over before it started when the rider next to me struggled to clip-in and almost put me into the barrier. This meant I was already off the back going into the dead turn, but I managed to get back on and move up the group along the back straight.

The course was mostly straight, flat and wide, and the pace was kept high the whole time. We were strung out along the straights and came together for corners. This meant it was hard for anyone to get away. Lots of riders tried, but nobody could make it stick.

Half way through the race was a sprint lap. I decided not to try for it and to save my legs for the finish. By this time a few riders had dropped off the bunch because of the pace, but mostly everyone was still together expecting a bunch sprint.





As we were coming up to get the bell for one lap to go, a North Devon rider attacked hard out of the final corner. I was halfway down the group and quickly started to move up. My teammate, Reuben, had seen the attack and had already got on the wheel.

The attack slowed before reaching the dead turn at the end of the finishing straight, and by the time we were on the back straight, everyone was together. It was definitely going to be a sprint.

As we approached the final corner I moved up the group and I came out of the corner in about third wheel. I didn't want to make the first move as the corner was a long way from the finish, so I waited for someone else to launch first.

A Taw Velo rider came flying past me on the right so I started sprinting. I got level with him about half way along the straight but my back wheel kicked out and I lost some speed. I went again, put my head down and carried on sprinting. I passed him and managed to hold the advantage to win by around half a bike-length. It was a great race and really fun to be riding on closed roads.

Ed: Well done Jacob and a great write up.

## **Sickness, Breakaways and Domestique duties - Harrison Wood reports..**

This latest blog will be about my recent racing in the flat lands of Holland, the hills of Spain and the mountains of France.

First up in this racing block was Acht Van Bladel in Holland. A race known for being flat and windy. There however isn't really much to report from this race due to sickness after stage 1. This meant that I couldn't eat dinner, breakfast or lunch before stage 2. I felt awful during stage 2 so after 80kms of suffering I pulled out of the race and decided to recover and rest up before Basque.

After this was a long drive down to Bilbao in the Basque region of Spain for Junior tour of the Basque country with HMT. Lots of England football songs later we'd arrived at the accommodation ready for football to come home (however it didn't). This race had been a target for me as it suited my riding style. Stage 1 was a fairly rolling stage with the team getting 2 riders into the breakaway which stuck and won by 1 minute to my group. Stage 2 was a more hillier affair with the first category 2 climb of the race. I managed to infiltrate the break after bridging to it on the category 3 climb around 30kms in. A group of 7 formed including very strong GC riders and we eventually made it to the finish 60kms later with 40 seconds on the bunch and I was now into the top 10 on GC after taking 6th on the stage. Day 3 consisted of 2 stages. The first stage wasn't ideal for me as I missed a critical break that meant the win was no longer within reach. However there was a mountain TT that afternoon and I managed to take 4th and move up to 6th on general classification which I was happy about! The final stage was the queen stage with the most amount of climbing. I was cautious in this stage as I wanted to gain a top 5 but not also

lose my 6th overall. The racing was fairly negative as the leaders team controlled the race. However, Mason Hollyman ( Zappis) was keen to attack to try and win meaning on the climbs the race was full gas with a selection of around 5 or 6 riders every time, but once over the top it would soon come back together! The stage finished in a small bunch sprint and I maintained my 6th place on GC.



From Basque I headed off with Fundacion Contador to race in Tour De L'ain UCI. I stayed in Madrid for a few days before a long travel to Bourg En Bresse in the French Alps. The first 2 stages were fairly rolling and on both occasions I finished within the select bunch group. However stage 3 would see us climb the Col De Colombiere. In the tour they did the short side however we did the 15km climb from the long side. I attacked after 1km as I had nothing to lose on GC. 6kms later I was still solo but beginning to tie up a bit as the fatigue from Basque set in. After 7kms I was caught by the select GC group of around 10 riders but I was suffering. I had to ride my own tempo now and got dropped with 5km to go. A long solo climb awaited with riders who'd paced it better than me constantly passing me. However a small group of us got together and rode to the finish at a fairly solid pace but way behind the leaders. The final stage was all for Alex Martin (team mate) who was 4th on GC and wanted the win. I was in an early break but that got bought back but did cause the bunch to split into 2 groups. I then set about looking after Alex getting him some bottles before he crashed on a descent. I waited and then paced him back on before we realised his timing chip was catching his wheel. We stopped again on the climb and I paced him back on again. At this point I was feeling rather tired. With 1 mountain of 10kms left to go the legs said no and I rode my own tempo to the finish. Where upon my arrival I discovered Alex had won the GC. A great team result and the management in broken English told me how well I'd done. I was now completely ruined and needed some rest! For reference each stage was raced in 36° heat with no wind so I was cooked each stage .





The travel back to Madrid was long but once at the airport I hit up Burger king instantly. My flight back this time was less eventful and after 3 weeks away I was greeted by my mum at Bristol Airport!

A great racing block done which I really enjoyed. All of this would not be possible without the opportunities from HMT CYCLING and Fundacion Contador. And of course the support I receive from my sponsors who have helped make all of this possible.

## Hatherleigh Junior National – Louie takes 6th!



This is the most local of the National series for me meaning I was able to sleep in my own bed and have a fairly relaxed race weekend not worrying about getting there on time being only a 1hr drive from my house! The race was on the same circuit that the Primavera was held on in February. Although it was -8 back then... and it was 30 degrees for the National! But fresh back from Spain I wasn't too effected by the temperatures which helped. The race started off quite slow and slowly became a race rather than a club ride. Few guys started to chip away but nothing stuck. I followed a few early moves but sat on them knowing they weren't dangerous. But just to play it safe be in them. With 2 laps to go on the small circuit I attacked and 2 other riders bridge and get onto my wheel. Including GB rider Lewis Askey. About 20mins into the break with 3 of us working good a group of 4 got across to us with an additional 2 GB riders being Alfie George and Sam Watson. This was a strong move.

On the final lap of the mini circuit before we headed to the finish Lewis Askey attacked the group of 8 and got away. This meant that the break started to split up and have riders trying to get across to him. Sadly I didn't

have the legs to react straight away and get onto Lewis's wheel and I waited for the others to chase. In the end a group of 5 go away from the original break and made it to the finish with Lewis taking a strong win! I finished around 30s back in a group of 4 where I took the bunch sprint to come home with 6th. Little bit gutted to be out of the top three at my Home national but still a great result for me! Overall a very smooth event and very well organised.

Thank you to the organisers and everyone who chipped in – Was a great race. Big thanks as always to MDCC and EPiC Coaching for the continued support!

## Troy Wheeler – Fully Sussed Summer Series



New member and Junior MTB racer Troy Wheeler reports on his latest race:

Last weekend, 3rd June, saw me at Fully Sussed – 'summer series'. This event was known to be your typical grass and roots XC event, fast climbs, and some great single track. Despite the continuous rain in the day – the track held its dryness (And luckily the weather stayed away from us for the race!). I went out in the early evening for a practise lap and soon came to realise my legs seemed quite stiff! I worked them off with a higher cadence. The track was smooth, flowing, and hardworking. I knew there would be great racing this evening.

At around 7:15 our race began; with some big local names behind the line I knew I was in for an hour of pain! As the whistle blew I went with my typical race plan of attack off of the start, it worked which gave me a good lead by the end of long hauling fire road climb, unfortunately I suffered a mechanical on the first lap causing me to drop to mid pack.

After the 1st lap I knew I had my work cut out. I climbed back up to 1st place senior, where I then unfortunately suffered another 5 mechanical s

through the race, all due to a broken clutch on the rear mech! I ended in 3rd place, this to me was acceptable due to the circumstances. All in all was a brilliantly fast and flowing track. Great event put on by Fully Sussed.

Thank you to MDCC for the support.

## Ruth Burrows - Season So Far - Self Appraisal

I managed to build my fitness over the winter with a variety of slightly unusual training methods accompanied by improvements in my diet and monitoring my overall health, which gave me a really strong start to the season with an overall growth in my FTP which peaked around late March / early April. As a result I managed to break the MDCC 10 mile and 25 mile women's records in May, which represented an early achievement of my season goals of a sub 22.30 in a 10 mile TT, and sub 57.30 in a 25 mile TT. But come June I was beginning to feel that I may've peaked too early as the wheels began to fall off.



I loved my winter training, which largely comprised me tucking myself away on the turbo trainer in the all too often freezing cold garage, or me leaping and bounding and stretching in weird and wonderful ways (and to anyone not knowing what I was up to (including my partner) basically looking rather bonkers). I didn't know this experiment would pay off originally, but I put faith in the process and gave it my all, and it seemed to be working, and very well at that!

But now the summer was here and long bike rides and coffee stops were being enjoyed by seemingly everyone, and I began to struggle to understand how my summer training as a time trialist would pan out without making me a bit miserable and borderline antisocial... I may be wrong, but those of us who only do TT's seem to love precision and the monitoring of each and every watt we produce. And as such it makes it more difficult to reconcile this love of precision with more social or less structured 'real life' cycling, especially as you load up and delicately balance your training and fitness during peak race season - does anyone out there agree?!

So alongside a general confusion about this, I have lost some of my focus (and with it my fitness), but it has made me realise how flippin' motivated you need to be to be a dedicated time trialist for years on end. It must be hard!

Despite these more recent struggles, but having achieved my goals for the 10 and 25 mile events already, I now look to the 50 and 100 mile events coming up in the next 6 weeks or so. For me - the longer the event the better and I am hoping that my natural endurance will at least in-part make up for a reduction in peak fitness.

So far I have tried but failed to get a sub 2:00:00 at 50 miles this year, but I have another attempt at it next weekend. I also have a 100 mile TT booked in for September where I will attempt to edge my way closer to 4:15:00. If I achieve, or even get closer to achieving, either of these goals that will round off a pretty good season for me and I will look forward to seeing how I get on in the Best British all-rounder 2 event and 3 event competition (which is across 25, 50 and 100 miles).

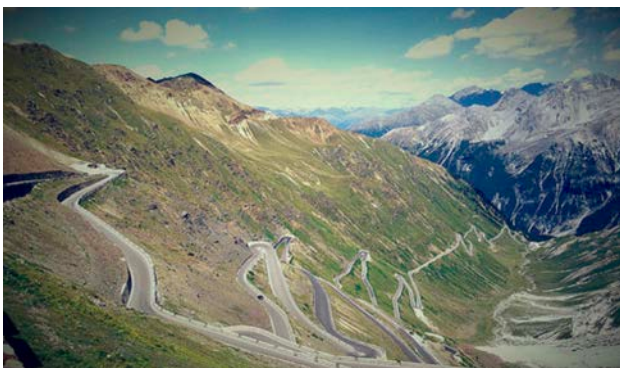
After all that's finished it will be approaching autumn and the start of the short but hilariously good fun hill climbing season. For anyone who has not yet given a hill climbing competition a go, I do urge you to try one, even if you are a rubbish hill climber! I am not a brilliant climber myself, however there is nothing quite like giving it some welly up a climb lined with spectators cheering you on and shouting and banging their cow bells... it is the closest most of us will ever get to pretending we are in the Tour de France on the final km's of the Alpe d'Huez - and once you're done you can go and cheer on everyone else!

Ed: Thank you Ruth, your honesty is an inspiration to others and a wonderful insight to the trials of competitive sport.

## **Jenny Corser writes...**

Written at:- the Start of Witheridge Moor Road Race (5th August) sitting in the shade looking at my bike, reflecting...and knowing that Paul asked me to write something...

Here I sit at the start of possibly my second last race wondering if I should appreciate the moment more rather than feeling so very sick with anticipation of the suffering ahead. I'm telling myself to just sit in. To hang in. That's not so bad. But it is so bad...



Hanging in may be just hanging on and really, really pushing to my limits ( and beyond).

I'm not a climber, this is not my course. My lungs struggle with the climbs. But....

Good weather. Good day for it. Good training Just hang in. Spin. Hold. Don't. Get. Dropped.

So 3 weeks ago I was in the Dolomites cycling in Italy. A holiday. It was a mixed group and endurance type riding. Very different to racing, or race training, but still loads of distance and climbing. 16000m over the course of a week.



I began to enjoy time on the bike again. Good food and good company.

Then last weekend I did Ride London with an entry through MDCC. It's a fantastic course on closed roads. The weather was pretty wet (you can say that again Jenny!) but it's a course that suits me and I managed 4h24, @ around 36km/hr = 23 mph. Slower than a previous time (in sunny conditions)

Then now. At the start of another road race.. Nervously wondering why...

I've found it an interesting process over the past 2 years to try and improve my cycling. To attempt to progress as much as I can. Training daily, working on weak points, and putting myself out there to test myself against others. ( Even if I get dropped)

Last year I had a pulmonary embolism. It kind of effected me. But I've never pushed myself harder than when I managed to win the regional road race 3 months after the embolism. This year it's been different. Difficult. I wonder how scarred my lungs are.

I think I may just try and enjoy the cycling experience again. Mix life up again with other sporting activities. Find a different balance point.

So how did Witheridge go?



Long climb ...I was wheezing with the exertion. I knew I couldn't maintain that, so dropped back. Dropped. Gradually over the first lap I managed to catch riders who had also been dropped or who had blown. Some we simply passed by some joined our growing group. We had five of us chasers ultimately. Then second lap Hannah and I left them and worked together for the last 50 mins taking turns on the front. We weren't going to catch the front group but we wanted to place in the top 15, for points.

This was really good fun. Working together cycling through very beautiful scenery on a super hot day. Final positions? I have no idea yet. But it was a great day out on the bike! (Ed: Jenny finished 12th). Which ultimately seems what it's about..



Coffee and cake in the Dolomites - they put the altitude on the cappuccino with chocolate!!!

## Jenny's Footnote - see page 10

One last thought for my report. It's actually a quote from a book by a runner but I think it holds true for any sport...

Ed: So true Jenny, wise words for anyone. Many thanks.



**Jenny Corser**

August 6, 2014 at 9:12 PM · 🌐

"Winning isn't about finishing in first place. It isn't about beating the others. It is about overcoming yourself. Overcoming your body, your limitations, and your fears. Winning means surpassing yourself and turning your dreams into reality.

Isn't this why we run? To find out whether we can overcome our fears, that the tape we smash when we cross the line isn't the one the volunteers are holding, but the one set in that place inhabited by our dreams?

Isn't victory being able to test our bodies and minds to their limits and discover that they have led us to find ourselves anew and gradually to fulfill our dreams?"

KJ Run or Die

### **Youth Section update...**

#### **Hot and sunny racing at Wheal Jane - 7th July**



Under 8 - Matt H continued his great season winning again today with great skill and speed from the start to the finish line.

Under 10 - Bayley Woodger stayed with the older lads for 4 laps out of 6 then he grabbed a good 3rd place showing he is getting stronger throughout the season.



Under 12 - Noah T had a strong start to the race then he got in two man break away which saw them make good distance over the field, he was not quite strong enough to stay with the other rider but managed a great 2nd place.

Under 14's - Jacob T, Henry H, Reuben H. These three worked very well in the heat of the day trying to get breaks and chasing some strong riders down. Reuben had mechanical problems halfway through the race he kept going and came 4th in the sprint to the line.

Henry started the race well setting a strong pace he then stayed with the group and sprinted in to 3rd on the line. Jacob worked hard closing

down breaks throughout the race and once again his sprint brought him to the line 1st, another great win.



## More heat at Westpoint - Tuesday 10th July

Under 8's - 2 Wins, Maddy and Matt had there own TT to see how fast and far they could go in 10mins. Matt showing his speed ready for the under 10's next year. Maddy's first race at Westpoint.

Under 10 - 2nd, Bayley showed some speed in the first two laps chasing down the under 12's he found a rhythm then a group lapped him that he stayed with until the finish.

Under 12 - 3rd, Noah had the grit between his teeth tonight wanting to be on the podium, starting the fastest and stayed in a group of 5, 2 got away but Noah used the lapped riders and sprinted to a 3rd place.

Under 14 - 1st & 4th Jacob and Reuben worked well together to make a break in the 1st half of the race nothing quite worked but this did not stop the pair with Jacob sprinting from a long way out to take the win and Reuben getting 4th. These two made it a great race to watch.

## Wheal Jane Circuit Racing Round 6 - 4th August Update

5 riders took part today. Matt wining the under 8's, Bayley 2nd in the under 10's, Noah winning the under 12's and Jake winning the under 14's.

Well done to you all

# Devon Sports Awards 2018

Friday 22nd June 2018 - The 21st edition of the annual Devon Sports Awards to honour outstanding contribution to community sport in Devon.



Two members of MDCC were recognised and rewarded for their outstanding achievements in cycling. Robin Delve for cyclocross and Lauren Dolan for time trials. An expert panel, from Active Devon, Exeter Foundation and Exeter College, selected both Robin and Lauren to be winners in the Performances in Community Sport category. A great achievement for a single club to have two nominees and winners!!

The lavish event was held at the home of Exeter Chiefs, Sandypark. The compere for the evening was BBC Spotlight's Jenny Walrond and the guest speaker was triple round the world yachtsman Conrad Humphries.

Ed: Congratulations to Lauren and Robin for having their outstanding achievements recognised.

## The Devon Delight Audax Celebrates it's 25th Year

The Devon Delight and Shoor to Moor 2018 - Graham Brodie write:



The 25th Devon Delight Audax event took place on 15th July, on a warm sunny day. There was plenty of cake along the way and most people seemed to be smiling. Aside from one broken chain which was sorted out I don't think there were many mishaps.

A big thankyou to all the MDCC riders who turned out to support our ride. The contributions to the cake fund at Stoke Canon raised over £200 which will be added to a large donation to Rowcroft

Hospice.

Well done to the MDCC riders on the shore to Moor, the Twiggers ( David & Caroline), Trevor Culpin and Craig Maberley doing well to finish the 200Km hilly ride with ample time to spare. I hope to see more on this event in 2019.







ALSO - Richard Etches - left

Congratulations to Richard Etches who completed his first 1000Km AUDAX event - the ACME 1000 - recently. Richard was one of only a few to complete the ride, which will now give me priority place in his application for Paris-Brest-Paris 1200Km in 2019.

## 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](mailto: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: Mondays 24th September & 12th November, 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

# Sportive Committee Update

## Upcoming Events:

- Sunday 2nd September      Tour of Britain 2018 Route Ride Back - Barnstaple or Tiverton to Cranbrook. Places maybe still available - email; [mdccsportives@gmail.com](mailto:mdccsportives@gmail.com)
- Saturday & Sunday 15/16 September - Devon Coast to Coast plus. 32 people going on the Youth Hostel weekend with the Ilfracombe to Plymouth then Abbrook as the full route with the Social group doing an Abbrook to Okehampton and back option. Event now closed.
- Saturday 6th October      Lands End 100 Sportive - Details yet to be announced but a coach will be running. Discount entry code for MDCC members - 2018104MDCC.

## Ride London 100 - MDCC TEAMS

It all started with a monster pasta pizza carb loaded supper, 11 of us made it to Santi, Stratford.

A silly o'clock start for all, porridge on board and riding off the start line to Fire Starter.

5 miles in and high wind and pouring rain was the order of the day. Not ideal weather but we are British so onward and upwards to Richmond Park, Leith Hill, Box Hill and Wimbeldon.

The best of British humour, camaraderie and Grit evident along the way and within the MDCC Team. We were all looking out for each other and shared some pain and laughs during and after.

Celebrated with several Margarita's (2 for 1.....Jamie loves a bargain so it had to be done!!) and beers.

All Done and Team MDCC 2018 back in Devon.

Next Year?!!!



All smiles before the start....and the wind and rain





A pose you just have to strike - John, Linda & Jamie and Shaun.

## Social Committee Update

### Upcoming Events:

Saturday 25th August

Bike Treasure Hunt & BBQ Entries already coming in and limited to 100, full details on poster at end of this newsletter. email: [panda16@btinternet.com](mailto:panda16@btinternet.com) to enter.

Gold, Silver & Bronze 'Goody Bags' to all groups finishing according to their score. All groups will go in the lottery for the main prizes including a set of bike lights, bike service etc, see below. Certificates for all under 12s.

Definitely an event for all the family over 5, 10 or 15 mile routes.

Friday 2nd November

3rd MDCC Quiz Night, 1900h at Stover Golf Club. Full details to follow in October Hub.

## DARTMOOR DEVIL – 28<sup>th</sup> OCTOBER 2018



Now in its 26th year, the Dartmoor Devil is an Audax run by Devon CTC. It's a scenic 110km ride that criss-crosses Dartmoor, with big views and big hills, starting with coffee in Bovey Tracey then climbing onto the high moor via pretty villages, narrow lanes, steep hills and a soup stop. The Devil finishes at the Kestor Inn at Manaton shortly after tackling the final hills of Dartmeet, Ponsworthy and Widecombe. As

well as soup, there is an early cake stop plus a final opportunity to refuel at the Fox Tor Café. Entry is only £10 + £2 insurance for non CTC or Audax UK members.

As with all Audaxes, the Devil isn't a race. The aim is to get around the route within the time limit, which this year is a little under 9 hours. There are manned controls, but no marshals, route signage nor mechanical support, so part of the challenge is navigating the lanes using the provided route sheet (for the traditionalists) and gpx. It's a notoriously tough ride, but the atmosphere is very relaxed and friendly. Completing it could be the perfect end to your summer cycling season!

[Cycling Weekly](#) recently included the Dartmoor Devil in its list of top ten UK Audaxes.

There are two start options - the Dartmoor Devils @8 and @9. Entry is via the Audax UK website at: 8 o'clock start here: <http://www.aukweb.net/events/detail/18-445/> and 9 o'clock start here: <http://www.aukweb.net/events/detail/17-674/>.

If you have any questions about the Devil have a word with me, David Twigger, or drop me an email at [dartmoordevil@gmail.co.uk](mailto:dartmoordevil@gmail.co.uk).

## 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](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)

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

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.
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 Ilfracombe - Okehampton - 60 miles, Okehampton - Plymouth - Abbroot - 62 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 Great South West Sportive, Home Park, Plymouth, 73 & 103 miles, £40.  
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 - August - September 2018			
F - 50 @ 13/15 mph, G - 40 @ 12/14 mph, S - 30 @ 10/12 mph, SS - 35 @ 11/13 mph			
4th August	SS	Teignmouth Cafe	David Twigger
5th August	F	Bickleigh Mill	Kevin Loader
5th August	G	TBD	Eamon Crowe
5th August	S		
11th August	SS	Widecombe	Craig Maberly
12th August	F	Chilli Farm, Loddiswell	Angela Hanks
12th August	G	Killerton	Martin Nurse
12th August	S	Powderham	Penny Clapham
18th August	SS	Welcome Cafe, Exeter	Mark Whalley & Nicky Gregory
19th August	F	TBD	Simon Fryer
19th August	G	TBD	Mark Harvey
19th August	S	Widecombe	Mark Phare
25th August	SS	Forest Fungi, Dawlish & Club Treasure Hunt & BBQ	Jim Black
26th August	F	Castle Drogo	Dave Long
26th August	G	Blackpool Sands	Rose Parkhouse
26th August	S	Orange Elephant	Penny Clapham
1st September	SS	Canonteign Falls	Steve Swann
2nd September	F	ToB Barnstaple to Cranbrook	Paul Martin
2nd September	G	ToB Barnstaple to Cranbrook	Ken Robertson
2nd September	S	ToB South Molton to Cranbrook	Simon Lindfield

MDCC Club Rides - August - September 2018			
F - 50 @ 13/15 mph, G - 40 @ 12/14 mph, S - 30 @ 10/12 mph, SS - 35 @ 11/13 mph			
8th September	SS	Ashburton	Mary Stocker
9th September	F	Cheriton Bishop	Jim Black
9th September	G	TBD	Mark Harvey
9th September	S	Strand Cafe, Dawlish	Michele Radant
15th September	SS		
16th September	F	Kilerton	Kevin Loader
16th September	G	Wrangaton	Ken Robertson
16th September	S	Salmon's Leap, Buckfastleigh	Mark Phare
22nd September	SS	Moretonhampstead	Rose Parkhouse
23rd September	F	Cafe on The Green, Widecombe	Caroline Twigger
23rd September	G	TBD	Paul Martin
23rd September	S	Moretonhampstead via North Bovey	Michele Radant
29th September	SS	Green Table Cafe, Darlington Hall	Caroline Twigger
30th September	F	Country Lanes Garden Centre, Okehampton	Viv Crees
30th September	G	Dockside Cafe, Exmouth	Martin Nurse
30th September	S	Haldon Cafe	Michele Radant



# 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.





## Mid Devon Cycling Club (MDCC)

# Summer 2018 Bike Treasure Hunt Prize List

All groups will receive a “Goody Bag” of Gold, Silver or Bronze value depending on their answers.

All groups will go into a ballot for the main prizes, to be drawn when the last group has finished:

**£25 set of Cat Eye Bike Lights from Hot Pursuits Ltd**

**2 x £25 of Bike Service sponsored by:**

**Tribe Cycle Solutions @ Cafe 3Sixty, Bovey Tracey**

**and South West Cycles, Teignmouth**

