



“The Hub”

The Newsletter of Mid Devon Cycling Club

October 2018

Harry Birchill joins Team GB for this month's Youth Olympics

Starts today 6th October - links to follow action as on page 2



Ron Keagan - Our Newest Octogenarian & Hands Free!



Editorial:

Although I have to trawl all available happenings involving club members to put these newsletters together, the reward is the positive response I receive when I ask people to write something for The 'Hub.'

The quality of what comes back is excellent and as you will find this month makes me proud to be a member and in one case this month, have a good laugh!

Thank you to Harry for previewing his Youth Olympics selection for what starts the day this Edition is published and also to the LEJOG finishers for giving us a lovely insight into this Classic Challenge, you've just got to read their stuff!

Paul - news@mdcc.org.uk

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2018 Youth Olympics - Harry Birchill previews the event

The Youth Olympic Games opens in a couple of weeks time at the Obelisco from 8-9.30pm in Buenos Aires, Argentina on the 6th October 2018, celebrating sport, diversity and gender equality and runs until the 18th October 2018 with a closing ceremony.

42 athletes have been selected to represent Team GB, across 32 sports during the 12 days of competition. 4000 participants between the ages of 14-18 years, from 206 nations are involved in what will be the 3rd edition of these Games following Singapore 2010 and Nanjing 2014.

I'll be staying in the Youth Olympic Village with my team mates (in an assigned residential block within the village) which will be housing approximately 7000 athletes and officials from all participating nations, which will include Team GB's team support made up of; Chef De Mission, HQ Team Support, Media Officers, Medical Officers, Physiotherapists and Team Leaders.

The Olympic Channel are one of the main international broadcasters of the Games and will be showing live footage and highlights on it's website: www.olympicchannel.com if you'd like to follow any of it (Buenos Aires is 4 hours behind GMT).

Team GB will be covering the Games across it's website and social media channels. You can follow via;
Website; www.TeamGB.com
Facebook ; @TeamGB
Twitter; @TeamGB
Instagram; @TeamGB

The Combined Cycling Team Event (Road and XC MTB) will be made up of:

Harry - Newton Abbot, Devon
Sean - Edinburgh, Scotland
Hattie - Malvern, Worcester
Anna - Peebles, Scotland

and will take place in Buenos Aires Green Park, which shares the Palmero Woods, Botanical Gardens and Lakes.

Saturday 13th October - Team Time Trial - 11am - 3pm
Sunday 14th October - Road Race - 11am - 3.30pm
Monday 15th October - XC Eliminator - 11am - 2pm
Tuesday 16th October - XC Short Circuit - 11am - 2pm
Wednesday 17th October - Circuit Race - 11am - 2.30pm & Medal Ceremony.

Part of my preparation has been attending the Athlete Summit at Loughborough University on the 8th September, where I met the entire GB team, took part in media training and Anti-doping workshops, as well as collecting my comprehensive bag of official kit. On the road and mountain bikes I have been set specific sessions which'll take me up to my 5 days of competition.

This event alongside the XC MTB World Cups and World Championships that I've had the opportunity of racing in Europe this year, have been my main aims and objectives for 2018. The Youth Olympic Games will be the icing on the cake!

There are so many people that have helped in so many different ways to get me to where I am today....I can't thank you all enough.

Harry

Ed: Thank you for a great preview Harry, all the best from the whole club.

Double European Titles for Don Brooks



Don Brooks qualified to represent Great Britain at the European Triathlon Championships held in Tartu, Estonia as part of the Great Britain Age Group Team.

Saturday the 21st of July saw some 278 British Age Group triathletes, alongside their European counterparts, battle the Olympic distance course (1.5km swim, 40km bike & 10km run) all in the hope of collecting an elusive European title.

With a total field of approximately 600 competitors the swim took place in the river running through the city centre which then followed on to the predominately flat and fast bike course, which took the athletes out of the city on a two lap circuit this was followed by a fast and flat run course alongside the river, finishing under the gantry on the famous blue carpet.

Tartu has been experiencing the same heatwave conditions as the UK, which provided some hot conditions for racing and had increased the temperature of the river to a level where wetsuits were not allowed. This favoured Don coming from a swimming background where he showed his strength and came out the water in 1st place within his age group wave (40-44) gaining a sizeable lead on the majority of his competitors. He then extended this lead on the bike course and further throughout the run to finish in a time of 1:50:41, nearly six and half minutes ahead of

2nd place within his age group and this also gave him the fastest overall time of the race across all age groups by a margin of 57 seconds.

Already the European and World Champion in 2017, he retained his European title to add to his British Championship won at the AJ Bell Triathlon held in Leeds in June.

This result adds to a fantastic season having already won the Exe Valley, Carehays Castle, Honiton, Chester and Nottingham Triathlons along with Exeter and Dawlish Aquathlons. These performance's gained him entry into the British Elite Sprint Championships which were held in Cardiff in June. Lining up alongside some of the best professional Triathletes in the country Don was the oldest competitor at 40 and held his own finishing in 16th position out of a field of 49.



Don was also a member of the Great Britain Age Group team at the European Sprint Triathlon Championships held in Glasgow as part of Glasgow/Berlin 2018 European multisport championships.

Home to the Commonwealth Games four years previously, the stunning surrounds of Strathclyde Country Park in North Lanarkshire welcomed the best in Europe over three days of racing. The Sprint Distance Age-Group competition was held on Saturday 11th August, ahead of the final Elite race of the week, the Mixed Relay.

The opportunity to compete in an European Championship race on home ground had attracted a British entry of more than 600 through the qualifying process, and they were joined by hundreds more athletes from a further 20 European countries on the challenging course, which finished on the same blue carpet and finish archway in front of the grandstand as all of the Elite races.

Don (40-44) continued his fantastic season. A World and European champion from last year and, having just returned from the European Championships for Olympic distance in Tartu, Estonia three weeks previous where he won his age group and secured the fastest time of the race overall. He repeated this performance in Glasgow, posting the fastest time of the day across all age groups by a 20 second margin and winning his age group by 1 minute 21 seconds in a time of 1:03:10. This secured the Sprint European title to add to the Olympic distance won in Estonia three weeks previous.

Ron Keagan - 80 km at 80 - 19th August



It was a great pleasure to be part of 'Rocket Ron' Keegan's birthday ride as he covered 80 laps, 120 km (all but 75 miles) actually of the Velopark covering well over 50 miles in very windy conditions. I did help for a while and it was good to see much support from the MDCC team well done Ron.

Left: Ron with Pete Guthrie (holder of the Velopark lap record for 90+)

Barrie Leishman

Ron Keagan writes:

I'd like to say a big big thank you to all of you who turned out to support my birthday celebration ride back in August; both those who took to the Velopark circuit and those who supported from the sidelines. In all, there were over three dozen family, friends, MDCC club mates and Velovets.

The ride itself was a breeze and made easy for me by great peacemaking from the hardcore Velopark Veterans, who made up over a third of the attendees. They helped me complete the ride comfortably ahead of my four hour target, which allowed me to drop off the pace a few times and ride with family members and friends who do not regularly cycle.

There was a good atmosphere after the ride with celebratory drinks and birthday cake for all, which was a nice surprise laid on by my family. Another bonus was the welcome presence of the Veloveterans' elder statesman, Pete Guthrie, still holder of the lap record for the 90+ group!

After the Velopark celebrations, I rode home to continue the partying and open my many cards; of which, 40% were cycling related while less than 20% featured bottles of alcohol. So, I guess I am perceived as a drinker with a cycling problem. Anyway, it was a great day and for which I sincerely thank all involved.

Cheers, Rocket

Ron Keagan Profile

Age: Approaching 80 - from the wrong direction.

Nickname: Rocket

Bikes owned: Old ones.

How & at what age did you get into cycling?:

On a single gear, loop frame, solid tyre tricycle with one rod brake, before I started infants school. One day, I strayed about half a mile from my home and got lost in a heavily wooded park. A local 'Bobby' realised my plight and escorted me and my stead safely back to my neighbourhood. Believing I had travelled so far that I must have left the country, and explaining my marathon adventure to my relieved parents, I told them I was rescued from 'the jungle' by a BRITISH policeman! The cycling adventures continue to this day.

How often do you train/ride?:

As often (or as little) as my mood, motivational objective (such as a sportive) or demands on my time dictate. Two years ago - which included a successful LEJOG ride - I clocked up four thousand miles, which is greater than I had regularly done in recent years. So far, I've only covered twelve hundred miles this year; mostly at the Velopark.

Say something about your riding & how it's developed as you've got older:

My riding development ceased many years ago. Now my pace is much slower than previous decades: particularly uphill. The only gains have been the number of teeth on my largest sprockets and the gel thickness of my comfort saddle.

Main successes:

Off the bike, I am most proud of sewing the seed and then helping to nurture the Dartmoor Classic, for which I acted as it's promoter from 2007 until 2016. Throughout the 1980s I was initially the promoter and later promoter/organiser of the club's annual Totnes/Vire 2 Day race. With major sponsorship, the event became known as The Launa Windows Classic (incorporating the twinning race). This rapidly grew

to a major multi stage race on the national calendar, attracting the cream of that period's amateur talent and overshadowed only by three commercially run professional tours.

In nineteen hundred and frozen to death I finished third in that year's Bradford Grand Prix: my one and only podium appearance! In those far off days, to qualify as a 'Grand Prix', at least £25 in prize values had to be on offer. Consequently, my effort earned me the equivalent of more than a week's wages! Sadly, no professional contract followed and I was soon lost to the seductive attractions on offer in Liverpool's burgeoning night life scene: arguably from which, I never recovered.

Future hopes/targets:

To continue to stay above ground and breathing. Then, hopefully, I can have a go at the 90+ Velopark lap record, followed at 100 years by an attack on the centenarians world hour record.

What gives you the greatest buzz about cycling: Turning on Eurosport Live and descending The Cote du Gasworks on my way back from the Velopark to Torquay.

Your Cycling hero(s):

Faust Coppi - Il Campionissimo! If you're too young to immediately recognise the name, then check him out on Wikipedia. When I was a starry eyed teenager, I wrote to him: simply addressing the envelope Fausto Coppi, Famous Cyclist, Italy. He responded by sending me one of his jerseys! How's that for the mark of a real champion? He'd clearly worn the jersey so I never ever washed it. Although it is now a little moth-eaten, I am reliably informed it is worth up to a couple of grand sterling on the international collectors market. It's not for sale.

Other interests, sporting & other:

First and foremost, my family. My own home cooking. An eclectic music mix. Philosophical naval gazing and underwater nude hang-gliding.

Advice to youngsters thinking of getting involved:

Tips for would be road racers - courtesy of legendary Merseyside road-man Daniel Fernandez Jose Hart.
1. Go with every break. 2. Attack when you're shattered. 3. Save a bit for the sprint. 4. Always carry a comb. Note: If you observe the first three you will probably be on the podium, where you will find the comb handy.

What do you think of MDCC:

As a life member, now in my fifth decade with the club, I am massively proud of its history and growth. There can be few clubs anywhere who can boast such an amazing C.V. of racing achievements, event organisation and social attractiveness. I am hugely honoured to be one of the club's Vice Presidents

Bike Treasure Hunt & BBQ - This is why we do these events!

Hi Paul

I just wanted to drop you a quick message to say what a wonderful time we had at the event yesterday. It was a very well organised event, with all the volunteers being lovely and very positive as well as very organised! The BBQ at the end was delicious and the children loved their goody bags.

Please pass on our thanks to all your members for putting on such a fantastic event. We would love to take part in any future events so I will be keeping an eye out on your website.

All the best,
Holly

Junior Tour of Wales - 24th - 27th August

Four of our top Junior riders, Harrison Wood, Harry Birchill, Louie Priddle & Tristan Davies and support crew took on this 4 day tour back in August.



And he's off - 5 miles including a 1 mile climb to the finish

Day 1 - Prologue, So the day ended on a high note - [Harry Birchill](#) in the top 20 and despite his puncture [Harrison Wood](#) was the fastest up the final climb and holds the King of the Mountains jersey. The boys have carbo' loaded with a lovely dinner cooked by [Beccy Birchill](#). Now getting some rest before tomorrow's 71 mile stage finishing up Rhigos mountain. Thanks to [#pirellivelo](#) and [#dartmoorclassic](#) for their support.

Stage two starts in 5 mins - the boys have a plan - Mark Dolan DSing today. Harrison couldn't find a polka dot plaster !

Day 2 - A solid day for the boys, they started with a plan to get Harrison Wood in a move to consolidate his King of the Mountains position. It worked a treat he spent much of the day out front scored top 3 points on 4 of the five climbs - finally being reeled in on Rhigos mountain - today's big mountain top finish.

Unfortunately Harry Birchill was caught behind a crash on the final climb but still finished strongly to maintain a top 30 position,

Louie Priddle was feeling poorly today but stuck with it for a solid finish - hopefully he'll find his legs in the next couple of days. And a great ride from Tristan Davies - riding at this level for the first time - he stayed with the main pack until the final climb. He looked nervous before the start but equipped himself really well and will take a lot of confidence from today's ride.

Another wholesome meal from Beccy Birchill will see them well fuelled for tomorrow. Big thanks to Mark Dolan - DS on the road today - Andrew Parker arrives tomorrow to DS stages 3 and 4 - a tough 2 stage

day for the boys.

Photo - [Harrison Wood](#) out front collecting mountains classification points

Thanks to [#DartmoorClassic](#) and [#PZeroVelo](#) for their support

Day 3 - Today's stage ended in a bunch finish with all the lads finishing safely in the pack. Harrison maintains his lead in the king of the mountains competition, Louie and Harry are well positioned and Tristan continues to impress with another year at this level. Tomorrow's queen stage features two mountains (Yes real Welsh mountains) and finishes on the fearsome Tumble
[#notjustfarmersbutwinners](#)- be more mdcc

Day 4 - Top riding from the lads, today's stage was 60 hilly miles and with the cumulative effort of the previous three days proved testing for all.

Strong crosswinds across the top of the Brecon Beacons split the bunch into three groups. But coming into the base of the final climb

- the Tumble the bunch had regrouped and all four lads were present.

Harry Birchill was the highest finisher on the stage in 21st place and moved up to 19th overall.

All the lads put in a big performance across the weekend and were a credit to their parents and the Mid Devon.

Thanks for all the messages of support from all club members and to the committee for their ongoing commitment to developing young riders

SW Regional Champs - September 3rd - Andrew Perkins writes:



My campaign is drawing to its conclusion and I've managed to carry some decent form over the last few weeks with top 5 finishes in 9 races including 4 wins.

The last two weekends have seen the two SW Regional championships, the first being the road title fought out over 90 hilly – and it turned out wet and windy – miles and then the circuit race champs over 30 flat miles at the Velopark.

The road champs weren't going to suit me – I hadn't ridden a road race for nearly 2 years and the ten hours a week training I do per week can't prepare you for races of close to 100 miles against younger and often full time riders. I managed to make the chasing group and finish 15th which I was pretty pleased with.

The Circuit or 'crit' champs were far better suited for me and I hoped a top-ten finish was a realistic aim with the form I had. My preparation for the race wasn't ideal, the race was originally scheduled two weeks earlier but was postponed due to bad weather, and the rescheduled

race clashed with the Junior Tour of Wales where I was helping to

manage the junior team. A quick dash back saw me arrive home 80 minutes before the race start which gave me time to ride over to the Velopark as a warm up.

The race had attracted a good quality field with a mix of elite and first cat riders with second cat's making up the remainder of the field.

Fred Shescke of a Team Tor was the favourite but with another 4 of his team mates capable of winning his whole squad were dangerous. Elite rider Lee Frost (Tri UK) had finished top three in the road champs so was on form and his team mate, elite rider George Smith, was a big threat too.

I decided my tactic would be to try to keep my powder dry for 20 minutes and then try to bridge to any breaks which included Fred Shieske.

His team mate Charlie Revell went clear after ten and at around 20 minutes a counter move formed including Fred, his team mate Josh Croxton and Lee Frost – they quickly had fifteen seconds and I realised this was a move that had to be closed down. I jumped hard and did the next half a lap on the

front and when I swing over the rider behind me shook his head – I had to make a split second decision, drive on and risk being ‘jumped’ or sit up and risk the move going away if the rider behind was not bluffing. The legs felt good so I decided to push on, continuing until the junction was made to ensure I wasn’t countered. It took a lap and a half and by the end I was seriously deep into the red. On checking Strava later I found I’d ridden the second fastest recorded lap of the circuit – impressive when you consider who has raced on there.

Once the junction was made a group was formed of 8 experienced riders and we started riding strongly through and off and within a few laps we’d stretched the lead out and caught the solo rider. After that it was a question of covering moves. Team Tor we’re particularly dangerous as if one of them attacked the team mates were entitled not to chase but were likely to counter attack if the gap was closed. In the closing stages I made a point of covering attacks by Croxton and Shieske leaving it to Team Tor to cover the Tri UK attacks of Smith and Frost. I had a dig myself at three to go, but it seemed destined for a sprint.

I managed to get myself onto James Williams wheel on the last lap, but had to fight to keep it at other riders wanted to force their way into the third place slot I’d taken. Lee Frost led out from the penultimate corner with the riders making their efforts down the penultimate straight. Williams passed Frost on the penultimate corner and whilst I was able to follow his wheel, he was simply too fast for me and my efforts were focussed on holding off Fred Shieske who came up very fast and I just managed to hold on for second place.

The stat’s looked pretty good at 26.5 mph for 1 hr ten mins and 37.5 mph in the final sprint. I was very pleased to take a silver medal at 47 years of age – whilst I’d finished 5th in the road champs in 2012 – my last regional champs medal was a gold all the way back in 1989!

I learned afterwards that Juliet Elliott had also taken a silver in the woman’s champs and we’d secured a good number of medals across the various youth categories, so all in, a very good day for the club!

Lands End to John O’Groats (LEJOG)

5 Club Members took part in a Classic Lands End to John O’Groats ride in August. Here’s how some of them got on:



Jim Black: Originally LEJOG was intended as a cycling bucket list ride. As you know with my wife’s illness and passing, it changed my motivation. My family convinced me to take part and to fund raise at the same time for Rowcroft Hospice.

Currently the donations through Just Giving stand at £2300 with £500 in gift aid and £300 pledged from my work.

I was confident that I could complete LEJOG, just not sure how difficult it would be. My only aim was to complete it with out giving up on the steepest climbs.

There were two days that stick in the mind, crossing from Cornwall into Plymouth then the section across Dartmoor to Moretonhampstead. As you know we have done that route as part of last years Looe trip. It was pretty warm and we agreed at the end of LEJOG probably the toughest day. The second day was from Ballater to Inverness over The Lecht. The morning was a series of three climbs and included the 20% wall at The Lecht which covered 2.5 miles and the climb at Bridge of Brown.

The scenes across the Cairngorms were fantastic and with the long climbs came some lovely descents. The weather through out was in our favour and when the rain came it was on one of the easiest sections.

I do remember leaving Moffat, we had been briefed that the day started with a 6.5 mile climb, thinking what are we doing but it was a great steady climb then 15 miles down hill to the Brew Stop.

Definitely recommend doing LEJOG, it was a fantastic experience with loads of memories. For a reasonably fit cyclist it's a must.

Meg Hepworth: About 18 months ago Julia and I decided to LEJOG. Neither of us will take responsibility for the idea but I can blame Julia for roping in Shani and Pete. I think in turn, Jim can blame Shani.

Anyway, we went through all the options from self-supported to husbands-in-camper vans to a Proper Tour and eventually settled on Peak Tours to make it happen. Turns out this was one of our better decisions.

Julia and I live near each other and so trained together. We built up miles from April and rode at least 50 miles each Saturday and Sunday with three or four weekday rides of 20 or 30 miles.

Fast forward to August and the hottest weekend of the year. My husband deposited us with our bikes, our kit, our anxieties and a pasty to keep us going till tea, at the YHA in St Just. It didn't open till 5 so we logged some final panic training to the sea-side before meeting Peak Tours Matt who showed us to our room - a perk of being early was that we'd bagged the bottom bunks! We stabled our bikes and then walked to St Just to meet the group, have dinner and most importantly - get our LEJOG jerseys.

The days are already a bit of a blur, so I'll summarise. We stayed in a range of B&Bs, hotels and 4 nights in YHAs. All were excellent, breakfasts of whatever you asked for, clean and comfy. Except one. In the most beautiful spot is Clun. Now, I'm no snob and am perfectly happy with basic... but... Well - it didn't spoil anything, but I've washed all my kit on returning home, not because it was dirty, but because of Clun. Anyway.

We rode 1011 miles and climbed nearly 60,000 feet. One of the reasons we chose Peak Tours was their promise that we'd avoid main roads where ever possible and they made good on this. The route was stunning, and they made tourists of us; taking us through Cornish seaside towns, the heart of Plymouth and over Dartmoor. We took in Wells - right past the Cathedral, we went over the Severn Bridge into Wales, we passed through the Dales and through Edinburgh and over the Forth Bridge and through the heart of the Cairngorms. We used cycle paths and small back lanes wherever we could, following pre-loaded routes on our Garmins which Peak Tours had provided.

Highlights for me came when we arrived in Scotland. The three days leaving the South West felt like we were traveling the wrong way - and it was hard cycling past home - so it was good to finally turn North. I struggled with the long 'easy' days. Flat riding is not my thing; I like to get out the saddle and move around and am happy to work hard on a hill to enjoy coming down the other side. We averaged around 70 miles a day, with four days into the 80s; and around 1000m of climbing.

Favourite days were through Yorkshire - we had an escort here from a friend who rode with us to Gretna Green and it was great to have his company. Riding over the Forth was fantastic and one ticked off the list! Edinburgh before that was tough navigation but in a stroke of luck (although it didn't feel lucky at the time) Julia had a puncture and we were swept up by Simon - Peak Tours sweeper for the day - who not only wrestled a reluctant tyre back on (we struggled with pathetically weak thumbs from the road vibrations) and acted as our own personal guide through the city. We caught the bulk of the group by the Forth Bridge thanks to him!





Scotland was stunning, and Peak Tours had a couple of 'surprises' up their sleeves. Days 11 & 12 were billed as 'challenging' and that's exactly what they were. Both days took us over Official Top 100 climbs - Glen Shee on Day 11 and The Lecht (a top 10 Climb according to the Guardian) on Day 12. I was stunned to make it to the top of both of these, partly by the views - which were bigger than your eyes could deal with, but also because I've driven over these passes and had given myself permission to walk/crawl/cry at any point - I was utterly convinced that 'I can't ride that'!

From here it was all downhill to Inverness for our final stop in civilisation before the final push through the highlands.

Peak Tours Dave said, 'you'll know you've got to Crask because there's something there!' He was right.

These were my best days. Sweeping single-track roads, barely any traffic, and stunning scenery everywhere I looked.

I'm a bit of a wuss and was expecting to be a bit emotional on arriving in JOG, however it was the highlands that got me. Somewhere like that can make you feel very small and insignificant and to be there on my bike with my mate made the rest of the world seem a long long way away. In a good way.

In contrast, the final roll into JOG was all a bit of an anti-climax. Much like LE it was swarming with people needing a photo by The Sign.

The final day was great. We had a 40mph tail wind the whole way and when we regrouped about 10 miles out the Devon Massive set off on the final stint together. I'm not sure who picked up the pace first - it wasn't Jim or Pete, they'd dropped us and zoomed off into the distance chasing Matt, the group leader for the day! We ended up Tting the final 10 miles topping out at 28 miles an hour (that's really fast for me!) It was fantastic! Each taking a turn on the front and rotating like pros! Julia said what I was thinking, that it was good to know that even after 1000 miles and all those hills we could still put the hammer down!

Now my bike's clean again, my shorts and jerseys are washing machine clean and I've been for a recovery ride I've had a chance to reflect on the ride. Peak Tours were outstanding. They were around every corner with the Brew Van loaded with cake, sweets, biscuits, drinks, kind words, encouragement and technical help. Their support was without exception patient and subtle. They didn't stop until the last 'man' was in and having dinner.

I'm finding it hard to see it as an achievement though, at the moment it just feels like I've been out a bit further than usual on my bike - a bike boot camp... I'm sure in time it'll sink in, probably around the time I give Peak Tours my next deposit...

Final word goes to my bike. I'm entry level all the way and my GT Grade was totally up to the job - I wouldn't have wanted to be on anything else.

Julia Browne: LEJOG is like war, guys. The focus is on eating and conserving energy for the big push: long periods of discomfort and biding your time, interspersed with moments of action and excitement. You are in a bubble and can't really talk about with anyone who isn't, or hasn't been, inside it. Also, I can't write the blog I'd like to because I am an inveterate people-watcher and I'd just get into so much trouble.

LEJOG 0: Meg's husband abandoned us at St Just Youth Hostel with, our bikes, a bottle of lemonade and an iced bun. *Cut to picture of puppy in a lay by, watching the car drive away.

Our Tour Company initiated food and team bonding. There was an alarming amount of testosterone sloshing about, comparing training notes and previous experience, and it was all very... LOUD. This bonding with random strangers was going to be as tough as I thought. Me and Meg got quieter and quieter - having already said nothing more than our names - and a bloke who looked somewhat like Fu Manchu sidled up to us, looking as scared as we felt, and murmured "is this the sane corner?" First snap judgement made...

LEJOG 1 to Fowey - 63.2 miles 1409m

Never sleep well in the run up to the action. We woke to mist, saddled up and followed today's guide, Simon - a skinny, gruff, scary Yorkshireman - to LE for photos and an official briefing.

Once there we only really talked to Shani, Pete, and The Real Jim. All the rest of the company was still a bit... LOUD.

Eventually the order came to move out, and we rode away from the mist into burning sun and Cornish hills. No harder than our Devon ones.

LEJOG 2: Loose lips sink ships - 62.7 miles 1758m

Fu Manchu rode with us today. He might prove a useful ally. As we ground up the climb away from the Fowey ferry, he said "I love a good bitch and I'm discreet: you can tell me anything. What do you think of *insert name here " He was a very bad influence and got some useful intel on the others. The guides would have their work cut out managing so many disparate personalities!

The Cremyl ferry fired us into Plymouth and up onto Dartmoor, where we followed the well-trodden Dartmoor Classic Sportive route over the top. Hot, hard work - exactly like I'd feared every day would be. We were fairly exhausted. And the damnable heat...

It was really nice that some of our club members rode out to say hello and Caroline, who we'd been tapping for info from her own LEJOG 2 years ago, assured us that today really, truly, was exceptional.

Our B&B was quirky beyond belief. I suspect the landlady may have been an enemy spy, as the room was full of unexpected steps and potential broken ankles, and you couldn't stand up in the shower.



LEJOG 3 Home fires burning- 69.7 miles 1752m

Today was always going to be tough as we rode within a few miles of home. Knowing the roads was unhelpful as I could think of faster ways to get there. We started with a decent climb up Doccombe, blatted through the middle of Exeter and off on one of our training routes onto the Blackdowns. There are easier climbs to the top... just saying... and spag bog for lunch was a little too rich for the middle of the day.

Still it was blazing hot and burny on top and after the last brew stop we hopped onto Pete's wheel and let him tow us the final 20 miles to Street.. where we took a single portion of fishenchups back to our hotel room, and failed to finish it.



LEJOG 4 To the Monmouth Assizes - 65.6 miles 1028m

Rode most of the day with Fu Manchu again. He's been carefully observing the other troops and has a rather interesting attitude towards other people.

We rode up to the Clifton Bridge in Bristol through thick mist and down through the Blaise Castle estate, a clever route that avoided all the main roads and busy stuff. We got to ride over the old Severn bridge, which was a hoot, and paid for it with a real steady grind up past Chepstow racecourse and Tintern Abbey, into Monmouth for our B&B.

LEJOG 5 To Clun youth hostel .. a fleapit with huge spiders and stairs designed to kill - 57.9 miles 1052m

I can barely speak of it. We met an internet friend on her motorbike at the lunch stop, and it was so lovely to see her. Not just because she brought us Tunnocks wafers....

Looking at the weather forecast, we realised we had packed inappropriately and asked today's guide, The Lovely Matt, where the nearest Halfords was... he took a shipping order and went and got shoe covers, long gloves etc for us, and for all the others who had a similar realisation!

A short day and not as easy as the distance and height gain might imply. The hostel was as my headline states, and I am still scratching. That Is All.

LEJOG 6 What do you mean, I still have no waterproofs? - 82.6 miles 1256m

We had to get rain some time, didn't we. And it happened on the first 80-miler of the Tour, on the way to Northwich. My waterproof kit was in the day-bag on the brew van and therefore inaccessible when the rain actually started. We meandered through Shrewsbury in pouring, bouncing rain, fortunately on cycle paths and away from traffic so we had time to dither. Fu Manchu was with us again, wearing - as he repeatedly told us - his Gore waterproof, reduced from £600 to 15 pence, fully breathable and shake dry. I rung a cupful of water out of my gloves at lunch. The pub was dotted with wrung out cycling kit which wasn't getting any drier. Neither were we. The rain stopped, and started again for the afternoon and eventually stopped again for the final 15 mile run in to the Hotel..

LEJOG 7 I am feeling a shade of Conder Green - 73.8 miles 762m

We started with a road closure "due to badger activity". Eh? A flattish day but by the time we got to our hotel I wasn't feeling too clever and went to bed instead of to supper, and that turned out to be the right thing. Meg secured a cheese and pickle sandwich for when I woke up, at bedtime, and that was just right too.

LEJOG 8 Fetch Support in a random lay-by - 61.9 miles 1024m

When I woke up the previous evening, Meg had been busy arranging to meet Leon and Lorna from our running club website. Yes, meeting strangers off the internet *again*, and so it was that they were waiting at the morning brew stop outside Kirby Lonsdale. It was lovely to see friendly faces who fully understood the deal.

We did a bit of gentle climbing through the Dales and towards Tebay. Steep little ascents through open moorland, sheep, stunning views, and the Lancaster flying over.

The Penrith hostel was better than Clun - well, duh - and Wendy and Bendy were our room mates again. This time without a noisy, random madwoman, or little biting insects. Which was nice.

LEJOG 9 A friendly Wheel to the Border - 70.1 miles 648m



Today's exciting rumour of action was that at Moffat we'd get a hose to clean our bikes! Squeee!

Also - today we would break into Scotland! Double squeee!

Also - today Leon was going to ride with us for the second leg. Once more, squeeeee! We met him just the early side of morning brew and he rode to lunch with us. I was very happy to have a wheel to sit in for twenty miles or so.... It made it a mere 40 mile day.

After lunch we crossed into Scotland and many photos were taken. In all the general excitement I even texted Mikey with the news. At Moffat the hose was a disappointment, and The Others had used all the bike cleaner so I just rubbed the worst of the grime in to my chain a bit more, and relubed it.

LEJOG 10 to F'kinross - 80.8 miles 1206m

We started in shoe covers and with wet weather kit in our pockets, which proved to be a Good Thing.

The exit from Moffat was a gentle 6 mile climb (The Devil's Beef Tub) followed by 15 miles of descent! Now where else do you find descents that long after climbs that easy?

As a longer day, it was bound to rain, and it started just after morning brew. A couple of hours later as we rolled into a wet lunch stop, Meg got a puncture. I left her in the carpark turning the bike upside down and went into the cafe to ask the Boys for the track pump. Guide Dave shoved his lunch aside and said, "Sit down, get warm, eat, and I'll fix it for you." That was the level of support from the crew! We couldn't surrender like that, though, and when Dave joined us outside a few minutes later we only needed the track pump.

We didn't stop long: it was too wet, and we had Edinburgh to negotiate. Somewhere in Edinburgh as the rain heaved down, I totally misjudged a pothole and smacked my wheel off the edge with predictable result. We got the bike upended and fitted a new tube as the traffic hissed past.

A new problem emerged though. We'd both been suffering in our hands, unable to grip things very well and, at times, unable to change gear. Or, as it turned out, welly a tyre back onto a rim....

The rainwater wrung out of my gloves nicely on the rim but the tyre was not going to play to my feeble efforts. It was now that Scary Yorkshire Simon the Sweeper arrived. He *made* me ask for help, but once I had capitulated he had the tyre on and inflated in a couple of minutes.

A mile later it went flat again. Simon was right behind us with a fairly blank expression. All three of us spent some time checking the tyre carcass for anything pointy but eventually we agreed that we hadn't missed anything and we repeated the previous exercise.

Now we were dead last and Simon went in front to lead us through Edinburgh. He set a cracking pace and didn't look back much. It felt pretty merciless and we were very bloody grateful to catch up with the normal backmarker just before the Forth Bridge. In fact, we caught up with everybody, by virtue of being guided unerringly through Edinburgh at a pace!

On reaching our hotel we bunged our rinsed, sopping wet kit into the trouser press, grabbed supper, and fell into bed.



LEJOG 11 into the Cairngorms and the Royal Municipality of Ballater - 82.1 miles 1604m

Simon the Scary Yorkshireman had suddenly unfolded. Edinburgh had obviously been a test. He was now our favourite guide and the three of us were exchanging eye-rolls over the shrieking: and just *who* was putting Tunnocks Tea cakes on our pillows in the hotel room?

Today we would start up into the Cairngorms and take in the climb up to Glenshee Ski centre. It was a very gradual 40 miles of climbing, topping out at 10% or so, but preceded with that length of relentless pedalling, it was tough enough. So were we!

We had another whooping descent to afternoon brew, following by a tour around Balmoral, punctuated by a curious number of black security vehicles whizzing by.

The Ballater youth hostel was dream in a way that Clun wasn't. Single, comfortable bunks, and Wendy and Bendy were just as interested in eating and sleeping as we were. We found an Indian takeaway for delicious, and little, money, and there was a washing machine and drying room!

LEJOG 12 tum-te-tum-te-tum to Inverness... - 73.5 miles 1695m

The highlight for today was destined to be The Lecht, in the top 10 of the UK's hardest climbs, at 2 and a bit miles with a couple long sections of genuine, front-wheel-bouncing, 20%.

The afternoon comprised a long section of cycle path beside the A9 travelling due North which felt good and purposeful.

Bendy rolled into the afternoon brew stop with a gaggle of giggly girl cyclists, all of them singing "We are the Champions" which apart from being a travesty was a gross misrepresentation.

"I think," said Meg to Bendy, "I might have stabbed you." This was followed by nervous laughter and The Lovely Matt taking control of the cake knife with a smile which seemed to say, "Get in the queue." Seven miles away from the end of the day, as the rain started, my back tyre went down again. As we started to sort it out FP arrived and asked if we needed help. It hurt, a little, not to be self-sufficient, but Meg and I still didn't have set of working hands between us, and would not have been able to refit the tyre. FP, on the contrary, would have made an excellent strangler and she soon had the little wretch back on the rim.

It was terrifying to be back in big city traffic - well, Inverness - but the Guest House was good: comfortable, quiet and cool, and with the promise of The Best Porridge in the morning.

LEJOG 13: you'll know when you get to Crask because you'll see Something - 76 miles 1106m

Simon the No-Longer-Scary Yorkshireman erupted into unexpected This Is Your Life Mode at the morning briefing, which had me and Meg wetting ourselves, and everyone else just looking bewildered.

Now we were leaving civilisation - well, Inverness - the next night's stopovers would be spread over 20 miles or so. Everyone would stop at Crask which was three houses and a pub, and some riders would be bussed into Lairg to sleep, then bussed back to Crask in the morning.

Us MDCC lot - the Devon Massive - were to cycle an additional 7 miles to the next village, also three houses big, and to be contained a safe distance from the rest of the Tour.

The scenery improved again as we rode into the flat Highlands. Never getting much above sea level and constantly wondering when the big climb would happen - it didn't - we rode to our Guest House in Altnaharra with people we knew and liked. There was a home-cooked meal, and whisky, and wifi, and the company was excellent. By 9 pm we were all asleep.

LEJOG 14 keep pedalling until you see the sea then turn right for 55 miles - 75 miles 1163m

We awoke to 40mph winds in the same direction as we were travelling. What were the odds of that? After an excellent breakfast we set off into a cool, dry sunshine and rode more beautiful, rolling single-lane roads North to the morning brew stop. When we ran out of land and saw the sea, we turned right for the last 55 miles, with the wind at our backs, up and down very rolling, bleak moorland.



With 10 miles to go, we stopped and regrouped for the final ride in. Fuelled by cooking sherry - thanks Shani! - we followed The Lovely Matt as he took the front and gradually picked up the pace. And picked it up some more. Well, us Mid Devon lot recognise a TT when we see one, and the dignified, gentle finish descended into a rout of chewing up other riders, spitting them out and riding as hard as we could for 9.5 miles until Matt suddenly stopped and decided to wait for everyone else to catch up. What a buzz, though, to find our legs would still do *that* after a thousand miles.

The finish itself was disappointing after that. While everyone else got their Signpost Shot, we wandered around the Tat Shop, got a passing stranger to take our pictures with our bikes held above our heads, then potted back to the Sea View hotel. Well, it was comfortable, but not quiet enough to sleep, and besides, coming to the end of anything is always a bit unsettling.

LEJOG 14.1 Travel in coach and car, with your bikes in the back, for 14 hours until you arrive at your destination, 875 miles net downhill

Roughly one hour of motorised travel for each day we had been riding. The coach took everyone back to Inverness where we said final farewells to our funny riding companions and everyone went to the airport, or railway station or - if you were us - to the car hire place with your bike and a fortnight's kit in a rucksack on your back.

Lunch was macaroni pie on the hoof. Tea was salad sandwiches on the hoof, with coffee and coke and biscuits. Recovery food of champions.

Speaking of which, actually riding LEJOG is much less difficult than you might expect. All we did was ride our bikes every day for fourteen days, which we'd do anyway: only the time spent in the saddle was

a bit longer than usual. If you're considering cycling LEJOG, I think we've proved that you only need to *want* to do it, and the rest will follow. Now, if you want to do it *fast* I can't help you.

Profile - Julia Browne - LEJOG Completer

Julia responds to our usual bag of questions:

Age: 53, despite efforts to stop it

Nickname: Nothing suitable for sharing

Bikes owned: I'm not going to list them because it might panic Graham Brodie. Suffice to say, most of the time I use my cross bike, which will go wherever I please. That's the whole point.

How & at what age did you get into cycling?: I'm still waiting to see if I like it before I commit to saying I'm truly into cycling

How often do you train/ride?: Ride every day, even if only across town in to work: never actually train

Say something about your riding & how it's developed as you've got older: Recovery takes longer, I don't bounce so well, and now my nerve is gone, it ain't coming back. Apart from that, it's all good!

Main successes: Getting out and doing something every day

Future hopes/targets: To carry on getting out and doing something every day

What gives you the greatest buzz about cycling?: It's such a good way of seeing the countryside and cows, trees, flowers....If you were to come on a ride with me, we wouldn't touch a main road, or 15mph, but we'd see lots of the above

Your Cycling hero(s): I admire Marianne Vos enormously, and pretty much all the elite CX girls, who show remarkable versatility in racing at a high level both on and off-road. By the same token I have a sneaking admiration for Peter Sagan because he can ride anything anywhere... and doesn't he know it!

Other interests, sporting & other: From knitting to motorbiking, with everything in between.

Advice to youngsters thinking of getting involved: At the risk of sounding like somebody's elderly Uncle, do everything you want to, while you still have good knees and a sound back, One day your body won't let you, so there's no time to waste!

What do you think of MDCC: There are no cycling clubs in my home town, so I belong to two clubs either side. MDCC is the furthest away, but however long it's been since my last club outing, the other riders are welcoming and friendly and considerate... We all just want to ride our bikes, and that's the binding factor.

Shore 2 Moor - 200km - Caroline Twigger writes:

Often I say things without thinking them through first – “I wouldn't mind doing the 200km version of the Devon Delight” was one such example. I thought David may have forgotten – but no - he may forget to get the washing in, forget to feed the dog, forget our anniversary, but he hadn't forgotten my musing. So, when away visiting family with our oldest son I got a text saying he'd booked us both in on the Shore to Moor – my first 200 km.

I'm not adverse to a challenge, having ridden Land's End to John O'Groats (supported) a few years ago, the Dartmoor Way in a (long) day and Roscoff to Nice (fully loaded) last year. I've also done a few 100

mile rides – the first one being the Nello in 2004, when our youngest son was 3, on my hybrid bike with 12 gears. My main training for this event involved taking our youngest to pre-school by bike with him in a bike seat on the back – only about a mile away (but a hilly mile!) I think we did one training ride to Haytor which felt like a very long way! However, I managed the Nello, and we weren't the last (quite).



I hadn't managed much more than family cycles since then (although we did have a lovely touring holiday round Brittany with the boys in 2012 – which really inspired our middle son, but possibly put the other two off cycling for a while!), until about four years ago, when I realised I no longer had to stay at home to look after the boys while David and Ollie went out cycling. Riding with them could be a bit demoralising though as they were so much quicker than me, and when visiting a cycling festival at Forde House I discovered Sky Rides, and particularly Breeze rides. Riding with other ladies really built up my confidence – I started with a 20 mile 'Bovey Bimble' and gradually progressed to longer distances and faster speeds until I was told I was ready for club cycling. Since then I've managed to cycle very regularly, made some lovely cycling friends, and moved

from my trusty hybrid to a road bike.

Anyway, I digress, back to the Shore to Moor. This seemed like a good 200km to do, being our local audax (with the start, and, more importantly, the finish, only a mile from home), and having done the 100km version (the Devon Delight) a few times. Graham said he had changed the route from the old Torplex, and that the new route was easier. However, when I looked at the route more closely there was still a lot of climbing!

A bit like buses, you don't do one for ages and then two come along in the same week – not necessarily the best thing to do as far as my legs were concerned, but some friends were riding a mid-week 'social' 100 mile ride on the Wednesday and I joined them for a lovely day out on the bikes.

As is always the way on audaxes, everyone was very friendly on the day, and we set off at 8.00 and had a fast-paced ride round to Exeter along the estuary and the coast, before the Sunday morning traffic kicked in. By that time groups had naturally formed, and David and I happily joined a couple of other Mid Devon riders who were a similar pace to us. After some lovely lanes we reached the first control at Stoke Canon – a fairly flat ride so far, but hot, so we enjoyed a coffee, quiche and some lovely cakes, replenished our drinks, had a chat to some Torbay CTC riders, and carried on with them for a bit.

Once we reached Tiverton the rolling started, as the route sheet had promised. And by the time we reached Eggesford we felt the second 'optional' stop would be most welcome.

There were some fantastic lanes on the next part of the ride, the rolling bits were getting bigger, with some of the ups being quite sharp little climbs – by the time we got to Lydford the ups and downs were losing their appeal! I was also getting a touch anxious about Pork Hill, which I had never done. But the section between North Brentor is familiar from doing the Coast to Coast and the Dartmoor Way, and I do love that road, seeing the church high up on Brent Tor and the views before Mary Tavy, so my mood lifted again.

Pork Hill with 95 miles in the legs on a steaming hot day is not necessarily the best way to do it the first time! A hold up of cars due to cows across the road beyond Merrivale nearly brought me to a halt, but the thought of having to get going again spurred me past, using the cars as a barrier between myself and the cows. Getting my legs to start working again on the descent down to Fox Tor Café felt like a challenge I wasn't expecting! At Fox Tor we had another very welcome stop, with reviving sandwiches and coke, before the four of us were ready to set off on the final leg.

The next bit across the moor was, again, a familiar one, and knowing we only had about 30 miles to go spurred me on through Postbridge and past the Warren House Inn. One of our little group loves the descent down towards Moretonhampstead, so we flew down that bit, then took a nice steady pace down the Wray Valley, through Bovey and home. We arrived at the finish a bit before 7.00, which I was very happy with in view of our three relaxed stops, and the fact that we had ridden 130 miles with 10,000ft of climbing, and with a riding average of just under 15 mph, and we were well within the time allowance too. The cream tea and the welcome were most appreciated, and after sitting like zombies for half an hour we crawled the mile back home. As always, thank you to Graham Brodie and his team of helpers.



I would definitely look at doing more 200 km Audax rides, maybe somewhere slightly flatter next time, and who knows, maybe one day I'll idly mention to David that perhaps I should try and do a 300 km ride sometime...

Women's Report - Youtube's 'Woman to Watch', Juliet Elliott writes...

The last few months have been really busy for me as though I'm not a professional cyclist in the traditional sense, I do make a living out of cycling through writing, consultancy, digital marketing and brand partnerships and the summer months are always packed with events, races and trips.



I attended several events with SKODA, with whom I've been working since last year and was delighted to be asked to help boost their female focused 'This Is Our Time' campaign that aims to shine a light on women's cycling, boost coverage and encourage participation. Thanks to SKODA I was able to attend Ride London to support four women I'd been mentoring along with Hannah Barnes, helping them go from never having ridden a road bike to riding 100 miles in one day (over the course of five weeks!). I also flew out to the Tour de France, went to the Ovo Energy Women's to chat to women mechanics, Directeur Sportifs, soigneur and pro cyclists and

went to the final stage of the Tour of Britain where my family and I were able to ride the course before settling into the VIP hospitality area to cheer on our favourite racers.

In Devon I entered my first road races snagging a 4th place at one of the Cotswolds League races (a vast improvement from my first road race at Hatherleigh where I came second to last!) and I continued a pattern of frequently coming second at various crits. I'm looking forward to more road races next year in Mid Devon colours.

I actually only really got into road racing as a way of training for fixed gear crits, which is my favourite kind of racing. Raced on track bikes with no brakes these closed circuit races are fast, furious and incredible fun and require high levels of fitness and skill. Just to give you an idea of how hard the races can be, the last few fixed gear crits have seen National Champions (such as US National Crit Champion Justin Williams), current Pro Tour riders such as Ivan Cortina and Olympic champions such including Dani King on the start line.

This summer I joined a new women's fixed crit team Wyndymilla Hype Energy and we set about hitting up as many races as possible. Most recently we raced Brussels City SW Crit Champs - August

Crit in torrential rain (which I think gave me an advantage!) and got good results – I took home 2nd place and my team mate Keira bagged 4th. I'm currently on my way to the last fixed crit of the season, Red Hook Crit Milan where I'll be racing 80 other women, some amateur, some pro on an incredibly fast open circuit through the city. I'm planning on gearing up to 47:14, which hopefully will give me enough speed without fatiguing my legs too much. Of course, if you choose the wrong gear, you're stuck with it for the entire race so it's really important to get it right.

Another cool thing that happened this summer was being selected as a 'Woman To Watch' by Youtube, something I can still barely believe! I started making weekly YouTube vlogs about my cycling adventures at the end of last year, having previously been quite sporadic with my content and clearly the regularly schedule has helped increase my followers as I'm now edging close to 25,000 subscribers on my channel.



The week-long creator camp was a chance to learn new skills, experiment, be inspired and meet other video makers but I think the best thing for me was a feeling that YouTube believe in me! We heard from amazing speakers such as Jess Phillips MP who talked about the importance of female voices and using our platform to connect and inspire, after sharing worrying statistics about the number of storylines in films, column inches in newspapers and overall appearances women make in traditional media. She urged us to continue using new ways of connecting with people and telling our stories.

Ed: Now that's some bike!

Ed: Check out one of Juliet's blogs at: https://youtu.be/TvBbG_1WHYU

Youths Section - Rob Woodger reports..

South West Championships - 25.8.18 - Torbay Velopark



In the Under 8's Matt H wins showing his dominance over the year keeping the under 8 title with Mid Devon for another year. Maddy W came second and securing a top 3 place in the South West circuit series with a round to go. Jacob S and Bayley W raced in the under 10's coming 6th and 7th in a very strong field both just back from camping holiday's!. Noah T showed his strength by gaining a break away from a strong size group with a lap to go to take a bronze medal in the under 12's. The under 14's saw a good MDCC turn out with the whole field staying together for a big sprint finish Jacob T was 4th and suffering with cramp in the sprint, Callum S 6th and Reuben H was 7th good work lads. Morgan in the under 16's looked confident throughout the race keeping an eye on all the attacks. It came down to sprint finish and he gained the silver medal.

Wheal Jane the last round of the South West Series 1.9.18 Truro

MDCC youth team out again in a day that started off wet but got better throughout the day. Under 8 Matt H won in great style after coming off very early in the race to take the win, under 10 Bayley W held on to come 4th with a strong finish to his race. Under 12 Noah T came in 2nd continuing his good run of results. Under 14 Jacob T was not feeling 100% but still showed his strength in the sprint by winning the race, Reuben H did a lot of the work in the race trying to get a group clear, but nothing quite came from it he came 5th in the sprint.



South West Cycle Cross Round 1 Powderham 2.9.18

The first South West Cycle Cross race of the year at Powderham Castle on a fabulous course and hosted by MDCC. 17 MDCC youth riders competing in 7 different age categories from under 8 to under 16 all did very well some in new age groups categories. Maddy Woodger started the races off in the under 8's riding strong to 6th place, Matt Holmes came 3rd in the under 10's boys in his first race in the age group showing his form from the road, Jacob Start 7th and Bayley Woodger 8th had strong rides with Bayley having a bad crash on the last lap. Ellie Birchall came 1st in the under 10's girls showing some great skills. Ben Goldsmith showed his strength by coming 3rd in the under 12's with Henry Birchall in 5th and brother William Birchall in 15th. Under 12's Girls Aine Graham came 8th in a strong field. Solomon Drury came 3rd in the under 14's Boy's to get his season off to a good start, Dylan Gorrin was 5th Edward Selwood was 8th and Angus Graham was 14th. Under 16's boys Ewan Warren was 6th Callum Start was 10th.

Somerset Road Club round 3 Torbay

Small team out for MDCC youth now the cycle cross season had started, but all of them made the podium.

Maddy 2nd under 8
Bayley 2nd under 10
Noah 2nd under 12
Jake 1st under 14
Reuben 2nd under 14

South West Cycle Cross Round 2 Taunton 9.9.18

Round 2 at Taunton on a fast course with technical elements that all age groups had to deal with, in hot conditions. Maddy W came in 6th place for the under 8's girls, Ellie B came in 3rd in the under 10's girls, Matt H showed great skills winning with Bayley W 2nd and Jacob S 4th in the under 10's boys, Aine Gr came in 7th in the under 12's girls. Ben G came 6th, Henry B came in 8th and William B 11th in the under 12's boys. Under 14's Solomon D came 2nd, Dylan G came 5th, Edward S came 6th, Angus G came 12th and Jim A was 14th in the under 14's Callum S came 6th in the under 16's.

South West Cycle Cross Round 3 Dunster 16.9.18

A new challenge in the fabulous setting of Dunster Castle for round 3 with the best set of result so far for the team on a very challenging hilly course.

Under 8's girls Maddy W 1st in the on a course that suited her well.



Under 10's boys saw a MDCC 1,2,3, podium with Matt H wining his 2nd race Bayley W coming 2nd and Jacob S coming 3rd showing great strength hold of the rest of the field.

Under 14's boys Solomon D came in 2nd with Dylan G 4th, Edward S 6th and Jim A in 14th on a very hard course for these lads.

Under 16 Callum S match his brother by finishing 3rd as well.

Hill Climb Ottery St Mary 17.9.18

Jacob Thomas takes his circuit racing success on to the hill climb season by winning the 1st Chard Wheelers at Chineway Hill, Ottery St Mary.

Sensational Cycling Saturday Wadebridge 29.9.18

Saw loads of different events for all age groups including the South West Cycle Cross Round 4 and a circuit race that many MDCC youth doubled up in great weather for this time of year. (sorry if I missed any one it was a very busy day trying to be in 2 places at once)

South West Cycle Cross Round 4 (Results TBC)

This was a very fast course again with it running through at cattle barn and with some tricky slopes.

Under 8's Girls Maddy W came in 3rd

Under 10's Boys Matt H wins again Bayley W came 4th and Jacob 5th

Under 10's Girls Ellie B came in 3rd

Under 12's Boys Ben G came in 4th

Under 12's Girls Aine G Came in 5th

Under 14's Boys Solomon D was 2nd Angus G came in 8th and Jim Alden was 9th

Under 16's Boys Callum S was 3rd

Circuit Race(Results TBC)

Some of the team moved back in to the summer age groups for the last circuit race of the year after already ridden in a cyclocross race.

Under 8' Boys Matt H won to keep a clean sheet on the road this year.

Under 8's Girls Ellie B and Maddy W showed great strength in riding both races.

Under 10's Boys Bayley W came in 4th after a hard days racing.

Under 12's Boy Noah T came in 2nd

Under 14's Reuben H came in 3rd and Jacob T was 6th

Porlock Hill Climb 30.9.18



Reuben in the main climb coming 4th in the Juvenile category with a time of 20:48:21, In the Go Ride climb Reuben came 2nd in the U14s & Noah came 4th in U12s.

South West Series Circuit Racing Season

With the circuit racing season finish this weekend with MDCC youth leading the way in the South West Series. The series consists of eight rounds across different venues with a minimum of three rounds counting to the over the results. This was very testing for all

the youth team and they showed great understanding and development throughout the summer.

Overall results Madeline Woodger came second and Ellie Birchall coming third in the under 8s girls Matt Holmes did a clean sweep by winning all his rounds making him the under 8's boys' winner.

Bayley Woodger came fourth and William Birchall came fifth Jacob Start came 11th competing in 2 rounds in the under 10s boys.

Noah Thomas got stronger as the season went on and came 3rd Henry Birchall came 10th in the under 12's

Jacob showed his domination in the sprints throughout the season he won the under 14's boys with Reuben coming 7th and Henry Howells and Callum Start competing in 2 rounds each came 12th and 13th this was a very strong age group with 22 riders competing throughout the rounds.

Morgan Gibson Clay showed some great experience and skill with the younger MDCC riders watching on through the season he came 3rd in the under 16's with another year in this age group.

Great thanks must go to the coaching team, parents and MDCC for supporting these future champions if you ever get the chance to watch them you will see what talent the club has in the Youth section.

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 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	Peter Adams
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

The years nearly complete with the events we organise, support but plans are well in hand for next year. The Committee are also in discussion with the Social Committee about amalgamation as the two have very similar areas of interest.



The biggest ever ride back of 50 riders and support people completed the 2018 Tour of Britain Stage 2 in reverse from Barnstaple to Cranbrook. There were some directional challenges but everyone finished a good ride by late afternoon.

Two weeks later 30 people took part in the YHA weekend to Okehampton. A small group of Social riders rode out and back to Abbotsbury while 24 C, F & G folk rode the Devon Coast 2 Coast with some throwing in the Challacombe Hill climb near Woolacombe and all rode on

from Plymouth back to Abbotsbury, 125 miles in total. The YHA were excellent and we all enjoyed a fun social Saturday evening over dinner.

Lastly, we have seen a need to have more riders to have the knowledge and skills to make better use of their Bike Computers. To this end we have organised 2 evenings

2019 Provisional Dates for your diary:

Sunday 24th - Ride Back maybe from Somerset

Friday 3rd - Monday 6th May - Brittany trip to Perros-Guirec for F & G riders

Friday 10th - Sunday 12th May - Brittany trip to Huelgoat

Sunday 4th August - Ride London 100 - Club team places maybe available

TBD - Tour of Britain Ride - will only be decided once the 2019 ToB route is confirmed

September - YHA or other residential weekend



Social Committee Update

Nearly 100 people joined the after event BBQ following the Bike Treasure Hunt where young and old took on 5, 10 and 15 mile routes. Many of the Saturday Spin ride finished at the BBQ which made for a great splash of club colours for to promote our club. The event was very warmly welcomed and we have been encouraged to repeat this next year.

Friday 2nd November 3rd MDCC Quiz Night, 1900h at Stover Golf Club. The same format as before with a 2 course hot buffet with choice of food served in the interval. Buffet £12.50 pp, Quiz £2.50 pp today for the Prizes where most people go home with a prize. Entries to Paul Martin at panda16@btinternet.com

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.

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 28th October Dartmoor Devil Audax, see article in this edition

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 - October - December 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
6th October	SS	Ha Ha Hills	Craig Maberly
7th October	F	Endsleigh Garden Centre, Ivybridge	Caroline Twigger
7th October	G	Guardhouse Cafe, Berry Head	Paul Martin
7th October	S	Tinpickle & Rhum, Haytor Vale	Michele Radant
13th October	SS	Sheldon	Caroline Twigger

MDCC Club Rides - October - December 2018			
F - 50 @ 13/15 mph, G - 40 @ 12/14 mph, S - 30 @ 10/12 mph, SS - 35 @ 11/13 mph			
14th October	F	Dartmoor	Dave Fulton
14th October	G	Exeter	Mark Harvey
14th October	S	Shops at Dartington	Mike Radant
20th October	SS	Guardhouse Cafe, Berry Head	Louise & Steve Swann
21st October	F	Killerton	Paul Martin
21st October	G	Salmon's Leap, Buckfastleigh	Louise & Steve Swann
21st October	S	Walled Garden, Dunsford	Mark Phare
27th October	SS	Occombe Farm	Mary Stocker
28th October	F	Exmouth	Simon Fryer
28th October	G	Exeter	Mark Whalley & Nicky Gregory
28th October	S	China Blue, Totnes	John Styles
3rd November	SS	Buckfastleigh	Jim Black
4th November	F	China Blue, Totnes	Jim Black
4th November	G	Cheriton Bishop	Ian Whitear
4th November	S	Central Cafe, Moretonhampstead	Michele Radant
10th November	SS	Cross Street Cafe, Moretonhampstead	Linda Simpson
11th November	F	Blackpool Sands	Viv Crees
11th November	G	Dartington	Mark Harvey
11th November	S	Green Table, Darlington	Jennie Fitzjohn & Graham Sykes
17th November	SS	Exeter Quays	Paul Martin
18th November	F	Woodleigh Coach House, Cheriton Bishop	Paul Woolgar
18th November	G	Caroline's Kitchen, Churston	John Cooper
18th November	S	Dean Court, Buckfastleigh	Liz & Colin Butler
24th November	SS	Dartmouth	Cassandra Harrison
25th November	F	Castle Drogo	Dave Long
25th November	G	Exmouth	Rose Parkhouse
25th November	S	Daisy's Tea Room, Dawlish	Michele Radant
1st December	SS	Moretonhampstead	Rose Parkhouse
2nd December	F	Bernaville Nurseries, Exeter	Peter Mason
2nd December	G		
2nd December	S	Exeter Quays	Mark Phare
8th December	SS	Guardhouse Cafe, Berry Head	Becky Smith
9th December	F	TBD	Dave Clark
9th December	G	Wrangaton Golf Club	Ken Robertson

MDCC Club Rides - October - December 2018			
F - 50 @ 13/15 mph, G - 40 @ 12/14 mph, S - 30 @ 10/12 mph, SS - 35 @ 11/13 mph			
9th December	S	Salmon's Leap, Buckfastleigh	Jennie Fitzjohn & Graham Sykes
15th December	SS	Exeter Quays	Mark Whalley & Nicky Gregory
16th December	F	Mince Pie Ride, Stover Golf Club	Caroline Twigger
16th December	G		Peter Adams
16th December	S		Mike & Michele Radant
22nd December	SS	Cafe 3 Sixty, Bovey Tracey	Jim Black
23rd December	F	Santa's Mystery Tour	Paul Martin
23rd December	G	Santa's Mystery Tour	Ken Robertson
23rd December	S	Ullacombe Farm, Bovey Tracey	Mike Radant
29th December	SS	Surprise	Steve Swann
30th December	F	Guardhouse Cafe, Berry Head	Tom Long
30th December	G	The Where's Open Ride	Paul Martin
30th December	S	Haldon Grill	Michele Radant