



# "The Hub"

The Newsletter of Mid Devon Cycling Club

April 2019

## 'Allez Les Verts' Harrison's Season is well underway!



He landed last September in the city of the Roy René. A backpack, his suitcase and his bike for luggage. Coming from his home town of Torquay, a seaside resort in the south of England. Harrison Wood, a British junior,

moved to Provence to join the AVC Aix reserve team and asked if he could sign with us because we were a good reference in high-level amateur cycling, explains Jean-Michel Bourguoin. He knew that we welcome foreign riders. "

With his few words of French, he moved to a small studio. "I came here to pedal and learn my job. I have a scholarship from the Dave Rayner Foundation which helps young British cyclists in their development" explains this young Englishman, friendly, of great modesty and fan of a certain Alberto Contador. Last December, Harrison participated in the group pre season training in Spain. During the training outings, he shows qualities that are noticed by the Aix manager: "He is really good, he climbs, rides, defends himself against the clock and he is intelligent." Jean-Michel Bourguoin adds that this boy of 19 has potential to become a very good cyclist. "We want to spend time with him, he has been given a programme so that he quickly get to the DN1 level".

To spend time, is to integrate him little by little in the big elite

racers. Last Sunday, Harrison participated in the famous Elite Annemasse-Bellegarde race.

With his class and

his cheek, he gets in the good breakaway (with Romain Campistrous) before being re-joined 30 km from the finish, to finish 64th.

Since the beginning of the season, this son of a high mountain guide (his parents have a pied a terre in the Alpe d'Huez), accumulates good results: 3rd in Montaroux, winner of the first stage of the Multipole and the team time trial, 2nd at Sisteron. "He's starting to make a name for himself in the

### PROVENCE VELO

## Harrison Wood, la belle surprise de l'AVC Aix

Il a débarqué en septembre dernier dans la cité du Roy René. Un sac à dos, sa valise et son vélo pour tout bagage. Venu depuis son village de Torquay, station balnéaire du sud de l'Angleterre, Harrison Wood, sorti des rangs juniors britanniques, s'est installé en Provence pour intégrer l'équipe réserve de l'AVC Aix. "Il nous a téléphoné et nous a demandé s'il pouvait signer chez nous car nous étions une référence dans le cyclisme amateur de haut niveau, explique Jean-Michel Bourguoin. Il savait que nous avions l'habitude d'accueillir des coureurs étrangers."

Avec ses quelques mots de Français, il s'installe dans un petit studio. Ne s'inscrit pas en Fac. "Je suis venu pour pédaler et apprendre le métier. Je bénéficie d'une bourse de la part de la Dave Rayner Fondation qui aide les jeunes cyclistes britanniques dans leur formation de coureur", confie ce jeune Anglais, avenant, d'une grande modestie et fan d'un certain... Alberto Contador.

En décembre, Harrison participe au stage de groupe en Espagne. Lors des sorties d'entraînement, il montre des qualités qui n'échappent pas au manager aixois. "Il va vraiment bien. Il grimpe, roule, se défend sur le chrono et il est intelligent", résume Jean-Michel Bourguoin qui repère que ce garçon de 19 ans a du potentiel pour devenir un très bon coureur. "On veut prendre le temps avec lui. On lui a aménagé un programme pour qu'il soit vite au niveau des coureurs de la DN1."

Prendre le temps, c'est l'intégrer petit à petit dans les grandes courses élites. Dimanche dernier, Harrison a



Le jeune Anglais rêve de passer pro d'ici trois ans.

/PHOTO J.Q.

participé à la célèbre course Elite Anemasse-Bellegarde. Avec sa classe et son culot, il prend la bonne échappée (avec Romain Campistrous) avant d'être rejoint à trente bornes de l'arrivée pour finir 64<sup>e</sup>.

Depuis le début de la saison, ce fils de guide de haute montagne (ses parents ont un pied à terre à l'Alpe d'Huez) enchaîne les résultats : 3<sup>e</sup> à Montaroux, vainqueur de la première étape de la Multipôle et du chrono avec son équipe, 2<sup>e</sup> à Sisteron. "Il commence à se faire un nom dans le peloton", constate ses coéquipiers. Le 7 avril, il participera au GP de Puy Sainte-Réparate organisé par son club. Puis, mi-avril, il ira se frotter avec de sacrés clients sur deux courses en Italie.

Pas de quoi effrayer notre Anglais qui est venu en Europe pour acquérir de l'expérience. Car Harrison Wood est déterminé et se donne deux ou trois ans pour passer professionnel. C'est pour cela qu'il a choisi l'AVC Aix : "le meilleur club pour se former", dit-il.

Jean QUARDON



Harrison front right

bunch," said his teammates. On April 7, he will participate in the Puy Sainte-Reparate GP organised by his club. Then, mid April, he will do battle with very good cyclists in two races in Italy. Nothing scares our Englishman who came to Europe to gain experience because Harrison Wood is determined and gives himself two or three years to go professional. That's why he chose the AVC Aix: "the best club his development," he says.

## Editorial:

**‘High Praise’** - The club has already staged 2 major road race events so far this year. They attracted big fields and very competitive racing. It is a tremendous credit to the whole club that we have received such fine feedback but in particular a very big thank you and well done must go to the event organisers Ken Robertson for the Primavera and Mike Gratton for the 3 stage/2day Totnes Vire event.

**This is the reaction from the winning Totnes Vire team: “Mid Devon CC certainly know how to put on an event. My praise is heartfelt not because we came away with a result for Saint Piran but because the whole organisation put on such a safe, community driven race. Chapeau to you guys.”**

The full reports on both events is in the following pages.

At the other end of the scale this comment came from a Mum after her son's first race this Wednesday 10th April, at the Velopark: **“I want to say a big thank you, this club has helped my boy feel part of something, to want to try his best regardless of outcome. With help from some friendly club members steering us on how to prepare the bike to race, Finlay finished his first race (and holiday camp) today with so much pride and declared “ I know I wouldn't win mum, I know I'm not fast but I love it mum and I tried my very best and it felt amazing”**

Mid Devon Youth Coaches THANK YOU 🙏

In addition we highlight the early season performances of 3 young stand out riders, Harrison Wood, now riding for AVC Aix in Provence, France, Harry Birchill picking up where he left off in 2018 and Tristan Davies who is also showing well in the National XC MTB series.

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

In this Issue:			
Harrison Wood debuts in France	P1	From the archives	P13
Totnes Vire 3 Stage Race Report	P2	Youth Section update & Poster	P13
Primavera Road Race Report	P8	MDCC Committee Corner	P15
Angus Menter's Maiden Victory	P10	Events Committee Report	P15
Off Road's 'Dirty Day Out'	P11	The 'Nello' - filling up fast	P16
Harrison Wood Blog extract	P11	MDCC Calendar some dates for 2019	P17
Harry Birchill & Tristan Davies	P12	Club Rides - April - June 2019	P19



## 2019 TOTNES VIRE – RACE REPORT 6th/7th April

Report Credit: Dave Thomas

The smallest winning margin in the 45-year history of the race – three-tenths of a second – saw Truro's Steve Lampier lift his second Totnes-Vire Two-Day title for Cornwall's Saint Piran team.



Former British Elite Series pro champion Lampier, 35, pipped Peter Kibble of the Wales Racing Academy in the opening stage time-trial up the climb of Haytor, and it was a good job that organisers Mid-Devon CC had good timing equipment on hand. Lampier completed the three-mile ascent in 12 mins 41.42 seconds to Kibble's 12.41.78.

"When I heard my time, I didn't think I had done enough," said Lampier, who also won the Totnes-Vire in 2015 when the race's final stage finished on Haytor in appalling weather.

"I had wanted to finish in the top-five and then attack from there. It's always nice to lead, but then we had to defend it."



Credit: Andy Styles - 06/04/2019 2019 TOTNES-VIRE NATIONAL "B" STAGE RACE.



Stage Two at Torbay Velopark, Clennon Valley, Paignton, Stage one winner and Yellow jersey Steve Lampier – Saint Piran. Lampier made sure he was always near the front of the high-speed Velopark race,



Credit: Andy Styles - 06/04/2019 2019 TOTNES-VIRE NATIONAL "B" STAGE RACE. Stage Two at Torbay Velopark, Clennon Valley, Paignton, Stage Two winner Stephen Bradbury – SwiftCarbon Pro Cycling.

won in a bunch sprint by another former Totnes-Vire winner, Reading's Stephen Bradbury of the Swift Carbon Racing Team.

Stage 3 - Road Race - Sunday 7th April. Dangerman Bradbury attacked early in the final stage, taking 18-year-old junior George Mills-Keeling (Bridgnorth CC) with him, and the pair led by more than 90 seconds at one point. But Lampier had his Saint Piran men at the front of the peloton, and it was recently-crowned British eRacing champion Cameron Jeffers and Jake Alderman who finally reeled the leaders in on the last of seven laps.

Joe Sutton (Richardsons-Trek) won the bunch sprint for stage victory, but Lampier was not far behind and Kibble, who has been in good form in UK races this season, simply could not shift him from the leader's jersey.

It was a second successive Saint Piran win in the race, after Will Harper's victory last year. "We always target the biggest Westcountry races," said Lampier after Stage Three. "We used up a couple of our younger lads, Alex Platt and Joe Healey, on the front and then Cameron and Jake took over on the last couple of laps – the whole team did a great job for me."

Lampier and his team now head for Cleveland's Klondike Grand Prix next Sunday. The Mid-Devon club is already making plans for the 2020 Totnes-Vire, which is expected to return to the spectacular and hilly countryside of the South Hams for the final stage.

Credit: Graham Morgan









*Credit: Chris Halls*

Local rider George Pym from Madison Genesis leads the bunch from the Welsh Racing Academy.





*Credit Guy Townsend*

Pos	First name	Last name	Team	Time
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1	Steve	Lampier	Saint Piran	04:05:05
2	Peter	Kibble	Wales Racing Academy	04:05:05
3	Sam	Lindsay	73Degrees CC	04:05:13
4	Tom	Nancarrow	Nopinz Symec Race Team	04:05:26
5	Archie	Cross	Team B38 / Cycles In Motion	04:05:29
6	Shaun	Cook	Nopinz Symec Race Team	04:05:30
7	Marcin	Bialoblocki	Nopinz Symec Race Team	04:05:30
8	Cameron	Biddle	Morvelo Basso	04:05:33
9	Bradley	Symonds	Team PB Performance	04:05:36
9	George	Pym	Madison Genesis	04:05:36

## Primavera Race Report - 24th February

With a quality line up for the Primavera Road Race in Hatherleigh (Devon), battling for the win was always going to be tough and yet again, after his win at the Jock Wadley in 2018, Mikey Mottram Vitus Pro Cycling p/b Brother UK delivered the goods for his new team, and on his new bike, with a sprint victory over the classy Lincoln GP winner, Alex Richardson of Canyon DHB.

"It was good to get my first win in the Vitus colours" Mikey explained afterwards. "You always come out of the winter not quite knowing where you are at and whilst the numbers can look good one day to the next, you can feel different each day over the winter as you generally focus on your training and so can be carrying a fair bit of fatigue. It was good to be racing against Alex and the other Canyon boys as you know they will always be strong and have some one to work against".

Asked for a summary of the race, Mikey explained "The race had a typical fairly fast start with early attacks and about 10 kilometres in, a strong group of five of us got away on and over the top of the main drag on the circuit we were building a small gap. Unfortunately, there was a large crash which forced the race to be stopped and restarted with a slightly shorter distance. The gap was not reinstated."

"The restart was very fast and it was strung out for 5-6km and I followed a counter move by Alex drawing a group of five of us out. We were driving this break quite hard and soon opened a large gap and whittled the break down until it was just Alex and myself left for the final 15-20km. We both just played to our strengths and worked well together. The speed was always high so there wasn't much opportunity to attack each other. I had good confidence in my finish so we took it to the line in a two up sprint I managed to win".

The course for the race organised by long time organiser of events, Ken Robertson, was typical of mid Devon roads; constantly rolling with a bit of everything. It was a transfer out to the circuit with four (reduced to 3 laps after the crash) of the course with rolling main roads. The main drag and false flat top in the middle of the circuit helped sort out the in form from the out of form whilst the fast lanes helped those in the wheels. At the end of the circuit, it was a fast transfer back before finishing on a steady climb about 1km long.

Up against such a strong rider as Alex Richardson, the win was not going to come easy for Mikey who the year before, had beaten another classy rider in Joey Walker to win the Jock Wadley in a two up sprint. Mikey talks us through the sprint at Primavera RR saying "Me and Alex haven't got the biggest kicks in the bunch as we are both much more VO2 Max kind of racers. I was keen to take it from the front and managed to take it to about 150m to go before having to open it up. I just got my head down and managed to hold him off. Alex gave it a good crack however and put in a solid effort to push me all the way".

The 3/4 race saw ex Mid Devon CC rider Harry Loader with a minute gap when the race restarted. This all came back together on the run in and the win was taken by Hamish Fletcher Cooney from Bradnich who rides for a Northern based Off-road team All Terrain Cycles. Cooney has impressed in the SW CX league this season so it was no surprise to see him take the win.

Thanks to all the friends and members of Mid Devon CC for helping. Thanks also to the SW NEG, SWRWG and the Accredited Marshals without whom we couldn't race on the roads.

### Results

#### 3/4

1. Hamish Fletcher Cooney All Terrain Cycles
2. Ryan Seed Velo Club Venta
3. Elliott Barratt Bath CC
4. Dominic Pullen Propello J
5. Travis Bramley BCR Racing
6. Matthew Houlberg Portsmouth NE J
7. Steve Thomas Steele Davis
8. Phil Collings Private
9. Matthew Dennis Primera
10. George Greensmith Propello J







## E 1/2

- 1 Mikey Mottram Vitus Pro Cycling p/b Brother UK
- 2 Alex Richardson Canyon DHB
- 3 Fred Sheske Vitus Pro Cycling p/b Brother UK
- 4 Dougal Toms Exeter Uni
- 5 Owain Roberts Backstedt J
- 6 Red Walters Vitus Pro Cycling p/b Brother UK
- 7 Louis Rose Davis Canyon DHB
- 8 Daniel Maclean Howell Cardif Ajax
- 9 Iwan Evans The Bulls
- 10 Cian Roberts The Bulls

## Angus Menter takes maiden victory at Westpoint, 16th February

After 30 minutes this race came down to the last corner. It was a technical and narrow combination – right, left, then 180 degree right over a speed bump, to a 90 degree left. I don't think I was the strongest rider in the race, I just managed to get a good position for the corner. Coming into the straight before it I was boxed in so dropped back to move to the inside line. As I did I felt someone kicking past me and realised now was the time to fight for position, so I got my jumble sale elbows out as my mum would have said, and ended up second wheel into the corner, about 300m from the line. On the shallow climb before it flattened out I felt the rider in front of me slowing so I kicked although it felt early. I came round him up the climb then on the flat realised I was under-g geared but decided it was no time to be changing as I was head down and eyeballs out. As I crossed the line I looked round and saw a decent gap. Then for five or ten seconds I felt like I was dreaming, it was a surreal sensation.

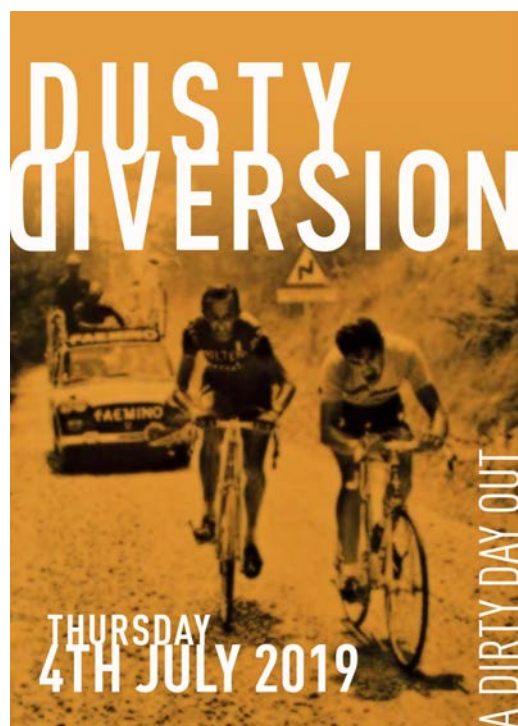
This was my first bunch race, having been tempted for a while but preferring the relative safety of Mtb and Cx races, temptation finally outweighing risk aversion. I started near the back and gradually moved to the front through the race, focusing on getting the inside line through corners, holding my position, and coasting wherever I could. I covered a couple of gaps when it was strung out, but realised it was still coming back together at the corners, as there were no really strong breaks. Woody Ferguson, Paul Burness-Moakes and I had a loose plan that if any of us was in a break to avoid working to close it, which didn't come into play. We chatted during the race, checking how each other were feeling and pointing out sketchy riding. (as well as having a word with the instigators). In general though the bunch was pretty tidy, phew!

As we were all in the lead group in the closing stages I was dreaming of a Mid Devon 1-2-3. It wasn't to be, but we did have all four of us (including Jack Cooper who I only met after) in the top ten. And everyone stayed upright, despite a slightly greasy surface at some points, yay! All in all a great race, and double bonus now I get to write my version of its history! Have to shout out some good advice from Ian Cullen, Jason Kettle and Antony Jenkins, and my family for their support. It was all the thrill I hoped it would be, the constant shifting sands, reacting to and creating new situations, hitting the apex, surfing the wheels, reading the guys around me and the guys at the front of the race, all the while working towards position on the last lap. And kicking, once for the last corner, once for the line. Next day was back down to earth though, went for a training ride and bonked, miles from home...





## Off Road Club Ride - 'A Dirty Day out'



New for 2019 The Dusty Diversion - A dirty day out - A Mid Devon CC off road club ride from Plymouth to Ilfracombe, featuring 70 miles of gravel trails on the 80 mile route on Thursday 4th July. Mainly cycle tracks and old railway lines, cross bikes and MTB's recommended.

Make your own way to the Barbican Plymouth - ride the route - then take the club sponsored "jolly bus" back to Plymouth for the return trip. I'll post up the booking link in due course but save the date. Link to the route <https://www.google.com/maps/dir/Plymouth/Ilfracombe/@50.7873216,-4.5831421,9z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x486c8d530e95ea3d:0x3b282cb5cef58593!2m2!1d-4.1426565!2d50.3754565!1m5!1m1!1s0x486c2153dfa22ea5:0xaa5205fd4bf656c6!2m2!1d-4.126762!2d51.205163!3e1>

Andrew Parker

## A section from Harrison Wood's Blog

I'm writing this first blog of 2019 sat in my new apartment. I'm now living in Aix en Provence, once the home of footballing hero Zinedane Zidane and famous artist Vincent Van Gogh but now the home of Torquay born Harrison Wood. The area is known for its culture and art, something that I didn't have much interest in as proven with my lack of Art GCSE. It is a lovely area of the world. Since being here the weather has been incredible. 16 degrees plus most days and so far its been sunny everyday. The roads as well are perfect for training. You head North for quiet rolling roads, West for flat roads, East for harder cols/climbing but you don't head South I have been informed. It is busy and takes you into Marseille and then into the ocean. However, as with all new areas I have been extremely reliant on maps and Alex Braybrooke, local tour guide and also fellow team mate, oh and café finder.

Now onto my 2019 plans. This season I'm riding for the French team AVC Aix en Provence. This is a great opportunity for me to race abroad in some good high quality races. Here is a small amount of information about the team. With 8 titles of Champion of France on the road, 3 world titles, 2 European titles and 7 titles of Champion of France on track, with more than 6000 victories accumulated in 90 years of existence, the team is recognized in France and abroad. The club is currently DN1. This division corresponds to the highest amateur level in the world.

This season I'm lucky to be supported by the Dave Rayner Fund. This is allowing me to race and live abroad. I simply would not be able to follow my dream without this incredible fund. Here is some information about who Dave Rayner was:

*With his shock of blond hair, stork-like legs and hugely infectious personality, Dave Rayner was hard to miss even before he became one of Britain's leading professional riders in the late 1980s and early 90s. National junior champion in 1984, he spent that season and the two that followed living and racing in Italy, sharing leadership of a team with future world champion Mario Cipollini. After two years in which he rode most of the major races on the international calendar, but unfortunately missed out on a Tour de France start due to injury, Dave moved on to race in the United States in 1993, before returning to the British scene in 1994. In November of that year, during a night out in Bradford with friends and his wife Serena, whom he had married just five weeks earlier, Dave was the victim of an assault that led to his death four days later. Almost immediately, Dave's grief-stricken friends were working on plans to set up a fund in his memory. Its goal would be to support young British riders wanting to get experience of racing abroad, in just the same way that Dave had done in Italy in the mid-1980s.*



I also have another sponsor who are heavily involved in cycling. Bay Cycles are a bike shop located in my home town of Torquay. This year they are supporting me alongside Madison and Bontrager. I will be using Bontrager XXX shoes and the same Aeolus wheels that I used and trusted in 2018. For training I have access to the Bontrager Flare lights. These are incredible and will keep me safe whilst training, also I have the new Bontrager Garmin 1030. This has been perfect for maps and also allowed me to stick to my training zones with ease. However, you will need to tune in and read my next blog on Saturday to learn more about this equipment!! In the meantime check out their brand new awesome website. A business located in Torquay called Molyneux associates have also kindly supported me for this season! That brings an end to my first blog post of this year. A small update on whats going on and who is involved for this year. My next post as mentioned will focus on my equipment. I'm going to try and make this a bit different with regular insights into racing, training, nutrition, equipment, general life and oh yeah some interviews with those guys involved in my team!

A bientôt  
Harrison

## Harry Birchill starts 2019 in style



Happy to start of the season on Sunday 24th February with 3rd place in Banyoles, France at the first round of the Junior World Series!

#rideforcharlie #vandercraig  
#everybodyridesscoop SCOTT Sports Fabric  
@southfork\_racing @ Banyoles



## Tristan Davies - The Season so far...

'I had a good winter of training and am hoping I'll find my road legs again soon. So for this year I have decided to focus mainly on the XC National mountain bike races, while still racing some road throughout the season. The mountain bike races are going well and I came third in the first South West MTB overall and won the Juniors. I then came 9th in the National MTB at Sherwood the following weekend out of 40 juniors.



My road races haven't gone very well so far this year and I have DNF'd in 2 out of 3 races. Hopefully I can improve my results for the rest of this year, especially on the road.'

Tristan is a 2nd year Junior studying at Truro College for a Higher Sports Diploma with Science, equivalent to 3 A levels and is part of the elite sports academy. His next event is the second round of the HSBC National MTB cross country at

Hadleigh Farm this weekend. He plans to do all the national MTB rounds this season and hopes to get into the junior Tour of Wales again, as well as doing other junior tour dates that don't clash with MTB.

## From the Archives: Springtime Pursuit - 25th February 2012

Photo by Matt Wilson Photography

Andrew Parker left, Jason Kettle right.



**Flashback II** - Here's another [#flashback](#) to the very first Dartmoor Classic. There were 700 riders and you might be surprised to hear there was torrential rain!

### Youth Section

April 6th - MDCC youth had a good turnout at the Totnes Vire Support Races at Torbay Velopark. 13 riders across different age groups ranging from Under 8 to under 16. The podium places were:- Maddy Woodger 2nd under 8 girls. Ellie Birchall 2nd under 10 girls. A 123 in the under 10 boys for the second time this season with Bayley Woodger 1st, Matt Holmes 2nd, Jacob Start 3rd. William Birchall 3rd in the under 12's. Well done to all the other riders.



2nd March - Wheal Jane Summer Race Series round 1 & round 1 of the South West Circuit Series.

The start of a new season we all headed off to Cornwall. A windy day but thankfully the rain did hold off for the races. For many riders, it's the start of a new season in a new age category.

Under 8's - Maddy Woodger 4th, Under 10's 3 boys on top of the podium again following their success in the cyclocross season - 1st Bayley Woodger, 2nd Matt Holmes, 3rd Jacob Start.

Under 14's boys - Noah Thomas 5th, Ed Selwood 6th.

In a strong under 16's field seeing a good MDCC turn out Ewan Warren came 1st with strong rides to start the season from Callum Start, Thomas Birchall and Jacob Thomas. Morgan Gibson Clay rode in the cat 3/4 race coming in 5th.

**The Youths section have produced a very smart new poster, see next page, to aid recruitment. Please circulate this widely to encourage others to get involved.**



MDCC.ORG.UK

MID DEVON CYCLING CLUB

# YOUTH COACHING

FOR RIDERS AGED 8-16 YEARS OLD

Mid Devon Cycling Club is one of the South West's largest and most active cycling clubs. We organise fortnightly training sessions at Torbay Velopark cycling facility to encourage young people aged 8-16 to develop various cycling skills with an emphasis on having fun. We have 6 British Cycling coaches who deliver the sessions under the Go Ride banner in a traffic free environment. Summer sessions take place on Wednesday evenings and Winter sessions on a Saturday morning. We support all cycling disciplines and promote local races in closed circuit, cyclo cross and mountain biking.

MDCC  
Mid-Devon Cycling Club



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MID DEVON CYCLING CLUB



Our youth coaching sessions are run on a fortnightly basis and cost £2 per session. Riders are split into age and ability groups. Riders learn the basic skills of bike handling and control, and progress through to bike racing and tactical knowledge.

Membership costs £5 per year, renewed on 1st January. Benefits include:

- British Cycling qualified coaches delivering a range of sessions.
- Access to our coaching and racing events.
- Club kit at discounted prices.
- Free British Cycling membership in your first year.
- Regular events and coaching sessions for road and mountain bike.
- Trips to Newport Velodrome.
- Loan bikes available to new members.

Our coaches are Level 2 trained and hold discipline specific qualifications in Road, Time Trial, Track and Cyclo-Cross. Riders compete locally, nationally and most of all have fun on their bikes!

**We are always keen to welcome new members but before attending our coaching sessions please contact us so that we can confirm availability and answer any questions you have.**

Simply email your enquiry to:

[mdccnewsletter@mdcc.org.uk](mailto:mdccnewsletter@mdcc.org.uk)

MDCC  
Mid-Devon Cycling Club



## 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 Chudleigh Knighton Village Hall in the downstairs room.

Next meetings: Mondays 20th May, 1st July, 5th August, 16th September, 28th October & 2nd December.

### Club Officials for 2019 as appointed at the AGM

Post	Holder
President	Colin Lewis
Vice Presidents	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	Rose Parkhouse
Road Race Secretary	Mike Gratton
Off Road Secretary	Vacancy
Press Secretary	Vacant
Membership Development Officer	Jamie Horton
Events Committee	Paul Martin
Newsletter Editor	Paul Martin
Welfare Officers	Liam McGrath & Maria Woodger
Mid Devon Youth	Andrew Parker
Women's Officer	Michele Radant

### ‘Events Committee’

**The return of the Christmas Dinner and Dance! - Friday 6th December, Livermead House Hotel, Torquay.**

### **PUT THE DATE IN YOUR DIARY PLEASE!**

We have changed the date for this event by one day as the price is cheaper for a Friday. The cost is £25.95 **BUT** to help relaunch this event, the Club will be subsidising members as follows, Adults £19.95 & Under 16's £14.95. Non members £25.95.

The focus will be on having a good fun & social evening with music for dancing available **BUT** no speeches or talks.

Menu options will be advertised when we open the booking in the Summer, all diets will be catered for.



We just need the various sections of the club, each club ride and groups like the 3 Brittany trips to get together with their partners and support this evening.

## **Glastonbury/Bridgewater Ride Back - Sunday 24th March**

The first big 'ride event' of the year was a huge success in many ways. A perfect early Spring day with just a bit of a headwind over the first part of the 72 & 52 mile routes. 65 riders were able to take advantage of the increased places with a coach and minibus taking riders to their various starts.

Cafe stops were at The Walnut Tree Hotel, North Petherton, who put on a special provision for our groups and were very efficient with their service.

Lunch after 32 or 52 miles was taken at a hold favourite, Ivan's Cafe at Halberton Farm Shop.

All riders were safely back at Cranbrook Station by 1715h.

## **'Downhill Freewheeling' event - Sunday 9th June on Farrants Hill nr Dunsford**

Ride groups C to Social have all organised their rides to end at the top of Farrants Hill for this event. Further details will be given nearer the time but the concept is to 'fix' riders chain with a cable tie and then see how far everyone can freewheel down to the flat section south of Dunsford village.

## **Mid Summer Fish 'n Chip Evening Ride - Thursday 20th June**

We again hope to ride to the Silly Goose Pub at Dawlish Warren for a lovely supper. Booking will open nearer the time.

## **YHA Weekend - Saturday 21st & Sunday 22nd September**

The booking for this weekend has already gone live and most of the 30 places have already been taken but email Jamie Horton on [socialevents@middevon.cc](mailto:socialevents@middevon.cc) to enquire about availability.

The weekend will start from Abbotsbury with car support for the luggage and will cater for all ride abilities. The destination is Beer YHA where we have booked most of the hostel and a special, dinner, B & B rate of £40 pp. The deposit is £10.

## **MDCC will be 90 years old in 2020**

If you have ideas on what you would like to see take place please contact any of us BUT most importantly we need your ideas on how the club can best celebrate this very special milestone.

**Angela Hanks, Jamie Horton, John Styles, Michele Radant, Paul Martin & Rose Parkhouse**

  
**NELLO 2019**  
CENTURY CYCLE CHALLENGE  
*il Ventesimo*  
  
**SUNDAY 30th JUNE 2019**  
CHOICE OF RIDES: 100 MILES OR 55 MILES  
START & FINISH AT TOPSHAM RUGBY CLUB  
**BOOK YOUR PLACE NOW!**  
Go to [www.forcecancercharity.co.uk](http://www.forcecancercharity.co.uk)  
For further information contact:  
FORCE Cancer Charity, Corner House, Barrack Road, Exeter EX2 5DW  
Tel 01392 402875 Email: [forcec@forcecancercharity.co.uk](mailto:forcec@forcecancercharity.co.uk)

**Warning: As of the end of February, the event was 2/3 sold out - the fastest year ever!**

# MDCC Calendar dates and reference points for 2019

## MDCC Open Time Trials, Races & 'Events' Committee events, 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, Social events in Blue.**

**? = Provisional or 2018 date used as a guide**

Sunday 14th April	Yeovil Sportive - 39, 56 & 109 miles, Beyond Events
Wednesday 17th April	Teign Valley Club 10 mile TT, 1830h
Saturday 13th & Sunday 14th April	New Forest Spring Sportive, Ringwood - 27, 67 & 81 miles
Friday 19th April	MDCC Teign Valley Sporting 23 Time Trial (TT), Chudleigh Knighton
Saturday 20th April	South West Development Races 1/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded by coaching
Sunday 21st April	Combwich Century Audax, Honiton - 160km
Wednesday 24th April	Clay Pits Club 10 mile TT, 1900h
Friday 26th - 28th April	MDCC Brittany trip A - 3 day to Perros - Guirec
Wednesday 1st May	Clay Pits Club 10 mile TT, 1900h
Friday 3rd - 6th/7th May	MDCC Brittany trip B - 4/5 day to Perros - Guirec
Saturday 4th May	Dartmoor Demon Sportive, Exeter 25, 49 & 88 miles
Wednesday 8th May	MDCC Youth Series 2/6 + MDCC Novices Races for Adults, Velopark
Friday 10th - 12th May	MDCC Brittany trip C - 3 day to Huelgoat
Sunday 12th May	Eden Classic Sportive, Eden Project - 35, 62 & 100 miles Velo Birmingham
Wednesday 15th May	Teign Valley Club 10 mile TT, 1900h
Saturday 18th May	South West Development Races 2/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded by coaching Jurassic Beast Sportive, Bovington - 36, 63 & 100 miles



Thursday 23rd May	MDCC Open 10 mile Time Trial, Buckfastleigh
Saturday 25th May	Colin Lewis Grand Prix - All Cats, Velopark
Wednesday 29th May	Clay Pits Club 10 mile TT, 1900h
Sunday 2nd June	Smuggler Sportive, Barnstaple - 20, 40, 50 & 80 miles Force Cancer Dartmoor Sportive - Okehampton, 62 & 80 miles, Beyond Events
Wednesday 5th June	MDCC Youth Series 3/6 + MDCC Novices Races for Adults, Velopark
Wednesday 12th June	Teign Valley Club 10 mile TT, 1900h
Wednesday 19th June	MDCC Open 25 mile Time Trial, Buckfastleigh
Thursday 20th June	MDCC Mid Summer Evening Ride to the Silly Goose, Dawlish Warren
Sunday 23rd June	Dartmoor Classic Sportive, MDCC
Wednesday 26th June	Clay Pits Club 10 mile TT, 1900h
Saturday 29th June	South West Development Races 3/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceeded by coaching  New Forest Summer Sportive, Southampton - 45, 69 & 97 miles
Sunday 30th June	Nello - Force Cancer Charity  National Championships Closed Road 100mile Sportive, Norfolk
Wednesday 3rd July	MDCC Youth Series 4/6 + MDCC Novices Races for Adults, Velopark
Sunday 7th July	Bridport Dagger Sportive, 32, 62 & 101 miles, Beyond Events
Wednesday 10th July	Clay Pits Club 10 mile TT, 1900h
Saturday 20th July	MDCC Bike Treasure Hunt & BBQ, Ventiford House
Sunday 21st July	MDCC WAJ Best Memorial Trophy 25, Buckfastleigh?  Taunton Flyer - Just Events  Devon Delight, 100km & Shore 2 Moor, 200km Audax
Wednesday 24th July	Teign Valley Club 10 mile TT, 1900h
Saturday 27th July	South West Development Races 4/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceeded by coaching  Mendips Sportive - Street, 34, 63 & 96 miles
Wednesday 31st July	MDCC Youth Series 5/6 + MDCC Novices Races for Adults, Velopark

Sunday 4th August	Ride London 100
	Wiltshire Sportive, Westbury - 39, 56 & 100 miles - Beyond Events
Wednesday 7th August	Clay Pits Club 10 mile TT, 1900h
Wednesday 14th August	Clay Pits Club 10 mile TT, 1900h
Saturday 17th August	Paignton Regatta Races - All Cats, Velopark
Wednesday 21st August	Teign Valley Club 10 mile TT, 1900h
Wednesday 28th August	MDCC Youth Series 6/6 + MDCC Novices Races for Adults, Velopark
Sunday 8th September	MDCC Triple Trophy 25 Time Trial, Buckfastleigh
	MDCC Tour of Britain Ride
Saturday 14th & Sunday 15th September	New Forest 100 Sportive, Ringwood - 30, 59 & 100 miles
Saturday 21st September	MDCC YHA weekend to Beer YHA
	Lands End 100 - Just Events
Sunday 22nd September	MDCC Haytor & Widecombe Hill Climbs
Saturday 28th/Sunday 29th September	MDCC YHA Weekend to Beer or Exford YHA
Friday 18th October	MDCC Quiz Night - <b>N.B. needs confirmation as clash with start of Half Term holiday</b>
Sunday 27th October	National Hill Climb Championships - Youth, Junior, Women, Men & Vets, Haytor promoted by MDCC
Sunday 3rd November	Dartmoor Devil Audax
Saturday 23rd November?	Breakfast in Bampton Audax?
Saturday 7th December	Christmas Dinner & Dance, Livermead House Hotel, Torquay.
Saturday 4th January 2019	AGM & Awards Night

Other dates that might be of interest:

- April 14th: Devon Dirt (MTB Ride) - Ashburton - CTC (Grahman Brodie) - Big Peaks Bike Shop
- April 14th: Exmoor Beauty Sportive (Exmoor / Tiverton) - Independent Organiser from Shropshire
- April 28th: South Hams Hammer Sportive - Independent Organiser
- May 19th: Black Rat Challenge Sportive (Bristol) - Independent Organiser
- May 25th - 27th: Tour of Wessex (Somerset) - Independent Organiser
- June 2nd: BF Adventure Coast to Coast (Cornwall) - small independent charity ride
- June 7th-9th: Dragon Ride (Wales) - Human Race - National Chain
- June 9th: Wiggle Bournemouth Sportive (Dorset) - UK Cycle Events - National Chain
- June 16th: Great Western Sportive (Swindon) - Independent Organiser
- June 30th; Bike Bath Sportive (Somerset) - Independent Organiser
- July 7th: Cornwall Coast to Coast Audax (Cornwall) - CTC
- July 14th: Great Weston Ride (Mendips) - Charity Ride
- August 18th: North Wiltshire Sportive (Cirencester)
- August 31st Wiggle Cotswolds Sportive (Cheltenham) - UK Cycle Events - National Chain



- September 1st: Great Exmoor Ride - (Somerset)
- September 8th: Rattler Pro (Cornwall) - Bike Chain Ricci - St Piran Cycle Team
- September 15th: Great South West Sportive - (Plymouth) - Plymouth Marathon Organisers
- September 29th; Tour de Moor - Charity MTB ride
- September 29th: Coast & Clay Sportive (Cornwall) - Rotary Club organised
- October 6th: Exmoor Beast - (Exmoor) - Independent Organiser - Shropshire
- October 13th: Hammer Gran Fondo (Okehampton) - Independent Organiser (Hammer Sports)
- October 13th: Ride for Rowcroft (Newton Abbot) - Charity Ride
- October 19th: Exmouth Exterminator (Exmouth) - UK Cycle Events - National Chain

MDCC Club Rides - April - June 2019			
C - 60, 16 mph, E - 50, 14 - 16 mph, F - 45, 13/15 mph, G - 40, 12/14 mph, S - 30, 10/12 mph, SS - 35, 11/13 mph			
Date	Ride	Destination	Leader
6th April	SS	Salmon's Leap, Buckfastleigh	Louise Swann
7th April	C		
7th April	E	TBD	Richard Perris
7th April	F	Widcombe	Mark Harvey
7th April	G	Exeter Quays	Sue McGrath
7th April	S	Dean Court Farm, Buckfastleigh	Liz Butler
13th April	SS	Broadsands	Craig Maberly
14th April	C	TBD	John Scanlon
14th April	E	Widcombe	Craig Maberly
14th April	F	Killerton	Paul Martin
14th April	G	TBD	Pete & Shani Adams
14th April	S	Ashburton	Karelyn & Gemma Franke
20th April	SS	Moretonhampstead	Rose Parkhouse
21st April	C	Bow	Forbes Pryde
21st April	E	Sticklepath	Jim Black
21st April	F		
21st April	G	Cafe 3 Sixty, Bovey Tracey	Paul Greenway
21st April	S	Exeter Quays	Penny Clapham
27th April	SS		
28th April	C	TBD	Adam Biggins
28th April	E	Hill Top Cafe, Pennsylvania, Exeter	Peter Mason
28th April	F	Woodleigh Coach House, Cheriton Bishop	Paul Woolgar
28th April	G	Castle Drogo	John Styles
28th April	S		
4th May	SS	Occombe Farm	Mary Stocker
5th May	C		
5th May	E	Otterton Mill	Andy Styles

		MDCC Club Rides - April - June 2019	
C - 60, 16 mph, E -50, 14 - 16 mph, F - 45, 13/15 mph, G - 40, 12/14 mph, S - 30, 10/12 mph, SS - 35, 11/13 mph			
5th May	F		
5th May	G	TBD	Ken Robertson
5th May	S		
11th May	SS		
12th May	C	TBD	John Scanlon
12th May	E		
12th May	F	Dartington	Jim Black
12th May	G	TBD	Celia Atherton
12th May	S	Buckfast Abbey	David Stephenson
18th May	SS	Welcome Cafe, Exeter Quays	Cassandra Harrison
19th May	C	TBD	John Scanlon
19th May	E	TBD	Cameron Scott
19th May	F	?New start ride in East Cornwall meet Abbrook at 0730h?	Paul Martin
19th May	G	New start ride in East Cornwall meet Abbrook at 0730h	Ken Robertson
19th May	S	Salmon's Leap, Buckfastleigh	Mike Radant
25th May	SS	Green Table, Dartington	John Styles
26th May	C	TBD	John Scanlon
26th May	E	Postbridge	Dean Rollings
26th May	F	Chilli Farm	Paul Martin
26th May	G	Topsham or Exmouth	Mark Whalley
26th May	S	Orange Eelephant	Penny Clapham
1st June	SS	Orange Eelephant	Louise Swann
2nd June	C	<b><u>Charity stop for a 'Pop Up' cafe run by a member to raise money for Women V Cancer in Moretonhampstead Village Hall</u></b>	
2nd June	E		Dave Long
2nd June	F		Jim Black
2nd June	G		Gill Hardy
2nd June	S		John Styles
8th June	SS	TBD	Sue Putt
9th June	C	<b>Downhill Freewheel Challenge Rides return via Farants Hill between Dunsford &amp; Longdown</b>	
9th June	E		Bow - Caroline Twigger
9th June	F		
9th June	G		Cheriton Bishop - Paul Martin
9th June	S		Dunsford - Mark Phare
15th June	SS	TBD	Craig Maberly
16th June	C	<b>Dartmoor Classic routes</b>	



MDCC Club Rides - April - June 2019			
C - 60, 16 mph, E -50, 14 - 16 mph, F - 45, 13/15 mph, G - 40, 12/14 mph, S - 30, 10/12 mph, SS - 35, 11/13 mph			
16th June	E		Medio - Mark Wormold
16th June	F		Medio - Kevin Loader
16th June	G		Medio - Pete & Shani Adams
16th June	S		Piccolo - Michele Radant
Thurs 20th June	C-S	Mid Summer Fish 'N Chip Ride to Silly Goose Pub, Dawlish	1815h Abbrook start
22nd June	SS	<b>Dartmoor Classic</b> <b>No Rides</b> <b>Your Club needs Marshals</b>	No ride
23rd June	C		No ride
23rd June	E		No ride
23rd June	F		No ride
23rd June	G		No ride
23rd June	S		No ride
29th June	SS		
30th June	C		
30th June	E	Yelverton	Craig Maberly
30th June	F	Guardhouse Cafe, Berry Head via Dittisham	Viv Crees
30th June	G	Buckfastleigh Steam Railway	John Cooper
30th June	S	Buckfastleigh Steam Railway	Michele Radant