



“The Hub”

The Newsletter of Mid Devon Cycling Club

July 2019

GB National Road Champs - Norfolk

GB U23 National Time Trial Champs - 27th June, Norfolk		Av kph	Time
1	<u>QUARTERMAN Charlie</u>	51.348	32:01
2	<u>HAYTER Ethan</u>	50.198	0:44
3	<u>VERNON Ethan</u>	48.448	1:55
4	<u>LANGWORTHY Matt</u>	48.211	2:05
5	<u>WRIGHT Alfred</u>	48.094	2:10
6	<u>SCOTT Robert</u>	47.953	2:16
7	<u>PIDCOCK Thomas</u>	47.953	„
8	<u>SANDMAN Joshua</u>	47.883	2:19
9	<u>STEWART Jake</u>	47.837	2:21
10	<u>WOOD Harrison</u>	47.768	2:24

Well done Matt and Harrison, there's some stand out names in that top 10. Harrison also road in the Men's (not U23!) road race on the Sunday finishing 38th out of more than 150, in the 'bunch' with Mark Cavendish among others - Chapeau!

Editorial:

The dust has settled on the 2019 Dartmoor Classic and most of the after work has been completed and planning for 2020 is well underway. A Reward for the volunteers has yet to be finalised but the 'Celebration evening is likely to be in early September.

After that tremendous effort we must flag up an even more prestigious event that the club is organising:

National Hill Climb Championships - Sunday 27th October - Haytor

Please put the date in your diary because we again need to mobilise many volunteers and it would also be great to make the route up to Haytor a cacophony of noise, cowbells at the ready please (whistles if you haven't got one).

May Bank Holiday 2020 - Date Change

If you haven't caught up with the Governments recent announcement please note the change to Friday 8th May, not Monday 4th as expected. The club has used this date for French trips and next year will be no exception but it'll be the Thursday to Sunday instead.

Paul - news@mdcc.org.uk

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Dartmoor Classic 2019 - 23rd June

This is how a Devon publication described the Club's prestige event:



'CYCLISTS from all over the country hit the roads of Devon on Sunday for the annual Dartmoor Classic Sportive.

The event, organised and run by the Mid-Devon Cycling Club, is one of the most prestigious open-road cycling event in the UK.

Some 4,000 cyclists compete over a choice of three routes – Grande (107 miles /173 km), Medio (67 miles /109 km) and Piccolo (38 miles /62 km).



All the routes start at Newton Abbot Racecourse. The famous 'Grande' race takes riders to Bovey Tracey, Ashburton, Two Bridges, Princetown, Dousland, Tavistock, Chillaton, Lydford, Mary Tavy, Postbridge, Mortenhampstead and back to Newton Abbot.

It takes in some of the most stunning scenery to be found in and around Dartmoor National Park, but also features some of the toughest cycling routes in the country.'



Well the weather wasn't entirely ideal, with rain in the second part of the day, but the conditions were nowhere near as bad as last year and the use of 'space blankets' much less that might have been.



The course was again superbly marshalled with many riders offering compliments on the encouragement given at every turn. The overall organisation was again at it's very high standard and the compliments rained in on the organisers immediately after the event.

We can all be rightly proud to have helped stage an enormous 'prestige event' which supports so many good charitable causes and the work that the club does to promote cycling in the South West at all ages and levels of ability.

Thanks to Graham Brodie & Andy Styles for the en route photos, great work.

The Chairman of the organising committee had this message to all the club and volunteers immediately after the event:

What a team!

Here is the Racecourse at 7.00pm this evening.....All done! This is the earliest we have ever finished.

A massive thank you to everyone who has been involved with this year's Dartmoor Classic. After last year's experiences we put in place a whole host of improvements to ensure we had a robust plan and systems in place should we have a repeat of events. As it turned out the conditions were nowhere near as bad as last year, however we were well prepared for them if they had been.

Everyone pulled together fabulously well today and over the last few days.

I have been inundated with compliments about our fantastic event.

Work starts on next year's event tomorrow!

Thanks again! - Guy



MDCC visit to Vire, Normandy (29 May – June 2nd, 2019)

This mini-trip was organised by Ken Robertson, piggybacking on the town twinning event between Totnes and Vire. Delegations were also present from Vire's other "twins": Santa Fe (Spain), Baunatal (Germany), and Sacele (Romania).

At about 20 the Totnes delegation was the smallest, partly due to some last minute cancellations. Nonetheless we arrived in style in a very well appointed coach from the Tiverton firm, Blakes. At 54 capacity there was plenty of room to stretch out.

Initially meeting at 02.30 the transfer to Portsmouth for the Cherbourg crossing was enlivened by our Twinning expedition leader oversleeping and leaving the ferry ticket behind (and blaming his co traveller). This was realised as we neared Ipplepen so we turned back and were 25 minutes behind schedule. A diversion off the A38 to boot did leave our coach driver muttering about tight timings.....Ah well, this is Totnes, after all. All in good humour.

So why did I join this trip? In a word "experience". How often does an opportunity come along to be immersed in French provincial life? Plus there was a chance of a free posh dinner and wine or two, with a bit of cycling thrown in.



Hosted by French families, as organised by Ken through the Vire cycling club (Velo Club du Bocage), with connections going back almost 50 years to 1973, I was a little apprehensive. My French is barely O level scrape pass, so I wasn't that confident in my ability to communicate. But I guessed that a French led town twinning event would be special.

The VCB took John Scanlan and I on one of their normal club runs, meeting at 0900 for what felt like to me, a fast 80/90 kms for about 3 hours, probably equivalent to a C/E ride, with their easy smooth road conditions, and for the most part beautiful undulating Normandy scenery. Their tradition is not to stop, but get back for the family meal

at Midi, with wine and the works. Not much talking in the ride, but all very friendly with handshakes all round at the beginning.

Packing was a bit of a challenge as cycling gear fine, but there was talk of a smart dinner for 600. Black tie? I needn't have worried when John rolled down the hill in his shorts with his clothes bundled into a rucksack. Ken had told us to bring the customary gift for our hosts; in my case the Johnnie Walker whisky went down well

In the end there were just 3 cyclists: Ken (with his wife), John and myself. I suspect Ken was a bit disappointed in the number, and certainly for a total of 100 pounds (the figure did shift a bit a la



Totnes), return ferry, more food and drink than you could possibly put away, and to experience the generosity of our hosts, it was an incredible bargain.



Ken and John have come up with a mini break plan, which will embrace the benefits of his years of cycling connections in the region, and involve less days away, using a bank holiday next year. Based on a hotel, but no doubt a food/wine/cycling interlude with the VCB. Their committee is truly hospitable.

There was time for more cycling. It is true John and I skipped out of umpteen eco orientated workshops, but did show our faces for the major presentations, somewhat difficult to keep my eyes open after a few wines at lunchtime. And of course we were all there for Ken's big show on cycling sustainability, in a mass high tech cinema, with John working the a-v support. I had a bit part to point out the sea on our map of Devon.

Ken finished off with a public display of cycling on stage, allegedly told off for too much tempo, and blowing the fuse on the "human energy into electricity" demonstration. With style he distributed Dartmoor Classic goodies to his opposite numbers from Spain, Germany, Romania and France on the shared podium.

Firework displays, traditional music from the German brass band; Norman bagpipes, all conducted as a composite performance by the German musical conductor in the town square.

On Friday John and I covered an accidentally long 105 miles in 6 hours, excluding our 2 hour lunch break, covering a beer, wine and Calvados (or Calvair as they call it), not forgetting the steak du cheval (horse). Great sunny weather, superb road surfaces, very little traffic, not much gradient, and beautiful views.

Ken was able to provide a wonderful connection to the race cycling of the region, with his box of memorabilia, and his incredible head for detail, very respected by our hosts, happy to be corrected when Ken said it was 1975 not 1976 when Colin Lewis had won the Prix du Jumelage there.

It did help out that Ken's French is quite good, as our hosts spoke little English. That didn't stop the feeling of camaraderie, as the wine and Calvair flowed (often from unbranded bottles, and reputedly up to 60/70% proof. (Ed: Probably closer to 100!)).

My suitcase bulged on the return with the gifts of farm eau de vie (pretty sure it is Calvados), a local sausage: andouille, cheeses, and 3 bottles of red wine.

As Ken warned just go with the flow, and the day falls into place. The time flew. Our last meal is something of a blur, escargots de mer (cockles/winkles), squid in a tomato sauce, (OK but not for everyone) then roast beef, potatoes baked in butter, more cheese and at least 4 or 5 liqueurs afterwards.

A very big thank you to our cycling hosts: Nicole and Serge Bidel, Jacky and Isabelle Laville, Philippe and Sylvie Touiller.

For MDCC riders don't miss out we hope to see more of you next year on the Normandy trip.

David Gow-Smith - June 2019

Pourquoi Vire – Pourquoi pas Vire? (Why Vire – Why not?)

On Monday 1st July the club committee decided to support a trip for club members to the town of Vire in Normandy over the weekend of Friday 8th May to Sunday 10th May. You may well ask "Why Vire" and/or "Why not Vire"? Hopefully the piece below will answer some of the questions.

The Mid-Devon CC has had a long and fruitful relationship with the Velo Club du Bocage (VCB), the cycle club based in Vire. It began in the early 1970s when Totnes decided to form a twinning link with Vire. It was based upon the then similarities of the two towns. Both had a river running through the town, creameries, a clock mounted over and arch, known for making cider, a weekly market and probably a few more.

The populations were alike in that Totnes had 6,000 inhabitants and Vire 7,800. In the interim Totnes has grown but not as much as Vire Normandie. That has 18,300 plus. This increase is due in part to Vire taking over many of the villages that are in the Bocage (woodlands) that surround the town.

On the opening trip were Ken and Ann Robertson plus about 40 other Totnesians. We went because it was seen as an opportunity to race in France – at that time this was every racing cyclist's dream. We wanted to be free of the shackles of maximum fields of 40 and race on the same roads as our heroes in fields of 100+. We wanted to be 'real racing men'. We were able to convince the Committee of the VCB that we had serious intent and so the link was forged.

In 1973 the first official racing trip was organised. To say that we did not cover ourselves in glory would be an understatement but undeterred we returned in 1974 and 1975 doing a little better each time. We found the hospitality to be beyond our wildest dreams. Our hosts could not do enough for us. They fed us royally and looked after our every need. We were able to form friendships that last to this day and to make new ones. We shared holiday homes and looked after them when they came to Devon.

One thing that sticks in my mind and will forever is finishing a gruelling stage of the 3 stage race in the small village of Estré. As we recovered an old man came forward and asked for the lead English rider. I was pushed to him and he handed me an envelope. He said "C'est pour les anglais; c'est pour ma liberté" (It is for the English; it is for my freedom). There were only a few francs but that was all he could afford. I have always found this very touching. You must remember that in the Second World War Vire was bombed heavily on the eve of D-Day. 300+ civilians were killed and yet he could forgive that for his freedom. The only part of the town that escaped being flattened was the clock tower and a few walls of the old castle. Nearly everything else was gone.

If you look at the list of winners of the Prix du Jumelage (Twinning) you will see that name of the MDCC has more entries than any other club. We have 6 winners and numerous placings in the top 10. The winners are:- 1976 and 1981 Roy Hopkins; 1977 Colin Lewis who beat Marc Madiot (2 x winner of Paris-Roubaix and now director sportif of Groupama-FDJ); 1980 Gary Dowdell; 1983 Peter Georgi (and we won the team prize); 1993 Jeremy Hunt. Unfortunately due to financial and other pressures this race has not been held in 2017 and 2018.

This year the town of Vire Normandie decided to hold a conference on how we can better plan our way of living for the future. They invited all the European towns that they are twinned with to attend. John Scanlon, David Gow-Smith, myself and Ann were in the Totnes delegation. The other delegations came from Santa Fe (Spain), Săcele (Romania), Baunatal (Germany) plus our host town. We were able to make a presentation on "Cycling in the UK – past, present and future". It enabled us to show them the Dartmoor Classic video and the kind of work we do to encourage those who do not currently cycle to become cyclists and if at all possible join our club.

In recent years the VCB has undergone major changes. Racing is no longer at their forefront. They are much more into riding for the social aspects – something like the MDCC though they do not have the same strength of numbers. Our quartet from the club was hosted by VCB families. We were treated as well or better than in the past. The VCB would like to re-kindle our links and to that end it was proposed that the MDCC should make a visit to the VCB. We would stay in a local hotel and as far as possible they would take us out on rides through their area and show us areas we would not think to explore.

They would like to return to Devon and ride in the Dartmoor Classic and will be resurrecting the Prix du Jumelage as a 1 day race over 2 stages at the beginning of September – their mayor says so and if he says so it will happen.

The outline plan for our May 2020 visit is to use the re-arranged UK Bank Holiday - May 7th - 10th

Up to 24 members with 1 support car:-

Depart Portsmouth on the evening of Thursday 7th May; arrive Friday at Ouistreham (Caen) at 06:00; cycle to Vire in 2 groups (John Scanlon will lead the faster riders and KR the second group). The routes taken may well be weather dependant. Stay in the Campanile Hotel on the edge of the town. Saturday is on bikes with the VCB. Sunday ride to Cherbourg (approx. 80 miles) for the evening ferry back to Portsmouth.

Costings are being sought. Further details will be out around September.

This is step one on a new link that can only benefit all concerned. Pourquoi Pas?

Ken Robertson

Matt Langworthy returns to MDCC colours

MDCC Open 10 TT - Thursday 23rd May - Buckfastleigh A 38 course - Matt Langworthy took the win in 19m 3s with Harrison Wood, home from France, in 19:18. Others members finishing were Andy Perkins 19:59, Don Brooks 20:11, Ian Cullen 20:46, Lee Sanderson 21:07, Tim Heal 21:50, Kevin Weymouth 21:53, Mark Sanders 22:02, Paddy Coombe 23:24, Ian Deakin 23:35 & Maria Weymouth 25:03.

Tavistock Wheelers S40/10 - Wednesday 12th June - Matt Langworthy (MDCC) smashed it in 00:18:50 to take First Prize from 2nd place David Hewett (Active Edge Race Team) and 3rd place Tim McEvoy (Lanhydrock Wheelers). Catherine Hilton (Sid Valley) took the Ladies prize, with Tavi Wheelers Cordelia Preece and Lindsay Hobbs completing the Podium.

TWCC's Gavin MacDougall took the Veteran 50 Prize. Corries Paul Walsh and Chris Scawn took the Vet 40 and 60 Prizes respectively.

London Dynamo's Hugh Madely took the Espoir prize.

MDCC Open 25 TT - Tuesday 18th June - Buckfastleigh to Chudleigh course -

This time Matt had to settle for 2nd place behind David Hewett, Active Edge Race Team, 48m 53s to Matt's 49:13. Maria Weymouth was 2nd women, 1:3:12 and the club had a clean sweep of 1st places in the Vets sections with O40 Ian Cullen, 52:16, O50 Lee Sanderson 54:30 and O60 Mark Sanders 55:25. Other club riders were Don Brooks 52:47, Kevin Weymouth 56:25, Phil Smith 57:42, Paddy Coombe 1:0:14 and Ian Deakin 1:1:56.

Conditions were near ideal as, although there was some light rain around, there was little wind and the surface was mainly dry.

Well done to Phil Smith (pictured) who had been targeting sub 1 hour recently and smashed it with sub 58! Maria and Kevin Weymouth also did PB's.

Final well done to Mark Sanders who along with his large team staged the event, thank you everyone.



An Inspiring Tale - Phil Smith writes:

'The definition of insanity is doing the same thing over and over again, but expecting different results' said Albert Einstein

After many years of doing the same thing and getting similar results be they slightly slower with age in Triathlons and Time Trials I decided in 2018 to change things and thought my experience may be of benefit to some others whether a cyclist or triathlete and prove I am not insane.

The results have have been beyond my best expectations, which shows that even old dogs can be retrained and my season targets have been hit already.

Get a coach.

Never had one before, and as I had a bad injury affecting swimming and running last year, I focussed on cycling and signed up with MDCC's Conrad Moss. Time on the turbo is far better when you have a purpose for each time you ride and someone see's the results of your efforts though not the buckets of sweat that have poured out of me like never before.

Set the Goals

Break the hour for 25 miles TT (I was stuck at 1:03 in June 2018)

Qualify for the Age Group World Championships in 2020 as I will be 60 in the 60-64 age group (I have qualified many times in the past but not for a few years)

Top 10 finish in the National age group championships though I will be 59 in the 54-59 age group in 2019, I was 11th last year.

Get a bike fit

I still ride the same bike and wheels I have had for 13 years, except I have now had a bike fit with Conrad that completely changed my position.

Results

1. Broke the hour and did a 57 minutes of the local S4/25 route, 6 minutes faster in 12 months!
2. Qualified 1st for next years Standard (Olympic) Distance World Championships, I won by nearly 12 minutes! Hitting times I could only do at least 10 years ago.
3. Finished 3rd in the National Championships Standard Distance and was at the wrong end of the age group compared to others.
4. Top 10 finish overall at the Exe Valley Trip picking up the age group prize.

I already swam well enough, my TT and running times were mediocre, the impact of Conrad's coaching not only improved my bike times (TT and Triathlons) but meant running afterwards feels so much better as I finish not just faster but also stronger.

The downside

I have missed out on club rides the last couple of months, I miss the social side of cycling and the cafe stops during the race season in particular but will be back soon I hope :-)

Ed: Terrific Phil, well done and a great write up



Juniors Racing in Bristol, 16th June - Morgan writes...



Good day racing in Bristol yesterday. Unfortunately Ewan punctured in the first lap, Reuben Heal had a strong ride doing lots of work on the front and for me. I was off the front for a while but got countered, missing the winning break of two riders, however Reuben helped me to get 2nd in the bunch sprint after a very hectic last lap and a crash on the final corner from the front rider. I came away with 4th and Reuben came 7th despite being held up by the crash on the last corner.

Morgan Gibson - pic with Reuben

A big result for Harrison in Spain

Volta Castello U23 - June 17, 2019, Harrison Wood writes:

This was my first proper stage race as an under 23. Volta Castello is a 4 day stage race located near Valencia. I like racing in Spain, it is always really well organised and a very relaxed atmosphere. This race was no different. The first stage was a relatively flat stage but with a 7km climb shortly after the start. This spelt danger as a large break of strong guys could go here. I stayed attentive and made sure I was following the stronger teams. After the 3rd category climb after 60kms a break of 6 had formed including Jonathan of my team. The aim was to now follow counter attacks. I found myself then off the front with 2 guys. We all had a rider in front so this was a good situation so we all committed to riding across. This worked and when we got across we had 1min30 to the peloton which was not being controlled. After this the gap continued to grow and grow out to 4mins. With 10kms to go the games began as we knew we had the stage win within reach. With 1km to go Jonathan attacked and went onto win. I sat on the others and attacked with 500m to go and took 3rd @3seconds. The bunch came in a further 3mins behind. Was the GC already wrapped up?



The 2nd stage was more my kind of cup of tea. A hilly affair with a 2 cat 3 and 1 cat 2 climbs. We as a team had the yellow jersey and me in the youngest rider jersey. We decided to control the early part of the race once a break of 4 had been established. This was a brilliant piece of teamwork. Then with around 50kms to go a team came to the front before a technical descent where I hit 90km/h (sorry Mum and Dad), this was followed by the 3rd cat 3km@9% climb. This destroyed the race and only 18 guys were left in front. Sadly, Jonathan had been distanced but Aix still had 3 guys in front but this was the same for the guys who were 4th and 5th on GC. They rode super hard and the gap grew. On the final climb 2 guys took off and had an advantage of 10seconds but on the descent the Lizarte team didn't ride too fast so come the finish it was 50 seconds. I rolled in 9th. I had moved up a place on GC to 2nd but I was now 50 seconds behind.

The queen stage had arrived for stage 3. 3000m of elevation over the 130kms with a summit finish at 1400m. This suited me well and the team looked after me nicely. We placed 3 riders in the early break and put pressure on the yellow jersey to chase. As we came onto the final climb which was 25kms long but broken down into 2 with a false flat and short descent in the middle. The rider in 3rd on GC attacked with 1km to go from the top but the yellow jersey still had 2 team mates. I thought better of it and decided to save my legs. However over the top his team were struggling and the gap grew to 1min30 by the time of the final 7km uphill section. I knew I had to attack, so I did.

I went super hard and got the gap and settled into a solid pace. The yellow jersey had been dropped. I was gaining time to the leader and come the finish I had conceded 40seconds. I was left with mixed emotions. I had come 2nd in the queen stage (one of hardest u23 stages in Spain) but I felt I could of won if I had gone with his attack. I was still 2nd on GC @37seconds.

The final stage had arrived and it was a challenging one. A rolling 100kms followed by a cat2 climb of 8kms with a descent and flat to the finish. The yellow jersey team took control and gradually reeled in the break which consisted of 2 Aix riders in an attempt to break the leaders team. I was feeling good but disaster struck 2kms before the climb. My gear cable snapped. I jumped on Alex bike as the team car was stuck behind a group. I rode on it for 2kms and then changed onto my spare bike. 2 riders of the team waited but i had a hard solo chase for a period of time. This hurt and the yellow jersey team rode a super hard tempo on the final climb which meant about 15guys were left. Luckily I got over this climb in that group but I was not able to do the attack I had planned. I rolled in with this group at the finish.

A really successful first u23 stage race for me. 2nd on general classification. 1st in the young riders classification. 2nd in the points classification and 6th in the mountains competitions. 3 top 10's also meant I had been super consistent. Thanks to my teammates for the hardwork and dedication to achieving a result in such a good race. Thanks also to the Dave Rayner Fund for supporting me in 2019. My next races will see me take on The UK national TT champs & hopefully the road race but I'm currently a reserve.....

Tour d Pays Roannais
Valle d'Aosta U23



Off Road report, Steve Hodgeson writes:

Gramercombe MTB Race

Sunday 16th June saw the fifth round of this years South West XC series at Gramercombe Woods, Ashcombe. The event was run and organised by club member and keen MTB racer Steve Hodgeson.

137 riders battled their way through the woodland on a natural technically challenging course. There were a series of features on the course including a gap jump, a very steep muddy shute and an off camber rooty descent. The weather the week before the race had been appalling and the ground was soft and extremely muddy, this didn't deter the hardy bunch that turned up. The race was full of excitement with most riders choosing the A line over the gap jump.

Ashcombe Estate owner Ralph Rayner was there to witness the excitement and was impressed by the close level of racing. Ashcombe has a history of mountain biking and with the new interest in XC it looks to put itself firmly back on the map.

Results are available to view on the South West xc series website.



Notable MDCC results are:

Tristan Davies - 1st Junior Male - top pic

Reuben Renton - 9th Youth Male

Tim Prowse - 9th Sport Male - left

In the Series so far with 1 remaining round, Tristan Davies is currently 2nd in Junior Male, Tim Prowse 2nd in Sport Male, Steve Hodgeson 14th Vet Male, Jackie Shute is leading the Grand Vet Women with Nicki Quant in 4th.

Sunday 7th July is the final round in the Series at Mount Edgecumbe, Torpoint

The series has been a huge success this year with increased numbers in all categories. Thanks goes out to all who help organise and volunteer at each round. Many Mid-Devon MTB riders give up time to ensure our rounds happen and we're always looking for as much help as possible at the events the club promotes.

At the end of July MDCC will be sending at least 2 crack teams of MTB racers to compete at the Pivot Twenty Four12 event at Newnham Park on 26th - 29th July. More event info at <http://www.twentyfour12.com>

For more information on MDCC's MTB, Cyclocross or Gravel rides and events, be sure to check the club Facebook group: <https://www.facebook.com/groups/MDCCoffroad/>

Many thanks Steve and an excellent job on organising and riding - also pictured right. Ed



Rob Woodger reports:

MDCC youth have been on their travels here are some of the reports.

To keep up to date with all reports please see the club's website. If you know of anyone young riders interested riding and want to come and have a go in a training night please contact us through the club email:-

Saturday, 04 May 2019



MDCC youth split into different directions this weekend some went to Odd Down Bath for the Sulis Scorpions Racing #2 where Noah Thomas finishes in the chase group of the under 14's. His older brother Jacob had a good strong ride and came in 2nd in the under 16's. Others headed down to Wheal-Jane for the 3rd round of series where they saw more success with Maddy Woodger coming in 2nd in the under 8's girls. The under 10 boys saw another clean sweep of the podium. The boys are unbeaten in the South West so far this season. Bayley Woodger 1st Matt Holmes 2nd and Jacob Start 3rd. Under 16's boys was a hard race with attacks on every climb but Callum Start and Reuben Heal stayed in the front group - it came down to an uphill sprint to the finish where Callum came in 3rd and Reuben 4th.

14/5/2019 Dunkeswell

After a year away from the racing calendar Dunkeswell was back seeing a good turnout for MDCC youth.

Maddy Woodger racing for the first time at the venue winning her 1st road race of the year in the under 8s making a big jump to a 20 minute race with the under 10s and 12's. Ellie Birchall continuing the winning way for the MDCC girls under 10s. The three amigos were at it again in the under 10 boys with another clean sweep.

Bayley Woodger showing strength to solo ride for the win. Matt Holmes worked hard with William Birchall (under 12) taking turns showing some good skills they have learnt in training taking 2nd. Jacob Start found the fast pace hard to hold but dig deep and had a solo ride to 3rd. These three were riding at a average over 18 mph. William and Henry Birchall under 12 boys Henry crashed out on the second corner but got up and was fine. William worked with Matt And came in 2nd over all. Noah Thomas as a first year in the under 14's got in a group of 3 (one being an under 16) they worked together for almost the whole race with Noah and the other under 14 from Minehead sprinting it out at the end with Noah coming out on top for 7th. Jacob Thomas and Callum Start both 1st years in the under 16's carrying good form coming in to this race. The pair were in the front group with Jacob being very active keeping the pace high staying in the front 2 for the majority of the race. Callum worked hard to get in the group and to stay with them. It came down to a sprint finish with Jacob coming 3rd and Callum 5th.



MDCC Youth this weekend at Minehead incorporating a National Youth Series Championship event on the Saturday 22nd June, as well as SW Regional Youth Series races on the Sunday 23rd.

The Minehead Grand Prix now also forms part of the newly-formed Southwest Region Circuit Race Series. Offering a packed race programme catering for all ages and abilities from under 8's to Mens and Ladies elites, the 1100m fast and flat town centre circuit comes with enthusiastic crowds and a great atmosphere. MDCC youth have 8 riders racing in the biggest event in the South West calendar for the youngsters. On Saturday, the National under 16's saw 80 riders taking to the start line. Morgan Gibson-Clay 57th was the best placed MDCC rider in a very fast race and seeing the course record broken within this race. Reuben Heal 64th, Callum Start 72nd and Ewan Warren

was in the leading group then his chain came off so had to pull out. Sunday saw the SW riders taking on the best again. Under 8 Maddy Woodger came in 3rd after pulling away from 4th and showing her strength after riding some longer races. Under 10's Jacob Start, Matt Holmes and Bayley Woodger were in a very fast race seeing Bayley and Matt both in a group who were fighting it out for 2nd as one lad managed to get away, both had to work hard to keep the group together and it came down to a sprint finish with Bayley taking 6th and Matt 7th. Jacob Start came in 9th having worked very hard with no one around him, he kept a great even pace to keep in the top 10.

The under 16's raced again within 24 hours of the national race with many riding both races. Again a very strong field assembled - Reuben Heal chain came off early in the race. Callum Start came 24th holding on to the lead group for most of the race. Ewan Warren stayed in the front group which was dropping riders every lap and just lost out in a sprint finish coming in 8th he was also the highest placed South West rider. It was a great weekend of racing and the younger ones learned a lot and enjoyed supporting the under 16's during the National race.

MDCC youth are not just doing road!!!

28th April Bayley headed down to Woodys for the 2nd round of the South West MTB series on a great course with technical sections. He started slow on lap one after not riding his MTB since the last round. He took the lead at the start of lap 2 then slowly pulled away to take the win.



SW Regional Championships Sunday, 19 May 2019

The 3rd round of South West MTB XC Series 2019 Haldon forest incorporating the SW Regional Championships hosted by MDCC. This event saw some age group fields double in size on a great challenging course with fantastic weather conditions. The under 8's race kick started the day with Maddy Woodger coming 3rd in her very 1st MTB race learning a lot along the way but improved every lap. In the under 10's series leader Bayley Woodger kept up the winning streak by taking the South West title. Jacob Start in his 1st MTB race of the year came 9th. Under 12's boys saw Ben Goldsmith take 7th in a very strong field. Under 14 Boys Ed Selwood was going strong on an extended and challenging course - Ed suffered a mechanical so did not finish.

Two of MDCC youth headed to Minehead for MTB in the SWXC series 4th round.



Under 8 Maddy Woodger in her second race came 6th on a difficult course with lots of local riders, This showed her what she can achieve with a bit more practice.

Under 10 Bayley Woodger leading the series came 3rd after crashing but yet again a difficult course showing him how far he has come over the season.

Minehead Merlins is a relatively new club & put on another spectacular event in the series.



Western Cyclocross summer league 9th June

Matt went to Bristol for the Western Cyclocross. Racing in the under 12's Matt had a good start and found himself in a battle for 3rd place. Swapping places throughout Matt finally showed his stamina and pulled away on the last lap to take 3rd overall. Great race, Matt definitely enjoyed it.

Sunday 16th June MTB 5th round South West MTB XC Series 2019 Gramercombe Woods Maddy Woodger and Bayley Woodger swapped their bikes today from roads to MTB for their 2nd race of the

weekend. Maddy came in 6th in the under 8's girls in her 3rd ever MTB race. Bayley, who is currently leading the under 10's series came in 2nd today by two bike lengths with one round left of the series.



Terrific article Rob, many thanks - Ed

Rider Profile:

Name: Angus Menter

Age Group: Vet 40

Bikes owned: Canyon Ultimate road bike, Rose cross bike and Canyon Exceed cross country mtb

How & at what age did you get into cycling?: Rode to school and around and about as a kid. Got back into mountain biking aged 30, started racing CX/mtb a few years ago and raced a few crits this year

How often do you train?: 2-3 times a week. I run sometimes mainly when I can't cycle (eg when away for work)

Say something about your training & how it's developed as you've got older: I'm more climber than sprinter so I've worked a lot on my strength. Zwift interval training, weights, hill sprints, pushing a bigger gear (I'm a spinner naturally)



Main successes: Building a stable life for myself and having an amazing family. Cycling success limited! A couple of crit/duathlon/mtb results from low key races including a win!

Future hopes/targets: Finally worked out cyclo-cross suits me best. Never been close to podium but I have a good ding dong with the guys around my level. Maybe ski jumping at Beijing 2022 Olympics, well if Roglic can do it...

What gives you the greatest buzz about cycling?: A harmony of technique and power, getting in a flow

Your Cycling hero: Mathieu van der Poel and Lauren Dolan!

Other interests, sporting & other: Anything where I can be in the zone... My work (IT design), playing trombone, jumping in rivers, the great outdoors generally.

Advice to youngsters thinking of getting involved: Cyclo-cross gives you both technique and power and is great fun. Tom Pidcock, van der Poel and Wout van Aert all grew up on it

What do you think of MDCC? Well organised, BIG, great variety of people to ride with, broad focus for adults but race focused for youngsters.

Thanks Angus.

Velo Birmingham 2019 - 12th May

A number of club members took part in this closed roads Sportive held in good conditions.

Two members, Craig Maberly and Neil Medland responded to the offer in the week before of two free places offered by our kit provider Primal UK.

Neil (right) said: Thanks to you, MDCC and of course Primal for the place. It was a great weekend and I really enjoyed it, beautiful route. I made a classic mistake with a just under 18mph av at 80 miles I flaked, but still managed to limp in with a very respectable average of me of 16.1mph with the aid of Mars bars at the feed station 😊 6h 22m, 103



miles

Louise & Ian Thomas finished in 7h 30m, Louise & Steve Swann in 6h 56m.

N.B. Next Velo Birmingham - Sunday 28th June, 2020

Lhasa to Kathmandu anyone?

Well actually yes, 11 people are already going on this trip. An exploratory meeting was held back in April with our first get together held this week, the details of the trip are now available. This is a 3 week trip for August 2020, 1st - 23rd. We have room for a few more and we will be making a group booking for our flights late August.



After flying to Kathmandu for some sightseeing we fly to Lhasa, the capital of Tibet at 3500m so a few days acclimatisation are needed here. Then it's off to Everest North Base Camp via 4 passes at over 5000m, 17000+' in old money. The 'Freedom Highway' is a tarmac road but you need 3/4 days off road into

Base Camp. After that its 4 days back into Kathmandu from where we fly home.

It is not cheap at £3400 but compares very favourably with commercial companies with the same offering at £4600. If you would like the full details please email me, Paul at panda16@btinternet.com



Brittany 2019

With more than 90 riders on the 3 trips, this was certainly a popular choice for a short cycling trip to France.



The 3 trips were spread the end of April into May. 'Pink Granite Coast,' Tour Roscoff to Perros Gueric all the time!

The third trip went inland has been the destination for

All trips stayed in good attached restaurant.

These trips give our



across successive weekends at The first two trips followed the du Manche cycle route from but stayed on tarmac, well nearly

from Roscoff to Huelgoat which previous trips.

hotels and ate there or an

members the chance to

experience cycling abroad at a very reasonable cost varying from £130 to £225, one trip used the Bank Holiday and was 3 days long.

There is no doubt, from the feedback, that these are very successful and extremely enjoyable trips. So much so that the Events Committee has already decided to run them again in 2020.

With the recent Government announcement of the moving of the May Bank Holiday to Friday 8th May to coincide with the 75th Celebration of Victory in Europe, the relevant weekend maybe Friday 1st May and Thursday 7th May, evening departs with both making the return for the Sunday evening. Because of the Bank Holiday change these details are yet to be confirmed.

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 Chudleigh Knighton Village Hall in the downstairs room.

Next meetings: Mondays 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	Jane Taylor
Road Race Secretary	Mike Gratton
Off Road Secretary	Martin Smith
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/Rob Woodger
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 **BUT** no speeches or talks.

There will be a 3 course, silver service, meal with coffee and mince pies. Menu options will be advertised when we open the booking later this month, all diets will be catered for.



Approximate timings - 1915h for sit down at 1945h, 2130h Disco, 2330/0000h finish

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.

The hotel have around 30 rooms available for the Friday night at a special B & B rate of £35 per person, don't delay in booking these at the same time, first come first served.

Bike Treasure Hunt and BBQ - Saturday 20th July, 1030h in Teigngrace, TQ12 6QN.

Full details on the poster below. This is open to non club members so please spread widely.

‘Downhill Freewheeling’ event - Sunday 9th June on Farrants Hill nr Dunsford

Ride groups C to Social all organised their rides to include the top of Farrants Hill for this event. The concept was simple, to ‘fix’ riders chains with a cable tie and then see how far everyone can freewheel down to the flat section south of Dunsford village. Well done to the winners Emily Simcock and David Twigger who gave a masterclass in keeping momentum going and ending past the turn into the village and well on the way to Steps Bridge!

A big thank you to Mike and Michele Radant and their team of helpers for staging this event.

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

Mid Devon Cycling Club (MDCC)

2019 Family Bike Treasure Hunt & BBQ supported by the Dartmoor Classic Sportive

In aid of:



Date: Saturday 20th July - 1030h sign in opens, all must start by 1100h.

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

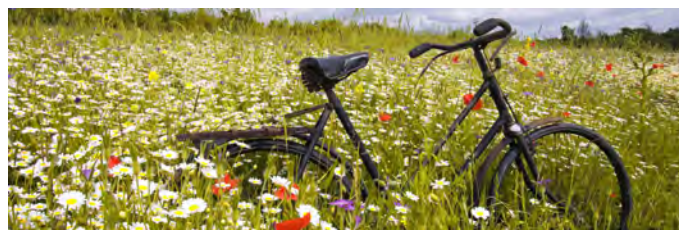
Routes: 5, 10 & 15 miles for families & small groups, any ability. Certificates & 'Goody Bag' for U12s. Dartmoor Classic Medals for all U16 finishers.

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

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

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

Note: Entries must be in advance to Paul 07546 111871 (BACS, cheque or cash in advance) or to other members of the Events Committee (Angela Hanks, Jamie Horton, John Styles, Michele Radant & Rose Parkhouse) by Sunday 14th July at the very latest. After last 2 years, places will be limited to around 100, so first come first served.



MDCC Calendar dates:

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, www.aukweb.net/events, justevents.org, www.ukcyclingevents.co.uk

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

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/Sunday 22nd September

MDCC YHA weekend to Beer YHA

Lands End 100 - Just Events

Sunday 22nd September

MDCC Haytor & Widecombe Hill Climbs

Friday 27th September

MDCC Quiz Night at Stover Golf Club

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?

Friday 6th December

Christmas Dinner & Dance, Livermead House Hotel, Torquay.

Saturday 4th January 2020

AGM & Awards Night

Sunday 28th June

Velo Birmingham

Other dates that might be of interest:

- 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

Club Rides Calendar - imported from various sources as of 4th July:

MDCC Club Rides - July - September 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 July	SS		
7th July	C	South Zeal Fayre Pop Up Cafe	Andy Friend
7th July	E	South Zeal Fayre Pop Up Cafe	Craig Maberly
7th July	F	South Zeal Fayre Pop Up Cafe	Paul Martin
7th July	G	South Zeal Fayre Pop Up Cafe	Mark Harvey
7th July	S	Buckfast Steam Railway	Mike Radant
13th July	SS	Occombe	Mary Stocker
14th July	C	Bigbury	John Scanlon

		MDCC Club Rides - July - September 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			
14th July	E	Hill Top Riding Stables, Exeter	Peter Mason
14th July	F	Chagford	Cassandra Harrison
14th July	G	Postbridge	Ken Robertson
14th July	S	Illesington 'Beating the Bounds'	Colin & Liz Butler
20th July	SS	Bike Treasure Hunt BBQ	Jim Black
21st July	C	TBD	Ray Baines
21st July	E	TBD	Mark Shepherd
21st July	F	Princetown	David Fulton
21st July	G	Welcome Cafe, Exeter Quay	Gill Hardy
21st July	S		
27th July	SS		
28th July	C		
28th July	E	Otterton Mill	Andy Styles
28th July	F	Sticklepath	Kevin Loader
28th July	G	TBD	Linda Simpson
28th July	S	Walled Garden, Dunsford	Mark Phare
3rd August	SS	Widecombe	Craig Maberly
4th August	C	TBD	Adam & Yas Biggins
4th August	E	Wrangaton Golf Club	John Styles
4th August	F	Exmouth	Mark Whalley & Nicky Gregory
4th August	G	Widecombe	Emily Simcock
4th August	S	Powderham	Karelyn & Gemma Franke
10th August	SS	Greenway via Dittisham	Cassandra Harrison
11th August	C	TBD	Ray Baines
11th August	E	Powdermill, Postbridge	Dean Rollings
11th August	F	TBD	Mark Harvey
11th August	G	China Blue, Totnes	John Styles
11th August	S	Lustleigh	Roger Carter
17th August	SS		
18th August	C	TBD	Sue Wood & Forbes Pryde
18th August	E	Bernaville Nurseries, Cowley	Caroline Twigger
18th August	F	TBD	Ian Whitear
18th August	G	Moretonhampstead	Rose Parkhouse
18th August	S	Exeter Quays	Penny Clapham
24th August	SS		

		MDCC Club Rides - July - September 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			
25th August	C	Dartmoor	Alex Fulton
25th August	E	Blackpool Sands	Sally Harvey
25th August	F	Widcombe	Caroline Twigger
25th August	G	Green Table, Dartington	Dave & Sarah Long
25th August	S		
31st August	SS		
1st September	C	TBD	Mark Phillips
1st September	E	Ivybridge	Craig Maberly
1st September	F	Exeter Quays	Dave Clark
1st September	G	Honiton - Car assisted ride	Colin Butler
1st September	S	Harcombe House, Chudleigh	Liz Butler
7th September	SS	The Ridge Cafe, Haldon	Craig Maberly
8th September	C	Tour of Britain 2010 Ride Back Minehead - Abbrook	
8th September	E		
8th September	F		Jim Black
8th September	G		
8th September	S		Dave & Debra Pressley
14th September	SS	Exeter Quays	Mark Whalley & Nicky Gregory
15th September	C	TBD	Adam & Yas Biggins
15th September	E	TBD	Cameron Scott
15th September	F		
15th September	G	Guardhouse Cafe, Berry Head	Paul Martin
15th September	S	Woodleigh Coach House, Cheriton Bishop	Mike Radant
21st September	SS		
22nd September	C	TBD	Mitchell Hockin
22nd September	E		
22nd September	F		
22nd September	G	TBD	John Cooper
22nd September	S		
28th September	SS		
29th September	C	TBD	Matt Dunn
29th September	E		
29th September	F	TBD	Pete & Shani Adams
29th September	G	Bernaville Nurseries, Cowley	Andrew Gunatilleke
29th September	S	Ullacombe Farm	Michele Radant

The Club's New Promotional Leaflet, please circulate to anyone you feel maybe interested, hard copies available if you want.

MDCC.ORG.UK

MID DEVON CYCLING CLUB



JOIN ONE OF THE UK'S BIGGEST CYCLING CLUBS

Mid Devon Cycling Club boasts over 500 members, a high proportion of which are women. The club organises the Dartmoor Classic Sportive.

- A vast range of cycling opportunities for all ages and abilities, including novices, on-road, off-road and at the Velopark
- Coaching at all levels from novice and young riders through to competition standard
- Rider support for those competing for the club at national and international events
- Staging of around 30 annual competitive racing opportunities on & off-road in the local area
- Day/weekend trips plus longer to rides around the South West or further afield including Brittany
- A social side with Quiz Nights, Bike Treasure Hunt, Dinner Dance, Xmas Mince Pie Ride etc
- Discounted entry to many South West sportive events both road & off-road
- Regular communication via our newsletter, information emails, Facebook and website



MDCC.ORG.UK

MID DEVON CYCLING CLUB



- Regular club road rides with up to 8 different ability groups from 10mph to 20+mph
- British Cycling Breeze Rides for women
- Cyclocross and MTB group rides organised regularly
- A ride group available most days of the week but not for all abilities
- Qualified British Cycling Coaching for young (8 - 16) & older riders wanting to develop their cycling
- Women's introductory, development & special ride sessions at the Velopark including novice racing
- Mid week and weekend races at Torbay Velopark & time trials in the local area
- Cyclocross promotions as part of South West Cyclocross League
- Mountain Bike promotions organised as part of South West MTB XC Series
- Club ride backs for all abilities from a new start point with subsidised coach travel
- YHA weekend trip
- Organised trips to Brittany, Majorca and further afield
- Annual family Bike 'Treasure Hunt' & BBQ, Mid Summer Fish 'n Chip ride and Xmas Mince Pie ride
- Club reserved places in the Ride London 100
- Quiz Nights & Annual Dinner & Dance
- Regular newsletter, 'The Hub,' information emails, members only Facebook page

IF INTERESTED IN JOINING, EMAIL US AT:

membership@middevon.cc

OR:

women@middevon.cc

design: infoandycollinsdesign.com

