



# “The Hub”

The Newsletter of Mid Devon Cycling Club

September 2019

## Don Brooks regains the World Age Triathlon Title

Wow what a day! Racing at the Triathlon World Championships in Lausanne 🇨🇭 where I regained my 2017 title from Rotterdam 🇳🇱

WORLD CHAMPION 🏆🌍🇬🇧

With 138 in my age group it was a two wave start so the first group went off 5 minutes before my wave, this meant that it was hard to know your position during the race and I knew there were some strong competition within the first wave, so I tried to keep an eye out for these around the course.

The swim was non wetsuit and choppy which suited me, I stayed in the front group of three and didn't need to push too hard thanks [Steven Paine](#). A swift transition and I set to work on the hilly, technical and busy bike course. I felt good on the bike, all that summer TT work was paying off and riding the Felt IA disk made the descending and hard braking a breeze.



The course was busy so it was difficult to identify my competition from wave one but I knew I was riding well and no one overtook me, I actually rode the 2nd fastest bike split of the day 🙌👍

The run was HOT and had a couple of short sharp hills in each lap with some out and backs which again gave a chance to see your competition. But with the multi lap and double wave start it was difficult to know exactly where I was, so I kept pushing hard. The lack of running over the summer due to injury was definitely showing and my pace was down, but enough for a push down the blue carpet to the finish line and hear the commentator confirm Age Group 40-44 World Champion 😊 I was also 5th overall of ~2000.

Now onto Nice 🇫🇷 for the Ironman 70.3 world champs next weekend.

[TORQ Fitness](#) #unbonkable

## Editorial:

What a fantastic achievement by Don Brooks to regain his World Age Group Triathlon Title. The following weekend he gained another podium place in the Iron Man Championship in Nice and then another victory last weekend back in the UK.

Time for a rest Don and huge congratulations.

Owing to a lack of material, this newsletter is now being issued on an as and when basis.

I am particularly grateful to those who have written things for this edition so thank you Claire McKenna, Liz Butler, Lee Sanderson and the always excellent Youths input from Rob Woodger.

Whatever cycling related experiences you undertake I'd love to hear from you and its always best with a pic or two.

### **National Hill Climb Championships - Sunday 27th October - Haytor**

Finally we have a major National Championship event coming soon and Lee Sanderson, the organiser, needs our support. He has written a piece about the event below but need volunteers to undertake a range of tasks.

Please contact him at: [leedsanderson1@gmail.com](mailto:leedsanderson1@gmail.com)

If you don't end up volunteering then we need lots off people on the course with their cowbells, whistles, horns etc to make some noise! 0800h start.

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

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### **National Hill Climb Championship, Sunday 27<sup>th</sup> October 2019.**

Mid-Devon Cycling Club will be promoting this year's National Hill Climb Championship up Haytor; a tough course over a distance of 3.125 miles. British legend Chris Boardman was the last winner of the championships when it was held on Dartmoor in 1990 at Widecombe-in-the Moor. There are titles to be won for Women, Men, Veterans and Juniors – see below for the list of awards. It would be fantastic if the club is well represented with riders in all categories. All competitive members of the club are encouraged to enter this prestige event. The ultimate success of the event, however, will rely on members of the club volunteering to help out on the day.

A 'practice event' will be held on Sunday 22nd September 2019. Volunteers are required for this and the National Championship event so please do contact Lee Sanderson who is the event secretary for these Hill Climbs, [leedsanderson1@gmail.com](mailto:leedsanderson1@gmail.com), and offer your services. For the National Championships, we

need a person to be I/C at the HQ, marshals (BC Accredited ones would be ideal), parking stewards, set up of the finishing area and.....

MDCC riders did themselves proud in 1979 when the club ran the first National Hill Climb in the South West. Back then, the competition was restricted to men. We ended up with 4th place, and second team behind the all-powerful Manchester Wheelers who recruited riders from far and wide including York, Reading, Leicester and very few from Manchester. This year competitors are expected to include about 60 women and 40 junior and youth riders.

To enter either the practice event (£12) or the National Championship (£25) you will need to do so via the CTT web site or send in an entry form by post along with a cheque. The £25.00 fee is refundable from the club's Rider Support Fund upon completion of the National race.

Closing dates for entries are:

Tue 10<sup>th</sup> Sep 2019 – Practice Event

8<sup>th</sup> October 2019 – National Championship

It is also advisable to enter some other hill climbs beforehand if only to get a race head on and sort out how to tackle an event. The Hill Climbs available in the South West are as follows:-

Sat 21<sup>st</sup> Sept @ 10:00 hours – Exeter Wheelers to the top of Stoke Woods, Exeter

Sun 22<sup>nd</sup> Sept @ 09:00 hours – Chard Wheelers to the top of Chineway, Ottery St Mary\*

Sun 22<sup>nd</sup> Sept @ 13:00 hours – MDCC to the top of Haytor\*

Sun 22<sup>nd</sup> Sept @ 15:00 hours – MDCC up Widecombe Hill\* Mark Sanders & Martyn Holmes look on..



\*Note: these 3 races are being run with overall prizes for the fastest overall times up all 3 hills.

Sun 13<sup>th</sup> Oct @ 10:00 hours – City Cycle Couriers up Jennycliffe, Plymouth

Sun 20<sup>th</sup> Oct @ 10:00 hours – Alltrax up Heybrook Hill, Plymouth.

There will be other events to try your powers on in the West District – see CTT web site for them.

List of Awards - National Hill Climb Championship

Men – 1st, 2nd, 3rd plus team of 3

Women – 1st, 2nd, 3rd plus team of 3

Junior Men – 1st, 2nd, 3rd

Junior Women – 1st, 2nd, 3rd

Ages 12, 13, 14, 15 and 16 (on the day of the event) – 1st in each age, male and female

Ages 17 and 18 (on the day of the event) – 1st Male and 1st Female

Veterans in 5 year age bands i.e. 40 to 44; 45 to 49; 50 to 54 and so on till you reach 85 to 90 – 1st Male and 1st Female

Come on Mid-Devon there has to be an award or two for us to pick up. You do not often have the chance to ride in a National Championship; especially one on home turf.

National Hill Climb Awards are medals (see photos) and for overall winners trophies with an invitation to attend the National Dinner and prize Presentation in early January 2020.

Lee Sanderson





## Rider Profile:

Name: Claire McKenna

Age: 37

Race category: In Triathlons I'm female 'senior' category. I haven't actually done any bike racing yet do I feel a bit of a fraud. 🙄

Nickname: Blondie - original!!

Bikes owned: A Trek (can't remember the model but roughly the same weight as an African elephant)

Specialized Amira - current. I really need a new one!!!

Age I got into cycling: I had a bike from age 6-7 and never looked back. As a child we always lived in the country So I cycled everywhere. As a teenager I'd cycle 10miles plus to and from different jobs, I never really thought anything of it. However horses took over when I was a teenager and in my 20's I started riding in point to point races which I loved. I only really started cycling again 3 years ago - I forgot how much I enjoyed it.

How often do you train?: I try and ride 3 times a week, one long ride, one hills (trying to force myself to do hill repeats, it's not going well!) and one speed/effort.

Around this I swim 2-3 times a week and run 3 times a week.

How has your training developed? I realised it's far more valuable to 'smart train' with specific sessions rather than just bash out miles left right and centre. Despite this I still clock up allot of 'just for fun miles'!!

Main successes: Sorry mainly triathlons (hate me now!)

Froome Triathlon: First Lady 2017

Bournemouth International Triathlon: 2nd Lady 2017

Weymouth Half Iron Man distance triathlon: 3rd Lady overall and age group winner 2018

Completed Iron Man Wales 2018

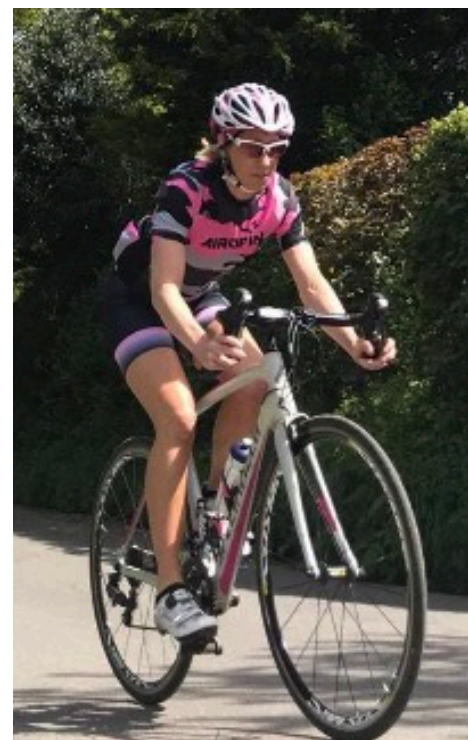
Won the club the MDCC club 10 mile TT last year 2018 but that was mainly because I was the only girl keen enough to relentlessly turn up!! Time : 26:32

Just completed Prudential Ride London 2019 which was amazing!! Time: 4h 52m.

Future hopes & successes: I'd like to enter some stand alone bike races and do a few more TT's.

Greatest buzz about cycling: Descending at speed!!

Cycling hero: Lizzie Deignan





Other interests / hobbies: Running & swimming (predictable!!) and I still horse ride when I can squeeze it in.

Advice to youngsters: Get involved!!! It's fun, there is so much training and support available to achieve so much.

What do I think of MDCC? Brilliant inclusive club with something for everyone. The club offers exciting cycling opportunities which would otherwise be inaccessible.

## **Tour de l'Agglo de Bourg-en-Bresse - July 28th - Harrison Wood**

Yesterday I raced the Agglo elite national in Bourg en Bresse. This was going to be pretty solid day out with 2100m of climbing over the 146kms. The race itself could be broken down into 4 parts, the first 20kms were flat/rolling followed by then around 60kms of hilly terrain with some longer 5km bergs (2nd part), the 3rd part was then from KM80 to KM115 where it was once again rolling/flat roads (3rd part) followed by the final section of the race which was 30kms including a rather nasty climb (Mont July 3km@10%) with only 10kms to go...

There was also a strong field racing. The major french DN1 teams all represented well including some good quality DN2 teams also. This was going to be a strategical race because if the strong DN1 teams all have riders in the break its likely it will be neutralised behind in the bunch with attacks being followed all the time.

The first flat part I relaxed in the peloton, keeping an eye for any threatening moves which went. After 20kms there was a break of 10 guys up the road with about 25seconds, I knew I needed to go across with no Aix represented. I hit out hard from the bunch when the road went uphill. I was away and had a gap. I rode hard and was joined by another 6 guys. We quickly got sorted and all began working together. We made it across to the break but one DN1 team had missed the move. They began riding behind so in the break we were always having to ride hard and never really relax.



After 100kms the gap was @40seconds when a strong group escaped the peloton and came across. After this the peloton had sat up and had been very stop start apparently meaning the gap to the break grew out and out. The break was now around 25-30 guys with all teams represented. I knew this would not work well so I was alert to the threat of new attacks to form a stronger, smaller breakaway. This worked and I was able to get away with 30kms to go with a group of around 9 guys. The group behind was then stalling meaning we quickly got a gap of 30seconds but then this stabilised...

At this point I was feeling tired as the guys I was with had all come across with 45km to go. I was skipping the odd turn but I knew I could be in for a nice top 15 result if I continued to work well. As we approached the final climb a group of 3 joined us at the bottom. Straightaway there was an attack from the eventual winner. I followed this but after 1minute I was distanced and had to settle into my own tempo. I got over this Mont July climb in the 2nd group of 9 with now 5 in front as we had been joined by some riders from behind. At this point I was really struggling and fatigue was setting in. I fought all the way to the finish but just had no legs to produce a sprint so I rolled in 12th.

I was happy with this result and my form after my bout of illness which sadly ruined my biggest race of the year. Sat here reflecting on what could of been at Aosta but I know that I need to focus on my next races and forget about it. Hopefully tomorrow in Cours La Ville I will of recovered nicely and can produce another good result at Elite National level!

Ed: Sadly after a rest day on 29th July Harrison "Tweeted" this the next day:

Bad news to report. I was involved in a crash when my team mate went down. Some road rash but worst of all a suspected broken wrist. Off for x rays so will keep you all updated.

And the next day: Sadly I have fractured my wrist... some turbo work now but still some great races to come in September!

### **‘The Road to Recovery’**

As I write this on the eve of Saturday 24th August it is my 22nd day of turbo training since my crash. It is approaching almost 4 weeks since the crash as I took a few days off after due to travel and hospital appointments.

In Cours La Ville (race) I crashed and fractured my triquetrum and severely bruised my pisiform bone. A common break but one that complicates how long till I can train on the road. After seeing a specialist at my local hospital I am no longer in a soft cast and I'm now in a splint which means I can remove for showering whilst also being able to properly grip my handlebars.

A bit about my training since my crash. The first week saw me rack up 11 hours of turbo training varying from z2 base work through to intense vo2 work. The 2nd week was much the same with an increase in volume and this was much the same within my 3rd week. Throughout the weeks I have been able to increase my power numbers which has been a big boost for my morale as I approach my return to racing.

The next few weeks will see me make one more week of turbo training to ensure that my wrist is fully recovered before I plan to begin riding on the road. This will mean that I would have carried out 30 days of turbo training with every day including some kind of structured efforts!

Hopefully this has given you all a bit of an update and hopefully I will be back racing again in September and carrying on into October before finishing the season at the National Hill Climb of Britain on Haytor.

Harrison

Ed: Harrison has recently returned to France and had his first step back into racing only this week.

### **South Downs Way - Liz Bulter writes:**

#### **Day One - Winchester to East Meon.**

Starting at Winchester Cathedral we gave Alfred's statue a wave as we turned south along the River Itchen. The climb out of Winchester was steady, upon reaching the M3 we became tangled up with blitzed looking youngsters leaving Boomtown, in cars, on foot and bike. Our route was diverted for about two miles around the large green security fence spaced with lookout towers. The chalk down land began as we turned off the lane and cycled east and away from the hordes of revellers. The path undulated, as Colin descended a steeper path his brakes failed, his only way to stop - hitting a metal 5 barred gate. A quick adjust of cables and we quickly caught up with walkers who had passed us during our pit stop. Ominously, thunder began to rumble around behind us. Not my favourite weather while cycling on open fields. The rain picked up and the thunder passed overhead while we sheltered in a dry barn. We had another look at Colin's brakes while the storm rolled around and then moved away. Ham rolls gave us the energy needed to cycle up the next hill. The thunder and lightning were never far and we sheltered again in a wooded area as we seemed to be chasing the storm.

As we admired the views from Beacon Hill, we were joined by two other groups of cyclists. We adjusted Colin's brakes again. The descent was great! After passing through Exton the path climbed, creating impossible riding due to the chalky mud and I slid sideways into the hedgerow.

The bikes doubled in weight as the chalky earth stuck to frames, gears and chains. The push up to Old Winchester Hill felt vertical and was tough.

We descended to Meon Spring Farm in sunshine but as we turned towards East Meon the thunder returned.

Colin had the first puncture which was grim to change due to the mud. The final ascent of the day was a stony slippery track which was made tougher by pushing bikes. A final descent in the sun to the welcome sight of the Sustainability Centre.

Our evening meal was a delivered curry from a nearby village.

### **South Downs way Day Two - East Meon to Truleigh Hill**

If anyone asks this is a four-day trip not three. However, to change our itinerary at this point was not an option, we had 44 miles of off-road hilly cycling to get to our accommodation – the YHA at Truleigh Hill.

Generally, on the route, ascents tended to be gravelly lanes with deep runnels. Impossible to cycle up and even harder to push bikes. Descents were similarly difficult with wrist jarring drops. We were lucky the sun shone on this day, as slippery chalk is lethal.

We had a help yourself breakfast amongst the educational group at the Eco-lodge. After Colin persuaded a chap with a camper to pump his tyres with an electric pump, we cycled down and then up to the first view of the day at Butser hill. The decent was unusually a long grassy downhill to QE Country Park. The cafe was closed for refurbishment. 😞😞.



The hill out of the park was strewn with debris and hard to follow. We had to push. The decent to Halls Gate was rougher than the last time I cycled in the area, so slow careful riding was needed. Eventually we got off and pushed downhill.

The track after this was easier to ride for a while and the views were great along the ridge. We rode on to Harting Down, which took us through, alpine like meadows and Beacon Hill. Once again, the views were stunning. Blue sky, undulating farmland, fields of gold interspersed with green copses, woods and streams.

By about 10:30, we began to realise that our average speed estimation was overly optimistic. This was going to be a long day with no stops.

The track carried on through woodland and forest, dark and earthy, here we made better time.

Cocking Down lived up to its title as Colin had the first puncture of the day.

The pump we bought was s\*\*t. I cycled on while Colin ran/walked with his bike. I met a couple of chaps on hire bikes and explained Colin was

following. They set off uphill with great haste to find him and offer pump services. It worked and Colin caught me up.

By now it was 3.00pm and we had only reached halfway. Spirits dipped and dived. The task ahead still seemed impossible, especially with so much climbing. Another bloody puncture, this time my front. We quickly changed the tube, but the ride was awful due to the lack of pressure. Then the tyre began to come off the rim and riding stopped! We sorted it out and pumped again with just pressure enough for the tyre to stay on the wheel and for me to ride.

Bignor Hill gave great views of our route still to do. We ate snacks at the top of every hill as we hadn't managed to find a café the entire ride. The main route has no stops. All amenities are in villages down steep hills.

As we descended into each valley we had to negotiate busy A roads, the A29, A24 the A283. The ascents were energy sapping. We made better progress on the ridge tops of Rackam Hill. A sign to Washington 6 miles felt dispiriting as we still had so far to go. It was 5.00pm. Riding the rattling descents gave us speed but the arms and wrists wanted it to stop. Holding the brakes ready for action pulled every sinew and tendon in the forearms.

The steep path to Chactonbury Ring slowed us again although the ridge was easy to cycle.

The descent past pig farms was fun, more gradual and enabled us to add distance with little effort.

Reaching the valley floor and crossing the river gave some flat cycling and a chance to refill water bottles. Drinking water taps are provided along the route by various organisations. It is a great resource.

As we pushed up hill again, I picked up another puncture. (I wasn't even riding my bike!) A kind mountain biker out for an evening ride took pity on us and helped us by lending a great pump and mend the inner tube as we had used all of our spares. Tiredness made it hard to organise thoughts and actions enough to mend a puncture. He cycled off quickly and for us another 20 minutes lost.



No one we met at this point, knew the location of Truleigh Hill, a little worrying as we felt we might be getting nearer. The next sign post read 6 miles to the river Adur. This was our last decent and ascent. The sunset behind us turned from orange to pink. The nearly full moon rose above us. We crossed another busy road for the final climb to the hostel. Up and up and slower and slower. We reached the hostel at 8.50pm. Nearly 12 hours on the trail with the only stops for bike issues. The hostel chef kindly made us two pizzas which we ate and washed down with Fanta.



### **South Downs Way Day Three - Truleigh Hill to Eastbourne**

Wind blew the rain on to the windowpanes while we mended the spare inner tubes in our hostel room. The YHA breakfast set us up for the day.

Using the hostel pump was not advisable as it deflated Colin's tyre! Once again, we used the good will of others as a kind hostel volunteer allowed us to use his car pump.

Having decided to leave the Downs route due to the treacherous cycling conditions and the stormy conditions forecast, we descended off the ridge down a muddy slippery bridle path. The path became narrower and became chalk covered in green slime. Gravity took over and a lack of friction saw a controlled slide off my bike and into a brambly bush.

We reached the edge of Shoreham and followed cycle route 2 through the harbour and onto Hove and Brighton. The route was marked by the industrial smells and sounds; steel fabrication, stacked timber, gravel and fish-mongering. Brighton was more hot dogs and candy-floss. We passed the end of the pier and found our first coffee stop of the trip. Strong, tasty and warm with a couple of slices of cake, felt well deserved.

Following route 2 led to the undercliff a route along a promenade between chalk cliffs and the sea wall. Waves woomffed over us, the wind picked up and turned head on.

At Peacehaven the route followed the road through bungallowed housing estates.

A steep descent gave us a close-up view of Newhaven's council estates. The rain became continuous from this point. We crossed the river and followed the track through a country park.

I am sure Seaford is lovely on a sunny day. The ride along the front into the wind and rain became a challenge. We found a small shelter and ate left over pizza and put on an extra layer.

Route 2 fizzled out and we found we had to cycle the A259, a busy narrow main road bypassing the Severn Sisters to Eastbourne. It was steep and with dwindling energy I ended up pushing my bike. It felt dangerous and threatening as visibility was reduced due to the rain. Finally, at the top of the second hill we turned at East Dean for Birling Gap. The rain and wind picked up even more and rain stung our faces. Feeling chilled and beginning to shiver, I knew needed to stop and add another layer.

Then out of the mist, we could see buildings emerge. A warm National Trust cafe and some other wet cyclists. I dived into the loos and pulled on another thermal top, warmed up inside my shorts with the hand dryer, drank coffee, Fanta and ate a sausage roll.

Leaving puddles of water and wet seats in the café, we set off for the final stint of the ride.

The road wound behind Beachy Head and up to the inn and we could finally see Eastbourne. The decent was quick and we found the airbnb just at the point my phone with the key code switched off!

A lorry driver was persuaded to charge my phone in his cab while Colin helped him manoeuvre 3 ton of paving slabs for an elderly man with one eye.

The phone had just enough charge to retrieve the code. We left the bikes and shoes outside and enjoyed a warm shower.

Everyone keeps telling us tomorrow is going to be lovely.

**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.**

We have many youth riders in contention for the South West road series, this is made up of 7 rounds at different venues we have 2 rounds to go at Wheal Jane 7/9/19 and Westpoint 5/10/19.

Under 8 Maddy Woodger

Under 10 Matt Holmes, Jacob Start, Bayley Woodger.

Under 16 Callum Start, Ewan Warren and Morgan Gibson-Clay

These riders are all in contention for the Wheal Jane series that ends this weekend 5/10/19 after 6 rounds. With the under 10's looking to take a clean sweep on the podium. (Matt Holmes, Jacob Start, Bayley Woodger)

### **Round 2 summer series MTB XC 02/08/19**

4 youth riders rode in some difficult conditions made by the weather on a yet again a great course. Thanks Steve!

Under 8 Maddy came in 3rd in her best race of the year once she got her head around the course.

Under 10 Arthur Oliver made light work of the conditions coming in 1st Bayley came in 2nd both boys really enjoyed the course.

Under 12 Ben show his strength training is paying off by winning, lapping all the other under 12 riders.



### **Paignton Regatta 12/9/17**

Mid Devon Cycling Club hosted Paignton Regatta criterium which has a long and proud history. Past winners of the Elite race include Marcin Bialoblocki, Chris Opie and our own Andrew Parker!

Mid Devon youth carried on their successful season with under 8 Maddy Woodger coming 1st. In the under 10's boys Mid Devon dominated the race taking the top 4 places, 1st Bayley Woodger 2nd Matt Holmes, 3rd Arthur Oliver and 4th Jacob Start. Under 12 boys Joseph Edwards was 4th, Under

12's Girls Aine Graham came 1st. Under 16's competitive field was the 2nd largest racing field in the South West this year with 3 Mid Devon riders in the top 10 Morgan Gibson-Clay and Reuben Heal worked hard in the front group dropping riders every lap with 5 laps to go there were 6 of them, it went down to a sprint and Reuben planned to lead Morgan out it did not go quite to plan but Morgan still got top spot and Reuben was 6th Callum Start was 8th.



SW cyclocross is coming and MDCC has 38 signed up to the league this from under 8 to V60 categories. To see all the results and fixtures and more information <http://www.swcx.org/en/>

You can still sign up of each round if you want to give it ago!!!

Many consider cyclo-cross to be a steeplechase with modified road bikes on a 2.5km to 3.5km course over hill and dale, others consider it muddy hell. Its roots can be traced to the early 1900s, when French army private Daniel Gousseau would



ride his bicycle alongside horseback-riding friends through the woods. But it's also an immensely popular winter race discipline, guaranteed to get you fitter (and muddier) with an exceptional atmosphere to boot.

The cyclo-cross scene is strong in Europe, with some of the most aggressive and successful racers hailing from Belgium, the Netherlands, France, Italy and the Czech Republic. But it's currently enjoying a massive boom in the US and Australia, along with a renaissance in the UK. Traditionally, the cyclo-cross season runs from September to January, ending with the UCI World Championships. Most races happen on a Sunday, and are short, so you'll have time to get up, warm up, race and get home and showered with plenty of time left for your regular weekend activities. The British Cycling website will list all upcoming UK events including all South West League events:



## Dunster Castle 8/9/19

24 Mid Devon riders went to Dunster Castle for the 1<sup>st</sup> round of the South West Cyclocross League. Ben Ward started the day well for the club winning the under 8 Boys, Matt Holmes followed this up winning the under 10's boys, Callum Start 3<sup>rd</sup> in the under 16's. V40m Andy Parker came in 3<sup>rd</sup>, V50w 1<sup>st</sup> Nicky Quant 1<sup>st</sup> and Jackie Shute was 2<sup>nd</sup>, V60m 1<sup>st</sup> Robin Delve. It was good to see some new riders from the club in this round.

Full list of club results: -**Under 8 Boys** 1<sup>st</sup> Ben Ward **Under 8 Girls** 5<sup>th</sup> Charlotte Ward **Under 10 Boys** 1<sup>st</sup> Matt Holmes **Under 10 Girls** 4<sup>th</sup> Maddy Woodger **Under 12 Boys** 5<sup>th</sup> Bayley Woodger, 10<sup>th</sup> Jacob Start **Under 12 Girls** Aine Graham 9<sup>th</sup> **Under 14 Boys** 7<sup>th</sup> Edward Selwood 8<sup>th</sup> Angus Graham **Under 16's Boys** 3<sup>rd</sup> Callum Start, 7<sup>th</sup> Reuben Heal **SM** 29<sup>th</sup> Stewart Dunn, 32<sup>nd</sup> Matthew Dunn, Rob Woodger DNF **V40m** 3<sup>rd</sup> Andrew Parker 16<sup>th</sup> Martin Smith, 17<sup>th</sup> Steve Hodgson, 18<sup>th</sup> Angus Menter, 25<sup>th</sup> Andy Holmes **V40w** 4<sup>th</sup> Maria Weymouth **V50m** 13<sup>th</sup> Adam Fitzpatrick **V50w** 1<sup>st</sup> Nicky Quant, 2<sup>nd</sup> Jackie Shute **V60m** 1<sup>st</sup> Robin Delve



## Cricket St Thomas 15/9/19

SWCX Round 2 - Cricket St Thomas was a very hot day with 22 Mid Devon riders pushing on getting more outstanding results. Ben Ward taking another win and Benjamin Simcock coming 3<sup>rd</sup>. Under 10 boy Matt Holmes with back to back wins. Under 10 girl Maddy Woodger was 3<sup>rd</sup>. Under 16 Callum Start was leading then got a puncture but ran to the pits and change his bike and fought back to 2<sup>nd</sup>. Vet 40 Andrew Parker came in 2<sup>nd</sup>, V50w saw 2 on the podium Nicky Quant 1<sup>st</sup>, Jackie Shute 2<sup>nd</sup>, V60m Robin Delve continues his winning ways. Full provisional results below.

Under 8 boys 1<sup>st</sup> Ben Ward, 3<sup>rd</sup> Benjamin Simcock Under 8 girls 4<sup>th</sup> Charlotte Ward Under 10 boys 1<sup>st</sup> Matt Holmes, Under 10 girls 3<sup>rd</sup> Maddy Woodger, Under 12 boys 4<sup>th</sup> Bayley Woodger, 7<sup>th</sup> Jacob Start Under 14 boys 5<sup>th</sup> Ben Goldsmith Under 16 boys 2<sup>nd</sup> Callum Start 8<sup>th</sup> Heal SM 21<sup>st</sup> Stewartt Dun, Rob Woodger 22<sup>nd</sup> V40M Andrew Parker 2<sup>nd</sup>, Hodgson 13<sup>th</sup>, Andy Holmes 22, Martin Smith 26<sup>th</sup> V40W Maria Wymouth V50m, Adam Fitzpatrick 11<sup>th</sup>, V50w Nicky Quant 1<sup>st</sup>, Jackie Shute 2<sup>nd</sup>. Robin Delve 1<sup>st</sup>



Start  
Reuben  
Steve  
5<sup>th</sup>  
V60m



## Wheal-Jane 7/9/19

Maddy and Bayley Woodger went to Wheal-Jane for the last round of the series Maddy came in 2<sup>nd</sup> in the under 8's and Bayley won the under 10's. Bayley won the under 10 series with Matt Holmes in 2<sup>nd</sup> and Jacob Start in 3<sup>rd</sup> make a MDCC 123 for the series. Maddy came 2<sup>nd</sup> in her 1<sup>st</sup> ever Wheal-Jane series.



**SWCX 2018-2019**

| SWCX Round | Nat Trophy | Date       | Venue                        | Town           | Club                 | County   | Organiser        |
|------------|------------|------------|------------------------------|----------------|----------------------|----------|------------------|
| 1          |            | 08/09/2019 | Dunster                      | Minehead       | Minehead Merlins     | Somerset | Barnaby Wright   |
| 2          |            | 15/09/2019 | Cricket St Thomas            | Chard          | 1st Chard Wheelers   | Somerset | Jamie Caswell    |
|            | 1          | 22/09/2019 | Derby                        |                |                      |          |                  |
|            | 2          | 06/10/2019 | Milnthorpe                   |                |                      |          |                  |
| 3          |            | 06/10/2019 | Coxleigh Barton              | Barnstaple     | Taw Velo             | Devon    | Darren Armstrong |
| 4          |            | 13/10/2019 | Newnham Park                 | Plymouth       | All Trax             | Devon    | Nick Crawley     |
| 5          |            | 20/10/2019 | Bishop Fox's School          | Taunton        | Quantock Quickriders | Somerset | Justin Knox      |
|            | 3          | 27/10/2019 | Irvine                       |                |                      |          |                  |
| 6          |            | 03/11/2019 | Escot Park                   | Ottery St Mary | Exeter Wheelers      | Devon    | Richard Taylor   |
|            | 4          | 10/11/2019 | Crawley                      |                |                      |          |                  |
| 7          |            | 17/11/2019 | Falmouth bike park           | Falmouth       | Carrick Riders       | Cornwall | Chris Cumming    |
|            | 5          | 24/11/2019 | Pembrey County Park          |                |                      |          |                  |
| 8          |            | 01/12/2019 | Wheal Jane                   | Redruth        | Wheal Velocity       | Cornwall | James Berry      |
| *          |            | 08/12/2019 | Pontispool - Regional Champs | Taunton        | Somerset Road Club   | Somerset | Mark Deakin      |
|            | 6          | 15/12/2019 | York                         |                |                      |          |                  |
| 9          |            | 05/01/2020 | Torbay Velopark              | Paignton       | Mid Devon CC         | Devon    | Martin Smith     |
|            |            | 12/01/2020 | National Champs Shrewsbury   |                |                      |          |                  |
| 10         |            | 19/01/2020 | Plymouth Moto X              | Plymouth       | Plymouth corinthians | Devon    | Miles Earl       |
| 11         |            | 26/01/2020 | Symondsburry Park            | Bridport       | Bridport cc          | Dorset   | Dan Vockins      |

**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 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           | Vacant                       |
| 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               |

This weeks committee meeting discussed and approved the go ahead for some important new developments/additions at the Velopark. This work needs the cooperation of other organisations so much work is still to be done but we hope to have news on this in due course.

### **Teignbridge Cycle Meeting - Thursday 11th September**

Emily Simcock was kind enough to write the following notes:

- Wray Valley Trail - DCC can't commit to finishing in time for planned October opening ceremony (I know Ken was encouraging people to lead rides for this). It is now postponed to March 2020 and a soft opening with a few photographs will take place instead sometime in November.
- Newton East-West - details of extension through Bakers Park and past National Trust gateway towards (not yet to) Ogwell. Shared pavement path.
- Path details given of route from Coombeshead academy towards Ashburton towards Hele Park. Pavement based and crossing road.
- Shared pathway from crossroads by new Redrow estate in Kingsteignton being completed and extended to start of Stover Trail. I said with high footfall this should have been segregated path - road is wide enough (too late now!)
- Improvements to route and signage being made for NCN through Newton with widening and better signage through Cricketfield carpark one listed area. I requested better signage and liaising with bus companies so cyclists and drivers know cyclists are allowed through the bus area.
- Funding is available to businesses in Newton area (via Travel Devon) for visits to help increase uptake of cycling to work by employees. Businesses outside Newton can have soft support but not funded visits. No capital budget with either but lots of cycle goodies for staff. Public owned and private business eligible. No guarantee of further funding beyond 2020.
- There is a funding pot specifically for cycle parking (can't remember where from but can find out). Several people asked if GWR could be encouraged to get in contact and provide secure parking for people wanting to cycle to train station. Company need to approach the funding providers so needs customers to request this.
- Clarification provided that routes which have dangerous obstacles or overgrowth can be reported to DCC for maintenance - this can be done but no specific budget allocated for surfacing or other upkeep.

- Opinion sought on e-bike rental system for Newton. Positive feedback for docking at station, council, hospital, Heathfield and others. Council have provided 2 e-bikes for staff to get to visits and these are being well used.
- Opinion sought on plans to provide cycle lanes from NCN to rail station. Current plans are for pavement scheme. Several stressed it should be a segregated route with space made by removing roadside parking and giving priority to cycle space.
- Teignmouth route - plodding on, no specific updates.

## **‘Events Committee’**

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

We have had a really good response to this event with over 80 people already signed and paid up.

We have been allocated the front part of the hotel and are now putting a maximum of 100 on the event so we are not too crowded.

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 are detailed in the Eventbrite website where you can sign up, all diets will be catered for.

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

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.

Booking link:

<https://www.eventbrite.com/e/mdcc-annual-dinner-dance-friday-6th-december-2019-tickets-67031213163>

### **Treasure Hunt & BBQ**

The Devon Air Ambulance have received £140 as the proceeds from this year's event. That makes nearly £500 in the 3 years that this event has run. A very big thank you to Pete and Shani who's venue provides an ideal set up for quiet riding and the BBQ enjoyed by all.

### **ToB Ride Back**

55 people took advantage of this event just recently riding from Williton Railway Station in Somerset back to Abbrook via stops in Dulverton and Bickleigh Mill with the Social ride starting in Dulverton and lunching in Exeter.



The next ride back is being planned for Sunday 29th March 2020 and might well start at Tintagel for us to take a look at the new bridge, sadly no time to actually walk over.

## Beer YHA Weekend

This weekend will see 30 riders, across the C - Social ride groups, setting off to overnight in Beer, an inland route on the way out and a coastal return should provide some wonderful scenery.

## MDCC will be 90 years old in 2020

We have some ideas on how we can celebrate this anniversary BUT importantly we would like to know your ideas so please contact any of us on how the club can best celebrate this very special milestone.

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

## 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](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.**

|                            |  |
|----------------------------|--|
| 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 1st December      | Santa Cycle – family bike ride to Exmouth, return via boat <a href="https://forcecancercharity.co.uk/event/santa-cycle-2/">https://forcecancercharity.co.uk/event/santa-cycle-2/</a> |
| Friday 6th December        | Christmas Dinner & Dance, Livermead House Hotel, Torquay.  |
| Saturday 4th January 2020  | AGM & Awards Night   |
| Sunday 29th March 2020     | Events Committee - Tintagel Ride Back, 65 miles  |
| Sunday 28th June 2020      | Nello 2020   |
|                            | Velo Birmingham  |
| Sunday 29th September 2020 | Autumn Series – 55 or 30 mile ride <a href="https://forcecancercharity.co.uk/event/autumn-series-2019/">https://forcecancercharity.co.uk/event/autumn-series-2019/</a>               |

Other dates that might be of interest:

- 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:

| 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              |
| 21st September  | SS   |                              |                     |
| 22nd September  | C    | TBD                          | Mitchell Hockin     |
| 22nd September  | E    |                              |                     |
| 22nd September  | F    | Blackpool Sands              | Peter Dingley-Brown |
| 22nd September  | G    | Cantina, Goodrington         | 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      |