



Mid Devon Cycling Club

# “The Hub”

February 2017

## Editorial:

MDCC has over 500 members and any club no matter what it's size requires a small "army" of committed volunteers to deliver what the members might expect. Please note that as you read this newsletter and future ones there will be opportunities to help, starting from 2 hours as a minimum.

**If all members gave 2 hours per year the club would be that much easier to run. See article in this edition. Please do your bit.**

This publication has previously been produced through the hard work of Liz Crawford but she is no longer able to continue in this role. Liz, A big thank you for all you have done to deliver this task, one which is fully dependent upon what you are sent from the various sections of the club.

In taking over from Liz I am also completely reliant on the same support. If not you, the reader, will not receive the service you would like.

I would welcome input from any member of the club on any relevant topic, maybe you've been riding abroad & can do a short report to give others ideas for their future trips. Maybe you are riding to fundraise for a charity, let me know the details.

**Advice for contributors - please produce very concise reports, I will always edit them down to a minimum of words without losing the meaning of what you have written.**

**Good photos are essential for an attractive newsletter, please aim to supply one with every article you submit but it will not prevent your article from being included. Please try to ensure files are small & not zipped.**

**N.B. - April issue out at the end of March - deadline for publication 17th March but the earlier the better please!!!**

This will not be a monthly publication and the frequency will vary according to the time of year and the material available. We hope to manage 6 per year.

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

**Appeal for Organiser** - The club is promoting the Teign Valley Hilly time trial on Good Friday morning, 14<sup>th</sup> April. Andrew Perkins usually organises this event but unfortunately finds himself double booked and is looking for someone who can step into his shoes. Most of the 'leg work' has already been done in terms of organisation and Andrew will arrange the HQ, timekeepers, marshals, start sheet, etc but he needs someone to be the organiser in charge on the day to set up the HQ, record the times provided by the time keepers, present prizes - either as organiser or with one of the other roles on the day - please contact Andrew Perkins at - [ashgp@btinternet.com](mailto:ashgp@btinternet.com)

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### Teignbridge Sports Awards 2016 - Lifetime Achievement Award - Ken Robertson



The award was made at the Teignbridge Sports Awards Evening and coincided with Ken's 80th birthday. The Council recognised his lifelong contribution to the sport and a film was shown featuring many riders, club members, officials and council officers all commenting on their memories of Ken and his contribution. Ken has been a lifelong member of the club and has served in just about every role on the committee. He has also been a committee member both regionally and nationally in the sports 2 main governing bodies, he has personally promoted more events...

than virtually any cycling club including several national title events, he is a recognised expert in cycle road safety and regularly advises on the subject, he serves on various local authority cycle user groups, he is a CTT time keeper and trainer. In his day he was a very good rider and has numerous TT victories to his name. He was accompanied at the ceremony by his wife Ann.

**Ken,**

**Very many congratulations on a hugely merited accolade. With our grateful thanks for the enormous contribution you make to the club.**

**All MDCC Members**

### **A Brief History of MDCC**

Early one Sunday morning in April 1930 three cyclists were climbing out of Chudleigh and up the long slopes of Haldon Hill to join the Exeter Wheeler's club run. One made the casual remark "*Why can't we form a club in Newton Abbot and save us from this hill every week?*" From this question it can be said that the Mid Devon club was formed. The three pioneers were Fred Bolt, Charlie Phillips and "Bill" Best.

A meeting was called for May 14<sup>th</sup> 1930 at which the club was formed - with 17 members - under its original name of the Newton Abbot Wheelers. The very first club run was to Berry Head on 18<sup>th</sup> May 1930 and the first club road time trial was a 10 mile event held on 1<sup>st</sup> June of that year, won by "Dick" Lake in 29 mins 20 secs.

In 1936 the club's name was changed to "Mid Devon Road Club". A name that was to last until the mid-2000s when the slight change to Mid Devon Cycling Club was made, to reflect the wider cycling interest of the club's members.

Now some 85 years later, we boast 560 members with 7 club runs now leaving Abbrook Park each Sunday morning, with often close to 100 riders in attendance. Those 85 years have seen many successes, with the club boasting 5 former-national champions, Colin Lewis (National Pro Road Champion twice), Jeremy Hunt (National Junior Road Champion and twice National Pro Road Champion), Yanto Barker (National Junior Road Champion) and Roy Hopkins and Mike Parker (both National Veterans' Road Champions). Both Colin and Jeremy have also competed in the Tour de France - the very pinnacle of the sport.

The Club enjoys a status as one of the UK's leading cycling clubs and has consistently promoted road races, time trials and other cycling activities, including several national championships. Since 2007, the club has also promoted the Dartmoor Classic cyclo-sportive, voted by readers of Cycling Weekly as the nation's favourite sportive, and attracting 4,000 entrants each year to tackle Dartmoor's rugged terrain.

The 'Club Mark' was awarded in 2007 and means the club provides accredited coaching for young, female and novice rider groups at the Torbay Velopark, as well as a full range of sporting activities for all types of riders along with some social events.

Andrew Perkins - [ashgp@btinternet.com](mailto:ashgp@btinternet.com)

## AGM 2017 - Ten Tors Inn - 14th January 2017 - brief summary

A packed room, standing room only, with 70+ members heard the reports from a very successful year for the club. After a pizza break there was the presentation of a very impressive collection of club trophies, some of these go back very many decades having previously been held by many of the club's illustrious members.

Chairman Andrew Perkins was able to report on another successful year for the club with continuing growth in membership numbers now approaching 600. He received reports from the various officers highlighting multiple successes across a range of disciplines, with MDCC topping the British Cycling road regional rankings, taking the individual and team titles in SW time trialling, multiple off-road success, a developing (and very successful) women's team and very promising performances within our youth section.

The story was just as healthy on the non-competitive side with the club now running more organised rides that ever before, it not being unusual to see 80+ riders gathering for the Sunday runs. The organised Sportive rides have again proved very popular with the club's own Tour of Britain ride being the highlight of the calendar.

Guy Langworthy reported on the 10th running of the Dartmoor Classic - the event continues to be recognised as one of the UK's leading sportives and the committee has strived to continue to innovate to ensure it 'stays fresh' and maintains this position. The committee is very mindful of the balance to be maintained between the enjoyment of the participants and the convenience of locals en route and is working very hard with the parish councils, local authorities and police to ensure that can be maintained and improved. The Classic, as well as raising significant sums for local causes, also helps to fund the club itself which remains in a healthy financial state and Andy Parker was able to explain how some of those funds are used to train coaches and to provide training and racing opportunities for our young riders.

Reference was made to the recent Club Survey and the very useful data and interesting views that it has produced. The committee will use that information going forwards to inform itself of the activities members wish to see and to establish how communications can be improved and through what mediums the membership prefer to receive it.

Andrew Perkins highlighted the recognition by Teignbridge Council of Ken Robertson's contribution to the sport through the presentation of a 'Lifelong Achievement Award' - observing that the club was fortunate to have a stalwart like Ken who does so much to organise and manage the club's activity. He highlighted that the club is run by volunteers and that it is only able to put on events and organise activities because of the willingness of volunteers to step up and make a contribution.

As the club grows the burden of operation increases and the committee would welcome hearing from anyone who would like to get involved in assisting with the management of the club's operations and the activities it promotes, contact [info@mdcc.org.uk](mailto:info@mdcc.org.uk)

Finally, Andrew closed by thanking all the volunteers who have contributed so much during 2016 and made the year such a success and wishing members a successful 2017.

### Award Winners



L to R: Harrison Wood - Youth TT Champ, Sarah Lakey - Women's TT Champ, Robin Delve - Off Road Rider of the Year & Conrad Moss - Multiple TT Champ

## Young Riders

Youth E Boy - Jacob Start  
 Youth D Boy - Ed Selwood  
 Youth C Boy - Dylan Gorrin  
 Youth B Boy - Noah Dodd  
 Youth A Boy - Louie Priddle

Youth E Girl - Honey Renton  
 Youth D Girl - Adrianna Dodd  
 Youth B Girl - Isabella Ashford

## Time Trials

### Club Record Medals

Junior 25	Harrison Wood	55.53
Junior 10	Harrison Wood	21.26
Senior 10	Matt Langworthy	19.01
Senior + Vet's 50	Conrad Moss	1.43.56
Senior +Vets 100	Conrad Moss	3.37.40

Sharam Trophy -	1 <sup>st</sup> Mid Devon rider in the BAR 30.33 mph	)
President Shield -	1 <sup>st</sup> Mid Devon Rider in September 25	)
WAJ Best Cup -	1 <sup>st</sup> Mid Devon Rider (Club Champ) in June 25 48.54	)
Chouings Cup -	1 <sup>st</sup> MDCC Rider in SW 50 1.43.50	) Conrad Moss
Northway Trophy -	Best MDCC 50m TT Vet	)
Golden Jubilee Cup -	Best senior MDCC 50	)
Elliott Cup -	Mid Devon CC 100 m TT Champion 3.37.40	)

Queen Elizabeth Cup -	1 <sup>st</sup> Middle Marker 25	)
1 <sup>st</sup> Junior TT -	Soby Cup	) Harrison Wood
TT Rider -	A Woods Cup	)

Bert Chitty Plaque Open 12 hour - 233.14 miles -	Mark Sanders
Team Ride of the Year National TTT champs -	Mike Gratton, Mark Combe, James
Tribble Most Improved Rider -	James Tribble
Kelsteign Trophy - Fastest MDCC in Teign Valley Hilly -	Matt Langworthy
TT Woman of the year -	Sarah Lakey
Voted for by the members of the Social Ride -	Shani Adams
Gnarly Cup Off Road -	Robin Delve
Club Road Champion - Senior -	Ian Cullen
Club Road Champion - Junior -	Ashley Towey
Road Champion - Women -	Jenny Corser
Colin Lewis Trophy - Performance of the year - Totnes Vire Stage 3 -	Matt Langworthy
National Masters Criterium Championships - Silver medallist -	Andy Perkins
First MDCC Rider in Regional Championships -	Dave Johnson
Hammer Trophy -Totnes Vire stages 1+2 -	Tim Prowse

Club Person of the Year - Voted by members at the AGM -	Ken Robertson
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## Survey Results

Carried out in December 2016 - 218 people responded, ~ about 40% of members which is very good for surveys of this type. Using the data provided gives the following outline picture:

**The Profile of the Membership** - 560+ of which 25% are female, 75% male. Age profile - 15% under 16, 9% 16-25, 5% 26-35, 19% 36-45, 28% 46-55, 15% 56-65, 7% 66-75 & 2% 76+.

**Communication** - 94% of members use email & 81% read the closed Facebook page posts. N.B. Information from the Membership Secretary indicates that there are only about 7 members who don't use email.

**Participation** - 15% take part in road races, 7% track, 24% time trials. 64% Sportives, 16% Mountain Biking(MTB) 15% Cyclo Cross & 61% in non-competitive activities.

**Club Rides** - have wide support, 83% joining these, 81% at least a once per month. The breakdown across the ride groups is: A 12%, B 14%, C 12%, D1 ?(no replies!), D 14%, E 26%, Social 29% & Off road 4%. 35% take part on weekly basis, 22% twice monthly, 14% monthly & 29% less often.

**Written comments:** These have been summarised and are now with the committee to action plan.

## Introducing your committee for 2017

The MDCC committee is lead by Chairman Andrew Perkins. The committee members are the club officers - Vice Chairman Max Vautier, General Secretary Annette Dentith, Membership Secretary Liz Crawford, Welfare Officer Liam McGrath, Social Secretary Sue McGrath, Off Road Secretary Nick Roach, TT Secretary Conrad Moss, RR Secretary Mike Gratton, President Colin Lewis, Sportives Jamie Horton, Vice President Ken Robertson, Treasurer Mark Sanders, Youth Andrew Parker. There is a vacancy for the Press Officer and the Women's Officer. Shani and Pete Adams also attend as co-opted members and they are the link with the Teigngrace Village Hall where meetings are held approximately every 6 weeks. Discussion revolves around issues raised in officer reports e.g. need for volunteers, dates for events, Sunday runs, funding requests, safeguarding policy. You are very welcome to propose any items for consideration by the committee - please email: [info@mdcc.org.uk](mailto:info@mdcc.org.uk) or speak to a committee member. Future dates of meetings will be listed in the newsletter or on the website as soon as they are agreed.

Annette Dentith - [info@mdcc.org.uk](mailto:info@mdcc.org.uk)

## Women

There's been a strong turnout across all our club runs.

The club promoted several women's rider development sessions at the Torbay Velopark, well attended by both club and non club members, some travelled as much as 1.5hours to attend.

The MDCC women's race team got off to a great start in 2016 with riders scoring multiple successes in road, circuit, cyclocross and mountain bike races.

Jenny Corser made her race debut at the season opening Cat 4 race at Westpoint, going on to clock up numerous wins as she moved swiftly through the ranks from Cat 4 to Cat 2. She finished the season with three Kalas cup trophies to her name for the highest rank Cat novice, the over 40 Veteran and 3<sup>rd</sup> overall in the Women's Series. Her inspiring story made it into the pages of the Herald Express.

Another newcomer, Briony Goldsmith scored wins in the novice category of the South West Cyclo Cross Series and finished 3<sup>rd</sup> in the Dartmoor Classic. Goldsmith is currently completing her British Cycling Level 1 Coaching through the club.

Time trial specialist Sarah Lakey took 4<sup>th</sup> position in the Veteran's National 25 mile TT and scored 11 podiums to finish 4<sup>th</sup> in SWBAR and 4<sup>th</sup> in the Devon cup.

Juliet Elliott made it onto the podium in several events – road criterium, cyclocross and Downhill Mountain Biking.

Along with completing an Iron Man, Helen Anthony won the Dartington Duathlon and was finalist in Teignbridge's Sportsperson Of The Year Award.

Jackie Shute rarely finished off the podium in Cross Country mountain bike races this year, taking several wins here in the South West. She also raced Cyclocross extensively, with three podium finishes. Maria Weymouth and Nicky Quant, newly returned to racing, rounded out the cyclocross team meaning Mid Devon CC was very well represented in cyclocross in 2016.

After a great year, the women's race team has new members and big plans for 2017. The team has been meeting and riding together regularly. A warm welcome will be offered to any women curious about competitive cycling.

Juliet Elliot

## Road Racing

The Mid Devon CC ended the year ranked number 1 in British Cycling's South West regional rankings with 594 British Cycling Ranking Points which was 200 clear of its nearest challengers. This equated to 26 wins 25 second places and 15 third places, with 29 individual point scorers there was a great team contribution and development across all the categories.

The season ended in classic style with the club's annual trip to Vire France for the Grand Prix Jumelage 2 day stage race producing a second place overall for Brennan Townshend and a third place in the killer final stage for Matt Langworthy.

Jenny Corser made her race debut at the season opening Cat 4 race at Westpoint, going on to clock up numerous wins as she moved swiftly through the ranks from Cat 4 to Cat 2. Corser finished the season with three Kalas cup trophies to her name, as the highest rank Cat novice, the over 40 Veteran and 3<sup>rd</sup> overall in the Women's Series. With Sarah Lakey Juliet Elliott, Helen Anthony, Briony Goldsmith and Jackie Shute all progressing the Women's team in 2017 promises to be a force to be reckoned with

Stand out performers in the senior ranks were Matt Langworthy, Ian Cullen and club chairman Andrew Perkins

Looking to the future the clubs Youth section stepped up to the mark with wins and placings for Louie Priddle, Harrison Wood, Brad Messenger, Jamie Plummer, Isabella Ashford all of which bodes well for the 2017 season. Whilst Junior rider Ashley Towey progressed to 2<sup>nd</sup> category status and sampled National Series and continental racing for the first time.

2<sup>nd</sup> category status was also achieved by David Johnson who was the clubs highest place rider in the Divisional Championships

The Race team will continue to build on the foundations laid in its first year. Key to the development will be building a sustainable volunteer base to deliver the quality events the club is known for. As a club we cannot continue to rely on Ken to promote and we need volunteers to step forward urgently to fill the gap.

Mike Gratton - [mike@torque-GT.co.uk](mailto:mike@torque-GT.co.uk)

## Time Trialling

Time Trialling is known as the race of truth. Riders start at 1 minute intervals, and ride alone against the stopwatch, with the winner being the rider who covers the distance in the fastest time. A good time trialist has spent hours, working at very high intensity during training, will have spent time refining positioning on the bike, and perfecting the art of pacing. There is nowhere to hide.

Time Trialling is also a great place to start your racing career. With no concern over 'getting dropped' by the bunch, you set out your benchmark time, then strive to beat it in next time.

Anyone over the age of 12 can take part in a time trial. All you need is a road worthy bicycle & helmet if you are under 18.

There are 'standard' distances used in Time Trialling – 10, 25, 50 & 100 miles and 12 and 24 hours, with events being run over pre measured, approved courses up and down the country. In addition there are also non standard distances, often run in the early season, over quiet, winding country roads, which are a great introduction to the race of truth.

There are 2 types of event. The first being 'open' events (type A). These events require you to pre enter the event, online and typically no later than 2 weeks in advance.

Field size is limited, and selected on prior performance, entry fee is typically £10, and there is usually prize money on offer.

The 2nd type is club events (type B). These events are typically promoted of an evening and require no pre entering. You simply turn up, pay £2 or £3 and ride. These events are aimed at encouraging newer riders into racing, and are run in a fun, no pressure environment – just turn up and have a go.

There is some great information for beginners, including advice on your first race here: <https://www.cyclingtimetrials.org.uk/articles/view/9>

In 2017 the club will run a number of open promotions. These are our opportunity as a club to display our prowess as racers, organisers, and to demonstrate to the region 'how it should be done'.

If you intend to ride, then please remember to enter in good time, and if you're not going to then we'd greatly appreciate your assistance with the event – or even some vocal support for your club mates.

A full list of the open events in the region can be seen and entered here: <https://www.cyclingtimetrials.org.uk/find-events>

The clubs open promotions are:

Good Friday Hilly 23 – organiser Andrew Perkins

Open 10 May 25 – organiser Conrad Moss

Open 25 June 20 – organiser Andrew Perkins

Open 25 July 30 – organiser Mark Sanders

Open 25 Sept 10 – organiser Kevin Weymouth

Hill Climb double bill Sept 30 – Lee Sanderson

There is a great page to look at that covers TT in the SW, including the season long competitions, course records and much more. It can be found here:

<http://www.tonyfarnell.co.uk/swtts/index.php>

Conrad Moss - [conpmoss@aol.co.uk](mailto:conpmoss@aol.co.uk)

## Off Road

Another fine year for the off road section. Club riders took part in mountain biking & cyclo-cross across the South West & organised two events as part of regional series.

In the 3 event Soggy Bottom Winter Series, Jackie Shute came second in the women's Veteran category, while Andy Taylor demonstrated his improving fitness by coming fifth in the Veteran competition.

We promoted a round of the South West MtTBCross Country series in April at Grammacombe Woods, the first event in the series and was well attended. 2016 saw the series expand with 5 rounds, which gave club riders ample opportunity to demonstrate their skills. Jackie Shute won the Veteran Womens category with Robin Delve doing the same for the male Grand Vets. Steve Hodgson also held on to take second podium spot overall in the Vets.

The South West Cyclo-Cross series provided 10 events from September to December with 38 members riding at least one round. MDCC has a strong contingent of young riders and this showed with podium placings in almost all categories, notably winning the Under 8 and Under 12 with Jack Nixon and Sol Drury. The final round of the 2016 series incorporated the South West Championship, where Dylan Gorrin won the U12 category.

In the adult categories the club wasn't so lucky this year with no podiums in the men's senior or veteran's classes. However, Jackie Shute achieved second place in the women's and Robin Delve second in the Vet 50+. Robin has not ridden many of the south west events this year as he has competed at National and International level. Currently he is 21<sup>st</sup> in the national rankings with the final rounds still to come and achieved an excellent 8<sup>th</sup> in the World Masters championship in Mol, Belgium. Hot of the press....he got a medal in the 55 – 60 vets race at the national champs in Bradford.

The club promoted the penultimate round of the South West Cyclo-Cross season at the Velopark. Over 130 riders enjoyed much better conditions than the previous year and many were surprised at the entertaining course we provided.

As always this report includes a thank you to all club members who helped out with the organisation of our events. Well done to all competitors and congratulations to all who achieved their aims in the past season.

Finally, I'd like to announce that the post of Offroad Secretary will pass to Nick Roach for 2017 who I'm sure will bring some new enthusiasm and ideas to the role.

Alan Drury - [offroad@mdcc.org.uk](mailto:offroad@mdcc.org.uk)

## Social

Hello, Having just taken on the role of club Social Secretary, I would like to say a big thank you on behalf of MDCC to Sarah Lakey. She did a huge amount of work last year in setting up the annual club dinner; it was all booked and arranged, but unfortunately not enough club members committed to it, and the event had to be cancelled.

So I would like to hear what type of social events members would like the club to put on. A small sub group has been formed to suggest some ideas, and we will then put out a short survey to members to test the water. Please do take the time to complete it so we can act appropriately.

Phil Stocker is continuing to run the ever-popular monthly social gatherings, meet up for drinks and a chat (and eats for those who wish), at one of the local pubs - the next one is on Friday 27th January at the Drum Inn, Cockington.

In the meantime, all other suggestions welcome. Please contact me at [social@mdcc.org.uk](mailto:social@mdcc.org.uk)

Sue McGrath

## Club Time Trials

There will be nine Club 10 mile TT's this year run totally by volunteers. They take place at Dartington and Kingsteignton. Dartington is an out and back course, Kingsteignton is two laps of the Claypits road. Dates for these TT's are in this newsletter. They take place on Thursday nights from April with a sign on time of 1830h for a 1900h start. Entry fee £3.

Riders go off at 1 minute intervals. You go as fast as they can over the length of the course. Time- keepers will record the your time. You can ride any bicycle, we like to see the unusual. Riders from all ride groups, Social through to A riders are most welcome. You are competing against your last time. I look forward to seeing you at one of the TT's. Please offer your support by volunteering to be a marshal. It only requires 2 hrs max of your time. A rota is available on Facebook or email: [shani@ventiford.com](mailto:shani@ventiford.com)

Shani Adams

## Volunteering

There are so many ways to help with the key requirements being enthusiasm, commitment & doing something where you feel comfortable. As little as 2 hours would be needed to help with a club time trial on a Thursday evening, see date list in this issue.

### Opportunities - simple cycling related ideas:

- Back marking on Social and E rides – as preparation for being a Routemaster
- Routemaster – research a route, use maps, plot on Garmin or Strava etc to check distance, ascent etc. On the day don't be afraid to amend it especially if the weather conditions make that the right choice. A cafe list is available to help with the planning or maybe you have some new ideas.
- Contribute to a bike maintenance session, maybe you can show others how to do the simple things, puncture repair, basic cleaning for smooth running, how to spot wear & tear etc

### Event involvement:

The basic requirements for a **Club Time Trial** are:

- Marshals to put out signs & wave flags to warn drivers
- Recorders
- Timekeepers
- First Aid help for bigger events

You could assist an experienced person at a club event to see what's involved & after that the club have simple courses to set you up. Marshalling - 30 minute online session followed by a 3.5 hour practical session. Timekeeping - A 4 hour session mainly on theory with a short practical session at the end.

### Race involvement:

As an example, the Primavera races on 26th February will require 45 volunteer roles including all of the above plus:

- Course signage - drivers & helpers
- Signing on Stewards
- Refreshment helpers
- Car park helpers
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### Other ideas:

- Bringing Abbrook up to an acceptable standard, initially the toilets and foyer areas. After that the upstairs room so we can use it

## Coaching Corner & Young Riders

**Investing in Coaches** - Over the winter months the club has supported Dominic Start and Hamish Renton in their applications to upgrade to Level 2 coaches. They are now busy completing paperwork and delivering coaching to the young riders and have already made a difference in the quality of the sessions available. We are pleased to welcome Briony Goldsmith and Mike Gibson - Clay as Level 1 coaches and their contribution will be invaluable in developing the coaching group.

Training sessions for youth riders continue at the Velopark on a fortnightly basis with the next session taking place on 21<sup>st</sup> January at 0930h. Attendance numbers are good with 30+ under 16's taking to the circuit, but can be a little weather dependant !

On the 15<sup>th</sup> January a club cluster session was organised at the Velopark and led by British Cycling coach Justin Knox. The sessions bring together the region's 10 – 16 year olds for a group session undertaking skills and racing drills and last for four hours! Mid Devon coaches and riders supported the sessions and gained lots of invaluable information, the next session will take place in February and there will be more information on how to book on the Mid Devon CC Youth Cycling Facebook page. Andrew Parker - [mdcc.abbrookaces@gmail.com](mailto:mdcc.abbrookaces@gmail.com)

Editorial Note: In future we hope to include input on riding tips for the non-competitive members.

## Sportives Committee

The committee have already met this year and have the following **draft** programme which must now go to the main Committee for approval & funding.

Sunday 2nd April -

Looe Ride Back - 70 miles, 40 places in ride groups, via Seaton, Mount Edgecombe, Cremyll Ferry, Plymouth Hoe, Plym Valley trail to Yelverton, Princetown, Postbridge, Moretonhampstead, Dunsford, Teign Valley to Abbrook. Coach leaves Abbrook at 0700h for 0830h start in Looe. Van & 1 following vehicle needed.

Sunday 30th July

Ride London - club team places available, details to follow. Entry only organised. Own arrangements for travel & accommodation.

Sunday 17th September

ToB - Tour of Britain Ride, 40 people in ride groups. Coach & van needed with 1 following vehicle.

Saturday 23rd & Sunday 24th September

Exford, Exmoor - YHA overnigher, routes TBC. £22 pppn subsidised to £12 pp. 2 vehicles & pay for your own food. 24 places available in 3 or 4 ride groups.

We had hoped to repeat the 2016 visit to the Lands End 100 in early October but this event looks like it might not now take place. We will look for an alternative.

A full list of Sportive, Audax and other rides within easy driving distance is included below.

## ICE (In Case of Emergency) Tags

Linda Simpson gave a short presentation to the AGM about these tags as follows. The Chairman & the Dartmoor Classic committee will now consider a bulk purchase.

### What is it?

A waterproof permanent helmet sticker containing vital information in case of emergency (ICE), Name, Emergency contact 1 & 2, Medical information including any allergies, blood group, medication. Made from 3m reflective material. 100% waterproof. Fully secure with security flap to protect the cyclists information. Will not weaken or damage helmets in any way. Will not affect any timing chips in sportives whatsoever.

### Why should you have one....

**Recognised by all emergency services and medical teams throughout the world. No need to look for information on phones or in pockets saving vital time. Gives the medical team or attending ambulance staff instant access to the victims potential lifesaving information and enables emergency contacts to be quickly notified. Recommended and approved by British Cycling.....**

### British Cycling Website

***Essential Ride Kit:-*** If you're riding on your own, carry some form of ID and an unlocked mobile phone with an **ICE (In Case of Emergency) number** stored in the contacts. These are all key items in the [essential ride kit](#) that you should carry every time you head out. **This will significantly assist the emergency services or anyone stopping to assist should you have an accident and lose consciousness or are seriously injured.**

**CURRENT SUPPLIER INFORMATION** Dorteck Direct supply, £3.29 including VAT, Larger quantities – discount will apply

### PROPOSAL TO THE CLUB COMMITTEE

- ENCOURAGE ALL MEMBERS TO WEAR THEM.
- WOULD THE CLUB BE WILLING TO FUND THEM?
- CAN THEY BE SENT TO EACH NEW MEMBER WITHIN A WELCOME PACK?

## Sportive, Audax & other events Calendar for 2017

The following list is not all inclusive and concentrates on 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)

Sunday 19th March - Audax - Mad March Coast & Quantocks - 200km, Exeter, 0800h, £7 &

Audax - Mad March Exeter Excursion - 100km, 0900h, £6

Saturday 25th March - Haldon Heroic - Exeter Racecourse, CX Sportive, 15, 35, 50 miles, 315-35

Saturday 8th & Sunday 9th April - New Forrest Spring Sportive - 30, 50 or 80 miles. £23-30

Sunday 9th April - Hammer Sportive - Salcombe Rugby Club

Sunday 16th April - Audax - Comwich Century - 160km, Honiton, 0830h, £7

Sunday 23rd April - Audax - A Cornish - 100km, Falmouth, 0900h, £6.50 & Audax - A Bunny Hop - 50km, Falmouth, 1000h, £6.50

Audax - Turf n Surf - 100km, Newton Abbot, 0900h, £7.50

Saturday 29th April - Dartmoor Demon - 30,50 or 90 miles. Exeter Racecourse, £26-35 &

Audax - Valley of the Rocks - 200km, Honiton, 0800h, £7

Saturday 6th May - Jurassic Beast Dorset - 36, 63 or 100 miles, £23-30

Sunday 7th May - Audax - Exmoor Spring - 100km, Minehead, 0930h, £5 & Audax - Exmoor Spring 50 - 57km, 1000h, £5

Sunday 14th May - Coast to Coast Cycle Challenge - Watchet Harbour, Somerset, 1100h & 1400h, £20

Saturday 20th May - Taunton Flyer - 34, 70 & 111 miles - Taunton Racecourse, 0800h, £27-37

Sunday 4th June - The Smuggler 2017 - 25, 40, 50 & 80 miles, Barnstaple, £20-30

Sunday 25th June - Nello Charity Bike Ride - Topsham - 100 & 55 miles, 0800h & 0830h, <http://www.forcecancercharity.co.uk/event/the-nello-2017/>

Bournemouth Sportive - 30, 65 or 100 miles. £23-30

Audax - Mines and Minerals (Off road) - 66km, Carharrack, Cornwall, 1000h, £5

Saturday 1st July - New Forrest Summer Sportive - 31, 71 or 99 miles. £26-35

Sunday 2nd July - Dartmoor Classic - 35, 67 & 107 miles - Newton Abbot Racecourse, 0700h

Sunday 9th July - Velothon Wales - 110 & 140km - Cardiff

Saturday 15th July - Cotswolds Sportive, Gloucestershire - 36, 67 or 102 miles. £23-30

Sunday 16th July - Audax - Devon Delight - 107km, Newton Abbot, 0900h, £8.50 & Audax - Torplex 200km, Newton Abbot, 0800h, £8.50

Sunday 16th July - Two Moors 100 - 100 miles & 100 km - Bideford, 0800h & 0830, £29

Sunday 23rd July - Meon Sportive, Hampshire - 45, 75 or 100 miles. £23-30

Sunday 30th July - Ride London - 100miles

Saturday 2nd September - Moor 2 Sea - Exeter Racecourse - 37, 63 & 112 miles, 0700h, £27-37

Sunday 3rd September - Audax - Utterly Butterleigh - 100km, Budleigh Salterton, 0900h, £6 & Audax - East Devon Escape - 55km, Budleigh Salterton, 1000h, £6

Sunday 8th October *(not confirmed, equivalent date & information for 2016)* - Autumn Storm Charity Bike Ride - 65 miles - Fingle Glen Golf Club, Tedburn St Mary

Sunday 29th October - Audax - Dartmoor Devil - 100km, Bovey Tracey, 0800h & 0900h, £10

### **Club Time Trial Dates**

Thursday 27th April 1830h for 1900h, 10 miles, Dartington Hall

Thursday 11th April 1830h for 1900h, 10 miles, Abbrook, Clay Pits

Thursday 8th June 1830h for 1900h, 10 miles, Dartington Hall

Thursday 22nd June 1830h for 1900h, 10 miles, Abbrook, Clay Pits

Thursday 20th July 1830h for 1900h, 10 miles, Dartington Hall

Thursday 3rd August 1830h for 1900h, 10 miles, Abbrook, Clay Pits

Thursday 17th August 1830h for 1900h, 10 miles, Dartington Hall

Thursday 31st August 1830h for 1900h, 10 miles, Abbrook, Clay Pits

Monday 26th December 0930h for 1000h, 10 miles, Abbrook, Clay Pitt

### **Late News:**

New Off Road Officer, Nick Roach, says, "We are currently looking to put a team together to contest the South West XC series as well as a number of other local events, and now have an Off Road social ride calendar (currently Friday evenings, with a less frequent Sunday morning). More details available on the Facebook page. Contact [offroad@mdcc.org.uk](mailto:offroad@mdcc.org.uk)

## Club Ride Schedule - February & March

**All meet 0900h, Saturdays in car park behind Teignbridge Council Offices, Forde House off Brunel Road, Newton Abbot. Sundays at Abbrook Park, Strap Lane, Kingsteignton**  
**Ride options: S = Social, E, D, D1, C, B & A**

Date	Group	Destination	Leader	Miles	MPH
21.01	S	Harvey's, Chudleigh	Louise Swann	30	10/12
22.01	S	Haldon Grill	Michele Radant	30	10/12
22.01	E	Cheriton Bishop	Pete Nippress & Liz Douglass	40	12/14
28.01	S/E	Parke, Bovey Tracey	Louise Swann	30	10/12
29.01	S	The Strand Cafe, Dawlish	Mike Radant	30	10/12
29.01	E	Central Stores, Moretonhampstead	Paul Woolgar	40	12/14
04.02	S/E	Sharpham Vinyard	Nick Roach	30	10/12
05.02	S	Exeter Quay	Celia Atherton	30	10/12
05.02	E	Buckfast Abbey	Pete Mason	40	12/14
11.02	S/E	Salmon's Leap, Buckfastleigh	Jim Black	30	10/12
12.02	S	Powderham	Pat Ash	30	10/12
12.02	E	Dockside Cafe, Exmouth	Rose Parkhouse	40	12/14
18.02	S/E	Walled Garden, Dunsford	Mark Phare	30	10/12
19.02	S	Ullaombe Farm	Sue McGrath	30	10/12
19.02	E	China Blue, Totnes	Jim Black	40	12/14
25.02	S/E	Ullacombe Farm	Sue McGrath	30	10/12
26.02	S	Buckfast Steam Railway	Mike Radant	30	10/12
26.02	E	Exeter Quays	Mark Whalley	40	12/14
04.03	S/E	Ashburton	Julia Brice	30	10/12
05.03	S	Central Stores, Moretonhamstead via Doccombe	Lisa Cassidy	30	10/12
05.03	E	Buckfast Steam Railway via Rattery	Caroline Twigger	40	12/14
11.03	S/E	Sheldon	Caroline Twigger	30	10/12
12.03	S	Central Stores via Trendlebeare	Pat Ash	30	10/12
12.03	E	Postbridge	Kevin Loader	40	12/14
18.03	S/E	Haldon Ridge Cafe	Jim Black	30	10/12
19.03	S	Ashburton	Karelyn & Gemma Franke	30	10/12
19.03	E	Dawlish via Exminster	Dave Long	40	12/14
25.03	S/E	Buckfast Steam Railway	Mark Phare	30	10/12
26.03	S	Buckfast Abbey	Lisa Cassidy	30	10/12
26.03	E	Cockington Court, Torquay	Viv Crees	40	12/14

D rides select a destination on the day doing about 50 miles @ 14 mph getting back around 1330h.

D1 Rides plan to have information included in the next Newsletter