



“The Hub”

The Newsletter of Mid Devon Cycling Club

February 2019

2018 Youth Award Winners at the AGM/Awards Night



Editorial:

There is a real treat in this edition where Peter Dingley-Brown relates his latest tales of cycling in Europe, this time it's Finland from the very north to the capital. A fabulous read and great photos. Inspiring stuff, thanks Peter.

The AGM/Awards evening at the start of January was the best attended for many a year where the focus was on celebrating with the 2018 award winners, socialising and carrying out the mandatory AGM business in a concise way.

It was great to see over 100 people there and the next challenge is to revive the Club's Annual Dinner & Dance in early December. Full details will be published and bookings open around June/July.

On top of that we need ideas for how the club can celebrate its 90th Birthday in 2020. A 90 mile ride back you may say? But seriously, the Events Committee would love to hear your ideas, please use the editorial email below or contact any of the committee.

2019 will see a push to get more people into taking part in a relaxed way in Come & Try (CaT) Time Trials and Novice Races at the Velopark. A full list of dates appears below and the Novice Races follow on from last year's training sessions for novices which ended with a test race on the last session. If you speak to those who took part, it was a lot of fun so lets hope many more of us have a least 1 attempt at what's on offer or maybe 2 if you want to try to win a 'most improved' award.

Paul - news@mdcc.org.uk

In this Issue:

2018 Award Winners	P2	Off Road Report	P14
2019 AGM Summary	P5	Youth Section update	P15
Profile - Harrison Wood	P7	Focus on the B Group Rides	P16
Come & Try Time Trials	P9	MDCC Committee Corner	P17
Novice Races at the Velopark	P9	Events Committee Report	P19
Spring Ride Back - Sunday 24th March	P9	MDCC Calendar some dates for 2019	P19
Cycling Finland - Peter Dingley-Brown	P10	Club Rides - February - March 2019	P23

Our 2018 Award Winners

Youths		
Circuit Racing U8 Boy	Cup	Matthew Holmes
Circuit Racing U8 Girl	Cup	Maddy Woodger
Circuit Racing U10 Boy	Cup	Bayley Woodger
Circuit Racing U10Girl	Cup	Lily Wills
Circuit Racing U12 Boy	Cup	Noah Thomas
Circuit Racing U14 Boy	Cup	Jacob Thomas
Circuit Racing U16 Boy	Cup	Morgan Gibson-Clay
Cyclocross 1st U8 Girl	Medal Engraved	Maddy Woodger
Cyclocross 1st U10 Girl	Medal Engraved	Ellie Birchall
Cyclocross 3rd U10 Boy	Medal Engraved	Jacob Start
Cyclocross 2nd U10 Boy	Medal Engraved	Bayley Woodger
Cyclocross 1st U10 Boy	Medal Engraved	Matthew Holmes
Cyclocross 3rd U12 Boy	Medal Engraved	William Birchall
Cyclocross 2nd U12 Boy	Medal Engraved	Henry Birchall
Cyclocross 1st U12 Boy	Medal Engraved	Ben Goldsmith
Cyclocross 1st U12 Girl	Medal Engraved	Aine Graham
Cyclocross 3rd U14 Boy	Medal Engraved	Dylan Gorrin
Cyclocross 2nd U14 Boy	Medal Engraved	Edward Selwood
Cyclocross 1st U14 Boy	Medal Engraved	Solomon Drury
Cyclocross 1st U16 Boy	Medal Engraved	Callum Start
	2	

Special Award - Progression to U23 Semi Pro ranks	Harrison Wood
--	----------------------

Time Trialling		
Medal Time	Distance	Winner
22:26	Senior Women 10	Ruth Burrows
55:32	Senior Women 25	Ruth Burrows
18:54	Senior 10	Conrad Moss
47:20	Senior 25	Conrad Moss
1:39:29	Senior 50	Conrad Moss
47:20	Over 40s 25	Conrad Moss
1:39:29	Over 40s 50	Conrad Moss
3:28:00	Senior 100	Conrad Moss
Womens 10 mile team Record	1h 09m 45s	Ruth Burrows, Karen Watkins & Jenny Corser
Mens 10 mile team Record	57:54 Conrad, Harrison Wood & Henry Irvine	
Mens 25 mile team Record	1:29:23 Conrad, Harrison Wood & Henry Irvine	
Kelsteign Trophy	Teign Valley Hilly	Matt Langworthy
	1st MDCC Teign Valley Hill	Louie Priddle
Queen Elizabeth II Coronation Cup	Fastest MDCC who has not achieved sub 1 hr for an Open 25 TT	Philip Gwynne-Smith
Sharam Trophy	1st SW Senior BAR Av. Speed for 10, 25 & 50 Av. Sp 30.01 mph	Conrad Moss
WAJ Best Trophy & Cup	1st Man July 25/Club Champ 25 48:44	Conrad Moss
	1st in club 10 champ	Conrad Moss, 18m54
Chouings Cup	Fastest in Open 50 in SW	Conrad Moss
Elliott Cup	Open 100 - Club Record 3h 28m	Conrad Moss

Club Time Trials		
1st Youth		Morgan Gibson-Clay
1st Non TT Bike	4th O/A	Shaun Collier
Most Improved	1m 53s	Steve Osborne
1st Women	Bibbings Cup	Clare McKenna
1st Overall		Neil Castree

Road Racing		
Hammer Trophy	12 hour TT	Conrad Moss
Junior Cup	Club Road Champion Junior	Harrison Wood
TW Woods Cup	1st MDCC in Div Champs	Ian Cullen
Vire Trophy	Club Road Champion Woman	Jenny Corser
Davey Cup	Club Road Champion Senior	Andrew Perkins
President's Cup - Colin Lewis Trophy	Performance of the Year	Harry Birchill

Off Road		
Junior CX & MTB	Cup Engraved	Tristan Davies
Senior Men CX	Cup Engraved	Rob Woodger
Senior Men MTB	Cup Engraved	Chris Newbold
Vet 40 Men CX	Cup Engraved	Andrew Parker
Vet 40 Men MTB	Cup Engraved	Steve Hodgson
Vet 40 Women CX & MTB	Cup Engraved	Jackie Shute
Vet 50 Men MTB	Cup Engraved	Ben Tisdall
Vet 50 Women CX & MTB	Cup	Catherine 'Killer' Kilburn
Super Vet 60 CX & MTB	Gnarly Cup	Robin Delve
Clima Cup	Club person of the Year	Ken Robertson
Special Award - 2018 Youth Olympics - Buenos Aires - Team Bronze Medal, Highest Individual Point Scorer		Harry Birchill



AGM (Summary Notes) & Awards Evening

Chairman's Overview:

- ▶ Successful year in all aspects
- ▶ Lot's of areas of the sport and so much experience within the club so get involved and make the most of the opportunities the club provides
- ▶ Looking ahead the committee is looking to establish whether appropriate premises might become available and working with LA and others to identify opportunities
- ▶ Any ideas, please share with the c'ttee
- ▶ Above all continue to volunteer – that's what makes the club successful
- ▶ Thank you to all the officers, organisers, ride leaders, marshals, judges, timekeepers, drivers, first aiders, etc, etc, etc

Finance:

- ▶ **MDCC Income & Expenditure for year ended 30/11/2018 (excluding Dartmoor Classic Accounts)**
- ▶ The accounts show an overall deficit of £13k. Material figures are membership fee income of just under £6k and net expenditure of £11k for the National Youth event in March. Overall MDCC organised race events resulted in a loss of around £3k.
- ▶ MDCC financed £8k of rider support which was funded from the Dartmoor Classic surplus.
- ▶ **Balance Sheet as at 30/11/2018 (Reserves including Dartmoor Classic Figures)**
- ▶ The club is financially secure having healthy overall reserves.
- ▶ The reserves do show an inflated overall figure as income for 2019 Dartmoor Classic is deposited in the Bank Account without the bulk of the expenditure relating to the event being allocated.

Membership:

- ▶ Membership in 2018 swelled to 580
- ▶ 27% female membership
- ▶ One of the UK's largest clubs
- ▶ Liz Crawford has retired from the role and Jamie Horton has taken it on

Road Racing:

- ▶ Ranked number 2 in British Cycling's South West regional rankings in 2018.
- ▶ We promoted 3 road races in 2018 including an excellent (if a little wet) version of the Totnes-Vire. Mike Gibson and a large team of volunteers presented an excellent round of the National Youth Series on Torquay Sea Front and we ran the Colin Lewis Grand Prix, TV support races, Youth series support race and Paignton Regatta races at the Velopark as well. In addition we hosted another 3 rounds of the summer series at the Velopark
- ▶ Less riders in the Senior ranks racing than there had been in the past few seasons. We have lots of members racing up to 18 years of age and quite a few over 40 - but very few seniors in the middle.
- ▶ Some stand out performances – with a good number of wins and podium places.
- ▶ The Junior Team achieved considerable success in 2018; Harrison took 6th at the Junior Tour of Poland and 7th Junior Tour of Asturias as well as the KOM competition at the Junior Tour of Wales, Louie took the Colin Lewis Grand Prix as well as two 6th places in National Junior Road Races and Harry Birchall took a Bronze Medal at the Youth Olympics in Argentina, as well as the KOM competition at the Ster der Vlaamse stage race.
- ▶ The Race team project struggled during the year for a number of reasons. We are also lacking members who want to race their bikes. We'll try and progress this further in 2019.

Time Trials:

- ▶ 7 open events, kicking off with the GF Hilly 23 on the Teign Valley, the May 10 on the S4, 3 25s on the S4, and finishing up with the annual HC double bill on Haytor and Widdecombe.
- ▶ Open events across the country have been somewhat in decline. Especially youth and junior participation in TT continues to decline,. On a positive note womens' numbers in open events across the region appear to be pretty healthy and stable.
- ▶ Clubs across the region are being encouraged to promote come and try it events. We will kick things off with an event on the quiet Teign Valley Course.
- ▶ In 2019 the club will promote the National HC champs on Haytor in late October.
- ▶ Club TTs - Pete Adams and his team have continued to promote the club TT 's which have again been well supported, Pete steps down and a new team led by Rose Parkhouse are taking on that role for 2019
- ▶ Racing - The club again had a good year on the racing front. On the National scene Conrad finished 2nd in the National 2 distance BBAR, and won the SWBAR and his 4thWelsh Championship meanwhile whilst Harrison Wood finished 3rd in the Junior BAR.
- ▶ There were many local successes as well, new womens' records over 10 and 25m from Ruth Burrows. 2 open wins for Andrew Perkins. There were new club records at 10,25,50 and 100m in the mens' category for Conrad, and the club won several Regional team titles, the BAR team prize and took the SW TTT Regional title.

Off Road:

- ▶ This area of the sport has seen massive growth in both popularity and participation
- ▶ Great number of club competitors taking place and regular off-road (MTB and cross) rides and training
- ▶ Mtb The club continues to provide a positive impact to the South West region, organising races – notably Steve Hodgson's Haldon MTB series and round of the regional series. We also have good participation in events with riders from across all the age ranges representing the club.
- ▶ Cyclo Cross- the Mid Devon remain one of the leading cyclo cross clubs in the region, regularly providing podium contenders across all the category's and with good numbers participating. This year we will have organised two events in the regional series – thanks go to Robin Delve, Jackie Shute and Kris and Ross Pratt.
- ▶ Some fantastic performances this season Robin Delve has retained his Masters World title and he and Catherine Kilburn have both taken rounds of the National Cyclo Cross Series. On the local scene Andy Parker recently took the SW Region Vet's title
- ▶ Kris Pratt leads the Club promotion of the final round of the SW series at the Velopark tomorrow – if you haven't seen cross before get along to watch



Youth:

- ▶ We've had a steady year with regular attendances of around 25 - 30 riders.
- ▶ We've recruited a couple of new coaches Briony Goldsmith and Rob Woodger who have made a positive impact on the coaching group. We've had some good results in both road, mtb and cyclo cross events.
- ▶ Mike Gibson has taken on the regional youth circuit manager role and this link between the club and region is paying dividends and helping to provide a talent pathway to all riders
- ▶ Thanks to the club for investing in the youth trophy's this year and its great to see so many young riders represented this evening

Women:

- ▶ 27% female membership borne out by evidence with the Novice Race Training in the Summer seeing the women's sessions fully booked before the mens, and nearly 40% of the riders on the Newport Velodrome session were women.
- ▶ Similarly the Brittany Trip to Huelgoat had as many women as men and the same applies to 2019.

- ▶ Whilst 27% of our membership is a good figure, aim is to improve in 2019, with the aim of introducing more women members to the club, we will be delivering, amongst other things, the following sessions to non-members.
 - ▶ Women's National Standards Training Day courses to help gain confidence on the road.
 - ▶ Follow up rides to help gain experience of riding in a group.
- ▶ Racing, however, is one area of the club, where we would love to see more women taking part. We saw some great results last year from Juliet Elliot, Jenny Corser and Catherine Kilburn but I know they would love to see more women racing. Rider support funding is available and lots of advice can be gained from other racing members.
- ▶ It would be good if the role of Women's Officer could be shared with another female member, who has experience of racing and is willing to help put together a women's race team. Any offers?

Events:

- ▶ At the end of 2018 your Sportive & Social Committees joined forces under the banner of 'Events.' One larger group of 7 Angela, Jamie, John, Michele, Paul, Rose & Simon needing less meetings.
- ▶ All events that ran in 2017 have continued with increased support and significant new additions have occurred namely, 2 trips to Brittany, Mid Summer Fish 'n Chip Ride, 2 Bike Computer courses & a Newport Velodrome trip. All were very well supported.
- ▶ A full programme of all the events that ran in 2018 has been planned for 2019 with the additions of resurrecting the 'Downhill Freewheel Distance Challenge' and most importantly the return of an end of year 'Dinner & Dance'. The Livermead House Hotel in Torquay has been booked for Saturday 7th December when a 3 course meal and dancing will be arranged, no talks or speeches! We hope that members will have this date in their diary and we can celebrate the end of MDCC's 89th year in style.
- ▶ The coming year will see 90 members take part in the 3 Brittany trips of which 50% will be women.
- ▶ 2020 will be the Club's 90th year and if any member has an idea about how that can be celebrated we would love to hear from you.

Welfare:

Liam McGrath is the Club's Welfare officer

- ▶ There have been no incidents to report this year
- ▶ This is an important and necessary role and looking to recruit another person to the role to work alongside Liam – someone involved in the Youth sessions might be particularly relevant

Dartmoor Classic:

- ▶ Club's flagship event which funds all activities
- ▶ 2108 the most testing event yet, but difficulties overcome and a great success
- ▶ Large committee under Guy Langworthy's stewardship organized the event, which is delivered by you, the members
- ▶ Event can only run – and club can only be funded – because of you volunteering, so please continue to support

Profile update: Harry Birchill

Written by Mum on 1st January: We are on our return from Belgium and as promised an update as to what Harry's been up to since the last time we were in touch....

Since his return from Buenos Aires, Harry bagged himself a well earned rest and had some time off the bike but was soon keen to race some Cyclo Cross. Coming into the the season late, due to the Youth Olympics, he's raced in some local(ish)! events and the 4th round of the National Series in York, where he finished a fantastic 2nd place. This result led him to be invited on a GB camp's to Essen in Belgium, where Harry finished in 12th place and a strong 6th place in Overijse, Belgium.

A couple of weeks later, he received an invitation to represent GB at the CycloCross World Cups in Namur and Zolder. We decided to go as a family and stay in Belgium for Christmas/New Year and Harry's 18th Birthday! to

support Harry in 3 additional CycloCross races within the DVV Trophy and Sven Nys GP in which Harry also showed strong top 10/20 places.

Before leaving for our time away in Belgium, Harry attended the BBC Sports Personality of The Year in Birmingham for which he and his team mate Sean Flynn had received VIP Invitations as medalists at the Youth Olympics, at which they had access to the pre-show reception, red carpet into the show and the after show party at which he chatted with Geraint Thomas amongst others.

Tomorrow Harry races in the 6th and final round of the National Series in Shrewsbury and the weekend after in the National Championships in Gravesend in Kent.

This season Harry is really looking forward to riding for Scott as well as being an ambassador for them, whilst racing XC MTB.

His calendar is looking busy for 2019, which is mainly planned around racing XC MTB for GB at World Cups in Europe some National races and back out to Belgium for some experience racing on the road, guesting for a team he raced for last season as a 1st year Junior, winning the King Of The Mountains jersey in the Star of Flandres whilst doing so.

Being able to ride and race in different disciplines helps to keep things fun, varied and interesting.

Beccy Birchill.

Harry was not able to collect his award and send this message:

Thank you MDCC! Thank you for the two awards that I received at the awards evening earlier this month. I would like to thank the club for it's continued support. Having been a member of the club over the past 10 years since the age of 8, the club have been supportive in so many ways within this time, in the different disciplines that I continue to ride, race and enjoy.

Thanks again, Harry.



Profile update: Harrison Wood's 10 Year Progression to the Semi Pro Ranks

Harrison joined MDCC when he was 7 years old and took part in the Paignton Regatta under 8's race. Winter training took part at Stover caravan park on a Saturday morning with Andy Parker. Andy was later involved with Harrison as his first coach and mentor when he was about 15 years old.

He was still part of the Torquay United Football youth academy so cycling was not his only sport as he also played golf with his Mum and skiing with his Dad. Sundays were often taken up by football matches and travelling. He then decided to leave Torquay United and concentrate more on the cycling at the age of 12, although still having the odd match for Torquay Boys Grammar.

He was at this time invited to join the Tuesday chain-gang ride and would often be dropped after 3 miles so he would ride with a guy called Terry who was a triathlete. They kept one another company for a couple of years. This did not put him off and each week he would cycle further before being dropped. He would also get dropped in the youth races as he was a June birthday and competing against boys who were up to 9 months older.

At this time he was going out on rides with Ken and Mike Radant and they were often giving Harrison good advice. He gradually moved up to the C ride, then the B ride and aged 16 doing the A ride. This was also the time when he had Conrad Moss as a coach as he was doing his GCSE's and wanted to concentrate on Time Trials as this would allow him more time to revise. He discovered he was good at this and was often winning prizes and gradually beating MDCC TT riders.

His first experience of racing abroad was in Belgium. A trip funded by MDCC. Here he learnt the true meaning of racing and just how hard it could be. Shortly after he received a guest ride with the HMT junior team at Tour of the Basque country. One of the biggest junior races in Europe over hilly terrain, he impressed the team and after that

was racing in France and Belgium with them. In France he won his first KOM jersey after spending 120 km in the break.

His 2nd year as a junior he was signed by a Belgium team called Soonens Boom and this gave him the opportunity to experience cobbles, extreme heat and savage racing making sure you had your elbows in the right place to keep your position in the race. Handlebars touched and on one occasion all of his spokes were forced out of his wheel when another rider barged into him. Harrison has had root canal treatment to both his front teeth from racing accidents so it is not for the faint hearted.



H, front right, training with AVC Aix earlier this week

This year MDCC supported a team of 4 for the Junior Tour of Wales. This didn't start too well for Harrison as he had a puncture on the TT but managed to get a spare disc wheel off one of his mates who was returning to base. There was a KOM climb up the tumble at the end of

the stage and Harrison got the best time for this but the slowest time for the TT overall. He managed to keep this for the next 3 stages, ably supported by his team mates, Tristan, Louie and Harry, and won the KOM jersey by 10 points to his nearest rival. He is in good company as past KOM winners are Alex Dowsett, Peter Kennaugh with Geraint Thomas and Simon Yates both being 2nd.

Harrison will next year be an under 23 and has been signed by a division 1 French team called AVC Aix en Provence based in Marseille. He will be joining them for a training camp in February and then living in the South of France until the end of the season. Harrison has been busy trying to get money behind him and getting sponsorship from individuals and companies to support him. He has been fortunate enough to work with Simon Aske at Colin Lewis and learn bike mechanics, a valuable tool to have. He is now getting to grips with French and preparing himself as best he can for his next venture in life.

Harrison was not able to collect his special award but sent the following message:



Sorry for not being able to make it to the awards evening. I'm away training in France and doing a cross country marathon. Something that my Dad signed me up for!

Thanks very much for this award. It means a lot to me. Even though I'll be moving away from the club to my French team, I will still hold MDCC and all of its members close to my heart. Obviously I will return to the club runs whenever I'm back to say hello and still get a pasting from Perkins, Parker and Cullen

I hope that my development through the club and onto my next adventure will help to inspire some of the younger members who have also won awards. The Aces is where it all started for me. The most important part is enjoying it and having fun on your bike!

Many thanks to all,
Harrison

CaT (Come & Try Time Trials) 10's Launch - 31st March 2019

Yes, I have to admit that I didn't know what CaT stood for until I asked Ken!

The club wants to get more people involved in trying out various cycling events including Time Trials but in a more relaxed manner. So how well/fast could you ride 10 miles on a fairly flat road course?

Sunday 31st March gives you your first opportunity to find out in 2019.

This is a chance for all club members who are not regular time triallists to sample the delights of time trialling. We will be using the Teign Valley course with a start at 1000h. The event will only be open to riders on standard bikes in 'normal' cycling gear i.e. no tri bars, skin suits, pointy helmets et al. Those who 'like it' will have time to enter the Good Friday Sporting 23 from Heathfield to Bovey, Moreton over Doccombe and back to the edge of Chudleigh. Riders who enter will be encouraged to start in blocks according to their favoured club run. This will put say the "G" riders in one block and the "F" in another & so on so they can be racing each other as well as themselves.

The proposed HQ is the Village Hall, Christow where there are toilets and refreshment facilities. The course will go up and down a section of the Teign Valley in that area and so avoid the busier lower part near the junction below Chudleigh.

You can follow this also by trying out some of the Club Evening Time Trials which this year will use the Clay Pits course and this Teign Valley course so you can try again in better weather conditions. Remember, there is a most improved rider award across the Club time trial season.

Further information in due course.

Club Time Trial(TT) & Velopark Introductory Races Calendar

31st March	Teign Valley (CaT) 10 mile TT, 1000h
10th April	Velopark Introductory Races for Youths and Adults
17th April	Teign Valley 10 mile TT, 1830h
24th April	Clay Pits 10 mile TT, 1900h
1st May	Clay Pits 10 mile TT, 1900h
8th May	Velopark Introductory Races for Youths and Adults
15th May	Teign Valley 10 mile TT, 1900h
29th May	Clay Pits 10 mile TT, 1900h
5th June	Velopark Introductory Races for Youths and Adults
12th June	Teign Valley 10 mile TT, 1900h
26th June	Clay Pits 10 mile TT, 1900h
3rd July	Velopark Introductory Races for Youths and Adults
10th July	Clay Pits 10 mile TT, 1900h
24th July	Teign Valley 10 mile TT, 1900h
31st July	Velopark Introductory Races for Youths and Adults
7th August	Clay Pits 10 mile TT, 1900h
14th August	Clay Pits 10 mile TT, 1900h
21st August	Teign Valley 10 mile TT, 1900h
28th August	Velopark Introductory Races for Youths and Adults

Spring Ride Back - Sunday 24th March 2019

Remember 1: Events such as this would not be financially supported without the money the club receives from the Dartmoor Classic - Please make sure you support the event this year by marshalling or providing other help.

Remember 2: This is a 'Members only event' Your application will not be accepted if you've not renewed your 2019 membership. You'll get more than your membership money back just through this 1 event!

Our Spring Ride Back will offer one of the flattest rides available over 72 miles and is ideal for any level of rider. At only 3000' climb it will still take a good 'C' rider 5 hours as you can't really build up any great speed. The starting point and route for Social Riders is still being finalised BUT please sign up now.

0715h - Meet up at Cranbrook Railway Station, where there is plenty of free parking, to load the bikes.

0745h latest - Coach will leave.

0840h - Social riders will be dropped off in Bridgewater.

0930h - Arrive in the middle of Glastonbury next to the Abbey, where there are toilets available before you start.

0945h latest - Ride out. We ride about 20 miles of flat countryside to North Petheron.

1100 - 1130h - Arrive at the Walnut Tree Hotel. They are not a cafe but will have a selection of cakes and bacon &/ or sausage baps/sandwiches available. We might need to pre order & if so you'll be sent the menu a week or so before.

1120 - 1200 - 30 miles for a late lunch stop at Ivan's in Halberton (same stop as on last September's ToB ride back) where the club will pay up to £5 towards your lunch.

1330 - 1445h Arrive at Ivan's.

1415 - 1515h - After that it's only 20 miles back to Cranbrook.

1700h - All finished and gear collected.

The booking opens at 0800h on Friday 1st February, 54 places available BUT please make sure that you can definitely take part before booking!! Your booking link is below.

<https://www.eventbrite.com/myevent?eid=55157923835>

Hope to see you there,

MDCC Events Committee

Eastern Europe by bicycle - Leg 3 (of 4) Finland by Peter Dingley-Brown

A bit of background first, a friend lent me the book 'Cycling home from Siberia' by Rob Lilwall. This was an extraordinary story of someone going out with his bike and cycling round the world, with no support, over what was eventually a three year period, with some amazing experiences along the way.

I was inspired, but at my stage in life, was in no position to replicate such an adventure. But I did feel that I could do something out of the ordinary and decided on somewhere nearer to home, Eastern Europe, now mostly in the EU. I decided on a ride from Gdansk in Poland to Budapest, Hungary, via Slovakia. Both Gdansk and Budapest had convenient air links with Bristol so that is where I flew from. I thoroughly enjoyed the experience. That was in 2012. In 2014 I had the idea of another Eastern European leg, to go back to Budapest and carry on down to Istanbul. Another great experience, riding through Hungary, Serbia, Hungary and into Turkey over 17 days.



I realised that a pattern was emerging and I surmised that with two more legs I should be able to complete the length of Eastern Europe, one stretch down from the top of Norway to Helsinki, and then leg four from Helsinki around the Baltic to Gdansk. So in 2018 I decided on a ride down the northern segment, following roughly the Eurovelo 13 Route (Iron Curtain Trail), in the north of Finland anyway.

Preparation and getting to the start :

On my earlier rides, I roughly planned a proposed route with the required daily mileage and only when on the road firmed up where I would head for the following day, according to the prevailing conditions. My accommodation had been in low cost hotels or hostels and I had been fortunate enough always to have found this in the towns that I headed for. The cost had always been very reasonable with a night's accommodation and meal for 20 to 30 Euros.

Arctic Finland was very different! I spent some time studying maps and guides looking for places where there might be accommodation in the first two hundred miles, there was none. So this meant that I had to take camping kit including tent, bed roll, sleeping bag, cooking kit etc. I already had the tent, a 2.5 kg one from Lidl for £11.99 bought some years earlier, I knew it might come in useful one day! Front panniers were necessarily added to my trusty hybrid to accommodate the additional luggage which in total totted up to 32 Kgs, the investment of the upgrade of the wheels to Mavic 109 was so worthwhile.

I drive up to Heathrow on June 11th, hot at 28 degrees, and have night in Easyhotel (v basic) with parking for 17 days, £125. Cycle into the airport, problematic as no bikes allowed in tunnel on the approach and I end up getting a lift through in a police van! I had booked my flight to Kirkenes in Norway, 70 degrees north, population 3,500, with SAS Airlines, (cost of return ticket (from Helsinki), including bike and luggage a reasonable £462). Flights out were Heathrow to Stavanger, Oslo, Kirkenes. Unfortunately I miss the connection at Stavanger (due to Norwegian Customs requirements) but luckily I am able to rebook on another Oslo flight one hour later and get back on schedule.

After arrival at Kirkenes Airport at 2000 hrs, temperature 4 degrees, I assemble my bike attach panniers and ride into Kirkenes for my Airbnb accommodation in a lady teacher's house and enjoy an interesting chat about life in the Arctic. Kirkenes town was 13 Km in the wrong direction from the airport but I wanted a bed on my first night and I needed to buy fuel for my meths stove.

Arctic Norway shortly before landing at Kirkenes



On the Road

A cold and mizzly start to the ride with snow patches still and reindeer near the road.



After 30 kms of cycling the undulating E6 main road in Norway, I turned off to take a much smaller road into Finland and after another 35 kms came across the village of Sevetijarvi where I spotted a café. While enjoying a coffee and pizza, two German customers entered and a chat revealed that they had come up on the road from the south and the shop across the road was the last for about 100 kms!



This was a lucky encounter as I had assumed that a couple of villages marked on my map would have a shop of some description. Food was therefore purchased to see me through the next day and a half. This was a good early lesson to take advantage of any café or shop encountered, it may be the last for a long, long way!

Finally call it a day when I reach Partakko after 88 miles on the first day, a few houses but no shop, as warned, but a nice spot to camp

by a major lake. My first encounter with the midnight sun and birds singing all night. The upside of the cool weather was that the dreaded midgies and mosquitos stayed in their winter quarters.

Coolish conditions to start the next day, with a noticeable wind blowing against my direction of travel. Very little traffic was encountered for most of this day but progress had been curtailed by the head wind. I finally arrive in the town of Ivalo and book into a hotel to boost moral. The hotel was not too expensive but half a litre of beer cost around £7.50!

The next town, Sodankyla, was 160 km down the road. This was too much of a challenge to do this in one day with 32 kgs of luggage, an increasing head wind, and a substantial climb en route as well.

I was prepared to forego the hair shirt camping business if I came across a cabin to rent. Cabins in Finland are very variable in nature from a basic garden shed type structure to luxurious lodges. The one I came across on day two was of the former category! There was however a shower and toilet block, but I was the only happy camper and managed to get myself locked in the ladies toilet, an anxious time due to the isolation, but that is another story !



Reach Sodankyla for lunchtime the next day, and enjoy a satisfying buffet meal for 11 Euros. This was a major surprise as Finland is renowned for being so expensive. I also found that cafés are often combined with petrol stations and the ABC chain provided similar midday buffet meals when you could have four courses (as much as you want to eat) and tea/coffee for around 10 euros, but only one of these encountered in the Arctic.

Empty roads and fantastic sky scapes



So I carry on down the Eurovelo 13 Route, only a handful of other cyclists encountered on this the whole of my time in Finland, also there was no signage to indicate it was a recognised cycle route, clearly this route is still very much in the planning stage. The route passes down the eastern side of Finland, as near as possible to the Russian frontier.

After passing through the town of Kemijarvi, I crossed out of the Arctic Circle, and with no towns or major habitation on the map, I resigned myself to camping again when by chance I came across a sign for cabins and a lovely cabin was actually available, set by a beautiful lake. A hot shower, sauna, and soft bed are great in raising moral

after a long day on the saddle! Surprise log cabin in a beautiful setting with midnight sun



Travelled on down through and overnighiting in the towns of Kuusomo, Suomussalmi, Kuhmo, Lieksa to the major city of Joensuu where midsummer's day was celebrated, a huge occasion in all of Scandinavia. I do admit to booking into hotels for this part and the remainder of the tour.

No major climbs were encountered on most of the ride but the roads were often undulating which meant a huge effort was required in keeping the momentum going to get up the inevitable incline!

I abandoned the Eurovelo route at the major city of Joensuu in order to head south west towards Helsinki for my flight home. The roads were getting very much busier now and self preservation instincts told me to keep off the main roads, on one occasion having to ride 25 kms on a gravel track to cut through to a quieter road! I was able to get some advice from a Finn cyclist I encountered who helped me sketch out a safe route via Mikkeli and Kouvola. This well travelled cyclist was not surprised that I had faced strong southerly headwinds all the way down, as this was the prevailing direction in the summer, should have gone from south to north! These winds had reached gale force and yellow warnings were frequently issued, indeed the winds had brought power lines down on my route.

I really do not enjoy cycling in the rain and there was sufficient flexibility in my schedule to allow me to avoid two half days when the weather was horrible. Otherwise, the weather was often sunny and warm, even with that wind!

I arrived within striking distance of Helsinki airport with a day to spare before my flight home.



Arriving at Helsinki Airport, 14 days and 1,050 miles after leaving Kirkenes, wearing my Save the Children shirt, for whom I obtained £700 sponsorship for their Yemen Appeal.

Ed: What a fabulous article and adventure Peter and such an appropriate message on the sign behind you below! and how much did that bike et al weigh? Thank you.



Off Road Report

British Cycling - National Trophy Cyclocross Series

Excellent finish to the series with Robin Delve and 'Killer' Kilburn both achieving silver medals. Today the conditions were dry which was not favourable for them but they both had chances and were competing for the podium places right up until the line. Today they were both 3rd in their respective races.

This should be confidence boosting for the road trip to Gravesend- the stand alone National Championship next week.

Good luck to all MDCC riders competing in Kent next weekend.

I competed in the BC National Cyclocross Championships yesterday in Gravesend, Kent. The course was dry, tricky, tight, technical with numerous off camber sections and also many steep banks. Instant explosive power was the order of the day.

I started well in the top 5 from a second row gridding but was unable to go with the leaders. I chased throughout the 45 minutes producing consistent lap times. I surprised myself by riding the enormous steep 'burg' each lap when clear to do so. I was agonisingly close to catching the 3rd place rider. Fantastic support around the course telling me this fact!! Just disappointed not to be able to produce my very best on the day. 4th place. Frustrating when previously you've beaten all the riders ahead. Still this is the nature of cycling.

Was very proud to race in the 'rainbow stripes' and to be called by the commentator as a current world champion throughout the race.

Ultra determined now to be faster fitter and most importantly more powerful for next season.





The photos show me wearing the no-pinz 'rainbow stripe' skinsuit made for me by MDCC. Thank you to MDCC for the rider support this season and for MDCC's increasing recognition of off-road cycling across the age groups.

Jackie Shute, 2nd SWCX 40+, Nicky Quant and JS braving steep bank at Nat. Champs. Killer 2nd overall woman in SWCX.

Robin Delve

Youths Section - Rob Woodger reports..

End of season awards 20th January.

The SW league Cyclocross awards this afternoon saw 6 of Mid Devon youth get league awards. This was an excellent result for the club with a clean sweep in the under 10 boys. The club had over twenty youth riders racing this year across the rounds. The SW league had around over 140 riders in the youth category's and another 60+ entering individual races over the season showing how popular Cyclocross is becoming here in the SW.

Under 8 Girls - Maddy Woodger 2nd

Under 10 Boys - Matthew Holmes 1st, Bayley Woodger 2nd, Jacob Start 3rd

Under 14 Boys - Solomon Drury 3rd

Under 16 Boys - Callum Start 2nd

Right: Matt & Solomon

SWCX 6th January Velopark

Seven MDCC youth made the long trip 🤔 to the Velopark today for the final cyclocross race of the year. With several podiums across the age groups with large number competing from around the South West. Matt Holmes continue his winning run to take 1st again with Bayley Woodger in 3rd under 10's, Callum Start needed a good ride to get a good series place he came in 2nd in a strong age group under 16's.



Rider Profiles - B Group Club Rides

Recently dormant but thanks to Toby Sharp the group are now up and riding again.

Here we feature Toby along with Philip Gwynne-Smith:

Name: Toby Sharp

Age: 45

Bikes owned: Here are some (there are more), 1886 Quadrant, 1946 Hetchins, 1978 Bob Jackson, 1990 Zinn Z753, 2005 Thorn Tourer & 2014 Bob Jackson

How & at what age did you get into cycling: Rural exploration and transport as a boy, racing mountain bikes as a teenager, and touring and club riding as an adult

How often do you train: 3 times a week if I have time

Say something about your training & how it's developed as you've got older: It is more necessary, and I'm not old!

Future hopes/targets: Keep going as long as Ken

What gives you the greatest buzz about cycling: The speed, silence and efficiency of a simple machine that will take me anywhere.

Other interests, sporting & other: The Great Outdoors. Vintage cars, bikes, boats and aeroplanes; and getting out in them as often as possible. Art and design.

Your cycling heroes and why: Edward Elgar, a cyclist who also wrote the Enigma Variations. Graeme Obree, a true maverick genius.

Advice to youngsters thinking of getting involved: Cycling will get you involved with people in every way you like, or take you as far away from them as you care to go.

What do you think of MDCC? A well run and caring club which promotes cycling for everyone and is approachable by anyone.

Name: Phil Smith (was Phil Gwynne but that is a long story)

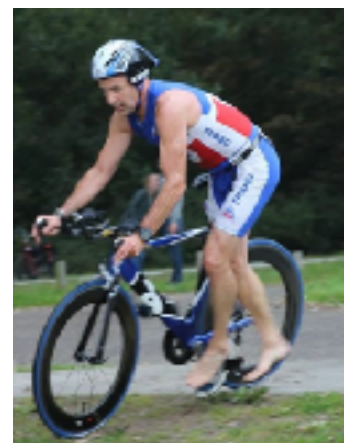
Age: 58+

Bikes owned: Cervelo P2 TT bike, Cervelo R2, Specialized Allez Comp ... track bike... mtb bikes. You can never have enough.

How & at what age did you get into cycling: 39, mid-life crisis I started triathlons before this just ran.

How often do you train: Cycle about 4-5 times a week now and when not injured 2 swims and 2 runs (10-13 hours, 200-300km per week)

Say something about your training & how it's developed as you've got older: My focus had always been triathlon except during periods off running due to injuries when I fall back to cycling and do less running as I get older. Until this winter I always trained the same way and always got the same results no shock there. Another long term running injury so this winter so I have decided to do something different in order to get better results and am focussing on building up my TT performance and getting coached. So more time on the turbo with structured sessions monitoring of power and HR zones less on the road and racing up and down hills, sounds dull but it isn't but I am not seen at so many club rides.



Main successes: In triathlons I have done many age group races at European and World championships and a few Ironman distances and Alpe D'Huez Tri, so ticked many boxes there. I love open water swimming and have done the Dart 10K and Bantham Swoosh, really good well organised events.

In cycling I actually beat my my 25 TT pb by 3 minutes last year at 01:00:30 which I was so pleased thanks to help from Conrad with but for the sportive lovers out there have done Etapes (Alpe D'Huez, Mont Ventoux and Tourmalet) and the Marmotte, the Marmotte was brilliant and to be recommended along with the our own Dartmoor Classic of course.

Future hopes/targets: Sub 1 hr 25 mile TT in more than 1 event this year and a low 22 mins for a 10 TT (but that may be pushing it). Get back to my age group Tri's if my running returns to form.

What gives you the greatest buzz about cycling: We live in and can access some fantastic places, moor to sea and some great cafe stops :-). Trying to keep up with Toby on his steel bike, if he ever gets a carbon bike I'm leaving the B group!

Other interests, sporting & other: Walking with my Border Terrier and each year do a couple more stretches of the SW Coastal Path.

Your cycling heroes and why: Lance Armstrong, changed the sport in many ways, yes I know I shouldn't say that but he was my era I had a USPS Trek bike :-). and Wiggo, seeing him at the London in TT and later leading out at Haytor Vale in the ToB.

Advice to youngsters thinking of getting involved: Enjoy it first, enter a few races of different types and see where it takes you as there are many types of cycling.

What do you think of MDCC? Quite an amazing club with some great characters who have so much dedication and offer the members so much.

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 18th February, 1st April, 20th May, 1st July, 5th August, 16th September, 28th October & 2nd December.

Club Officials for 2019 as appointed at the AGM

Post	Holder
President	Colin Lewis
Vice Presidents	Ken Robertson, Ron Keegan, Ron Georgi
Chairman	Andrew Perkins
Vice Chairman	Max Vautier
General Secretary	Ian Myers
Hon. Treasurer	Mark Sanders
Time Trial Secretary	Conrad Moss
Club TT	Rose Parkhouse
Road Race Secretary	Mike Gratton
Off Road Secretary	Vacancy

Press Secretary	Vacant
Membership Development Officer	Jamie Horton
Events Committee	Paul Martin
Newsletter Editor	Paul Martin
Welfare Officer	Liam McGrath
Mid Devon Youth	Andrew Parker
Women's Officer	Michele Radant

Spotlight on our Club Secretary, Ian Myers, at a particular milestone:

As I sat at the top table, next to the Chairman, at the recent AGM and looked around the room, I realised that I knew very few of the people in the room. I suspect that most of those in the room would not know me either, and I thought it would be a good idea to introduce myself.

I was born into a cycling family, my mother and father were keen members of the CTC (Cycling UK), and brought up on a bike. It was, then, no surprise that, as a teenager, I joined the Liverpool Eagle Road Club and began racing. In 1966 I won the Welsh Junior Championship 25 and claimed a bronze medal in the RTTC National Junior 25 before ending the season with a new club record at 25 miles. Several successful seasons followed before I gave up cycling in search of a different challenge, playing football, badminton, and later golf, all to a good standard.



In 2010 Heather, my wife, and I moved down to Devon to be nearer to our family, and we settled in Highweek. I had, by this time, been off the bike for nearly forty years and had no interest in riding again. Then, in June 2015, I received a message from a friend on Facebook that she had met an old friend and that he was trying to get in touch with me. One telephone call and my cycling past caught up with me. My best friend from the halcyon days – who I had not seen for nearly 45 years – was riding again, and my life was about to change again, as six months later I had bought myself a bike!

Heather and I joined MDCC at the end of the year, and we soon became BC Accredited Marshals and later in 2016 I became a CTT Timekeeper. It was good to be “involved” in the sport again. Then last year, after Annette had retired as General Secretary, I was persuaded by Ken to take on that role.

Following on from Ron Keegan's 80th birthday ride of 80km in August, I decided that it would be a good idea to ride 70 miles for my 70th with our son Alistair. Unfortunately, with



other things planned for the day as well it meant that there would not be enough time for the full distance and so we settled on 70km instead. By the time Ally and his family arrived from Frome and a few photographs had been taken we commenced our ride at 11.45. It was pretty cold, with a keen edge to the wind, and rather dull, but it did stay dry. We were joined by Kev Weymouth and later by Maria and Liberty and lapped at a steady 14mph. Kev, Maria and Liberty left about halfway and Ally and I continued for a few more laps before a quick pitstop for Ally to put



on a pair of overshoes to keep out the cold. Back on the bikes, we resumed the 14mph pace, and 3 hours and 4 minutes after starting we arrived at the 70k mark. It was the furthest I'd ridden at the Velopark, usually an hour or so with the Velovets was enough, and it was great to ride with Ally (we don't do

enough of it!). Cold, but satisfied, we loaded the car and headed home to Highweek to change ready for a family meal in Paignton, before tea and birthday cake in Torquay.

‘Events Committee’

The return of the Christmas Dinner and Dance! - Saturday 7th December, Livermead House Hotel, Torquay. **PUT THE DATE IN YOUR DIARY PLEASE!**

With over 100 people attending the recent AGM and 50+ at all the Quiz Nights, we feel confident that we can have a good crowd together to re-launch this event.

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

We will be discussing the menu options and prices with the hotel soon but be assured, all diets will be catered for.

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

The first big ‘ride event’ of the year will be ‘live’ for booking by the time you receive this edition and full details were given above.

The 3 Brittany trips in May have had terrific support with over 90 club members being able to take part.

All of last year’s events will run again, see the calendar below and we will be reviving the club ‘Downhill Freewheeling’ event, the date has yet to be finalised for this.

We have found that interest in the Lands End 100 has diminished in the last 2 years so we are looking into laying on a coach to the Taunton Flyer and/or Mendips Sportive events in July, see below.

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 it’s 90th Birthday in 2020!

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

MDCC Calendar Some dates and reference points for 2019

MDCC Open Time Trials, Races & ‘Events’ Committee events, Sportives, Audax etc...

The following list is not exhaustive and mainly uses a travel distance within 100 miles to access the event.

Entries/information available via www.britishcycling.org.uk/events, www.aukweb.net/events, justevents.org, www.ukcyclingevents.co.uk

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

? = Provisional or 2018 date used as a guide

Sunday 24th February	MDCC Primavera Road Race, Hatherleigh - Cats E/1/2/3, Cats 3 & 4
Saturday 9th March	‘No Excuses’ Sportive, Exeter Racecourse for Alzheimer’s Research, 45 or 70 miles, https://www.ukcyclingevents.co.uk/events/no-excuses-south-west-sportive/
Sunday 10th March	Mad March Audax, Exeter - 100 & 200km

Sunday 24th March	MDCC Ride Back from Glastonbury/Bridgewater to Cranbrook
Saturday 30th March	'Haldon Heroic' CX & MTB Sportive, Just Events
Friday 29th March	MDCC Quiz Night
Sunday 31st March	Teign Valley (CaT) Club 10 mile TT, 1000h Up & Down Like a Yo Yo Audax, Cranbrook - 200km
Saturday 6th & Sunday 7th April	MDCC Totnes - Vire Stage Race - Cats E/1/2/3, Haytor, Velopark & South Brent
Saturday 6th April	Totnes - Vire Support Races - All Cats except E/1/2/3, Velopark
Wednesday 10th April	MDCC Youth Series 1/6 + MDCC Novices Races for Adults, Velopark
Sunday 14th April	Yeovil Sportive - 39, 56 & 109 miles, Beyond Events
Wednesday 17th April	Teign Valley Club 10 mile TT, 1830h
Saturday 13th & Sunday 14th April	New Forest Spring Sportive, Ringwood - 27, 67 & 81 miles
Friday 19th April	MDCC Teign Valley Sporting 23 Time Trial (TT), Chudleigh Knighton
Saturday 20th April	South West Development Races 1/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded by coaching
Sunday 21st April	Combwich Century Audax, Honiton - 160km
Wednesday 24th April	Clay Pits Club 10 mile TT, 1900h
Friday 26th - 28th April	MDCC Brittany trip A - 3 day to Perros - Guirec
Wednesday 1st May	Clay Pits Club 10 mile TT, 1900h
Friday 3rd - 6th/7th May	MDCC Brittany trip B - 4/5 day to Perros - Guirec
Saturday 4th May	Dartmoor Demon Sportive, Exeter 25, 49 & 88 miles
Wednesday 8th May	MDCC Youth Series 2/6 + MDCC Novices Races for Adults, Velopark
Friday 10th - 12th May	MDCC Brittany trip C - 3 day to Huelgoat
Sunday 12th May	Eden Classic Sportive, Eden Project - 35, 62 & 100 miles Velo Birmingham
Wednesday 15th May	Teign Valley Club 10 mile TT, 1900h
Saturday 18th May	South West Development Races 2/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded by coaching Jurassic Beast Sportive, Bovington - 36, 63 & 100 miles
Thursday 23rd May	MDCC Open 10 mile Time Trial, Buckfastleigh

Saturday 25th May	Colin Lewis Grand Prix - All Cats, Velopark
Wednesday 29th May	Clay Pits Club 10 mile TT, 1900h
Sunday 2nd June	Smuggler Sportive, Barnstaple - 20, 40, 50 & 80 miles Force Cancer Dartmoor Sportive - Okehampton, 62 & 80 miles, Beyond Events
Wednesday 5th June	MDCC Youth Series 3/6 + MDCC Novices Races for Adults, Velopark
Wednesday 12th June	Teign Valley Club 10 mile TT, 1900h
Wednesday 19th June	MDCC Open 25 mile Time Trial, Buckfastleigh
Thursday 20th June	MDCC Mid Summer Evening Ride to the Silly Goose, Dawlish Warren
Sunday 23rd June	Dartmoor Classic Sportive, MDCC
Wednesday 26th June	Clay Pits Club 10 mile TT, 1900h
Saturday 29th June	South West Development Races 3/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded by coaching New Forest Summer Sportive, Southampton - 45, 69 & 97 miles
Sunday 30th June	Nello - Force Cancer Charity National Championships Closed Road 100mile Sportive, Norfolk
Wednesday 3rd July	MDCC Youth Series 4/6 + MDCC Novices Races for Adults, Velopark
Sunday 7th July	Bridport Dagger Sportive, 32, 62 & 101 miles, Beyond Events
Wednesday 10th July	Clay Pits Club 10 mile TT, 1900h
Saturday 20th July	MDCC Bike Treasure Hunt & BBQ, Ventiford House
Sunday 21st July	MDCC WAJ Best Memorial Trophy 25, Buckfastleigh? Taunton Flyer - Just Events Devon Delight, 100km & Shore 2 Moor, 200km Audax
Wednesday 24th July	Teign Valley Club 10 mile TT, 1900h
Saturday 27th July	South West Development Races 4/4, Velopark - follow on from MDCC Novice Races in 2018, these Go Races with involve separate Women's and Men's events preceded 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 Club Rides - February - March 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
2nd February	SS		
3rd February	C	Woodbury	Forbes & Sue
3rd February	E	Exeter	Richard Perris
3rd February	F	TBD	Dave Clark
3rd February	G	Exeter Quays	Nicky Gregory
3rd February	S	Haldon Grill	Michele Radant
9th February	SS	Occombe Farm	Caroline Twigger
10th February	C		
10th February	E	Cheriton Bishop	Jim Black
10th February	F	Bernaville Nurseries, Exeter	Peter Mason
10th February	G	TBD	John Cooper
10th February	S	Buckfastleigh	Jennie Fitzjohn & Graham Sykes
16th February	SS	Cafe 3 Sixty, Bovey Tracey	Louise & Steve Swann
17th February	C	East Devon	Mark Phillips
17th February	E	Widecombe	Craig Maberly
17th February	F		
17th February	G	Salmon's Leap, Buckfastleigh	Louise & Steve Swann
17th February	S	Dawlish	Karelyn & Gemma Franke
23rd February	SS	Salmon's Leap, Buckfastleigh	Sue McGrath
24th February	C		
24th February	E	Bernaville Garden Centre, Cowley Bridge	Caroline Twigger
24th February	F	Moretonhampstead	Linda Simpson
24th February	G	Green Table, Dartington	Carol Gibbs
24th February	S	Powderham	John Styles
2nd March	SS	Guardhouse Cafe, Berry Head	Rose Parkhouse
3rd March	C		

MDCC Tour of Britain Ride

Saturday 14th & Sunday 15th September	New Forest 100 Sportive, Ringwood - 30, 59 & 100 miles
Saturday 21st September	Lands End 100 - Just Events
Sunday 22nd September	MDCC Haytor & Widcombe Hill Climbs
Saturday 28th/Sunday 29th September	MDCC YHA Weekend to Beer or Exford YHA
Friday 18th October	MDCC Quiz Night
Sunday 27th October	National Hill Climb Championships - Youth, Junior, Women, Men & Vets, Haytor promoted by MDCC
Sunday 3rd November	Dartmoor Devil Audax
Saturday 23rd November?	Breakfast in Bampton Audax?
Saturday 7th December	Christmas Dinner & Dance, Livermead House Hotel, Torquay.
Saturday 4th January 2019	AGM & Awards Night

Other dates that might be of interest:

- March 10th Signa Sports: Wild Cat Sportive (Salisbury) - UK Cycle Events - National Chain
- March 17th: Coast & Clay Sportive (Cornwall) - Local Rotary Club Organiser
- March 24th: Evans Ride It Mendips Sportive (Somerset) - Evans Cycles - National Chain
- April 5th to 9th: Dartmoor Cycling Camp (Dartmoor) - Options for locals of non-residential attendance or even the option to just do the daily rides - Local Organiser - Just Events
- April 8th: Cotswold Spring Classic Sportive - Gloucestershire - Velo Events (small independent organiser - Performance Cycles Bike Shop)
- April 14th: Devon Dirt (MTB Ride) - Ashburton - CTC (Graham Brodie) - Big Peaks Bike Shop
- April 14th: Exmoor Beauty Sportive (Exmoor / Tiverton) - Independent Organiser from Shropshire
- April 28th: South Hams Hammer Sportive - Independent Organiser
- May 19th: Black Rat Challenge Sportive (Bristol) - Independent Organiser
- May 25th - 27th: Tour of Wessex (Somerset) - Independent Organiser
- June 2nd: BF Adventure Coast to Coast (Cornwall) - small independent charity ride
- June 7th-9th: Dragon Ride (Wales) - Human Race - National Chain
- June 9th: Wiggle Bournemouth Sportive (Dorset) - UK Cycle Events - National Chain
- June 16th: Great Western Sportive (Swindon) - Independent Organiser
- June 23rd: Dartmoor Classic - (Dartmoor) - Club Organised
- June 30th; Bike Bath Sportive (Somerset) - Independent Organiser
- July 7th: Cornwall Coast to Coast Audax (Cornwall) - CTC
- July 14th: Great Weston Ride (Mendips) - Charity Ride
- August 18th: North Wiltshire Sportive (Cirencester)
- August 31st Wiggle Cotswolds Sportive (Cheltenham) - UK Cycle Events - National Chain
- September 1st: Great Exmoor Ride - (Somerset)
- September 8th: Rattler Pro (Cornwall) - Bike Chain Ricci - St Piran Cycle Team
- September 15th: Great South West Sportive - (Plymouth) - Plymouth Marathon Organisers
- September 29th; Tour de Moor - Charity MTB ride
- September 29th: Coast & Clay Sportive (Cornwall) - Rotary Club organised
- October 6th: Exmoor Beast - (Exmoor) - Independent Organiser - Shropshire
- October 13th: Hammer Gran Fondo (Okehampton) - Independent Organiser (Hammer Sports)
- October 13th: Ride for Rowcroft (Newton Abbot) - Charity Ride
- October 19th: Exmouth Exterminator (Exmouth) - UK Cycle Events - National Chain