



“The Hub”

The Newsletter of Mid Devon Cycling Club

December 2019

A Very Merry Christmas and wishing a successful 2020 to all our members

Editorial:

MDCC set for a new Era

After 9 years our Chairman, Andrew Perkins, is soon to stand aside. Andrew has made a tremendous contribution to the club and has overseen the largest expansion in the club's history seeing the membership grow from somewhere above 100 to the current near 600.

It has not just been the increase in numbers but also the change from being a mainly road racing club to the now multi disciplined and multi ability profile that the club enjoys. "One of the country's biggest cycling clubs' is no understatement.

His tenure has also seen the creation of the immensely successful Dartmoor Classic which has raised the club's profile to new heights and has enable it to support a wide range of local charities as well as further the development of cycling in our area.

The proper time for acknowledging his contribution will be at the January AGM but through this medium we wish to thank him for his very considerable efforts and look forward to his continued involvement with the club.



Strategic Review

In some ways it is fortuitous that the new Chairperson will be appointed at a time when the club committee has decided to undertake this review of all aspects of its work. There have been a couple of major project developments involving the Off Road section to do with the facilities at Grammercombe and Torbay Velopark which have prompted something which had already been mooted.



All members have been invited to feed in their ideas on the Club Rides and Events run by the club and there will be similar reviews taking place within each section of the club. It's not too late to input to this process and for the Club Rides and Events section please send you input to me.

The work will start in earnest in early January after the AGM.

AGM & Awards Night - Saturday 4th January

Stover Golf Club will again be the venue for this event starting at 1900h prompt. The AGM will only take around 30 minutes and the Youth Awards will then follow before a break for hot refreshments available to those who've ordered in advance.

Booking is essential as the venue can only hold around 100 people in comfort and places have to be reserved for award winners.

Please check in via: <https://www.eventbrite.com/e/mdcc-agm-awards-evening-saturday-4th-january-2020-tickets-81959339591>

Dinner Dance

After a gap of 2 years this event returned under the organisation of the Events Committee and was very well supported. The Livermead House Hotel was our chosen venue and all enjoyed a very good meal with excellent service from the hardworking staff. This was a no frills evening without speeches and presentations but the membership put their best foot forward with many DJs and long frocks in evidence.

Very importantly we took the opportunity to raise money for the Devon Air Ambulance and with excellent support from a whole range of cycling outlets we raised £360 for the cause.

National Hill Climb Championships

Lee Sanderson, our lead organiser, and his very large team of over 120 volunteers are to be congratulated on staging a hugely successful and prestigious event. It is some undertaking to volunteer to stage any event let alone a National Championship and it was very clear the high level of organisation was much appreciated by the Hill Climb community who had travelled from all over the country to support the event.

It was good to see some club members taking part and they all received enthusiastic support from a more than decent roadside crowd.

The weather was perfect with even a slight tailwind up the final section of the climb which meant that the old course record was broken twice during the course of the 180 riders who tackled the challenge. Picture elsewhere in this edition.

The Hub

For the last 2 years or so there has never been a lack of material for this publication leading to many bumper editions. Over the last 6 months the supply line has dried up considerably. I can only trawl all I know about what is going on within the club and with individual members and ask people for contributions.

During that time we have been able to read about the cycling exploits of club members in many parts of the world alongside information on what has been happening closer to home.

Consequently the bi-monthly publication has not been feasible since the June edition. Sensibly, this newsletter now needs to become an 'as and when' publication. When I have enough material I will create an issue but will also look to do this with a smaller content to maintain some regularity.

If you undertake a particular cycling challenge in this country or abroad I would appreciate a short report and a few pictures.

Cycling & Road Safety

How well do you know the Highway Code as it relates to cycling? Try this short 8 question test to find out. I scored 6/8.

<https://www.thebikestoragecompany.co.uk/road-safety-quiz/>

Paul - news@mdcc.org.uk

In this Issue:

| | | | |
|---|-----------|--|------------|
| Editorial | P1 | Youths Report | P8 |
| Paris - Brest - Paris 1200km Audax | P3 | MDCC Committee Corner | P10 |
| Cyclo Cross report | P6 | Events Committee Report | P11 |
| Harrison Wood update | P8 | MDCC Calendar some dates for 2020 | P11 |

The Road to Paris - Brest - Paris 2019

Intro: The Paris-Brest-Paris Randonneur 1200km is held every 4 years, and is based on the original race that took place between the cities in 1891. It has developed over the years into an international “Randonee” with over 6000 participants from over 70 countries, who all have one aim – to complete the distance within the 90 hour time limit.

There are controls approx every 50 miles, some just for food, some where basic sleeping facilities exist. The roadside support from the French public throughout the ride is something to behold.

Entry qualifications are to ride a 200, 300, 400 and 600Km series of rides usually before the end of June on the year of the event, plus pre-qualifiers.



PBP 2019: I last completed PBP in 1995. Illness struck during ride preparation in

France which endured through out the ride, the D&V bug turned out to have travelled with me from the UK, but I managed to finish within the time limit despite very little food intake! An attempt in 1991 failed when I packed in with a colleague in exhausting heat on the way back.

I didn't really think about doing the ride again, as in recent years “hot-foot” has been a show-stopper, on longer rides in warm weather. Also qualifying rules now mean that you need to ride qualifying events the year before to give you a pre-registered entry, so I hadn't done many longer rides for a while.

So I started the 2019 season with a gentle 100Km event in January around Bristol, riding with Hilary Durbin, and Geoff Sharpe (CTC). Barry's Ball Buster 200Km organised by “LVIS”^{**} was the second event and first qualifier in April, and because of PBP the 300Km “Barry's Jaegerbomb” had been brought forward to May, so I entered having always wanted a go at that event.

It was a great ride, but I suffered as I had a root canal done the day before the event, and hadn't recovered so at the finish I had a very swollen face, a lot of pain and ended up on a week of antibiotics – duh!

For some unknown reason I started musing over the Avalon Sunrise 400Km from Clayhidon, another ride on the “bucket list”, and before I knew it I was heading through Somerset in the dead of night, and through rolling mists past Glastonbury Tor at dawn. There was the opportunity to ride a few miles and enjoy a cafe stop with my older son near Wootton-under-Edge, and the long hard finish over the Blackdown Hills and up Blagdon Hill. My feet were in agony during the last 25 miles and I recall telling myself numerous times to make this my last long distance ride of the year.

Shortly afterwards The Exe Buzzard ride popped up on Facebook. A 600Km event fully self supporting from Exeter services. It was £3 to enter it. I mused over the idea of gaining my SR (Super Randonneur) award which I hadn't



done since 2000, and decided that for the sake of £3 I could ride the route as far as my legs would go and could always train home from Bath or Cirencester or see how it went.



So I duly set out from Exeter Services, a stiff tailwind wind sped me up to Leighton Buzzard in about 16 hours, with prolonged heavy rain showers keeping hot-foot at bay. A superb dry and moonlit night saw me riding through Stoke Mandeville and Nuffield and on through Micheldever at dawn. The overnight food quest had failed so I'd survived on coffee and Mars Bars, so at 6am I raided McDonalds in Winchester for a double breakfast. After a horrible 70 mile bash into a strong headwind and relentless rolling hills on along the old A30, I arrived back in Exeter around 6.30pm to find that I was the 5th rider home. Many others had stopped for a decent kip in a hotel near Reading. "Ha – you've qualified for PBP" quipped Sarah the organiser as she served up a pot of tea.

Well so I had – but I'd heard some weeks before that the 2019 event was over-subscribed, so had put all thoughts of entering out of my head.

Logging into the ACP (Audax Club Parisienne) website a couple of days later confirmed that the event was over-subscribed, so I registered anyway to receive an email confirming the same.

After a long day doing mechanicals on the Dartmoor Classic, I got home late and found an email from ACP. Due to incomplete qualifiers some 600 places had become available on the event. The entry deadline was close it was almost an "eBay" type transaction as I hit the "Pay by Paypal" button.

Now what? - My feet and body were in horror at what I had done! There was also the issue of accommodation at the start in Rambouillet, and travel. Luckily there were plenty of ferry spaces, and I managed to find space in a log cabin at Huttopia with some other AUK colleagues.



On Wed 14th August I parked my van at the "Air Parking" spot in Portsmouth and boarded MV Bretagne to start my mini adventure. Lots of Audax Club Portsmouth riders were aboard as were many other Audax acquaintances from as far away as Scotland whom I hadn't seen for years. I rode a few miles in Normandy with them on the Thursday over Pegasus Bridge, and then I headed down about 68 miles to L'Aigle where I had booked a budget hotel. On the Friday I cycled another 70 miles taking in some of the PBP route and arriving at the campsite at about 4.30. During the following 48 hours copious quantities of artisan ale were consumed along with many pizza's, pasta, and of course the process of registration (Bike checks, numbers/ Jerseys / Tags etc) took place at the National Sheepfold in Rambouillet.

My start was at 8pm on the Sunday, but I was there around 4.30pm to see friends starting off - start was in 15 minute waves of about 300 riders.

I set off with my group and was soon swooping along some rolling fast roads. The only real plan I had was to knock out the first 300km quickly but comfortably, without stopping for sleep, and then take things as they came. There were some fast groups coming though, and I spent several hours drafting, sometimes chasing and occasionally leading these groups, and after a fairly exciting night section with a brief food stop at Mortagne Au Perche, it was time for a bit of Breakfast at Villaines la Juhel. A minor disaster as I left my phone and glasses at a bar in the town where I'd feasted on a local BBQ sausage.

A few miles up the road I was caught by some others who I thought were in front, but they'd stopped for a kip, so we rattled onto Fougères, which was the first major rest and food control at 225km. I took a bit of time to sort out getting the phone found/ returned (another story!), had a ridiculously huge meal, and took a power nap in the sun before heading out to the next control at Tinteniac 360km. It was a fairly uneventful section also the headwind which had persisted all night continued, and I was quite tired on arrival there late in the afternoon.

More food and then out on the road to try and get as many miles/k's as I could before dark. I arrived at Loudeac –the 445km point at about 0130h and was very hungry and very tired. Food first was followed by about an hour of "couchage" in a smelly noisy gym on camp beds. I didn't sleep but it was a least a rest, and I was surprised at how cold it was as I set off into the second night. I was rolling along with several groups, many Japanese and Korean riders. They were tired, a lot of them stopping for power naps in the hedge (and weirdly on the road in places!). After a few miles I was getting dozy and had to stop for a couple of power-naps with my space blanket. Fortunately



the secret control at St.Nicholas du Pelem was serving up very strong coffee which was a pick me up and saw me through to the control at Carhaix Plouger. Signs were out indicating Brest was some 100Km away, which lifted spirits significantly.

The headwind was a pain as I left Carhaix still in the dark. My Garmin had turned itself off so I restarted everything including myself. I'd planned to meet Mike and Michele Radant during the ride down to Brest but with my phone missing had no way of letting them know where I was, so I just continued on over Roc' Trevezel down through Sizun and onto Brest arriving some 3 hours later than I'd expected, it was almost Midday.

There were queues for food and it was hot and I felt quite despondent. The idea of going through another two nights was daunting. I bumped into a few friends including Kevin Presland (CTC) who had started ahead of me and was fed and watered.



I cleaned my teeth and had a 40 minute nap under a tree pondering whether I should continue, and realised that this was the only real option.

I fled the scene and then realised that I hadn't eaten! There were a small gaggle of Audax riders at the nearby "speedy burger" so I dived in and ordered a meal before setting off with a slight tailwind. The hills this year seemed relentless much like the wind. Soon I was climbing again, and the tailwind vanished and then started to swing around. I was so tired on the climb back towards Huelgoat I had to have another 15 minutes zonked in a lay-by. Setting off again I travelled a few yards and saw familiar faces at the side of the road – Mike & Michel. As well as coming out in support they had brought me a spare phone, which meant I could keep in touch with home and

also had an alarm so I didn't oversleep during a nap.

I rode a few miles towards Carhaix with Mike and said cheerio near Huelgoat. I felt good again and rattled onto Carhaix, stuffed plenty more food, chatted with a couple of TCR guys and heading out toward Loudeac again for another night section.

Loudeac was busy again – now at the 783km mark, I opted for another 1hr 15m of "sleep". It was a repeat of the previous visit leaving in the middle of the night with quite a chill and not feeling that rested.

Passing through St. Meen le Grand with a beautiful dawn it was the middle of the morning when I arrived back at Tinteniac, hunger hitting again and taking on a lot more food in the efficient cafe, 350km to go but my feet were seriously sore and I was just generally feeling weary.

The next section back to Fougeres wasn't bad, but it was hot and I was losing appetite with a sore mouth and lips. I only had a very brief stop and a sandwich before pressing on with nearly 1000km bagged. It got warm in the afternoon, and although I was travelling with a group that were moving well, I really needed to be able to shut my eyes. Salvation came in the form of the "Postcard Man" alias Paul Rogue, who's house at La Tanniere is famous for providing free food and drinks to PBP riders and I remembered him from before. As I drank some water there I spotted the "Dortoir" sign, asked about sleeping and was rapidly shown to a quite dark room upstairs at the back of the house where I had and 1hr 20min of solid sleep. When I awoke I had no idea where I was or what I was doing, but after a few minutes of recovery I was back on the road feeling good and picking up a good pace again and dousing my feet in cold water at every roadside opportunity, much to the amusement of the locals!

Arriving at Villaines la Juhel again I was reunited with my phone and glasses (long story!) met up with Heather from Exeter who was running close to time limits but still going strong.

Heading out from Villaines it would soon be dark on the final night section. The wind seemed to have gone North so was against us as we road through Mamers where the local cycling club provide a superb unofficial control with soup and lots of other food.



I sat and ate with some girls from Audax Japan. They were very tired so we rode together for several miles to keep the conversation going until eventually we rolled in the Mortagne au Perch in the dead of night.

My appetite was back and confidence growing as checking on time it was promising that I could finish within the 90 hours, so I got my head down on a camp bed for an hour before heading off into a surreal night. We'd been caught by a lot of the 84 hour riders, and they were hammering through the night, others were almost grovelling.

Temperatures had plummeted overnight and there were mists in the valleys. I occasionally ended up in small fast groups and then was on my own for a few miles. In the middle of nowhere at 4am there was a Bar-Tabac open serving beer and espressos. Bodies were everywhere, people sleeping in doorways, on the pavement, in the lobbies of bank cash machines. I pressed on pushing hard as dawn was approaching – a stunning dawn with a golden sunrise and I headed into the final control at Dreux only 50 km from the finish.

It was about 8am and I had until 2pm to complete the event, so a chance for a relaxed breakfast and a steady roll along the levels into the finish. It was a bit of an anti-climax really, basically a final climb through the park at Rambouillet past a bit of a cheering crowd and then stop. That was it done, Kevin appeared along with Richard, they had finished an hour or so before me.

We wandered off to the bike park, I handed in my Brevet card for the final stamp, collected a ridiculously huge medal and a meal ticket. Sat in the food tent I felt hugely sticky and smelly and was glad to leave the place behind and find the cooler cabin back at Huttopia. Cold artisan beers were ordered in large quantities, burgers ordered and tales exchanged. – I had a panic during the evening when my feet and wrists swelled up significantly. I rang Kate (my GP wife) – turned out that the Ibuprofen I had taken for knee pain on the last night was double the dose I thought, so it was likely that I was going into kidney failure, which probably explained the lower back ache too. I drank copious amounts of water in the subsequent 48 hours, and had three lovely days cycling back through the Normandy countryside visiting Maintenon, Vimoutiers and Lisieux, back to Ouistreham and onto the ferry. Ian Hennessey was on board too – he'd broken his ankle before PBP but was determined to attempt it, managing 400 odd kilometres before he had to retire.

Full results are still being ratified but I was pleased to have got round in 87 hrs 21 min and in one piece. Will I ride it again? Ask in three years time.

(Congratulations to Richard Etches, also from MDCC, who did a stinking ride, he entered the 84 hour ride and completed his first PBP in 76 hours 58 minutes!)

(*LVIS = Las Vegas Institute of Sport)

Ed: That's a fantastic effort and report Graham, chapeau and many thanks

National Cyclo Cross Series, European & World UCI Championships

We have a small group of avid Cyclo Crossers who regularly travel the length and breadth of the country to compete in the National Series with great success and regular podium finishes. Some of their exploits are detailed below in their own words.

National Series, Saturday 20th September, Derby

Today Robin Delve, Jackie Shute and Killer Kilburn competed in the 1st round of the BC cyclocross National Trophy series at the Moorways athletics stadium Derby. The 3 MDCC riders were helped by Lester Young attending to the pit duties.

The course was tight bendy, wiggly and slippery and all turns were on a camber. 2 high bridges, 1 set of jump boards and for the first time a man made ditch to cross!

Robin went first and after a slow start gradually worked his way through the field to secure a podium 3rd place!!

Killer and Jackie both competed in the 50+ women's race. Killer made a great start and rode to form to finish in 5th place. Jackie making her debut in this category rode strongly to be competitive in 11th place.

A great day for MDCC off road stalwarts at National level. A truly whirlwind trip, leaving after work on Friday..staying in Derby overnight...racing from 9.30am Saturday..and back home by 6pm!!! Just 25hrs!! Thanks to Killer for driving. We may not make club rides tomorz!!!

European Championships, Mestre, Italy - 9th November

Super proud of my silver medal today at European championships. Just 22secs off the winner Marc Valloo from Belgium. Incredibly difficult conditions suiting my running prowess.



Special thoughts to my mum who peacefully passed away on Tuesday. She would have been so pleased...but would have wanted to know why I got beat!! RIP mum. - Robin Delve

Mid Devon Girls on tour! - 10th November
National Trophy Cyclo-Cross Series Round 4, Crawley.
Kila Kilburn - 2nd V50 and now Series leader.
Jackie Shute - V50 7th
Nicky Quant - V50 13th.

Massive congratulations to Kila Kilburn on securing the Leader's jersey by coming in strong to finish in the runners-up slot once again! She now dons the green jersey in the next round in Pembrey, Wales in 2 weeks time.

Both Jackie and Nicky had chain and rear mech issues but battled through the challenging and technical course conditions. I had to run the last 400m as my rear mech completely broke and got trapped in my rear wheel. I have learnt that changing gear is not an option if too much mud on chain! 🤪 and no pit crew (Lester in Italy with Robin - why!! He deserted us!!! Priorities?!) Looking forward to the next round now! - Jackie Shute



National trophy cyclocross at Pembrey Park Wales. 1st place in the 60+ category. Brutal course of steep unrideable banks, giant steps, a huge sand hill and a very rideable long sand pit. I grafted away in 2nd place for most of the race, feeling rubbish. However the leader faded presenting with an opportunity to pass with just half a lap to go. I obliged and went for the finish line. A fortunate win after a difficult couple of weeks!! 5 rounds done 1 to go in York. I have the leaders jersey and I need to finish top 4 in the final round to win my first national title!! I have been on the podium at every round so far, so fingers crossed for York on December 14th. Robin Delve

2019 UCI World Masters Cyclocross 60 to 64 yrs.

Love writing good reports, but here is the dreaded bad report! After the euphoria of an excellent 2nd place in the European championship 3 weeks ago I was expecting good form at the world championships last weekend. It just didn't happen, both my sand riding and my good running deserted me, leaving me exhausted, resulting in mistake after mistake and complete frustration. The sands of Mol are unforgiving and mistakes are punished. I stuck at it, always trying to catch the one in front. I almost passed our national champion Chris Wregitt but he pipped me in the sprint. I finished 10th. My worst result in 4 attempts. Disappointing.

Early next morning before racing started and after a sleepless night I was back at the course back on the bike practicing the sand sections over and over until exhausted again but satisfied!! Winners ride the sand!!

A huge thank you to my friends family and crew who have been very supportive in suggesting reasons for my under par performance...citing 15 races in 14 weeks; 5000 miles of travelling to races in past 6 weeks before another 500 to get to Mol and ofcourse dealing with the emotional stress of my mum's sudden death and her subsequent wake, all in the past 2 weeks. They also point out that I still work and that I am over 60!! Maybe they have half a point!! I do like to be ambitious.

Not to be deterred or disheartened I got straight back to competitive ways by going to a cyclocross race in Breda, Holland on Sunday on the way home!! The organisers were so friendly. €8 fill out form..you can race in the 50 yrs plus race!! Based at a velopark the course was crazy..100+ corners every lap plus banks, a hill, berms, jumps, sand pit, tarmac, spiral, bmx features and 95% was single track..so no room for error!! Started dead last moved from 18th up to finish 8th. So much fun, not a second to rest, fantastic training. A bonkers course and race; but it did the trick of casting the awful memory of Friday's race into a distant memory!! The CX mojo was back. When is the next race?

Got home to Devon 2.30am Monday.

There is always next year..... Robin Delve



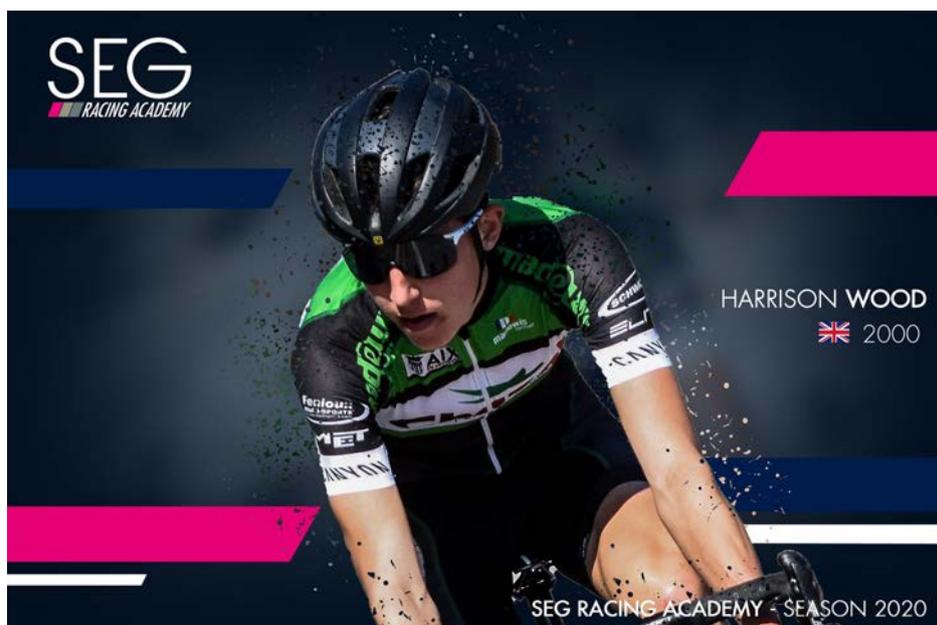
HARRISON SIGNS FOR THE SEG RACING ACADEMY FOR 2020

11/10/2019 Announcement from SEG Racing:

We are really excited to welcome Harrison Wood to our 2020 Academy roster. The 19-year old British rider will join our squad after riding this past season for France's A.V.C Aix-en-Provence. "I am super excited to be joining SEG Racing Academy. This is such an incredible opportunity for me to improve on and off the bike and one that I am going to grab with both hands" highlights Wood.

The British climber showed a focused mindset when as a first year U23 he moved to France to ride in one of the most consolidated amateur programs in the country. After a long period of being in contact with the Academy management, some really promising results in our recruitment testing protocol by INSCYD and analysing his training history through TrainingPeaks's WKO 5, we knew that we are dealing with a very talented rider. "I am very excited to be part of the Academy in the coming years and I am really looking forward to the support and advice of everyone involved in the team. I want to develop myself as a climber, but I do not want to forget all other aspects".

The high-quality racing program that the Academy puts across and takes riders all-around Europe to the biggest U23 races in the calendar, alongside the fact to work with a highly qualified Performance Staff were two of the main factors that attracted the British rider. "I am really looking forward to racing the biggest U23 races, especially races like Ronde de l'Isard and Giro d'Italia U23 are two that I really want to do eventually. In my opinion, this is the best place for a young cyclist to develop. With specific training plans from expert coaches and advice from top Sports Directors before and after the races, it will help me to develop at a fast pace".



Youths Section, email: mdccnewsletter@mdcc.org.uk

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



21/10/19 Bishop Fox School

A great day for MDCC youth as they headed to Bishop Fox School in Taunton for 5 round of the South West Cyclocross series. On a muddy and slippery course in the sunshine, there were big numbers in all the age categories showing how popular cyclocross is in the South West.

Birthday boy Ben Ward made it five out of Five win's in the under 8's sister Charlotte age 5 had a great race coming 2nd in the under 8 girls. Keeping the winning run going Matt Holmes won the under 10 boys race. Under 12 Boy Bayley Woodger made the podium for the first time in this age category coming 3rd. Under 14 girl Grace Ward showed her hard work paying of coming 2nd.

Under 8 boys 1st Ben Ward
 Under 8 girls 2nd Charlotte Ward
 Under 10 boys 1st Matt Holmes
 Under 10 girls 9th Maddy Woodger
 Under 12 boys Bayley Woodger 3rd, Jacob Start 6th
 Under 14 boys 6th Ed Selwood
 Under 14 girls 2nd Grace Ward
 Under 16 boys 5th Callum Start



MDCC youth headed to Falmouth Bike Park for the seventh round of the South West Cyclo-cross league on Sunday 17 Nov 2019.

The domination of the under 8 and 10 boys continues with Ben Ward under 8 and Matthew Holmes under 10 both making it seven wins out of seven, on the hardest course of the season. The bike park is based on the side of a hill which makes it very challenging. 1st year under 12 Bayley Woodger had his best result of the season so far seeing off many older riders to take 2nd in the category. Grace Ward continued her fine form with another 2nd place in the under 14 girls.

Under 8 Boy Ben Ward 1st, Under 8 girl Charlotte Ward 5th. Under 10 boy Matt Holmes 1st Under 10 girl Maddy Woodger 4th. Under 12 boys, Bayley Woodger 2nd Jacob Starts 5th. Under 12 Girls Aine Graham 8th Under 14 Boy Angus Graham 8th Under 14 Girl Grace Ward 2nd Under 16 Boys Callum Start 4th.

The 8th round is at Redruth – Sunday, 01 Dec 2019

HSBC UK | National Trophy Series Cyclo Cross

British Cycling has named Pembrey Country Park as one of six host venues for the 2019/20 HSBC UK | National Trophy Series. The series will begin at Moorways, Derby, and conclude at York Sports Village. Two venues – Westmorland Showground in Cumbria and Wales' Pembrey Country Park in Carmarthenshire – will make their debut appearances in the series, while Irvine Beach Park and the South of England Showground will also host rounds.

1/12/19 Round 8 of the South West cyclocross league was at Redruth School, weather was sunny with a very cold strong wind and mud which the Mid Devon youth made light of work of the conditions.

The domination of the under 8 and 10 boys continues with Ben Ward under 8 and Matthew Holmes under 10 both making it eighth out of eight each just needing one more win at round nine which is hosted by Mid Devon at Torbay Velopark on Sunday 5th January to take their age group categories. Under 8 Charlotte Ward came in 6th but this still sees her sitting in 2nd over all in the series, Under 10 girl Maddy Woodger came in 4th which takes her to 3rd over all in the series. Under 12 boys saw Bayley Woodger take another podium position coming in 3rd allowing him to creep in to 3rd place overall in the series. Jacob Start had a crash on the second lap that saw him lose time but still managed a good 7th place seeing him retain his 5th place in the series.



Under 14 girl Grace Ward came in 4th holding on to 2nd place in the series. Callum Start had a very strong race coming in 2nd and moving in to 4th in the series.

South West Cyclo-Cross Regional Championship at Pontispool Equine Sports Centre Taunton on the 8th December.

A team of 8 very successful MDCC youth riders went to the South West regional championship in Taunton picking up six medals and crowning 3 South West Champions. The course was a new venue and gave all the riders a good challenge. There were three youth races in total with different age categories within them, to get MDCC off to a good start saw Ben Ward take gold medal and stay unbeaten this season in the under 8 boys, sister Charlotte Ward got a Silver medal in the under 8 girls. In race two came our second gold of the day with Matt Holmes in the under 10 boys also keeping his unbeaten run going. Under 10 girls Maddy Woodger just missed out on the medals coming 4th with a strong ride with brother Bayley getting a bronze medal in the under 12 boys continuing his good run of form, also in the under 12 boys Jacob Start had a his best race of the season coming in 5th. In Race 3 Grace Ward had a strong ride picking up a Bronze medal despite having up a puncture on the last lap. Under 16 boy saw Calum Starts ride his best race of the season taking on a strong team of 5 Dartmoor Velo riders and coming out on top with a Gold medal.



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, 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: TBD

Club Officials for 2019 as appointed at the AGM

| Post | Holder |
|--------------------------------|---------------------------------------|
| President | Colin Lewis |
| Vice Presidents | Ken Robertson, Ron Keegan, Ron Georgi |
| Chairman | Andrew Perkins |
| Vice Chairman | Max Vautier |
| General Secretary | Ian Myers |
| Hon. Treasurer | Mark Sanders |
| Time Trial Secretary | Vacant |
| Club TT | Jane Taylor |
| Road Race Secretary | Mike Gratton |
| Off Road Secretary | Martin Smith |
| Press Secretary | Vacant |
| Membership Development Officer | Jamie Horton |
| Events Committee | Paul Martin |
| Newsletter Editor | Paul Martin |
| Welfare Officers | Liam McGrath & Maria Woodger |
| Mid Devon Youth | Andrew Parker/Rob Woodger |
| Women's Officer | Michele Radant |

'Events Committee'

Camelford Ride Back - Sunday 29th March

We wanted to start at Tintagel but with not 1 toilet open until Easter we have taken the kind offer from the Community Leisure Centre in Camelford to start there. 64 miles and 4000' climb back to Abbrook on good roads and coming down from Whiddon Down via Bovey or you can go onto Cheriton Bishop and then Dunsford and the Valley, 67 miles and maybe a quieter return. Each group can decide.

Coach and bike transport provided by the club, likely to leave Abbrook at 0720h for a 0930h start. N.B. The clocks go back that weekend but it was the only one really available to avoid Easter Holidays and Mothering Sunday etc.

Places will be available via Eventbrite in January.

MDCC will be 90 years old in 2020

Sunday 31st May for a series of Celebration Rides - 90 miles, 90km or 90 minutes for family members/beginners etc. All ending at Teigngrace for BBQ AND A 'BIG CAKE.' More details in due course.

Brittany trip to Perros-Guirec - Thursday 30th April - Sunday 3rd May

We were able to expand the size of the group and now have 33 people going. Trip is full but no one on the waiting list!

Penzance YHA Trip to Tour of Britain 2020 Grand Depart!

Another popular trip with 27 people booked in to penzance and Eden YHSs for 2 or 3 nights going down on Friday 4th September. There maybe a Sportive type ride organised on the course for the Saturday but nothing definite as yet but we can just do our own thing if needed. There are still 3 places available if interested for 2 or 3 nights as half of the group are returning on the Sunday to watch the Devon stage.

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

MDCC Calendar dates:

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

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

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

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

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| Saturday 4th January | AGM & Awards Night |
| Sunday 23rd February | MDCC Primavera Road Races |
| Sunday 15th March | Mad March Audax, Exeter, 100 & 200km |
| Sunday 29th March | MDCC Camelford Ride Back, 64 miles |

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| Saturday 18th April | Haldon Heroic Gravel Sportive - Just Events |
| Friday 3rd - 5th April | MDCC Brittany trip to Le Faou |
| Friday 10th April | MDCC Good Friday 'Hilly' TT, 0800h |
| Saturday 25th - 26th April | MDCC Totnes Vire Stage Race and Support events |
| Thursday 30th April - Sunday 3rd May | MDCC Brittany trip to Perros-Gueric |
| Thursday 7th - 10th May | MDCC Normandy trip to Vire |
| Saturday 2nd May | Taunton Flyer Sportive - Just Events |
| Sunday 17th May | Eden Classic Sportive, Eden Project, 36, 60 & 100 miles |
| Thursday 21st May | MDCC 10 mile TT, Buckfastleigh, 1900h |
| Sunday 31st May | MDCC 90th Birthday Rides and BBQ |
| Saturday 6th June | Exeter - London & back Audax, 400km |
| Tuesday 16th June | MDCC 25 mile TT, Buckfastleigh, 1900h |
| Sunday 21st June | Dartmoor Classic |
| Sunday 28th June | Nello - Force Cancer Charity, Topsham Rugby Club, 55 & 100 miles Velo Birmingham |
| Sunday 12th July | Mendips Sportive, Street, 36 & 74 miles |
| Sunday 19th July | MDCC 25 mile TT, 0700h |
| Sunday 9th August | MDCC 25 mile TT, Buckfastleigh, 0700h |
| Friday 4th - Monday 7th September | MDCC Penzance YHA trip to watch the start of the Tour of Britain, Pence - Bodmin |
| Monday 7th September | Tour of Britain Stage 2, Sherford, Plymouth - Exeter |
| Sunday 27th September | MDCC Haytor & Widecombe Hill Climbs, 0900 & 1100h |
| Saturday 3rd October | Lands End 100 Sportive - Just Events |



