

Hello Exeter Wheelers members,

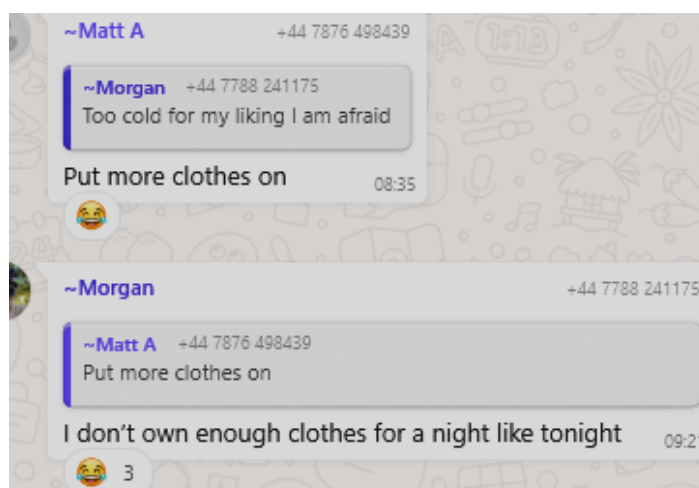
Winter is upon us and it's much less pleasant being out on a bike. Nevertheless there are many who still venture out, whilst being mindful of the hazards that adverse conditions and poor visibility bring to our activities.

Club rides -

Our [club rides](#) run all year, with numbers on the [Saturday Socials](#) generally holding up on most occasions – as can be seen when this picture was taken by Rob Masterson on a recent Saturday morning:



And, despite the cold and the dark, our [Wednesday Night Social Rides](#) continue, whatever the weather, whatever the challenges, although not all regulars are keen to venture out





However, as per a couple of weeks ago, despite temperatures around zero, a few brave souls are willing to give it a go, and on this occasion it was an evening ride out to the Teign Valley, down to Trusham, and home via Dunchideock and Ide.

Brrrrr. Interesting to see from this photo how good modern reflective hi-vis is, and how less effective standard kit is, even with orange bits ! And if you are in black you may as well be wearing a Harry Potter Invisibility Cloak.



An atmospheric photo from the same ride.

One of those present on that cold evening was new club member Jennie Roberts.

Jennie says *“One month in Exeter & grateful for the EWCC community that I have joined. Thank you to those for the warm welcome & I look forward to some warmer miles!”*

Jennie adds that she is looking to get herself a gravel bike, so if anyone out there has a pre-loved 51cm frame for sale then you can get in touch via with her via the EWCC Social Rides whatsapp group.

Exeter Wheelers Audax – Breakfast in Bampton

The club's [Breakfast in Bampton Audax](#), organised by Sarah Britton, took place last weekend, a 100km clockwise route starting at Cranbrook, then via Exeter up the Exe Valley to Tiverton, then to Bampton, a few undulations eastwards to Wiveliscombe, and home via Wellington, Culmstock and Talaton.

After a rainy start the weather was okay, although there were some heavy showers at the end of the day that caught a few people out.



If you don't know anything about Audax riding, then there is plenty of info out on the Audax UK web pages, including a very good [New to Audax? page](#)

A refreshing aspect of Audax riding is that there is generally a 'maximum permissible speed between checkpoints' of no more than 18 m.p.h., which serves to deter those riding pretending they are racing . . .

More good points – cups of tea, and cakes etc, generally on offer in places along route !

Below are a couple of photos from the Breakfast in Bampton Audax. Perhaps the chap in the first photo below is Belgian.....



A few more photos are available on Graham Brodie's [facebook pages](#)

The Nello

Early-bird entry is now open for the ever-popular '[Nello](#)' event, which draws riders from far and wide to enjoy Devon's roads. Entry moneys raise funds for the [Force Cancer Charity](#), which does such excellent work. The Nello is always popular with Exeter Wheelers, and there is a great sense of feel-good camaraderie and food and drink back at Topsham Rugby Club afterwards ! Key info from the [Nello website](#):

🚲 Road cycling

📏 60 miles | 100 miles

📅 Sunday 28th June 2026

🕒 Cyclists leave from 8am, last to return around 6pm

🚲 All bikes inc e-bikes welcome. It's not a sportive, not chip timed & not a race!

£ Early bird – £45.00 (open 1st December 2025)

📍 Start and finish at Topsham Rugby Club

👥 1,500 capacity

👤 14 years of age (18 unaccompanied)

🏠 Celebrate your achievement back at Topsham Rugby Club with your family and friends

Cyclo-Cross

Cyclo-cross is very much a winter activity. The South-West Cyclo-Cross League runs from the end of September through to mid-January, with ten race meetings taking place throughout Devon and Cornwall.

Exeter Wheelers again hosted their Escot Superprestige CX race day, on the 9th of November. The club's CX riders and a few others rallied to the call for volunteers to setup the course on the Saturday, and to fill various roles for the race day on the Sunday, bless you all each and every one of you who gave of their time and energy. It's a big event, and we believe it is the largest competitive cycling event this side of Bristol. Race organiser Jon Hare said afterwards:



THANKS SOOOO MUCH EVERYONE!!! A massive undertaking as always but I would say ran smoother than ever this year! A shame we all got absolutely soaked to the bone clearing up but massive cheers to all those that stayed on, and there was a lot! Many hands make light work and all that. Everyone that contributed even the tiniest amount of time makes this thing work and continue to be the biggest event our club puts on. Thanks again. I'm gonna finish the barrel of beer and have a lay down somewhere extremely hot and dry !!

And the club's CX'ers enjoyed considerable success at round 6 of the SWCX series, down at Torbay Velopark on the 3rd of November, an event that doubled-up as The British Cycling South-West Divisional Cyclo-Cross Championships.



Young Monty Higgins continues to dominate the SWCX Under-8 boys category, with another victory, his fourth in the series, and one of which of course brings with it the prestige of becoming a **British Cycling Regional Champion !!** Well done Monty, who said afterwards *"It was a hard race as I had to jump off my bike and carry it up some steps! I need to do some weights to get bigger arm muscles! I enjoyed cheering on my Exeter Wheeler team mates, Tiago and Filipe, in the under 12s race"*.

With three more events to go, Monty is currently on track to win the league in his section, unless his form vanishes, which seems highly unlikely. Or he crashes we hope not !

. Another young EWCC rider in the same race, Rudy Szender, should've been taking his place on the podium with Monty, to be awarded his bronze medal, but between finishing the race and the awards he unfortunately had a tumble when enjoying himself on the adjacent pump track, sustaining a broken collarbone. Ouch. We are pleased to report, via his dad Ross, that whilst Rudy had a bad first night, things are improving now. We wish him a speedy recovery.

Five EWCC riders competed in the 50+ category, and Tim Carpenter, after an early season dip in form, is looking stronger now, and took a bronze medal.

Gideon Aroussi wasn't far behind, in 5th, with Rich Taylor in 8th.

In the 60+ section, EWCC's Nick Helsing, enjoying his first season as a 'super vet' was unable to take his place on the start line, but we did have new club member Duncan Coe getting a



creditable 6th place on his first visit to the Torbay Velo Park, Duncan has recently moved down from Newbury, and is looking to do lots more SWCX having previously been a rider in the Wessex CX league.

The next SWCX round following the Regionals at the Velopark Paignton was organised by the University of Exeter CC, and took place near Exminster. Post-race, the event organiser Libby Bruten of UECC paid tribute to EWCC members who turned out on the Saturday to help set up the course: *"A huge thank you from the EUCC to the EWCC for their help setting up Round 7 of the SWCX league! The race simply could not have happened without the help of all those who came on the Saturday. We had a really great day on the Sunday, with lots of compliments on the new course."*

During course set-up our Regional Champion in the U-8's Monty Higgins was asked to assess his chances ahead of race day ... "I'll win !" said Monty. He did. Well done champ !

The next SWCX will be down at Newnham Park Lower Field (and woods) this weekend – it will be windy, wet and muddy. Good luck all EWCC'ers.



It's not all mud and guts post-SWCX races, some EWCC CX'ers are keen on the 'Après Cross' possibilities on offer in local Westcountry pubs ...

Against the Clock – Time Trials



Congratulations go to EWCC's James Greenaway – for taking 3rd place in the season-long **Devon Cup** Time Trial competition.

Well done James !

Nice trophy too.

The traditional **EWCC New Year's Ten Time Trial** will take place on January the 11th. It'll be the usual non-serious event, with the opportunity to ride in fancy dress if that takes your fancy ! We will put out more info on this event when we have confirmed a few things regarding venue and timing.

Our neighbour club, Mid-Devon CC, prefer to run a Boxing Day Ten as their festive option, and again fancy dress is opted for by some. It will be on the 27th of December, on the Teign Valley course, and entry closes at midnight the night before. HQ will be The Teign House Inn. You can find out more [here](#).

The full Cycling Time Trials race calendar will be as usual published online on their website at the start of the year, probably on the 1st of January. Exeter Wheelers will be running a springtime Hilly Time Trial (The Four Firs), a 10 mile TT and a 25 mile TT.

And also, of course, our ever-popular Stoke Woods Hill Climb, and on the subject of hill climbs, our ex-club member Andrew Feather, and four times the British National Hill Climb Champion, dropped us a line regarding his 3rd place in the National Hill Climb this year -

"Nationals in 2025 was a very short 2 minute power climb. I did a power PB at 643w for 2m20 although not enough for the win, which was won by Harry Macfarlane who did over 700w and obliterated the field by 6 seconds. That's a big margin over 2 minutes. The 2nd, 3rd and 4th places (I was third) were separated by less than 1 second.

Next year it looks like a longer climb - the rumour is it will be Porlock Toll Road. I like the longer climbs and have done well this year on beating a number of course records, plus of course success with the Pogi challenge ! However, the toll road is a very shallow climb so aerodynamics will be a decisive factor. I am not very aerodynamic so I have a year to work on my position! Wish me luck!"

Andrew

We do of course wish Andrew luck in 2026. Those who have ridden the Porlock Toll Road will know what a delightful climb it is, twisting and turning its way gently uphill through the woods before emerging onto an open plateau, where the riders, heading westwards are generally faced with a westerly headwind.

Club photos –

We now have an [Exeter Wheelers online club photo store](#) ! And all members can post up their favourite photos there. Plenty there already ! Let's have some more !

Don't forget: **The Exeter Wheelers CC Awards and Social Night** will take place on Saturday evening, 7th of February, at The Cowick Barton, EX2 9HF.

More details in due course, including info on how to book your place.

And if you have an EWCC trophy that you won last year, then please could you get it back to our Monsieur le President as soon as possible, in order for it to be taken to the engravers in good time. Trophies should be left with (Le Grand Fromage) Greg Rorke at The Bike Shed, at the top of Fore Street Hill in Exeter.

And finally – the next **EWCC Committee Meeting** will take place at 7.30pm on the evening of Monday 8th of December, in the upstairs room of the Cuckoo Bar in Exeter's Paris Street, EX1 2JB. All members are invited to attend. Following the meeting, sometime between 9pm and 9.30pm, committee members will retire to the bar downstairs, for chat and social etc. and again all members of the club are invited to join in !

And it's not too late to comment on Stuart Higgins's excellent **EWCC Youth Development Plan** – give the plan a helping hand by taking a look at it and then posting some comments here.

The plan will hopefully be signed off at Monday's EWCC committee meeting and then it's off to South-West British Cycling with it for their thoughts, so you have the weekend to get your comments in on it. Something to do when it's raining heavily and blowing a hoolie at same stage over the next couple of days. Thanks !

Best wishes for Christmas, happy and safe cycling to you all !

Exeter Wheelers CC