

Cycling

WEEKLY

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Thursday December 4, 2014

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The cyclo-cross elite descend on Milton Keynes for the World Cup

TECH | Christmas gift guide

Christmas gift guide

Christmas is fast approaching, but the danger of getting nobody presents just developed thanks to our Best Christmas Gift Guide. Check the next eight pages for our ultimate guide to a selection of products for you to be sure to get of your presents shopping list, as that Santa might have you wanting a little bit special on December 25.

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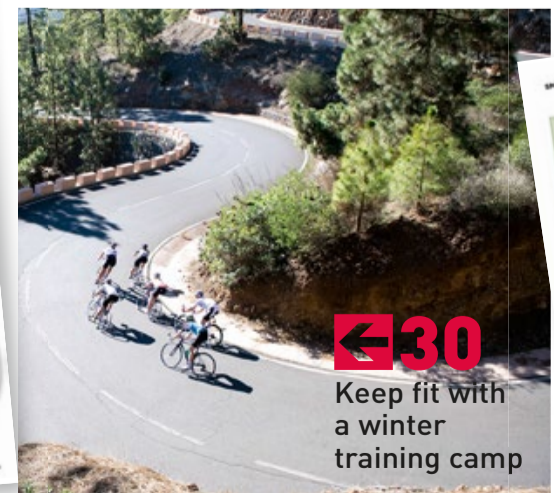
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Deck the halls... CW's Christmas gift guide

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Keep fit with a winter training camp

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Key to regions

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inside

Lapse in judgement

Vincenzo Nibali plays down Astana doping cases



Pro riders really should be a little more careful about their choice of associates. Our sport is definitely moving on after the Lance Armstrong scandal, thanks in no small part to an invigorated UCI led by our own Brian Cookson. There are many reasons to be cheerful, to look to the future, if only there weren't those annoying lapses in judgement that keep dragging us back.

Vincenzo Nibali is a case in point. There are no doubts anywhere that he doesn't race clean or that he was a worthy Tour de France winner. But signing for Astana was never going to be good news, and to the surprise of no one there have now been five positive doping tests associated with the team this season.

Nibali has interesting logic for downplaying the controversy. The Kazakh brothers Maxim and Valentin Iglinsky, who both tested positive for EPO, should be treated as one case because they likely cheated together. Also, the three other positives came from riders in Astana's secondary Continental registered team. "A completely different group," according to Nibali, except that team manager Dmitri Sedoun was also a directeur sportif with the WorldTour team — that is until his recent sacking.

And then there is America's next best thing, Tejay van Garderen. A little off-season motor-pace training is an excellent idea, except that is if you do it behind a motorcycle ridden by Lance Armstrong!

Robert Garbutt,
Editor

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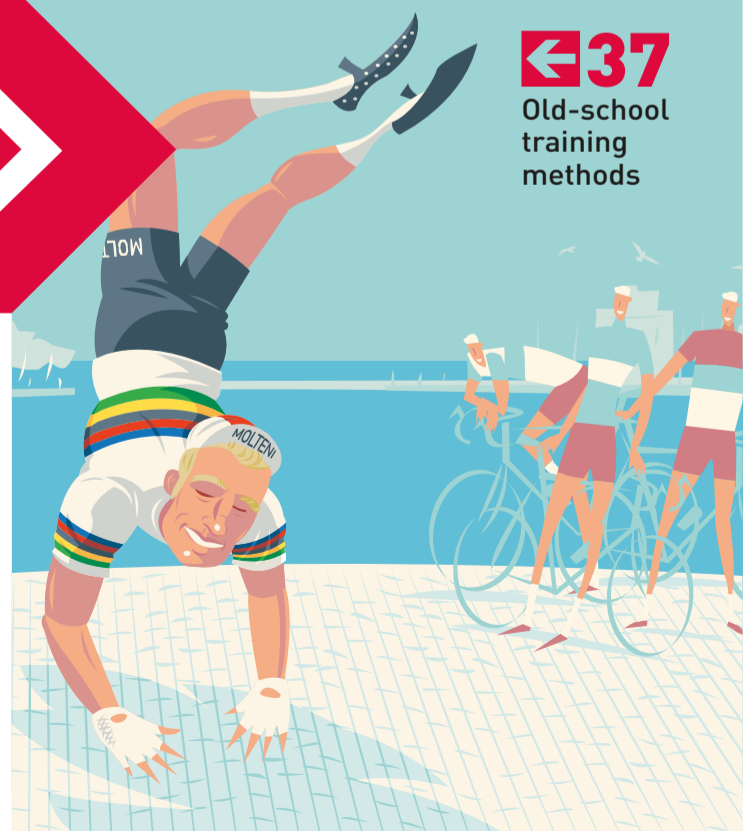
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TOUR CHAMP'S TAKE ON POSITIVE TESTS

Nibali: it's them and us at Astana

Gregor Brown

Despite Astana's fifth positive doping test and the threat of expulsion from the UCI WorldTour, their Tour de France winner Vincenzo Nibali last week defended the team and attempted to distance himself from those who cheated.

"We can talk about the cheaters, there are no problems," Nibali told *Cycling Weekly* at a team training camp last week. "In the Astana pro team, there have only been two cases, the Iglinsky brothers. It's a family case. I've already said, it's stupid what they've done and they are going to pay for it."

Since the 30-year-old Sicilian won the Tour in July, Kazakh brothers Maxim and Valentin Iglinsky, both WorldTour team riders, have tested positive for EPO. A further three Kazakh riders — Ilya Davidenok, Victor Okishev and most recently Artur Fedosseyev — from Astana's third-division Continental team have since tested positive for steroids.

Nibali reasoned that the brothers should be viewed as one case, both likely cheating together. At the 2012 Liège-Bastogne-Liège, riding for a different team, Maxim caught Nibali to take the win. The brothers were part of the

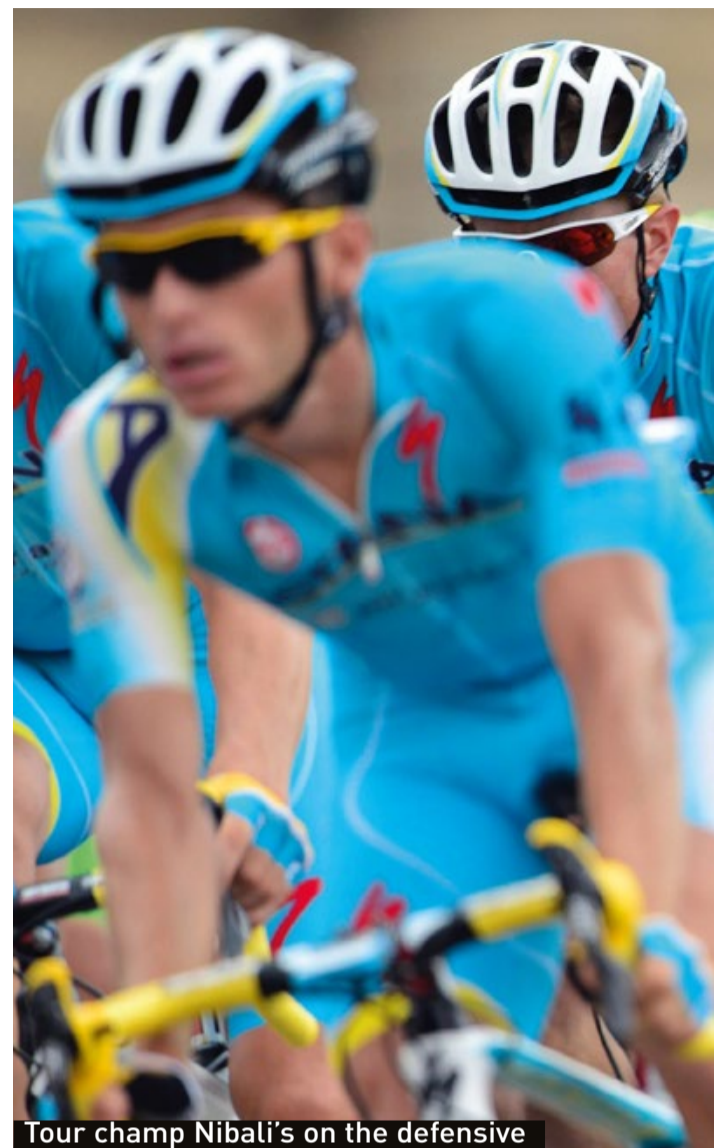
Italian's Tour-winning squad this year. Nibali was quick to stress that, although the three amateurs race on a team with the same name and turquoise kit as his, the connections end there.

"The Continental Astana team is a second-line team, an amateur team and is not part of the Astana pro team. It's our name, sure, because it's a part of the Astana project, but it's a completely different group," Nibali added.

"If they catch some riders, that means that it [anti-doping testing] works. It's too bad that the cases are in Astana too. Maybe whoever was following them was not teaching them correctly about proper cycling; maybe they were desperate for contracts in a pro team."

The Astana Continental team was last week suspended by the Kazakh Cycling Federation, with team manager Dmitri Sedoun — who is also a directeur sportif with the WorldTour team — given the sack. The future of the WorldTour team will be decided by the UCI's licence commission before December 10.

The UCI previously denied a WorldTour licence to Katusha in 2013 on 'ethical grounds'. However, the Russian team was subsequently reinstated after taking the decision to the Court of



Tour champ Nibali's on the defensive

Arbitration for Sport. When contacted by *CW* about Astana's recent positive tests, the UCI declined to comment ahead of the licence commission's decision.

Murky past

The Kazakh team began with a rocky foundation. Astana stepped in when Liberty Seguros pulled its sponsorship after the Operation Puerto doping scandal in 2006. Then star rider Alexandre Vinokourov brought in the sponsors — a consortium of Kazakh state-owned

TOUR CHEAT HELPING OUT FELLOW AMERICAN

Motormouth Lance setting the pace

Lance Armstrong never did like to get dropped. Even now, over two years on from being told by former UCI boss Pat McQuaid that he had "no place in cycling", the Texan is proving to be as unshakeable from the sport as he was when he was riding a bike.

The latest revelation, in a recent interview with *Rouleur* magazine, is that the 43-year-old has been motor-pacing Tejay Van Garderen, aged 26 and the head of the new generation of American Grand Tour talent, at home in Colorado.

Armstrong has been banned for life from cycling,



Motoman: Armstrong's engine is running on different fuel these days



companies — taking the name of the Kazakh capital. ‘Vino’ tested positive for blood doping at the 2007 Tour, but returned from a two-year ban to win the 2012 Olympic road race.

Now the Astana project has grown to four teams: the Astana WorldTour team (with Vinokourov as general manager), the Astana and ‘Vino4Ever’ Continental teams, and the Astana BePink women’s team.

Despite the differences between these teams, there are many connections to alleged doping. Doctor Joost de Maeseneer was accused by Tyler Hamilton of giving

riders at Team CSC illegal prescriptions. Team manager Giuseppe Martinelli and doctor Emilio Magni both worked with the disgraced Marco Pantani.

Nibali, who asked Magni to join Astana in September, brushed aside the team’s inconvenient baggage and explained that he would not seek to switch teams for 2015.

“Here, they want to change everything. They did that with me and with the staff around me,” he said. “The name could bother many due to what happened in the past, but it’s the past, it is not linked to now.”

and from any formal involvement with a cycling team. In October he was even stopped from taking part in a USA Cycling sanctioned sportive organised by his US Postal partner in crime George Hincapie. But he can’t be stopped from motor-pacing a rider on the team currently managed by another of his old Postal chums, Jim Ochowicz, though Van Garderen might do well to

consider this association more closely.

Nor can anyone shut him up. Even when he’s not spilling the beans with Oprah Winfrey, no one can generate debate about cycling’s ongoing struggle with doping like Armstrong, and goodness knows Astana have tried.

“Is your problem doping or is it just one person?” Armstrong asks his latest interviewers.

“The latest revelation is that Armstrong has been motor-pacing Tejay Van Garderen”

“If you take the title from a person, you have to give it to someone else,” he continues. “And if you don’t, then you didn’t do anything. Except making us all look like idiots. On Wikipedia, the [seven] years are just blank. You have a blank period during World War One. Then a blank period during World War Two. And then one during World War Lance!”

As compelling as ever, World War Lance is still raging and Armstrong is calling the shots. That’s just how he likes it.

THE PRO TEAMS’ TEAM

Velon: self-preservation society?

Eleven of the world’s top professional cycling teams revealed last week that they are members of a new organisation called Velon, with the tagline ‘make cycling better’. Velon — whose members include Team Sky and Tinkoff-Saxo — announced that it would aim to create greater stability within the sport by providing more commercial and marketing opportunities. However, details remain vague.

MTN-QHUBEKA’S TWO-TONE KIT

Black and white South Africans

Is it a bird? Is it a zebra? Is it a replica of Newcastle United FC’s 2014/15 season home strip? We’re not quite sure what the MTN-Qhubeka team was trying to achieve with this eye-catching new strip for the 2015 season. Do we like it? The CW office remains undecided.



Qhubeka: magpies of cycling

CHERBOURG START FOR TOUR 2016

Next Normandy landing: 2016

The 2016 Tour de France is already looking good for British fans as the race will start just over the channel in Normandy, it was announced last week. Further details of the Grand Départ will be confirmed later this month — though CW understands the race will kick off in Cherbourg and include a trip to Mont Saint-Michel.

MILTON KEYNES CYCLO-CROSS WORLD CUP

Top cross fun

Maria David

Milton Keynes was a magnet for more than 8,000 cycling fans from far and wide last weekend. They flocked in to watch the best cyclo-cross riders in the world show their skills at the UK's first ever World Cup cyclo-cross round.

Whether it was for Alfie Moses in the junior men's race, Nikki Harris in the women's race or Ian Field in the men's



Belgian Kevin Pauwels took the win

race, the bell-ringing and roar of the crowd was deafening and rippled around Campbell Park like a Mexican wave.

Julian Markham and his son, who had made the not inconsiderable journey from Blackburn, said: "The atmosphere has been brilliant. Having the circuit on the hill was superb for spectators. I've been to the World Championships a few times, and this would definitely make a good Worlds circuit."

This was the first world-class cyclo-cross event in the UK since 1992, when the World Championships were held in Roundhay Park, Leeds. This time, it was Belgian cyclo-cross legend Sven Nys who wowed the crowds as he clawed his way from the back of the field following a mechanical to finish in eighth place behind winner Kevin Pauwels.

Speaking to *Cycling Weekly* Nys said: "There were a lot of crowds today and it's something we need outside of Belgium. Hopefully there is another World Cup here next year and I will definitely be back."

Event organiser Simon Burney was pleased with how the day went. "This has exceeded my expectations and the feedback from everyone, including the UCI, has been very positive," he said. "Milton Keynes is a great venue and the intention was never to do it just once. We need to convince the UCI that Milton Keynes is worthy of another World Cup."

Vantage points were plentiful



And they're off!



Cant pips Compton on the line

GREAT RESULT FOR BRIT

Harris happy with third

There was plenty for British fans to cheer about at the cyclo-cross World Cup as Nikki Harris took third in the women's race.

The former British champion briefly took the lead in Milton Keynes but was overtaken by eventual winner Sanne Cant and runner-up Katie Compton. Harris failed to catch them, though resisted the challenge from team-mate Ellen van Loy.

"All the spectators and

my fan club were amazing — my parents especially! It was an honour to race here," Harris said.

"The course was heavy-going but I thought maybe Sanne and Katie would slow down and I could catch them, but it's always hard when there's two of them working together and I am on my own."

The women's race was an action-packed affair on a technical course, in difficult conditions; some



Pauwels proved himself master of the mud

slid into barriers, others crashed on off-camber descents in the very muddy conditions.

British champion Helen Wyman was dogged with difficulties; she crashed on the second corner, rode back into contention, then crashed again and slid to eighth position.

"It was goosebumps all the way round," Wyman said. "I never imagined I would have this experience of so many people cheering me on in my home World Cup race. Thank you, thank you, thank you!"

In a breathtaking finale,

Compton gained 20m on the Belgian coming into the home straight, but Cant kicked hard and caught the American on the line. Cant said: "I had problems with stones in my shoes, but I forgot about the pain and just raced hard."

Despite losing by 0.39sec, Compton was sanguine: "It was so slippery it was like racing in slow motion half the time! I looked down as I crossed the finish line and saw her [Cant's] wheel pass me, and I thought, 'Oh shoot!' But I am just happy with the way I rode."



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MILTON KEYNES PLAYS HOST TO WORLD'S BEST

Brits enjoy home advantage

Maria David

Ian Field's brilliant 12th place in the men's race at the Milton Keynes World Cup — his highest ever finish — pleased one spectator in the crowd more than most: his mother Irene.

"I was completely gobsmacked," she laughed. "We used to practically live at Eastway, going there every week for the London League all those years ago, and now look at him! I'm over the moon for him."

Jack Clarkson was the other standout British performer in the men's race, with the 21-year-old finishing 32nd in the 64-strong field. British riders also filled the top 10 in the junior men's race. Although it was not a World Cup round, Arthur Green and Thomas Craig took second and third behind the USA's Gavin Haley.

Nikki Harris and Helen Wyman finished third and eighth respectively in

the women's race, while Gabby Durrin (19th), Adela Carter (28th), Hannah Payton (31st) and Annie Simpson (38th) were the other Brits in the pack. Juniors Amira Mellor and Ffion James held their own to finish 26th and 32nd against the world's elite.

Mellor has already experienced international cyclo-cross racing earlier this season at the Spa-Francorchamps Superprestige and Koppenbergcross a month ago, but Milton Keynes was her first ever World Cup race. "The course was so technical you had to keep your concentration," explained the Yorkshire teenager. "As soon as I lost concentration I fell off."

"The crowds were just mind-blowing," she continued. "It was so deafening. On the run-up it was so loud my ears were ringing. When you've got all British people shouting for you it's a lot different to when you go to Belgium and folks are cheering."

For 16-year-old Ffion James, the younger sister of former sprint world champion Becky, the experience of racing on the world stage before a home crowd was amazing.

"It was like the Olympics," she said. "I really enjoyed it."



Jack Clarkson came 32nd



Harris: made the podium



Wyman: took eighth place



Field: highest finishing Brit



Union pack: a group of Harris fans fly the flag for their hero

Grapevine
 Keeping your fingers on the pulse of the world of cycling

KITTLE TATTLE

Which popular London-based clothing brand, having pulled out of backing a leading British domestic team, is rumoured to be linking up with Bradley Wiggins's new squad?

THE CRONX

As well as playing host to CW Towers, which South London town is expected to join Glasgow and Bath in being a host venue for next year's Tour Series?

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WEEKLY DIGEST

Brother Mario

Meet Lampre-Merida's new signing: Portuguese rider Mario Costa. If that name-and-nationality combo rings a bell, it's because Mario is the older brother of former world champion Rui, who also rides for the Italian team. "The Portuguese cyclist can give an additional value on flat courses, just what the sport directors were searching for," read a team statement explaining the reasons behind Mario's arrival.



CAV CRACKS A SIX
Mark Cavendish and Iljo Keisse made up for their narrow miss at the Ghent Six from a week earlier by winning this year's

Zurich Six (November 26-29). "It's my first six-day victory, so it's great to have another career milestone," said Cavendish. "It also shows I am in good

condition. To get these kind of kilometres every night, at race intensity, is really important for my build-up to next season, so this was a good choice for me."

LAST WEEK...

- Peter Sagan launched the first Israeli Pro Continental team, the Cycling Academy, in Jerusalem.
- Next year's Tour of Britain will return to Suffolk and Norfolk for the first time since 2012, according to local reports.
- A four-day women's race alongside next month's Tour Down Under (January 17-20) was announced.

THE WEEK IN NUMBERS

£114m

Amount made available by the government this week to improve cycling networks in British cities

£15bn

Total amount to be spent on England's 'roads revolution'

0

Number of wins for Chris Horner since his 2013 Vuelta victory; rumours suggest he will join the third-division American Airgas-Safeway team for 2015

OBITUARY

Steve Hed

Aerodynamic wheel pioneer Steve Hed died last Wednesday, aged 59. The founder of the Minnesota-based Hed Cycling Products company, which played a significant role in introducing carbon-fibre disc wheels into road cycling, reportedly collapsed on November 20 and was taken off life-support five days later.



Hed: disc wheel pioneer



Southam's heading south

RAPHA STAFFER JOINS AUSSIE TEAM DRAPAC

Ex-pro Southam's a DS Down Under

Former British pro Tom Southam has joined second-tier Australian squad Drapac as a directeur sportif. The 33-year-old from Cornwall, who twice finished second in the National Championships road race, has held a similar position part-time at Rapha-Condor-JLT for the past three seasons. Drapac last week also signed Swiss rider Martin Kohler from BMC.

Correction

Owain Doull and Simon Yates were the most recent British winners of the Under-23 race at the Ghent Six — not Peter Kennaugh and Adam Blythe as reported in last week's CW.

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GRN BIKEWEAR PROFILE

Putting the 're' into cycling

Sophie Hurcom

Plastic bottles, bamboo, fishing nets, inner tubes and tyres may not seem like the most comfortable materials from which to make cycling clothing, but that's exactly what Grn Bikewear uses.

The company was launched earlier this year, and is committed to making only sustainable products, both ethically produced and, most importantly, recyclable.

"The idea of the company is, if you're going to have something [branding] on your jersey it would be good to know where it had come from, how it was produced, and I don't want to be too clichéd about it, but that everything that was on it came from a good place," said Peter Lillie, one of five business partners in the company.

Grn has jerseys made from plastic bottles, T-shirts from bamboo, plus belts and wallets made from recycled inner tubes and tyres. In 2015, the firm plans to launch a pair of cycling shorts made from fishing nets.

Four of the five partners

in Grn have a science background, so they knew it was possible to make a jersey out of reused plastic bottles — but was the reality more difficult?

"That was the big challenge. If you imagine the concept, it's pretty crazy out there. If someone says, 'Take a plastic bottle and make it into a jersey that's wearable and as good as the rest of the jerseys out there,' it's hard," Lillie said. "Especially when you want to try and fabricate it, and keep the carbon footprint as

"Everything on the bike has to come from a good place"

low as you can in terms of where the material has come from and where it's been made."

As a result, Grn spent a year on product research

before settling on a Leicester factory to make the jerseys.

"Looking at samples, making sure that we were happy with the fabrics, as well as getting the right manufacturer was a challenge. The cross between getting the right fabric and the right feel, with the best sustainability level was a tough balance to achieve — but we did it."



Grn and wear it

Plastic fantastic

Each jersey is made from six plastic bottles. "They melt them down and turn them into pellets. These are used to spin the fabric, which is then used to produce the jersey," said Lillie, who is keen to stress that Grn products are not gimmicks. Though the jerseys are made from unconventional material, they are all still practical and suitable for the needs of a cyclist.

"It's road tested," he said. "In September 2013, we started getting lots of



Jerseys are not gimmicky

different jersey samples in. We were wearing these out and putting them through all sorts of things that cyclists do, while comparing them against our existing jerseys. If a sample didn't perform as well as your favourite one, it just didn't go in."

A strict recycling and sustainability ethos runs through the whole business model, not just the products. The ink to print the T-shirts and jerseys uses toxin-free chemicals, and packaging is recycled. The bamboo T-shirts are made in Turkey in a factory approved by the Fair Wear Foundation, and, where possible, products are made in Britain.

"The idea is to keep the carbon footprint as low as we can," Lillie said. "Each of the jerseys has got a Union Jack on it which says, 'The right things can be done here.' We wanted to do something sustainable and ethical that people would feel proud to wear."

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Green gods: Grn's Peter (left) and Rob with their ethical stock

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Rio the focus for Team GB at the Track World Cup

British Cycling's technical director Shane Sutton said he isn't expecting a repeat of London 2012 when international competition returns to the Lee Valley Velodrome for this weekend's Track World Cup.

Team GB's riders won seven of the 10 gold medals on offer during the Olympics, but nearly two-and-a-half-years on from that, Sutton says the focus of the three-day event (December 5-7) is about obtaining qualification points for Rio 2016.

"The riders will want success in front of their home crowd but ultimately it's about Olympic qualification, so it's about securing points, and if wins come on the back of that then fantastic," Sutton told the *Guardian*.

"We were a force in London, and we want to be a force in Rio, but this is part of the pathway to get there. A lot of people are in heavy work still and this isn't something we can taper for, given we want to go and have a successful Worlds [in Paris next February]. We can't be at our optimum."

Aside from Sir Bradley Wiggins and Becky James, the 16-rider British squad is at full strength. Wiggins has not trained with them since the Commonwealth Games, while James is recovering from a knee injury.



Points not prizes are GB's priority at the forthcoming World Cup

THE LINE-UP

Great Britain Track World Cup squad

Endurance

Andrew Tennant
Ed Clancy
Mark Christian
Owain Doull
Steven Burke

Jon Dibben

Elinor Barker
Laura Trott
Joanna Rowsell
Katie Archibald
Ciara Horne

Sprint

Jason Kenny
Philip Hindes
Callum Skinner
Jess Varnish
Victoria Williamson

What? London Track World Cup

Where? Lee Valley Velodrome, Stratford, London

When? December 5-7

Friday sessions:
10am-4.50pm,
7pm-10.25pm

Saturday sessions:
10am-4.45pm,
7pm-10.05pm

Sunday sessions:
8am-2pm, 4pm-7pm

HOW TO WATCH

TV guide

Live coverage of the Track World Cup will be on the BBC Red Button and website on Saturday (6.55pm-10.10pm) and Sunday (3.35pm-6.45pm). Commentaries on BBC Radio 5 Live Sports Extra.

SPOTY AWARDS

Sports Personality overlooks cyclists

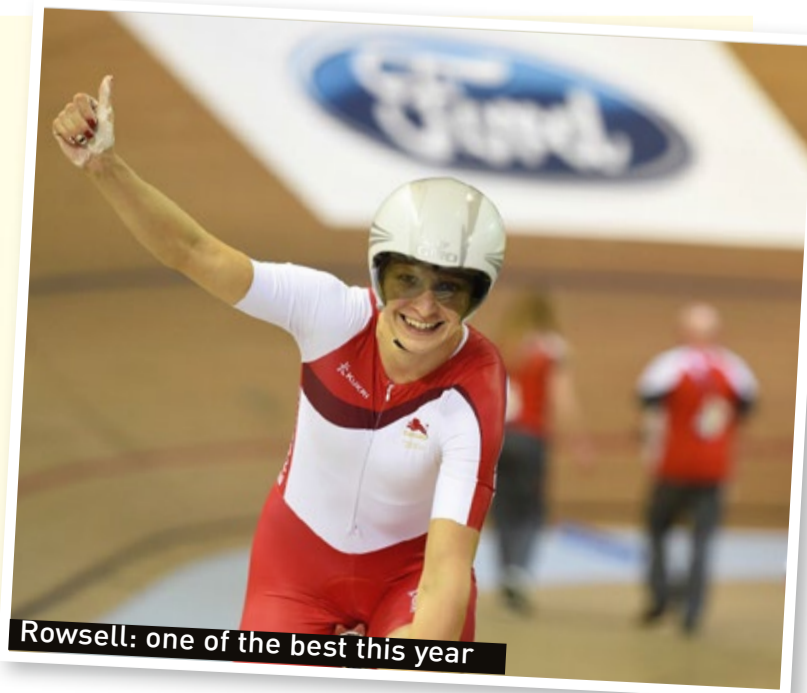
Shane Sutton blasted Joanna Rowsell's omission from this year's BBC Sports Personality of the Year award shortlist.

Rowsell, who won individual pursuit titles this year at the World Championships and Commonwealth Games, and team pursuit titles at the Worlds and European Championships, was not among the 10 athletes nominated for the prize.

"To me Jo has been the best

sportswoman in Britain this year," Sutton told the *Guardian*. "It's out of our control but as far as her performances are concerned, I don't think any other sportswoman has matched what she has achieved."

The last year that no cyclist was among the nominees for the main prize was 2007, although para-cyclist Sophie Thornhill has been nominated for the Young Sports Personality award.



Rowsell: one of the best this year

WIRED FOR SOUND

Roller disco

What music do Britain's top track endurance riders listen to on the rollers between races?

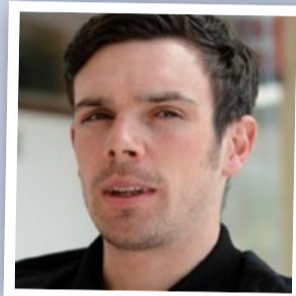
Joanna Rowsell

"Sometimes I enjoy just soaking up the atmosphere of the competition and the crowd. But my favourites are Salt 'n' Pepa 'Push it', Kanye West 'New Workout Plan', Sonique 'Sky', Ultrabeat 'Pretty Green Eyes'. My iPod hasn't been updated for a few years, but I like it!"



Andy Tennant

"I've been getting back into rap, as that was on when we were in Guadeloupe for the European Champs [in October]. I like listening to 50 Cent and Dizzee Rascal — tunes from my youth."



Katie Archibald

"At the moment, I'm feeling quite tired, so if I listened to music on my headphones, it'd relax me so much that I'd probably fall asleep. When I do put music on, I listen a lot to old-school Arctic Monkeys, the latest Eminem and Beyonce albums. That's what keeps me sane."



Laura Trott

"I don't have any particular artist on my headphones. I just like to listen to the UK Top 40. That's usually enough to put me in the zone."



Ed Clancy

"I have Kendrick Lamar 'Money Trees', Drake '0 to 100', John Legend 'Who Did That To You?' and Oasis 'Some Might Say'. The main reason I put music on is that I can block out the noise of other races, which I can find distracting. Also it stops people talking to you!"



Elinor Barker

"Sometimes I don't put on headphones because I want to hear what's going on. The gaps between races can vary, so you want to be able to listen for announcements. But on my playlist I have a lot of Rudimental, a bit of The Vamps and some Justin Timberlake."



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PETER DEARY INTERVIEW

Doyen of the deryn

One of the more unexpected velodrome stars of the 2012 London Olympics was Peter Deary, a 67-year-old pensioner from near Rochdale, Greater Manchester. Deary, who rides with Bury Clarion and ABC Centreville, paced Victoria Pendleton and Sir Chris Hoy to keirin gold at the wheel of the deryn bike.

We caught up with Deary ahead of his return to London for the track World Cup this weekend.

CW What's it like to look back on the Olympics?

PD: It was a once-in-a-lifetime thing, but it was just another series of keirin rides which I had to get right. If you start thinking that it's something special, then you're asking for trouble!

CW Did you suffer a post-Olympics hangover?

PD: Not really, no. I've been lucky that I've been involved in the World Cup since then as a commissaire and official.

CW How much practice does deryning require?

PD: I've been one of the Manchester velodrome coaches for about 18 years, so I drive the deryn fairly regularly and occasionally I might do eight or 10 laps' practice for consistency.

CW It seems like it's quite a delicate job.

PD: Yes, it is! And at the World Cups, you've got a UCI delegate timing you. If I do one of the keirins a little fast or slow, then I have to keep the others consistent with that, so that it's fair on all the riders, until the next round.

CW Do you get nervous?

PD: Normally, after the first one, if I can do that properly, then I tend to relax, but it's just doing the first one that can be a bit tense, shall we say.

CW Are you aware of what the riders are doing behind you?

PD: With the noise of the

crowd and the noise of the engine, you can't really hear them, though you can normally hear the crunch of them falling off and then the gun stopping the race.

CW How does the track in London differ to your usual haunt in Manchester?

PD: The straights are shorter, but the biggest thing is that in Manchester you have 3,500 people; in London you have 6,500. The noise was incredible at the Olympics, especially when GB were on. It was hairs-on-the-back-of-my-neck stuff.

CW What's happened to the three Olympic deryn bikes, Faith, Hope and Charity?

PD: They're still being used regularly at London. I used Faith, the red one, at the opening round of Revolution this year. I'll use one of them for the World Cup with one kept as a spare. I try them before we start purely so the TV crew has enough time to

mount all the camera gubbins on it.

CW Are deryn bikes high-maintenance?

PD: Ultimately it's just a two-stroke engine, but what we find is that if you don't service them, they slowly go out of tune, and then you can't do the smooth pace increase that's required. They are a simple machine but they're either running OK or they're running like a bag of spanners.

CW Has a deryn driver ever got it wrong?

PD: I had a fuel problem on one of them once and had to pull out. After investigating, I found out it wasn't turned on properly. Unfortunately, it was a World Cup round so I was on telly at the time. A lot of the people who ride at Manchester still like to remind me [of that instance], but eventually it came out that other deryn drivers have done the same thing!

CYCLING
IN MY CITY

Kirklees

Darren Stringer
Kirklees Cycling Academy

Many people had never heard of Kirklees before the Tour de France came to town in July 2014, and 60,000 people made the biggest Mexican wave ever at a bike race on Holme Moss.

Known as the Moss to locals, it's famous as the training ground of 1957 Tour de France stage winner, Brian Robinson.

We are spoilt for great roads in Kirklees; even in suburbia we have the family and beginner-friendly Spen Valley Greenway.

The sporting side of cycling continues to boom. My own club, Kirklees Cycling Academy, began in February 2010 with myself, Ivan Boyes, Dave Sowerby and the support of some other willing volunteers, and the backing of British Cycling. Five of our riders were selected for the British Cycling Olympic Apprenticeship scheme in October and we have budding talent in the U14 and U12 categories.

Club rides in Kirklees are plentiful,

from Huddersfield Star Wheelers, Ravensthorpe CC, VS Cycles, Batley CC and Holme Valley Wheelers, to newer clubs like Holmfirth CC, and in Brighouse, 3RT.

With new riders, clubs need to be more accessible. Some are, of course, better than others and new clubs have a strong social dimension, where it's not just about training and racing. This is attracting children

"We are spoilt for great roads in Kirklees"

and female riders, including Gilly Dukes and Mandy Parker, who now run ladies-only coaching sessions for riders across the local clubs.

Judging by the expansion of local bike shops, there are signs of growth in cycling. The Cycle to Work scheme has helped more people start commuting, evident in the growing hi-vis and sub-£1,000 bikes on the roads.

Not everything is perfect of course, but based on current signs, cycling in Kirklees is not only here to stay, it's healthy, growing and set to continue.



KCA youngsters Jamie Ridehalgh, Harry Hardcastle, Tom Humphrey, Brad Dransfield, Alex Ridehalgh (l-r)

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ACCLAIMED BRITISH BIKE BUILDER DIES

Cycling industry remembers Jack Taylor

Chris Webber

The cycling industry has been remembering and paying tribute to Jack Taylor, one of Britain's greatest bike makers, after he died last month aged 96.

As a teenager, in 1936, Taylor started making bikes for himself and his friends from a purpose-built shed in his mother's garden.

Immediately after World War II, he enlisted his two brothers to the cause, and his small workshop in the centre of Stockton-on-Tees would become the epicentre of a world-famous, bespoke bike maker: Jack Taylor Cycles. Jack's brother Norman was the frame-maker, Ken worked on the assembly machines and Jack did the paintwork and ran the business with his wife Peggy.

All three were first-rate racing cyclists and took part in the 1945 five-stage Brighton-Glasgow event, the first major British League of Racing Cyclists (BLRC) race, with Jack finishing 10th. He went on to compete many times, at a creditable level, in the Tour of Britain.

The publicity surrounding the young cycling brothers

did their emerging firm no harm, and the trio, who started off making just one bike a month, began to build an international profile. In the early days, they were encouraged by the British government to fulfil an unlikely order from Communist Russia, providing five cycles — all hand-painted red, white and blue.

International recognition

In later years, their bicycles, tandems and trailers, were much in demand in the USA, and the brothers, painstakingly making five bikes a week, had to turn down thousands of orders from the 1960s onwards.

Such was Jack Taylor Cycles's influence that in 1987 Prince Charles eventually joined the steady stream of bike enthusiasts — including many Americans — who went to watch the craftsmen at work.

Yet just two years later, the brothers had shut up shop — although Ken and Norman, who died in 2008, would keep their hand in with smaller jobs through the 1990s.



The Taylor brothers' influence has been acknowledged by a number of people within the modern cycling industry. Chris Dodman is a chief engineer at Cannondale, and was heavily involved in the production of the innovative Cannondale Synapse Hi-Mod 2014 endurance bike released this year.

"The Jack Taylor brand image became strong due to its innovative approach and interest in making radical and diverse products, especially to customers' special order," Dodman said. "Being aware of international trends, learning from them and adapting them to create its own unique products made them desirable and talked about, creating demand from afar."

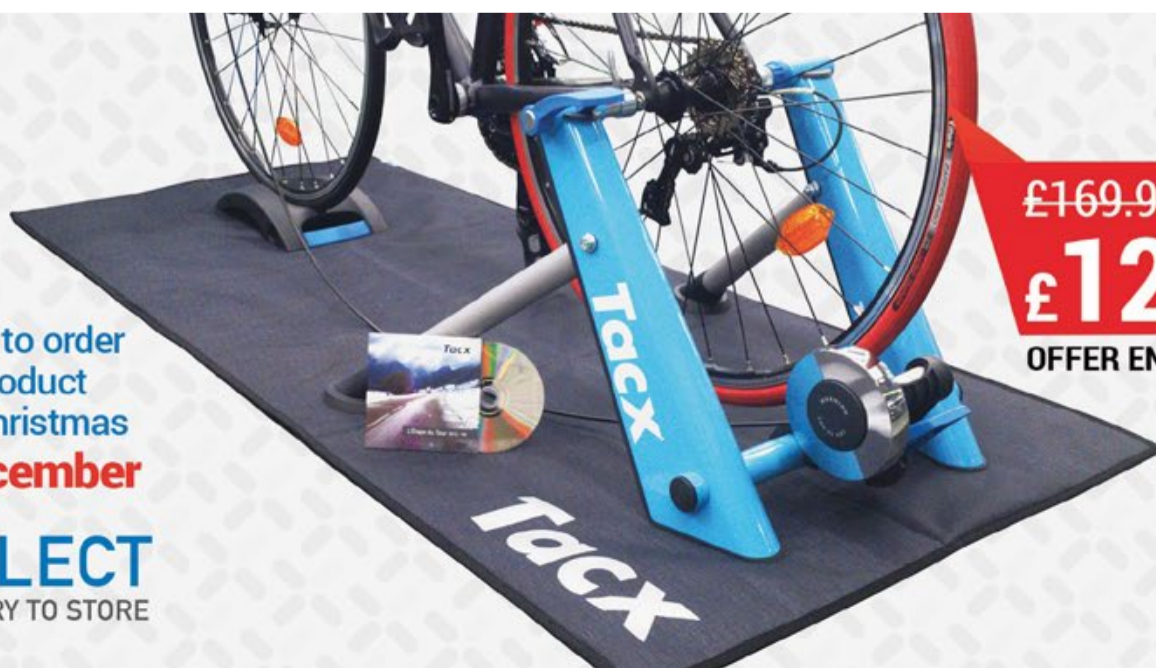
Dodman — who also began

Photo: Northern Echo, family of Jack Taylor



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Biking brothers: Norman, Ken and Jack

“Their products were desirable, talked about and in high demand”

his career in cottage industry bike manufacture — explained that Taylor visited the Paris Bike Show and was heavily influenced by the radical French designs of the time, and the quest for lighter weight bikes.

“They networked with the industry’s international press and leading innovators and it was their touring bikes that really helped here: they were travelling adverts and a brand

ambassador,” Dodman said. “It’s a good reminder of how to be a successful international brand. While the UK may be an island, Jack Taylor’s approach was not insular.”

Old-fashioned craft

Dodman may have provided an overview of the brothers’ unlikely international impact, but Joe Waugh, a modern-day cycle-maker in the northeast of England, provided insight into their influence on the day-to-day cycle scene in the north.

Waugh, who owns one of the oldest cycling shops in the UK, M Steel Cycles, in Gosforth, near Newcastle, founded in 1894, recalls meeting Taylor and his brothers two or three times.

Waugh is a former international cyclist who worked with legendary frame-builder Dave Yates for many years; he (Waugh) remembers the brothers more as traditionalists than innovators. He said: “They kept traditions alive. One of the brothers, I think it was Ken, [was] in touch [about] making odds and ends quite recently.”

“I remember seeing them when I was just a 16-year-old lad at a York Rally and they were stalwarts of the scene even then [in the late Sixties, early Seventies]. I was impressed, but I was just a kid interested in riding my bike then and had no idea of just how impressive they were.

“But it would be wrong to say they influenced my getting into the industry. It was more a case of admiring them more and more, the more involved I got myself.

“The painting of their bikes stood out. In fact, it was all very, very high-quality work; for example, they would put 48 holes in tandem wheels long before it

was common. They gave us something to aspire to.”

It was that traditional, old-fashioned craft side of the business as described by Joe Waugh that the brothers themselves began to value more as the years passed.

Taylor, well versed in the 1950s trend of hand-lining or painting lines on bike frames was one of the last surviving specialists to offer this bespoke service. Norman, possibly even more of a traditionalist by the end, trained 30 men in the art of making frames by hand, but only considered one in 10 to be really up to his standard.

The brothers probably made fewer than 9,000 bicycles in total. Many, often 40 or 50 years old, can be found for sale in the USA for up to \$2,000 each — proof, surely, that real quality really does last.

First love

The child Jack Taylor, a working lad from Stockton, could certainly not afford a bespoke bike. He fell in love with cycling aged 11 and worked for two years at an industrial chemist to save up and buy a Raleigh. He kept the receipt until his dying day.

It was too heavy for his ambitions but, undeterred, he built himself that purpose-built shed in his mum’s garden to make a lightweight bicycle, going on to make versions for his pals. Eventually the Shah of Iran would come calling for his very own Jack Taylor tandem.

The last word on Jack Taylor the man must go to his widow Peggy, now 93. “Everybody loved him for his honesty and generosity in word and deed,” she said.

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BRITISH TEAM'S NEW SIGNINGS

Injection of youth at Raleigh-GAC

Nick Bull

Team Raleigh-GAC's 2015 line-up will be bolstered by eight new signings, including three foreign riders. Pole Karol Domagalski, Finnish sprinter Matti Manninen and former South African under-23 road race champion Calvin Beneke will all ride in the iconic red-and-black jersey next year, with twice Tour of Britain top-20 finisher Steve Lampier headlining the home-based recruits.

As revealed by *Cycling Weekly* in October, the team have adopted a development strategy for 2015. Six of their eight additions are aged 25 and under.

Remaining with the team are Frenchman Morgan Kneisky and Brits Evan Oliphant, Ian Wilkinson and Liam Stones.

"I think the signings, in particular the foreign riders, show that the British

scene is strong now," said team owner Cherie Pridham. "Teams are taking it more seriously, sponsors are too, and there's a lot of publicity to be had."

Beneke has spent time at the UCI's development programme in Switzerland, and comes from a family with a history of racing.

"Calvin comes from one of the richest cycling names in South Africa; his dad Gary and his uncle Mark were probably the two top cyclists there during their time," added Pridham. "He has raced with MTN-Ohubeka before, and he's renowned

for being the most consistent rider in South Africa, so I think he will finish on a lot of podiums next year."

Domagalski, who finished this year's Vuelta a España, joins from second-division Spanish squad Caja Rural.

"Calvin comes from one of the richest cycling names in South Africa"

Milton Keynes proves fertile for Field

Frazer Snowdon

Fourth spot was enough for Ian Field (Hargroves Cycles) to strengthen his grip on the National Trophy Series after round four was held at Campbell Park in Milton Keynes on Sunday.

With the venue having hosted a round of the UCI World Cup on Saturday, several foreign riders stuck around to ride the Trophy too, and it was Swiss rider **Marcel Wildhaber** who won.

"It's always difficult the day after the World Cup, which was a super-tough race on a hard course," said Field, who was 12th at the World Cup on the Saturday. "I just wanted to get more

points for the overall, and I was first Brit. With my legs [as they were] on the day, that was the best I could do."

First Brit in Sunday's elite women's race was junior Amira Mellor (Paul Milnes RT), in fourth. The race was won by American **Katie Compton** (Trek Factory Racing), who had finished second in the previous day's World Cup.

Mellor's ride strengthens her lead in the overall rankings with two races to





Team Raleigh-GAC: bolstered by new signings

"He's a powerhouse. He's got good experience even though he's only 25," said Pridham. "In his own words, he's missed that winning feeling because he's been a domestique for the last few years.

"It often takes a good rider — someone of the calibre of Adam Blythe, for example — to realise that

sometimes they need to take a step backwards to move forwards in their career again."

Flying Finn Manninen finished fifth at this year's Under-23 European Road Race Championships; Pridham described him as an "all-rounder" with "massive potential".

Along with Lampier, the

British arrivals to the team include 2012 British junior road race champion Sam Lowe, and 38-year-old crit specialist Andy Hawdon.

NEXT YEAR'S SQUAD

Raleigh-GAC 2015 line-up

- **Calvin Beneke** (joins from Europcar SA)
- **Karol Domagalski** (joins from Caja Rural)
- **Andy Hawdon** (joins from KTM)
- **Morgan Kniesky**
- **Steve Lampier** (joins from Giordana Racing)
- **Sam Lowe** (joins from Amicale Cycliste Bisontine)
- **Matti Manninen** (joins from Team Bliz-Merida)
- **Brad Morgan** (joins from Giordana Racing)
- **Evan Oliphant**
- **George Pym** (joins from Starley Primal)
- **Liam Stones**
- **Ian Wilkinson**

Photos: Andy Jones

go, while Field is second in the elite men's rankings, just three points behind leader Alex Paton. But with Field having already dropped one race, he holds the advantage heading into the penultimate race at Bradford in two weeks.

Elsewhere, **Matt Holmes** (Arctic Tacx) took a comfortable win in the Eastern League, with a depleted field at Fritton in Norfolk due to the National Trophy race. He was almost a minute and a half ahead of Ben Lewis (Hackney GT).

In Sunderland, **Colin Ash** (Cestria Cycles) was victorious in round 10 of the North East Series at Hetton Lyons Country Park, while James Raw was second and Gavin Slack third.

The Welsh League race at Gilwern, near Abergavenny, was won by **Jonathan Pugh**



Field: Trophy Series leader

(The Bulls). Andrew Parry and Gruff Lewis completed the podium. For Pugh it was his second win in three series races.

Jonathan Harper (Mansfield RC) won the Lincolnshire League race at RAF Cranwell, while round 10 of the Western League went to Malvern Cycle Sport mtb rider **David Creber**.

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The power of the bell

I thought Dr Hutch's article (CW November 20) was spot on. I cycle with a group of mountain bikers every Friday, and we were faced with the same abusive responses from walkers when we politely warned them of our approach on a shared path. However, since fitting a bell to my bike, the change in the behaviour of the walkers has been incredible. At the mere sound of my bell ringing, the walkers scamper to get out of the way and apologise profusely if they don't do so quickly enough. It's as though the bell has some sort of mystical hold on them, and best of all, our rides are now stress-free!

John Griffiths, email



One ring to rule them all

Letter of the week...

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said: "Sorry, I didn't see you." I was then confronted by her irate husband who approached me and angrily declared that he was in the right mood to punch me. I stood back and he came closer before his wife finally managed to call him away.

I put this type of behaviour down to stress. My theory is that when I go for a ride on my bike all my problems go out of my back wheel.

Graham Tooley, email

Heads I win, tails...

I've been reading the letters page regarding the pros and cons of wearing a helmet for a few weeks, and thought I'd throw in my tuppence worth.

On July 27 this year, I crashed when I hit a pothole going down a hill. I was seriously injured with numerous fractures, dislocations and lacerations — the worst of which was a triple open fracture of my left collarbone which necessitated plating in surgery.

I haven't ridden a bike since, and am hoping to be medically cleared to ride in February.

The point of this is, when I crashed, the first thing that hit the road was my head. What I remember most clearly about the incident was the sound of my helmet grating on the road.

The helmet was damaged beyond repair, but my head was about the only bit of me that came out unscathed. Indeed, a scan in hospital revealed no damage to my head at all. I'm utterly convinced that, had I not been wearing a helmet, I would have died following the impact.

As a footnote, I should add that my bike was fine!

Matt Dixon, email



Hinault: "Outta my way, fatty!"

Slightly em-Barras-ed

Tom Barras (CW November 20) says he "can't understate enough how useful his exercises are".

That's good: I don't feel I need to bother with them, then.

Jonathan Reynolds, email

Cross at the crossing

This probably won't come as a surprise to you or your readers. My son and I were riding to our local shops one night at around 7.45pm. We approached a railway crossing where the gates were down allowing a train to pass.

We rode on the left past the stationary cars when all of a sudden the passenger's door flew open and I rode straight into it. But then the passenger



Helmets: the debate goes on

Bernie's the best

Skimming through a back issue (CW February 13) I noticed a letter from Geoff Dillon entitled 'Bernard the belligerent'. I agree with him that it's great to see people of all shapes and sizes, backgrounds and ability riding and taking on challenges like riding in the Alps. I also don't mind seeing the odd replica yellow jersey or a few polka-dot racing kits, which you could say are a bit of fun in honour of the world's great racers — even though I personally wouldn't choose to wear such outlandish looking clothing.

However, while Bernard Hinault apparently criticised

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those of more generous proportions and expressed his disdain for “pot-bellied cyclists wearing the maillot jaune,” he’s still one of the true legends of our sport’s glorious history — much more so than a certain American of whom I was never a fan and never glorified like so many.

Danny Burrows, email

Lucky escape

Reading the two letters on helmets (*CW* November 6) and the ongoing debate as to whether or not they should be made compulsory, I’d just like to share my recent experience with you.

While I’ve always held a liberal view when it comes to forcing people to wear protective

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clothing through legislation, riding an event last weekend, I had the misfortune to hit a pothole at 22mph. I know this isn’t particularly fast, and my only defence for not spotting it is the glare off the wet road.

I went over the bars and landed on my head, breaking several cells on my helmet.

The helmet broke, so my head didn’t. Without the helmet, I’m certain I would have ended up in intensive care, if not worse. I certainly wouldn’t have been cuddling my little girl that evening with a headache.

I’d also like to say thank you to those guys who stopped to help me.

Shaun Kirby, email

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RIDE FASTER

Camp it up!

This week, we've an overview of why training camps can give your fitness a big push. From organising your own break with a bunch of mates to getting the full professional service, camps come in many different forms. Get yours booked now and escape for some warm weather training. It'll give you added motivation to keep riding through the dark days of December.



Hannah
Fitness editor

Fitness recommends

Beet It Sport Pro-Elite bar £1.95

The potential benefits of the nitrate found in beetroot juice are well known, writes David Bradford, but many people (me included) dislike the taste. Dietary nitrate is thought to increase the body's supply of nitric oxide, improving blood-flow and the oxygenation of muscles. This new bar from Beet It allows you to consume a substantial dose of nitrate (400mg)

without having to drink a drop of juice. As an ad hoc test, I ate one two hours before a Sussex League cross-country race. Not only was it surprisingly palatable — very sweet, moist and not too earthy — I also achieved my best ever finish position, seventh. Beet that!

www.beet-it.com



Photo: Jesse Wild

THIS WEEK IN FITNESS...

Are carbs the real killer?

FOR DECADES IT'S been thought that dietary fat is the biggest danger to heart health. But now the tide of opinion is turning against carbohydrate

Robert Hicks

For years we've been told to limit our saturated fat intake. The NHS states that a diet high in such fats raises the level of cholesterol in the blood and increases the risk of heart disease.

However, according to new research, it may be safe to eat up to three times the amount currently recommended as the maximum. It may be carbohydrates, suggests the report, that play a more dangerous role.

The study, which appeared in the journal *PLOS One*, put 16 participants on a strict dietary regime that lasted four and a half months.

Every three weeks, their diets were changed to adjust carbohydrate, saturated fat and total fat levels. The researchers found that when carbohydrates were reduced and saturated fats were increased, total saturated fat in the blood did not increase — and, in most people, actually went down. Surprisingly, when carbohydrate intake was raised, the levels of dangerous fatty acids in the bloodstream also rose.

According to the study, the fatty acid called palmitoleic acid, associated with the unhealthy metabolism of carbohydrates, can promote disease. The level of this fatty acid decreased

in those on the low-carbohydrate diet, and gradually increased as more carbohydrate was introduced.

"An increase in this fatty acid indicates that a growing proportion of carbohydrates is being converted into fat instead of being burned by the body," the researchers said.

The NHS states that the average man should eat no more than 30g of saturated fat in a day, and the average woman no more than 20g. Yet in the study, participants were eating high-fat diets that comprised 84g of fat per day — but their blood fat levels did not rise.

"There is a widespread misunderstanding about saturated fat," says senior author of the study, Professor Jeff Volek. "In population studies, there's clearly no association [between] dietary saturated fat and heart disease, yet dietary guidelines continue to advocate restriction of saturated fat."

This study adds to a growing body of evidence that saturated fats may not be as dangerous as previously feared. In March, research at Cambridge University found that giving up fatty meat, cream or butter is unlikely to improve health. Many doctors now believe that carbohydrates have a greater effect. The debate continues.



High-fat food: is it off the hook?

Winter training camps

SOME VIEW A TRAINING CAMP as a biking holiday, others as vital preparation for the season ahead. Whatever your reasons, there's a lot to be said for escaping the harsh UK winter for a little two-wheeled sunshine



Hannah Reynolds and John Walsh

Training camps are increasing in popularity and understandably so. Who wouldn't want to live like a pro for a week, being 100 per cent devoted to their bike and fitness? It is, after all, something few of us are able to do in our busy everyday lives. Plus there is the sunshine; some warmth on the legs and some dry rides is just the thing to boost fitness and enthusiasm levels in the year's

darkest, wettest months. But before you book there are a few things to consider if you want to get the most from your experience.

As with most things fitness-related, the first thing to consider is your goal for the week. What do you want to achieve? Do you want to learn more about your body and how to train? Do you just want to get some long base rides in warmer weather than the UK or do you want some structured training that will really accelerate your fitness? There is a huge range of organised camps

“It's not just about more riding time; it's about more recovery time, too”

available, varying in price and also in the activities on offer. From fitness testing and daily massage to guided rides and coached skills sessions, a training camp can be a great opportunity



TRAVELLING RIGHT

Training camp essentials

Bike bag

A lot of people may favour hard cases to protect their pride and joy, a soft bag is easier to handle, offers great protection and allows plenty of room to stuff extra kit around your bike, to save on the baggage allowance. Bike bags are also lighter than hard cases, but it's still worth checking with your operator how much your fully-packed bike bag can weigh, as airline limits vary. You will be asked at check-in if you have deflated your tyres and removed your pedals, but don't fully deflate your tyres as a little bit of air provides cushioning and protection for your rims.

Kit bag

Training camps require a lot of kit; not just your riding clothes but water bottles, energy powders and bike spares. Make sure you have got plenty of room for it all and loads of compartments, to separate the sweaty kit from the clean, fresh stuff. The more organised you can be the better.



Soft bags offer ample space for extras

Foam roller

Even if you aren't normally a fan of the foam roller they are a useful training aid on a camp, massaging out your post-ride aches and pains and making sure you keep your muscles in the best possible condition for the next morning. It may not be quite as enjoyable as half an hour on the massage couch, but is another element in giving your body the care and attention that a pro rider would give it.

Energy and recovery products

If you are significantly upping your mileage on a training camp, then using energy and recovery products will help to keep you feeling strong on the bike and aid your recovery. Experiment with a few brands before you go away so you know you like the flavours and they work for you. One word of warning though — if you are using energy products on your bike and recovery drinks after, make sure that you keep an eye on your overall food intake. It's not uncommon for people to come home from a camp heavier than they started!

Don't forget a pump

If you normally use gas cartridges be prepared to buy some on arrival or carry a mini-pump; some airlines will remove them from your bike bag if the scanner detects them

to improve your technique and learn more about how to train effectively. Alternatively there are more relaxed and less structured camps, where the main activity is the day's ride and after that you are left to your own devices to chill out and recover.

Increase your fitness

Fitness is developed by slightly over-reaching your current level, recovering and coming back stronger. A training camp can

provide the extra load to take your fitness up a level, but only if you have done some groundwork beforehand. The fitter you are the more your body will be able to handle, allowing you to take greater advantage of some dedicated riding time. A training camp should help to build your fitness but if you go underprepared for the mileage and the pace, you can end up coming out the other end of the trip overtrained and exhausted.

One of the purposes of a camp is to be able to fit in more riding than you would normally be able to, but this isn't just about having more time available to ride but also having more time available to recover. Whereas at home you might be rushing back to your desk, looking after the kids or doing the DIY, on a camp after a

training session you can recover properly — eat, stretch, relax, even have a nap. By having more time to recover you can push yourself a little bit harder than you can at home. Remember to factor in a week of easy recovery rides after you get back as well, the first week you are likely to feel tired but if you planned it well the week after that you will be flying.

Where to go

There are training camps based all over southern Europe and further afield, but only the lucky few can afford to spend their winter in Australia! Each location offers a different style of riding and après-velo activity. All of the destinations below are served by a number of companies offering cycling training camps. They are also areas favoured by pro teams,

so be prepared for some serious celebrity spotting!

Tenerife

Tenerife has boomed in popularity since reports emerged of Team Sky running its training camps on the island. It certainly has a lot to offer the dedicated rider. Mount Teide dominates the entire island, the cone of the now inactive volcano tops out at 3,718m, but as a cyclist you summit at nearly 2,200m. The advantage being that you can ride from sea level, so you can ascend the full 2,200m in one continuous climb.

It is the climbing that draws in many riders. Team Sky spent much of their camps knocking out intervals between 1,500m and 2,000m altitude. It is an all-winter-round destination with the climate warm enough to ride in shorts even in December and January. It's a fantastic choice for the already-fit rider who wants to focus on specific training and really stretch their climbing ability, as well as providing endless curves to hone descending skills.

Majorca

Majorca is one of the original training camp destinations, and pro teams have been heading there since the 1980s. It has become so popular that in many ways it is a victim of its own success, with huge trains of riders filling the roads and mobbing

the cafes. For British riders it's virtually a home from home as they return year after year to ride the same roads. Hanging out at Tolos Bar in Port de Pollença is also a large part of the experience, as with so many other Brits out there you are almost bound to bump into someone you know.

Majorca is the easy choice; there is great infrastructure for cyclists, loads of bike shops and being surrounded by so many other riders is, for many, part of the appeal. There is a good variety of terrain, with flat coastal rides and mountain passes, of which the Puig Major is the highest. The summit sits at 1,492m but it is a military base at the top so the highest you can ride to is just 854m. However, by starting the 14km climb at sea level you can still get plenty of climbing time.

Gran Canaria

With more variety than Tenerife and less wind than Lanzarote, Gran Canaria is becoming one of the most popular islands for winter cycling camps. There is a lot of climbing and very little flat, even the coastal roads are rolling. But there are a few climbs to choose from and the coastal roads have beautiful views out to sea to distract you from the relentless terrain. From its highest point you can see the summit of Mount Teide in



Top tip

Have a rest day or very easy day mid-week. It may feel like a waste of a riding day but this extra bit of recovery will allow you to ride harder in the latter part of week, rather than getting progressively more tired.



Enjoy plenty of healthy food, but don't come back heavier!

the distance. Generally the roads are in pristine condition even right up into the hills.

Mojácar, Almeria, Spain

Visiting mainland Spain offers a more reliable climate than Majorca and it is a safer bet during January and February. It's hilly and barren and doesn't offer a huge amount of opportunity for flat recovery rides, but it will provide plenty of opportunity to test yourself and build endurance. Many of the local routes are virtually traffic-free and you won't get the giant pelotons of riders that can fill the roads in Majorca. The climb to Carboneras is particularly popular and though it's both hard and long, the views across the mountains are spectacular. If you are fond of using Strava don't expect to get



Tenerife's hilly terrain is ideal for climbers

“The climbing of Tenerife draws in many riders. It is an all-winter-round destination”

a KoM here as this is frequently ridden by the many pro riders who visit in early spring.

Girona, Spain

While not a year-round destination, Girona is the place that many pro riders head to early in the race season once the temperatures start to rise. Many pros found the climbing, climate and culture to be so

desirable that they made it their permanent base. From mid-March the temperature starts to rise toward the high teens, and by May is comfortably in the low 20s.

Girona is lively all year round and the university ensures that the town is always vibrant, with plenty of good bars and the all-important cafe culture for lazing around post-ride. There is plenty of varied terrain here, situated as it is between the Costa Brava and the high mountains, with options for easy recovery rides and tough climbs into the hills. Even on a two-week camp you will be able to avoid riding the same roads if you plan your routes carefully.

Nice, France

Nice, like Girona, has so much going for it that many pro riders have set up base there on a

permanent basis. The combination of the Alpes Maritimes rising from the Mediterranean, and perhaps the tax-free principality of nearby Monaco, provide a combination favoured by a growing number of pro riders.

Facing on to the Côte d'Azur, the sparkling Med and lively old town means there are plenty of places to hang out once your riding is done, and a gentle cruise along the Promenade des Anglais for some people-watching is a popular way to finish rides.

Nice is where the Alps meet the sea. It is a good road riding destination all year round, but temperatures are cool during the winter and may limit you to some of the lower climbs. However, by March it will be warm and comfortable. A good choice in spring and early summer.

CAMP CHECKLIST

Before you travel

- Pack your shoes, helmet and pedals in your hand luggage. If for any reason your bike bag gets lost you can hire a bike rather than lose days of your holiday.
- Decant your energy and recovery drink powders into empty water bottles to save weight. It's also less likely to raise eyebrows at customs than white powders in unmarked bags!
- Take plenty of spares, particularly things that are specific to your bike. If you are riding bladed spokes on your deep section carbons don't assume a local shop will have spares. They may, however, be able to repair your wheel if you have the spoke with you.
- Take more cycling kit than you think you'll need. You'll be spending most of your day in bike kit so make sure you've got plenty for every kind of weather condition, and enough shorts to avoid washing is a bonus.
- Be vigilant about hygiene as hard training can suppress your immune system, making you more vulnerable to illness. The classic is to pick up a cold on the way home and spend the week after a camp full of the sniffles.

7 spine-saving exercises

BIG RIDES NEEDN'T be back-breaking. *Robert Hicks* provides seven ways to keep you comfy in the saddle and ensure those long winter rides are as pain-free as possible

Back pain is a discomfort many cyclists experience but do little to prevent. Cycling can place stress on your spine, caused both by the hunched-over position and the forces generated by pedalling. It's not hard to see why the spine can succumb to injury.

Many cyclists seek treatment only after the onset of pain. But by that point, it may be too late. One of the biggest traps cyclists fall into is the belief that when the pain subsides the problem has resolved itself. As the discomfort starts to ease and becomes more tolerable, it's natural to assume the back is getting better. Often, though, it isn't — it may be that

the body is building up resilience to the pain and other parts of the body are compensating to help.

All of the body's parts are interconnected, and the core plays a key role in maintaining stability. When a pain or weakness is sensed in one area, other body parts are called upon to offset the problem.

For example, lower-back pain affecting posture and mobility may have a knock-on effect, causing problems elsewhere — e.g. in the upper back and neck.

Pain is your body's way of signalling that something isn't quite right. When it eases, it's natural to think that the body has healed and strengthened itself. But injuries can often lie dormant,

only revealing themselves when they're aggravated through repetitive exercise. This is why so many cyclists suffer from the same injury over and over again.

We can't stress enough how important it is to constantly work on your core strength with exercises that help strengthen muscles and improve joint flexibility and mobility. Prevention really is the best form of treatment.

With help from senior physio therapist Nathan Allwork, we have devised these seven spine-saving exercises to help strengthen your back and reduce injury risk. Each exercise will help increase flexibility and range of motion. They take just 10-15 minutes a day for a stronger, more flexible, more resilient back.

The expert



Nathan Allwork is senior physiotherapist with Northampton Saints Rugby. A keen rower and cyclist, Nathan works with cyclists helping prevent, treat and rehabilitate injuries. He also works for Cyclissimo, a dedicated training camp company.

"These are general exercises for strength and mobility," says Nathan. "They aren't injury-specific, but will help improve comfort on the bike. Every cyclist should make these exercises a part of their daily routine."



Exercise 1 targets the neck

Exercises 2, 3, 4 & 5 target the thoracic region

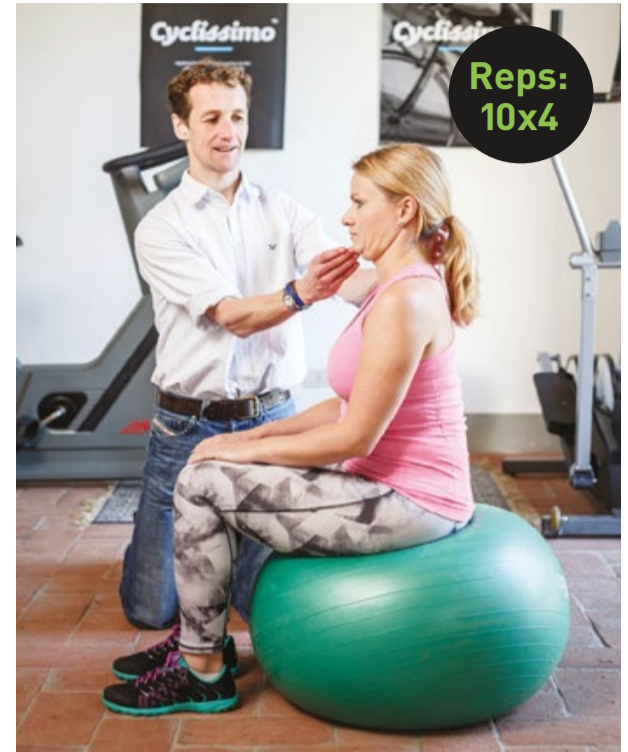
Exercises 6 & 7 target the lumbar region

1 Deep neck flexor exercise

“Let’s start with the neck. Most cyclists ride with their chin out, which puts a lot of strain on the upper back. It also has a detrimental effect on posture.

“This exercise will help strengthen the deep neck flexors, which will improve durability of these muscles to hold you in a good position.”

- Keeping your head up, eyes focused ahead, pull in your chin towards your body.
- Your head should remain upright and your eyeline level.
- Pull in your chin as far as possible, making a double chin, and then extend it forward again.



2 Upper back

“The trapezius muscle tends to get quite tight while cycling, so it’s important to stretch it to maintain mobility and pliability.”

- Sit with good posture, back straight and shoulders back.
- Drop your head down to your left. You should feel a mild stretch.
- To activate the upper fibres, take your left hand and place it on the top of your head and gently pull down.
- To stretch further, keeping your head tilted to the left, place your right arm behind your back and place your left hand across to your right shoulder.

3 Thoracic stretching

“For this exercise, you can either use a foam roller or a towel. This simple exercise will help lengthen out and release tension in and around the thoracic spine.”

- Lie on your back with the foam roller under the middle of your back.
- Feet flat, engage your pelvis and core so as to support your position.
- Start with your hands up

above your chest and slowly lower them all the way down into a crucifix stretch.

- Hold your head level if you are able, using your neck strength; if not, allow your head roll back gently to rest on the floor.



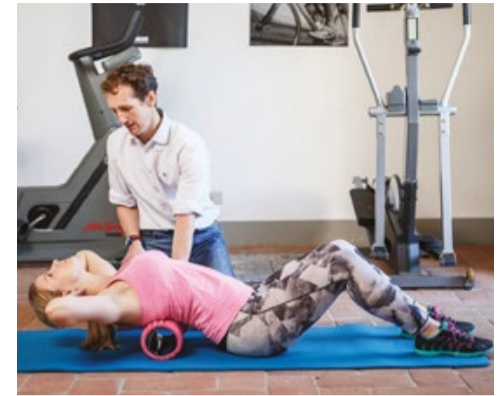
Top tip

“None of these exercises should cause pain. If you have a back injury, seek expert advice. Your first port of call should be a GP, who may refer you to an appropriate specialist”

4 Thoracic extensions

“With a foam roller across your back this time, this exercise will help extend the thoracic segment of your back as well as the surrounding muscle tissue.”

- In a sit-up position, with feet flat on the floor.
- Hands behind your head and slowly roll the foam roller up your back and back down as far as you feel comfortable.
- Go slowly and concentrate on the foam roller moving up your back and extending out each vertebra.

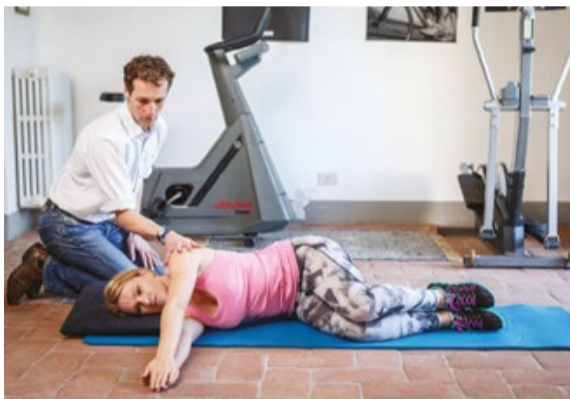


5 Thoracic rotational stretching

“This exercise will help improve mobility of the thoracic spine. This area needs a lot of work, as a tremendous amount of pressure is placed upon this segment of the back when riding.”

- Lying on your side, use a pillow for neck support.
- Keep your core set and open your arms up.
- Push your arm up; imagine you are reaching through the end of your fingertips and rotate round until you feel your thoracic stretching.

- Keep your shoulder stable and don't let your pelvis drop. This is where you will feel the stretch. Once your stability is compromised, you have reached your limit.
- Bring your arm back round and put your hands together.

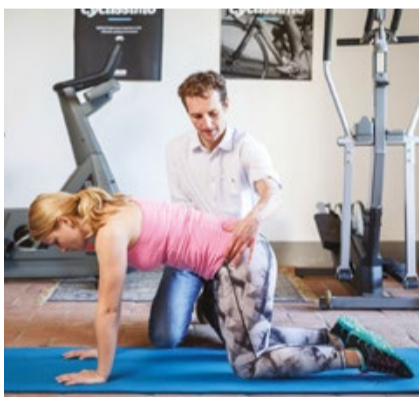


6 Pelvic tilts

“This exercise will help stretch the lumbar spine region. We call this four-point kneeling, or ‘happy cat/angry cat’ stretch. Improving flexibility and reducing tension in this area is very important.”

- Start on all fours with your back straight.
- Tilt your pelvis and drop it all the way down. Imagine that you have a weight on your tailbone.
- Tuck your tailbone underneath you.

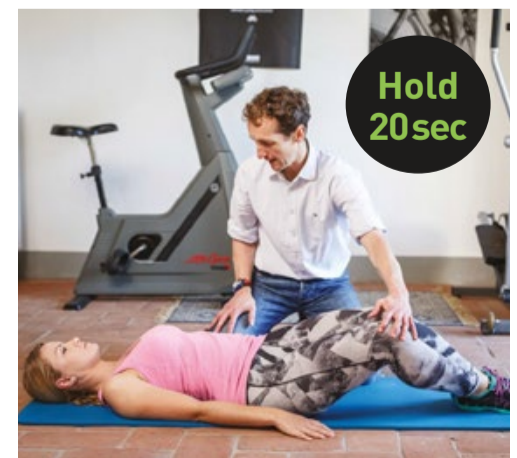
- Your back should start to hunch.
- Now you are going to try and drop each vertebra from the top to the bottom.
- Repeat the exercise again, going slowly up and slowly down.



7 Knee rolls

“A nice easy exercise to end on, which will again, ease stiffness in the back and improve mobility in the lumbar region.”

- Start by lying on your back.
- Bring your knees together and rotate from side to side.
- You don't need to go all the way down, just to 45 degrees.
- Keep your back straight.
- By changing the angle of your knees (bringing heels up to bottom or placing them further forwards) will change the area in your spine you're trying to rotate.



Cycling Folklore

Rudi Altig's yoga

HOW THEY USED TO TRAIN

Standing on his head and walking around on his hands may have been 1966 world road race champion Rudi Altig's party trick, but there was a more serious reason he did it too

When: 1960s

Rudi Altig was a great rider, a world champion on the track and road, he won Classics, he won stages in every Grand Tour, and he won the 1962 Tour de France green jersey, as well as taking overall victory in the 1962 Vuelta a España. He was the first really great German pro road racer. He could also walk on his hands, upside down, with his legs straight up in the air.

Altig could do that because he practised yoga — which, to put it mildly, was unusual for a 1960s pro. Altig believed in it, though. He used yoga primarily for relaxation, but he got loads of publicity when he won the amateur world pursuit title in 1959 and was photographed in the Amsterdam track centre standing on his head. He told reporters that doing so helped him relax and focus between the rounds.

Relaxation was the

reason why Altig did yoga in the first place as holding the poses helped him clear his mind, think and focus. The hand-walking was also a neat little trick to do, back in the days when riders were paid to race criteriums in the summer and six-day track races in the winter. The more eye-catching and popular a rider was, the more he drew the larger crowds, who all paid to see the action, and so the popular riders got paid a little bit more money too.

By learning to walk on his hands and doing vertical push-ups — another of his party tricks — Altig had to really strengthen his core. And the work he did to perfect his yoga technique certainly helped make him stronger as a cyclist. Altig was known for

being a hard rider in a breakaway, and his strong legs and powerful upper body gave him a fearsome sprint.

He also used yoga to entertain his fellow racers. Once, on the long round of post-Tour de France criteriums, a group of them were dining in a restaurant in La Rochelle. As was their occasional habit on the post-Tour circuit, a little bit too much wine was consumed, and when the rather merry group got up to leave the restaurant, Altig did so on his hands.

Once outside, he continued down the street and around the next corner, inspiring the British rider Tom Simpson to think, in the way he thought about everything, "Well, if he can do it so can I." Simpson got down on all fours, jumped his legs into the air, whereupon all the loose change fell out of his pockets, followed by his skinny arms giving up under the strain, dumping him in an undignified lump on the floor.



Illustration: Simon Scarsbrook

Christmas gift guide

Christmas is fast approaching, but the danger of getting rubbish presents just disappeared thanks to our 2014 Christmas Gift Guide. Over the next eight pages we've gathered together a selection of goodies for you to wave in front of your parents/sibling/other half, so that Santa might leave you something a little bit special on December 25.



3

4



5



1. Zefal Arctica bottle £9.99

Contact www.chickencycles.co.uk

2. Sealey PW1712 rechargeable pressure washer £137.94 (Xmas price)

Contact www.sealey.co.uk

3. Fizik Cyrano 00 handlebar £299.99

Contact www.extrauk.co.uk

4. Fabric Scoop Elite saddle £39.99 and handlebar tape £19.99

Contact www.fabric.cc

5. Zefal ZB brush set £13.99

Contact www.chickencycles.co.uk

6. Park Tool Advanced Mechanic Tool Kit £299.99

Contact www.madison.co.uk

**CHRISTMAS GIFTS
BIKE PRESENTS**



6

7



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12



13



7. Hiplock D Black lock £59.99
Contact www.hiplok.com
8. Pegatin custom bike stickers from £9.99
Contact www.petagin.com

9. Lezyne Mega Drive light £169.99
Contact www.upgradebikes.co.uk
10. Bryton Rider 60 computer £290
Contact www.paligap.cc
11. Miche Vibrostop stickers £12.99
Contact www.chickencycles.co.uk

12. Specialized Women's Oura Expert Gel saddle £80
Contact www.specialized.com
13. Topeak Transformer X track pump £95
Contact www.extrauk.co.uk

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2



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12



1. Halfords 'Eat Drink Ride Repeat' mug £5
 Contact www.halfords.co.uk
2. Fixie Pizza Cutter €17.95
 Contact www.doiydesign.com
3. Pro Cycling Trumps/Legends card game £7.99 each
 Contact www.procyclingtrumps.com

4. Condor 'Since 1948' cap £9.99
 Contact www.condorcycles.com
5. Brooks MT10 Multitool £32.99
 Contact www.brooksengland.com
6. Cycling Anthology books £8.99 each
 Contact www.randomhouse.co.uk
7. B'twin 300 V100 clip light £8.50

Contact www.decathlon.co.uk
8. Hackney GT Alpine bobble hat £22.50
 Contact www.hackneygt.com
9. Kopi Coffee subscription from £7.95
 Contact www.kopi.co.uk
10. Secret Training Race Day Personal Care Kit £50

**CHRISTMAS GIFTS
STOCKING FILLERS**

13



14



15



16



17



18



19



Contact www.secret-training.cc

11. *Cycling: Let's Get Quizzical* book £7.99

Contact www.summersdale.com

12. Muc-Off Shower Scrub, Dry Shower and Ice Fresh Towel from £3

Contact www.muc-off.com

13. Velo Pac musette £20

Contact www.velopac.cc

14. Women's Viva Donna Skully £19.99

Contact www.saddleback.co.uk

15. CycloCross 2013/2014 album £29.99

Contact www.cyclephotos.co.uk

16. BAM bamboo sock set £18.50 (4-pack)

Contact www.bambooclothing.co.uk

17. Roger De Vlaeminck/Brooklyn Chewing Gum T-shirt £19.95

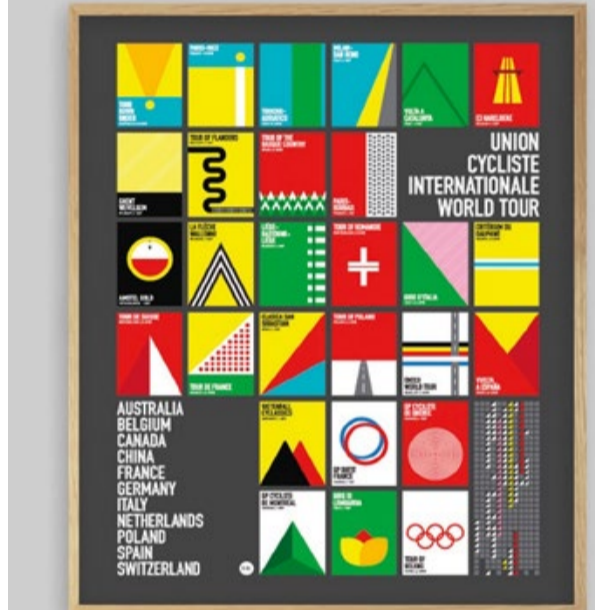
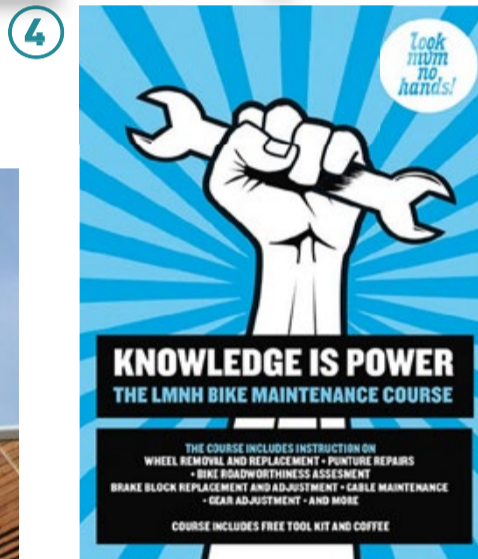
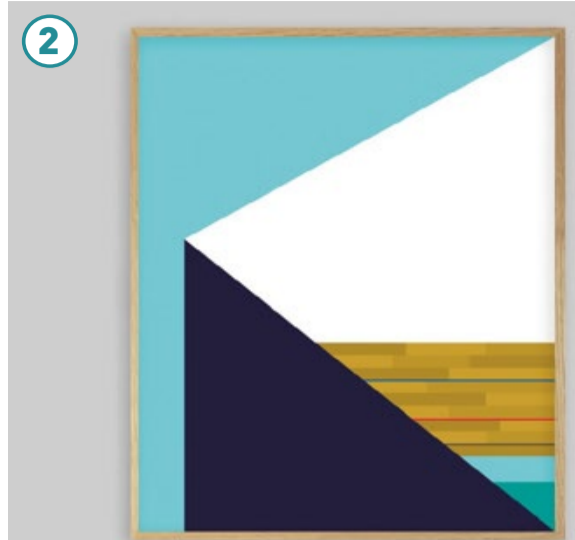
Contact www.prendas.co.uk

18. Six-bottle bike bag £34.99

Contact www.firebox.com

19. Katie's Bike Rainboz necklace £60

Contact www.katiesbike.com



1. Prendas retro postcards £3.50
 Contact www.prendas.co.uk
2. Rebecca J Kaye Prints from £18
 Contact www.rebeccajkaye.com

3. Six-month *Cycling Weekly* magazine subscription £48.99
 Contact po.st/cwsub

4. Look Mum No Hands bike maintenance course £75
 Contact www.lookmumnohands.com

**CHRISTMAS GIFTS
ENVELOPE PREZZIES**



6



7



8 ICE medical sticker £1.50
www.cerql.co.uk



9 Marsh-Mallows luxury cycling holiday (prices vary)
Contact www.marsh-mallows.com



11



5. Olympic Velodrome taster gift session £30
Contact www.visitleighvalley.org.uk

6. Women's Only Breeze Ride £FREE
Contact www.goskyride.com/breeze
7. Personalised Splash Map £28.99
Contact www.splash-maps.com

10. Cycling Weekly sportive from £25
Contact www.bookmyride.co.uk
11. Ordnance Survey custom map £16.99
Contact www.oscustommade.co.uk



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6

1. Alé PRR Woman Winter Heavyweight Jacket £160

Contact www.paligap.cc

2. Rapha Climber shoes £280

Contact www.rapha.cc

3. ILE Apex Day Pack £124

Contact www.vamperformance.com

4. Milltag Stripes jersey £80

Contact www.milltag.cc

5. Prendas Molteni sweater £69.95

Contact www.prendas.co.uk

6. Milltag Stripes arm-warmers £20

Contact www.milltag.cc

7. Giro Fathom helmet £119.99

Contact www.zyro.co.uk

**CHRISTMAS GIFTS
TREAT YOURSELF**



8. Strider 12 Pro children's bike £99.99
Contact www.striderbike.co.uk
9. Specialites T.A clock £59.99
Contact www.chickencycles.co.uk
10. Vulpine Harrington rain jacket £195

Contact www.vulpine.cc
11. Sony HDR AS100V Action Cam £319
Contact www.sony.co.uk
12. Suunto Ambit3 Sport GPS watch £275
Contact www.suunto.com

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13 issues £39.99
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13 issues £42.99
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£46.00 **Save £13**



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Cycling
WEEKLY
SPORTIVES
PLAN YOUR NEXT EVENT

Let us know about your event: email us at cycling@timeinc.com

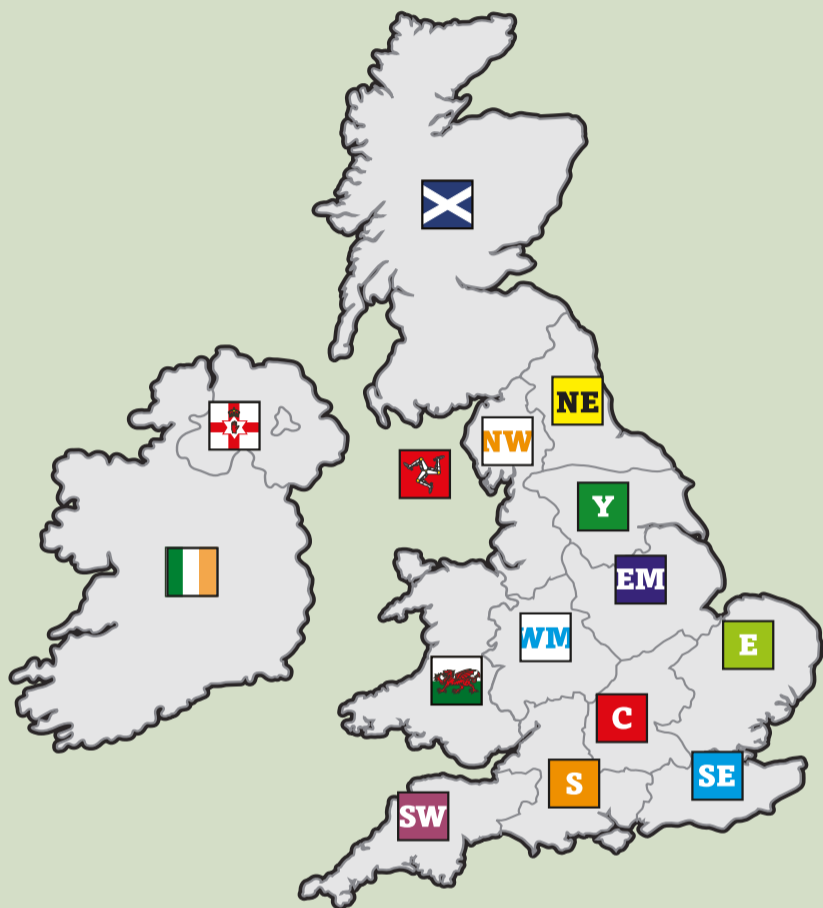
2015 sportive calendar

OVER THE NEXT 16 pages, *CW* unveils details of no fewer than 263 sportives due to take place during 2015. What better basis for a new year's resolution to get fitter and faster? Pick your must-do events, and let the training begin!



Photo: Chris Catchpole

Key to regions



Attack gradients en masse for an easier ascent

Photos: Chris Catchpole, Andy Jones, Sportive Photo

Saturday January 10

E **ORDNANCE SURVEY NUT CRACKER**
 Rowley Mile Racecourse, CB8 0TF
 37/53 miles £27
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Saturday January 10

SE **THE OPEN WHEEL: LONDON BREAKFAST RIDE**
 Gillet Square, Dalston, London, N16 8AZ
 20 miles £free
 @TheOpenWheel
www.theopenwheel.com/rides

Sunday January 11

S **PERFORMANCE CYCLES WINTER MINI-SPORTIVE SERIES (4 OF 6)**
 Waterland Pursuits, Lake 32 Spratsgate Lane, GL7 6DF
 45/65 miles £8.50
www.performancecycles.co.uk/mini/

Sunday January 18

C **HARP HILLY HUNDRED**
 Nash Mills Recreation Centre, Kings Langley, HP3 9TE
 55/100km £10
www.harphillyhundred.org.uk
ET-EM

Sunday January 25

C **WOODCOTE WILDWOOD CX SPORTIVE**
 Langtree School, Woodcote, Oxfordshire, RG8 0RA
 40/60/80km £20/£24
 @cyclosportive
www.southernsportive.com
FS-ET-ATC-EM

Saturday January 31

S **ORDNANCE SURVEY JANUARY INSANITY**
 Sparsholt College, Hampshire, SO21 2NF
 40/57 miles £27
 @ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday February 8

E **ORDNANCE SURVEY EQUALIZER**
 Colchester Football Club, Essex, CO4 5UP
 39/60 miles £27
 @ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday February 8

S **PERFORMANCE CYCLES WINTER MINI-SPORTIVE Series (5 of 6)**
 Waterland Pursuits, Lake 32 Spratsgate Lane, GL7 6DF
 45/65 miles £8.50
www.performancecycles.co.uk/mini/

Saturday February 14

SE **THE OPEN WHEEL: LONDON BREAKFAST RIDE**
 Gillet Square, Dalston, London, N16 8AZ
 20 miles £free
 @theopenwheel
www.theopenwheel.com/rides

Sunday February 15

NW **TORELLI CHESHIRE MINI SPORTIVE**
 Poynton Leisure Centre, Yew Tree Lane, Poynton, SK12 1PU
 30/60 miles £20/£25
www.cheshiremini.sportive2015.blogspot.co.uk
CF-FS-ET-EM

Sunday February 23

E **WIGGLE NO EXCUSES**
 Huntingdon Racecourse, Huntingdon, PE28 4NL
 41/80 miles £33
 @ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday February 22

EM **CORITANIAN CRIPPLER**
 Leicestershire Road Club, Birstall, LE4 5PN
 36/50/65/81 miles £4
www.coritaniancripler.org.uk
CF-FS-EOL-EM

ABBREVIATIONS: **CF** changing facilities, **ET** electronic timing, **FS** feed station, **ATC** affiliated to charity, **EOL** entry on the start line, **EM** electronic mapping



Keswick: top of the class for scenery

Sunday March 8

SE SOUTH DOWNS STING CX SPORTIVE

Duncton Pavilion, Duncton,
West Sussex, GU28 0JY
40/60/80km £20/£24
www.southern sportive.com
CF-FS-ET-ATC-EM

Sunday March 8

SE THE VO2 SPORTIVE

VO2 Cycling Ltd,
The Walled Garden,
Hildenborough, TN11 8ND
30/65/120km £25
@vo2cycling
www.thevo2sportive.co.uk
CF-FS-ET-EM

Sunday March 8

C WARE'S CAMBRIDGE?

Allenburys Sports and Social
Club, Ware, SG12 0DJ
30/50/80 miles £18/£20
@Sportive_UK
www.sportiveuk.co.uk
CF-FS-ET-EM

Sunday March 1

EM CTC SULLEY CHALLENGE RIDES

Wycliffe Rooms, George
Street, Lutterworth, LE17 4ED
32/50/70/100km £4
www.ctclr.org.uk

Sunday March 8

S PERFORMANCE CYCLES SPORTIVE

(6 of 6)
Waterland Outdoor Pursuits,
Lake 32 Spratsgate Lane,
GL7 6DF
45/65 miles £8.50
www.performancecycles.
co.uk/mini

Fri-Thurs March 6-12

SW DARTMOOR CYCLING CAMP

Sherrill Farm Holiday
Cottages, PL19 0QP
Various £695
@JustEventsLtd
www.dartmoor.biz
CF-FS-EM

SPORTIVES

Keep an eye on www.
cyclingweekly.co.uk
for all the latest
sportive news and
more dates.

Sunday March 1

SE JOANNA ROWSELL RIDEOUT

Wotton Park Hotel,
Dorking, RH5 6HS
40 miles £400
www.action.org.uk/joanna-
rowsell-rideout
CF-ATC

Sunday March 9

NW POLOCINI WINTER SPRINTER

The Woodford Centre,
Woodford, Cheshire, SK7 1PS
32/63 miles £15/£20
@polocini
www.polocini.com
CF-FS-EM

Sunday March 8

Y 65 ROSES SPRING CLASSIC

Dorothy Hyman Sports
Centre, Cudworth, S72 8LH
48/68 miles £25
www.65Roses-SpringClassic.
co.uk
CF-FS-ATC-EM

Sunday March 8

SE THE PUNCHEUR

Ditchling Pavilion,
BN1 8TY
65 miles £25
@puncheurportif
www.puncheur.co.uk
CF-FS-ET-EM



The sportive season doesn't wait for warm weather

Saturday March 14

SE **THE OPEN WHEEL: LONDON**
BREAKFAST RIDE
 Gillet Square, Dalston, London, N16 8AZ
 20 miles £free
 @theopenwheel
 www.theopenwheel.com/rides

Saturday March 14



S **WILTSHIRE WILDCAT**
 Salisbury Racecourse, Wiltshire, SP2 8PN
 34/62/80 miles £22.50/£31.50
 @cyclingweekly
 www.bookmyride.co.uk
CF-FS-EOL-ET-EM



The Wiltshire Wildcat: purr-inducing panoramas

Sunday March 22

SW **GRAND TOUR SOMERSET SPORTIVE**
 North Curry Primary School, North Curry, TA3 6NQ
 85/102 miles £25
 tinyurl.com/nptpvb4
CF-FS-EM

Sunday March 29

SW **HALDON HEROIC — CX SPORTIVE**
 Stover School, TQ12 6QG
 80 km £37
 @JustEventsLtd
 www.HaldonHeroic.co.uk
FS-EM

Sunday March 29

S **THE JOKER**
 Salisbury Racecourse, Netherhampton, SP2 8PN
 80-90km/100-120km £28/£30
 @cyclospotive
 www.southernsportive.com
FS-ET-ATC-EM

Sunday April 5

NW **PENDLE WITCHES VINTAGE VELO**
 The Craven Heifer Public House, Rawtenstall, BB4 8LA
 13/56 miles £6.95/£16.95
 www.pendlewitchesvintagevelo.co.uk
FS-ATC-EM

Sunday April 5

Y **BLUE GIRAFFE BICYCLES NORTH YORK MOORS SPRING CLASSIC**
 Stokesley Town Hall TS9 5DG
 30/56 miles £15/£20
 @bluegiraffe1
 www.bluegiraffebicycles.co.uk

Sunday March 15

NW **THE SHROPSHIRE DEVIL**
 Minsterley Community Centre, Minsterley, SY5 0BZ
 48/80 miles £25
 www.redkiteevents.co.uk
FS-ET-EM

Sunday March 22

S **LIONHEART SPORTIVE**
 Longleat, Warminster, Wiltshire, BA12 7NW
 62/100 miles £40/£42
 @HumanRaceEvents
 www.humanrace.co.uk/cycling
FS-ET-EM

Sunday March 29

Y **NIDDERDALE SPORTIVE**
 Dacre Banks, Dacre Harrogate, N Yorkshire, HG3 4ES
 65/85 miles £25
 www.functionalfitnessevents.co.uk
CF-FS-ET-EM

Sunday April 5

C **THE QUATTRO SPORTIVE**
 Cogenhoe Football Club, Brafield Road, NN7 1ND
 50/63/84 miles £25/£27/£29
 tinyurl.com/p796e36
FS-EM

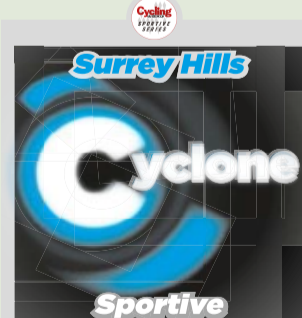
Sunday March 15

NW **JODRELL BANK CLASSIC SPORTIVE**
 Poynton Leisure Centre, Poynton, SK12 1PU
 26/50/80 miles £22.50/£27.50
 @TeamTorelli
 tinyurl.com/lznr5tb
CF-FS-ET-EM

Sunday March 22

C **ORDNANCE SURVEY COBBLER CLASSIC**
 TBC near Towcester
 39/60/76 miles £18/£30
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday March 29



SE **SURREY HILLS CYCLONE**
 Friends Life, Surrey, RH4 1QA
 28/61/81 miles £25-£35
 @cyclingweekly
 www.bookmyride.co.uk
CF-ET-FS-EM

Monday April 6

S **LAINSTON HOUSE**
 Lainston House Hotel, Sparsholt, Winchester, SO21 2LT
 30/70/120km £35
 @cycletoursuk
 www.cycletoursuk.com
FS-EM

Saturday March 21

SE **THE COMPACT 50**
 Cobham Village Hall, Cobham, KT11 2LU
 50 miles £25
 www.5034events.co.uk
CF-FS-ET-ATC-EM

Sunday March 22

SE **THE SPRING ONION**
 Cobham Village Hall, Lushington Drive, KT11 2LU
 65 miles £25 early bird
 www.5034events.co.uk
CF-FS-ET-ATC-EM

SPORTIVES Keep an eye on www.cyclingweekly.co.uk for all the latest sportive news and more dates.

Saturday April 11

C LONDON BREAKFAST RIDE

Gillet Square, Dalston, London, N16 8AZ
20 miles £free
@theopenwheel
www.theopenwheel.com/rides

Sunday April 12



Y MOORS AND SHORES

Dalby Forest, N Yorkshire, YO18 7LT
45/60 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF/FS/ET/EM

Sunday April 12

C GUIDE DOGS TOUR

Guide Dogs for the Blind Association, Hillfields, RG7 3YG
41.5/84/125km £18/£22/£26
@dengievents
www.dengievents.co.uk
CF-ET-FS-EOL-ATC-EM

Sunday April 12

SW HAMMER SPORTIVE!

Salcombe Rugby Club, Salcombe, TQ8 8AX
65/105/135km £25.99/£29.99
www.hammersport.co.uk
CF-ET-FS-EOL-ATC-EM

Sunday April 12

C HERTS EASTER HUNT

Chancellor's School, Hatfield, AL9 7BN
33/65/98 miles £18/£20
@Sportive_UK
www.sportiveuk.co.uk
CF-FS-ET-EM

Sunday April 12

WM SHAKESPEARE SPRING 100

Stratford-upon-Avon Park and ride, Stratford-upon-Avon, CV37 0RE
50/100km £29
www.macride-events.org.uk
FS-ATC-EM

Sunday April 12

SE THE FOOL'S ERRAND IV —

FOOL YOU MORE
Hadlow College, Hadlow, TN11 0AL
60/120km £15/£25
@Widehorizons_uk
www.widehorizons.org.uk/thefoolserrand
CF-FS-ET-ATC-EM

Mon-Sun April 13-19

SW DARTMOOR CYCLING CAMP

Bellever Youth Hostel, PL20 6TU
Various £595
@JustEventsLtd
www.dartmoor.biz
CF-FS-EM

Saturday April 18

Y WEST RIDING CLASSIC

Clapham Village Hall, Clapham 33/60/75 miles £26
@theopenwheel
www.theopenwheel.com
FS-ET-ATC-EM

Saturday April 18

Y VELO29-ALTURA DAFFODILS

Thirsk School, Thirsk, YO7 1RZ
36/77/88 miles £15/£25
@Velo29Eventscom
www.velo29events.com/sportives
CF-FS-ET-ATC-EM

Sunday April 19

E ACTION PETERBOROUGH 100

Marriott Hotel, Peterborough, PE2 6GB
46/64/101 miles £30/£55
www.action.org.uk/peterborough-100
CF-FS-ET-ATC-EM

SPORTIVES

Keep an eye on www.cyclingweekly.co.uk for all the latest sportive news and more dates.

Sunday April 12

NW THE SHAP SPRING CLASSIC (PART OF THE LAKELAND CLASSIC SERIES)

Coniston School, Coniston, LA21 8EW
75 miles £25
www.seismic-events.co.uk
CF-FS-ET-ATC-EM

Sat-Sun April 11-12

S WIGGLE NEW FOREST SPRING

Matchams Leisure Park, near Ringwood, BH24 2BT
62/84 miles £33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM



The choppy parcours of Moors and Shores

Sunday April 19

SE ON YOUR BIKE
 Riverside Leisure Area,
 Gravesend, DA12 2RL
 15/30/45 miles £20
 @onyourbikeGsend
 www.onyourbike.org.uk
FS-ET-EM

Sunday April 19

SW THE EXMOOR BEAUTY
 Tiverton High School,
 EX16 6SQ
 100km £30
 www.exmoorbeauty.org
CF-FS-ET-EM

Sunday April 19

NW TORELLI MANCHESTER-CHESTER-MANCHESTER
 Poynton Leisure Centre, Yew Tree Lane, Poynton, SK12 1PU
 30/60/100 miles £22.50/£27.50
 www.mcmsportive2015.blogspot.co.uk
CF-FS-ET-EM



The high road: Etape Caledonia

Sunday April 19

E WIGGLE SPRING SADDLE
 Rowley Mile Racecourse,
 Newmarket, CB8 0TF
 38/73/100 miles £23/£33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday April 26

WM ACTION WARWICKSHIRE 100
 Warwick Racecourse,
 CV34 6HN
 37/60/101 miles £30/£55
 www.action.org.uk/
 warwickshire-100
CF-FS-ET-ATC-EM

Sunday April 26

SE KM BIG BIKE RIDE
 Baypoint Club,
 Sandwich, CT13 9QL
 50/100km £30
 www.kmcharityteam.co.uk/
 challenge/bikeride
CF-FS-ET-ATC

Sunday April 26

SE WIGGLE UPS AND DOWNS
 Friends Life Building,
 Dorking, RH4 1QA
 36/80/102 miles £23/£33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Saturday April 25

EM DARE 2B RUTLAND CICLÉ TOUR
 Giant Store Rutland, Rutland Water, South Shore, LE15 8HD
 21/57/78/104 miles £20/£30
 @itpcycling
 www.itpevents.co.uk
FS-ET-ATC-EM

Sunday April 26

ETAPE LOCH NESS
 Inverness, TBC
 67 miles £58
 @EtapeLochNess
 www.etapelochness.com
FS-ET-EM

Sunday April 26

C ST. GEORGE'S SPORTIVE
 Princes Risborough School,
 Merton Rd, HP27 0DT
 78/112/133km £22/£23/£24
 @cyclosportive
 www.southernsportive.com
FS-ET-ATC-EM

Fri-Sun May 1-3

C HALOW250
 TBC
 250 miles £300 plus
 fund-raising
 @halow250
 www.halow250.org.uk
CF-FS-ATC-EM

Saturday April 25

TOUR OF PEMBROKESHIRE
 Oriol y Parc, St. Davids,
 SA62 6NW
 50/75/100 miles £30/£35
 @pembstour
 www.tourofpembrokeshire.co.uk
CF-FS-E-ATC-EM

Sunday April 26

GRAN FONDO CONWY
 Conwy Quay, Conwy,
 LL32 8BB
 40/70/104 miles £31.99/
 £35.99/£39.99
 @aahevents
 www.granfondoconwy.com
FS-EM-ET

Sunday April 26

S WHITE HORSE CHALLENGE
 Viscountess Barrington's Memorial Hall, Shrivenham,
 SN6 8BL
 90 miles £30
 www.whitehorsechallenge.com
FS-ET-ATC

Fr-Mon May 1-4

ROUND THE ISLAND CYCLE CHALLENGE
 Ibiza TBC
 135/190km £75 plus £1,300
 fund-raising
 @GreatOrmondSt
 www.gosh.org/ibiza
CF-FS-ATC

Saturday May 2

SW **DARTMOOR DEMON**
Exeter Racecourse,
EX6 7XS
58/98 miles £31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Saturday May 2

X **DRUMLANRIG CHALLENGE**
Drumlanrig Castle, Dumfries,
DG3 4AG
38/66/100 miles £donation
www.tearfundcycling.btck.co.uk
FS-ATC-EM

May 2-4

SE **THREE DAYS IN SURREY**
Cobham Village Hall,
Cobham, KT11 2LU
195 miles £25/£42.50/£60
www.5034events.co.uk
CF-FS-ET-ATC-EM

**Take a tour of Dartmoor****Sunday May 3**

I **AN POST TOUR OF SLIGO**
Institute of Technology, Sligo
60/100/160km €30/€40
www.tourofsligo.ie
CF-FS-ATC

Sunday May 3

NW **GREAT DUN FELL CYCLE SPORTIVE**
Appleby Sports Centre,
Cumbria, CA16 6XU
63 miles £23
@sport_in_action
www.sportinaction.co.uk
CF-FS-EM-ATC

Sunday May 3

E **CAMBRIDGE 100/50**
Impington Village College,
New Road, CB24 9LX
50/100 miles £TBC
@BikeEventsTeam
www.bike-events.com/cambridge100
FS-ET-ATC

Sunday May 3

I **CIRCLE OF HOPE**
Hope Parish Hall, Kiln
Lane, Wrexham, LL12 9PH
15/50/100 miles £20
@COHbikeride
www.circleofhopebikeride.co.uk
CF-FS-ATC

Sunday May 3

C **CLASSIC OXFORDSHIRE**
Harwell Oxford, Didcot,
OX11 0QX
12/30/60/75/100 miles £8/
£19.50/£24
www.bike-events.com/classicoxfordshire
FS-ET-ATC

Sunday May 3

I **PRESELI ANGEL**
Newport Boat Club, The
Parrog, Newport, SA43 0RP
40/80 miles £10/£15
@baxtertwt
www.velo-teifi.org.uk
CF-FS

Sunday May 3

SW **SOMERSET HILLS GRAN FONDO**
14 Hopwoods Corner,
Cheddar, Somerset, BS27 3EU
71/142/200km £22-£30
www.somersetgranfondo.co.uk
ET-FS-EOL-ATC-EM

Sunday May 3

I **WIGGLE WYE VALLEY WARRIOR**
Chepstow Racecourse,
Monmouthshire, NP16 6BE
54/67/106 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Monday May 4

SE **THE EXCLUSIVE SPORTIVE SERIES: SOUTH LODGE HOTEL**
South Lodge Hotel, near
Horsham, RH13 6PS
15/60/80/130km £35
@cycletoursuk
www.cycletoursuk.com
FS-EM

Saturday May 9

SW **TAUNTON FLYER**
Taunton Racecourse,
TA3 7BL
54/100km £30/£35
@JustEventsLtd
www.tauntonflyer.com
CF-FS-ET-ATC-EM

Saturday May 9

C **THE OPEN WHEEL: LONDON BREAKFAST RIDE**
Gillet Square, Dalston,
London, N16 8AZ
20 miles £free
@theopenwheel
www.theopenwheel.com/rides

Sunday May 10

SW **ACTION BATH 100**
The Fry Club and
Conference Centre,
Keynsham, BS31 2AU
40/61/100 miles £30/£55
www.action.org.uk/bath-100
CF-FS-ET-ATC-EM

Sunday May 10

E **ACTION SUFFOLK SUNRISE 100**
Framlingham College,
Framlingham, IP13 9EY
45/60/103 miles £30/£55
www.action.org.uk/suffolk-sunrise-100
CF-FS-ET-ATC-EM

Sunday May 10

SW **EDEN CLASSIC**
Eden Project, Bodelva,
PL24 2SG
30/60/95 miles £23/£27/£31
www.edenproject.com/eden-classic
FS-ET-ATC-EM

Sunday May 10

X **ETAPE CALEDONIA**
Pitlochry TBC
81 miles £70
@etapeseries
www.etapecaledonia.co.uk
FS-ET-ATC

Sunday May 10

C **HERTFORDSHIRE 100/50/25**
Stanborough Park, Welwyn
Garden City, AL8 6DQ
25/50/100 miles £18.50/£19.50
/£23.50
@BikeEventsTeam
www.bike-events.com/herts100
FS-ET-ATC



Experience the highs of the South Downs

Sunday May 10

NE **HIGH PEAK HOG**
Glossop Cricket Club,
Glossop, SK13 7AS
50/83 miles £25
@GKVCC
tinyurl.com/k6brnc3
CF-ET-FS-EM

Sunday May 10

C **SQUIRES AND SPIRES SPORTIVE**
Naseby Village Hall, Naseby,
NN6 6DE
51/73/100 miles £25/£27
/£29
tinyurl.com/mweyusr
FS-EM

Sunday May 10

WM **THE HEREFORDSHIRE DEVIL**
Leominster Community Hall,
Leominster, HR6 8NJ
56/83/133 miles £20/£25
www.redkiteevents.co.uk
FS-ET-EM

Saturday May 16

NE **WOOLER WHEEL BORDERLANDS**
John Swan Livestock Mart,
Wooler, NE71 6SL
30/60/100/170km £15/£20/
£25/£30
www.woolerwheel.com
FS-ET-EM

Sunday May 10

C **LONDON CYCLE SPORTIVE**
Herne Hill Velodrome
30/62/100 miles £40/£46/
£48
@HumanRaceEvents
tinyurl.com/mz5h4y3
ET-FS-ATC-EM

Sunday May 10

SE **SWRC MAY FLYER**
Oxshott Village Centre,
Oxshott, KT22 0QJ
86/153km £25
www.swrc.org.uk/mayflyer-
sportive
ET-FS-EOL-ATC-EM

Sunday May 10

WM **THE LAPIERRE TOUR OF THE BLACK COUNTRY**
Aldersley Stadium,
Wolverhampton, WV6 9NW
100km £25
@TotBlackCountry
tinyurl.com/p2ov3lg
CF-FS-ET-ATC-EM

Saturday May 16

EM **DARE2B THORESBY CICLE TOUR**
Thoresby Hall, near Ollerton,
NG22 9HW
34/50/77/89 miles £20/£27
@itpcycling
www.itpevents.co.uk
CF-FS-ET-EM

Sunday May 10

EM **LOUTH MERIDIAN SPORTIVE**
Meridian Leisure Centre,
Wood Lane, Louth, LN11 8SA
13/28/51/85 miles £10/£20/£27
@itpcycling
www.itpevents.co.uk
CF-FS-ET-EM

Sunday May 10

C **THAMES BRIDGES BIKE RIDE**
TBC
8/34/50 miles £TBC
@thestrokeassoc
www.stroke.org.uk
FS-ATC-EM

Sunday May 10

SW **WIGGLE JURASSIC BEAST**
National Tank Museum,
Bovington, BH20 6JG
36/63/101 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday May 17

Y **ETAPE DU DALES**
Wharfedale Rugby Club,
Grassington, BD23 5BS
112 miles £49
@DaveRaynerFund
www.daveraynerfund.co.uk/
etapedudales
CF-FS-ET-EM-ATC

Sunday May 10

C **RIDE CHARTRIDGE**
Chartridge Combined
School, Chartridge, HP5 2TW
30/60/75 miles £15/£20
@ridechartridge
www.ridechartridge.com
FS-ET-ATC-EM

Sunday May 10

S **THE HAMPSHIRE HILLY HUNDRED**
Sparsholt College, SO21 2NF
75/100 miles £26
www.hampshirehilly.moon-
fruit.com
CF-FS-ET-ATC-EM

Saturday May 16

NE **VELO29-ALTURA BUTTERTUBS**
Croft Motor Racing Circuit,
Darlington, DL2 2PL
35/70/100 miles £15/£25
@Velo29Eventscom
www.velo29events.com/spor-
tives
CF-FS-ET-ATC-EM

Sunday May 17

NW **BLUE GIRAFFE BICYCLES LADIES ONLY CUP CAKE RIDE**
Great Broughton and Kirkby
Sports Club, TS97HG
50km £15
@bluegiraffe1
www.bluegiraffebicycles.
co.uk

Sunday May 17

SE **ACTION CASTLE 100**
Tonbridge Castle, Kent,
TN9 1BG
34/70/103 miles £55
www.action.org.uk/castle-ride-100
CF-FS-ET-ATC-EM

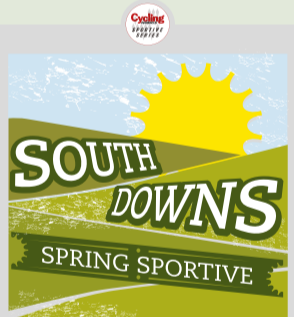
Sunday May 17

WM **MACRIDE DYNAMIC 100**
Blythe Valley Park, Solihull,
B90 8AT
62/100 miles £27
www.dynamic100.org.uk
CF-FS-ATC-EM

Sunday May 17

SX **SOLWAY SPORTIVE**
Dumfries Rugby Club,
New Abbey Road, DG2 7LU
30/64/122km £7.50/£15/
£20
www.dumfriescc.btck.co.uk/
SolwaySportive
CF-FS-ATC-EM

Sunday May 17



SE **SOUTH DOWNS SPRING SPORTIVE**
Plumpton Racecourse, East
Sussex, BN7 3AL
33/57/74 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Sunday May 17

S **THE GREAT WESTERN SPORTIVE**
Nationwide House, Pipers
Way, Swindon, SN3 1TA
80/134/170km £26/£28/
£30
@cyclosportive
www.southern sportive.com
FS-ET-ATC-EM

Sunday May 17

NW **TORELLI WIZARD SPORTIVE**
Poynton Leisure Centre,
SK12 1PU
30/60/100 miles £22.50/£27.50
@TeamTorelli
www.wizardsportive.blogs-
pot.co.uk
CF-FS-ET-EM

Sunday May 17

E **TOUR DE TENDRING**
Dovercourt Swimming Pool,
Dovercourt, CO12 3TS
6/20/60 miles £6.50/£17.50/
£19.50
@BikeEventsTeam
www.bike-events.com
FS-ET-ATC

Sunday May 17

E **TOUR OF THE DENGIE CYCLOSPORTIVE**
Bradwell Marina, Bradwell
Waterside, CM0 7RB
43/83km £18/£22
@dengieevent
www.dengieevents.co.uk
CF-ET-FS-EOL-ATC-EM

Saturday May 23

Y **RICHMOND 5 DALES**
Richmond School, Richmond,
DL10 7BQ
60/85/118 miles £20
@RichmondCC1
www.richmondcc.co.uk/cyclo-
sportives
CF-FS-ET-ATC-EM

Sunday May 24

S **CHAVENAGE CHALLENGES SPORTIVE**
Chavenage House, Tetbury,
GL8 8XP
40/80 miles £25/£30
www.chavenagechallenges.
co.uk
FS-ATC-EM

Sun-Mon May 23-June 1

GL **RIDE 999**
Olympic Velopark,
Abercrombie Road, E20 3AB
900 miles £1,500
@Ride_999
www.getconnected.org.uk/
ride999
CF-FS-ATC-EM

Sunday May 24

W **CONTINENTAL WELSH WILD WEST**
Aberystwyth Castle, New
Promenade, SY23 2AU
28/41/71/114 miles £20/30
@gwylseicloaber
www.abercyclefest.com
CF-FS-ET-EM

Sunday May 24

NW **LO SCORPIONE**
Ford Park, Ford Park
Crescent, Ulverston,
Cumbria, LA12 7JP
102km £33
@sportivelakes
www.sportivelakes.co.uk/lo-
scorpione
CF-FS-EM



We heart Hampshire: some of the best riding in the UK

Sunday May 24

NW **MANCHESTER TO LIVERPOOL**
Salford Watersports Centre,
Salford Quays, M50 3SQ
40/55 miles £18.50
@BikeEventsTeam
www.bike-events.co.uk/man-
chesterliverpool
FS-ET-ATC

Sunday May 24

NW **THE POLKADOT CHALLENGE**
Woodford Community Centre,
Stockport, SK7 1PS
60/100 miles £28
@ThePolkadotChal
www.polkadotchallenge.co.uk
CF-FS-ET-ATC-EM

Monday May 25

SE **LORD WHISKY CYCLO SPORTIVE**
Park House, Stelling Minnis,
Canterbury, CT4 6AN
50/72 miles £15
@LordWhiskyCS
www.lordwhisky.co.uk
FS-ATC-EM

Saturday May 30

S **WIGGLE BOURNEMOUTH**
Matchams Leisure Park, near
Ringwood, BH24 2BT
49/75/103 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday May 31

C **CHILTERN 100 SPORTIVE**
Old Bovingdon Airfield,
Whelpley Hill, Chesham,
HP5 3RR
76/110 miles £40/£42
www.humanrace.co.
uk/cycling
FS-ET-ATC-EM

Sunday May 31

E **NORWICH 100/50/25**
The Forum, Millennium Plain,
Norwich, NR2 1TF
25/50/100 miles £18.50/£19.50/
£22
@BikeEventsTeam
www.bike-events.com/nor-
wich100



Heading straight for the horizon: CW's Arrow Sportive, Lincolnshire

Sunday May 31



EM THE ARROW
Market Rasen
Racecourse, Lincolnshire,
LN8 3EA
50/67/102 miles
£22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Sunday May 31

THE BALA DEVIL
Bala Football Club,
Castle Street, Bala, LL23 7BF
80/102 miles £25
www.redkiteevents.co.uk
CF-FS-ET-EM

Fr-Sun June 5-7

DRAGON TOUR
Margam Park, Port
Talbot, SA13 2TJ
43-302km £Various
@HumanRaceEvents
www.humanrace.co.uk/
cycling
CF-FS-ET-ATC-EM

Saturday June 6

WM WIGGLE STRATFORD TEMPEST
Warwick Racecourse,
Hampton Street, CV34 6HN
47/69/94 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday June 7

S DAVINA'S BIG SUSSEX BIKE RIDE
East Sussex National Hotel
and Golf Course, Uckfield,
TN22 5ES
21/40/68 miles £30/£55
www.action.org.uk/davinas-
big-sussex-bike-ride
CF-FS-ET-ATC-EM

Sunday June 7

NE BLUE GIRAFFE BICYCLES BEAST OF THE NORTH YORK MOORS
Stokesley Town Hall,
Middlesbrough, TS9 5DG
101 miles £30/£35
@bluegiraffe1
www.bluegiraffebicycles.

Sunday June 7

SW THE DORSET SMUGGLER
Weymouth College, DT4 7LQ
52/75/112 miles £25/£27/£29
tinyurl.com/kzrsjk2
FS-EM

Sunday June 7

NW THE CHESHIRE COBBLED CLASSIC
Wilmslow Leisure Centre,
Rectory Fields, Wilmslow,
SK9 1BU
105km £25
@cheshirecobbled
tinyurl.com/q5fqclt
CF-FS-ET-ATC-EM

Sunday June 7

SW THE SMUGGLER
Bike Shed, The Square
Barnstaple, EX32 8LS
25/50/80 miles £20/£25/£30
@smugglerycycle
www.thesmugglersportive.
co.uk
CF-FS-ATC-EM

Sunday June 7

WIGGLE DRAGON RIDE
Margam Park, Margam, Port
Talbot, SA13 2TJ
43/153/226/302km £35-£95
@HumanRaceEvents
www.humanrace.co.uk/
cycling
FS-ET-ATC-EM

Sunday June 7

S WIGGLE SUSSEX SURREY SCRAMBLE
Chichester College,
Pulborough, RH20 1DL
50/76/101 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Saturday June 13

C THE OPEN WHEEL: LONDON BREAKFAST RIDE
Gillet Square, Dalston,
London, N16 8AZ
20 miles £free
@theopenwheel
www.theopenwheel.com

Sunday June 14

EM ST BARNABAS GRIMSTHORPE CHALLENGE
Grimsthorpe Castle,
Grimsthorpe, nr Bourne,
Lincs PE10 0LY
30/58/82/108 miles £20/£29
www.itpevents.co.uk
FS-ET-ATC-EM

Sunday June 14

WIGGLE FRENCH REVOLUTION
Dover Ferry Port
59/74 miles £70
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EM-ET

Sunday June 14

VELOTHON WALES
Cardiff City Hall,
CF10 3ND
50/120km £30
via official charity partner
@VelothonWales
www.velothon-wales.co.uk
CF/FS/ET/EM/ATC

Saturday June 20

S WIGGLE THE LONG ONE
Fontwell Racecourse,
BN18 0SX
48/83/125 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday June 21

X ACTION TROSSACHS TON
Stirling High School,
Torbex, FK8 2PA
33/75/106 miles £30/£55
www.action.org.uk/
trossachs-ton
CF-FS-ET-ATC-EM

Sunday June 21

X BRAW LADS BAW BREAKER
The Focus Centre,
Livingstone Place, Galashiels,
TD1 1DQ
50/80/105 miles £15
www.galacc.co.uk
CF-FS-ET-EM

Sunday June 21

W ETAPE ERYRI
Caernarfon Castle
Square, LL55 2NF
47/76/103/226 miles £31.99/
£35.99/£39.99/£95
@aahevents
www.etapeeryri.com
FS-ET-EM

Sunday June 21

X THE FLYING SCOTSMAN SPORTIVE
Loudoun Academy, Galston,
KA4 8PD
44/78 miles £35
@graemeobree
www.obree.com
CF-FS-ET-ATC-EM

Sunday June 21

NW TORELLI MACC LADS SPORTIVE
Poynton Leisure Centre,
Poynton, SK12 1PU
30/60/100 miles £22.50/£27.50
www.maccladssportive.blogspot.co.uk
CF-FS-ET-EM

Saturday June 27

EM THE CHAMPIONSHIP SPORTIVE
Yarborough Leisure Centre,
Lincoln, LE1 3SP
30/58/76/97 miles £20/£35
@itpcycling
www.itpevents.co.uk
CF-FS-ET-EM

Saturday June 27

C WIGGLE CHILTERN CLASSIC
Adams Park, High Wycombe,
HP12 4HJ
40/73/102 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday June 28

NE 65 ROSES ETAPE DU HAMBLETON
Stokesley Town Hall,
Middlesbrough, TS9 5AA
30/60 miles £20/£30
@bluegiraffe1
www.bluegiraffebicycles.co.uk
CF-FS-ATC-EM

Sunday June 28

SE GREAT KENT BIKE RIDE
North Park, Tannery Lane,
Kent, TN23 1PL
35/60/100 miles £19/£24
@BikeEventsTeam
www.bike-events.com/great-kent
FS-ET-ATC


Sunday June 28

NE BICYCLES CYSTIC FIBROSIS TRUST 65 ROSES ETAPE DU HAMBLETON
Stokesley Town Hall, TS9 5DG
30/60 miles £20/£35
www.bluegiraffebicycles.co.uk
CF-FS-EM-ATC

Sunday June 28

NW POLOCINI SUMMER SPRINT
The Woodford Centre,
Chester Road, Woodford,
SK7 1PS
34/66 miles £15/£20
@polocini
www.polocini.com
CF-FS-EM

Sunday June 28



Y RIPON REVOLUTION
Ripon Racecourse, Ripon,
HG4 1UG
65/77/102 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Sunday June 28

E SAXON CLASSIC
Ipswich Rugby Club,
Ipswich, IP4 3PZ
30/62/100 miles £18-£45
@prostatak
www.saxonclassic.org.uk
CF-FS-ET-ATC-EM

Sunday June 28

C THE GREAT GIRL-RILLA RIDE
Gorilla Firm Cycling, Oundle
Wharf, PE8 4DE
100km £25
@TheGorillaFirm
www.gorillafirmcycling.com/
pages/sportive
FS-ET-ATC-EM

Sunday July 5

SW BIKE BATH
Bath Recreation Ground,
William Street, BA2 4DE
25/50/80 miles £18/£33
@bikebath
www.bikebath.co.uk
CF-FS-ET-ATC-EM

Sunday July 5

C LONDON TO OXFORD
Syon Park, Park Road,
Brentford, TW8 8JF
60 miles £19.50
@BikeEventsTeam
www.bike-events.com/london-oxford
FS-ET-ATC



Rippin' up the Ripon...

Sunday July 5

E PETERBOROUGH CYCLING CLUB **SPORTIVE**
Southwick Village Hall,
Southwick, PE8 5BL
58/88 miles £14
www.peterboroughcycling-club.co.uk
FS-EM

Sunday July 5

SE THE REIGATE ROULEUR
Reigate College, Rushworth
Road, Reigate, RH2 0SD
86/101/139km £22/£23/£24
@cyclosportive
www.southernssportive.com
FS-ET-ATC-EM

July 10-12

NW Á L'ANCIENNE
Ford Park, Ford Park
Crescent, Ulverston, LA12 7JP
22/60/80/83km £20/£34
@sportivelakes
www.sportivelakes.co.uk/the-old-way
CF-FS-EOL-ATC-EM

Saturday July 11

THE MONSTER
Llangadog Community
Centre, Llangadog, SA19 9BR
192km £26
@A_Cycling
www.acycling.com
FS-ET-EM

Saturday July 11

NW THE OPEN WHEEL:
YORKSHIRE 101
**GRAND RESERVE
SPECIAL EDITION**
Clapham Village Hall,
Clapham, LA2 8EQ
146.2km £36
www.theopenwheel.com
FS-ET-ATC-EM

Saturday July 11

NE VELO29-ALTURA
ENDEAVOUR
Riverside Car Park, Stockton
On Tees, TS18 1BZ
36/70/100 miles £15/£25
@Velo29Eventscom
www.velo29events.com/sportives
CF-FS-ET-ATC-EM

Sunday July 12

C CHILTERN CYCLING FESTIVAL
Penn House, Amersham,
HP7 0PS
30/63/100 miles £18/£22
@chilterncycling
www.chilterncycling festival.com
CF-FS-ET-ATC-EM

Sunday July 12

S HAMPSHIRE HARBOURS
Langstone Technology Park,
Havant, PO9 1SA
30/60 miles £15/£20
www.bhf.org.uk
ATC

Sunday July 12

NW MANCHESTER TO BLACKPOOL
Manchester United Football
Ground, M16 0RA
60 miles £19.60
@BikeEventsTeam
www.bike-events.com/man- chesterblackpool
FS-ET-ATC

Sunday July 12

NE MICROGAMING ISLE OF MAN LIGHTHOUSES CHALLENGE
TT Grandstand, Douglas,
IM3 4BD
37/57/100 miles £25/£32
www.sasevents.im
FS-ET-ATC-EM

Sunday July 12

C THE LAPIERRE WHITE ROADS CLASSIC
Sheepcot Recreation Ground,
Goring-on-Thames, RG8 0EN
115km £25
@whiteroadsclass
www.club.v-sprint.com
CF-FS-ET-ATC-EM

Sunday July 12

Y VELO29-ALTURA RIPON TOUR
Ripon Race Course, Ripon,
HG4 1UG
44/70/104 miles £20/£30
@Velo29Eventscom
www.velo29events.com/ sportives
CF-FS-ET-ATC-EM

Sunday July 12

S WIGGLE MAGNIFICAT
Newbury Racecourse,
RG14 7NZ
44/85/128 miles £26/£36
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Saturday July 18

C THE OPEN WHEEL:
LONDON BREAKFAST RIDE
Gillet Square, Dalston,
London, N16 8AZ
20 miles £free
@theopenwheel
www.theopenwheel.com/rides

Saturday July 18

SW WIGGLE MENDIPS
Bath & West
Showground, Shepton Mallet,
BA4 6QN
61/91 miles £33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-EM-ET

Sunday July 19

NW TOUR OF THE HIGH PASSES (PART OF THE LAKELAND CLASSIC SERIES)
Coniston School, Coniston,
LA21 8EW
51/91 miles £25/£30
www.seismic-events.co.uk

Sunday July 19

SW GREAT WESTON RIDE
Long Ashton Park & Ride,
Bristol, BS3 2HB
56 miles £26.50
@GreatWestonRide
www.greatwestonride.com
FS-ATC-EM

Sunday July 19

SE LONDON TO SOUTHEND
Victoria Park, Tower
Hamlets, E9 5HT
52/65 miles £22.50
@BikeEventsTeam
www.bike-events.com/ londonsouthend
FS-ET-ATC



A canter around the Cotswolds

Sunday July 19



E SUFFOLK SPINNER
Otley College,
Suffolk, IP6 9EY
TBC £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-EM-ET

Sunday July 19

S TOUR OF COTSWOLDS
Shipston On Stour
Rugby Club, CV36 4BH
52/76 miles £25
www.velosportives.co.uk
CF-FS-ET

Wed-Sun July 22-26

LONDON TO PARIS
Blackheath, South London
300 miles £79 plus £1,500
fund-raising
www.action.org.uk/action-
london-paris
CF-FS-ATC-EM

Wed-Sun July 22-26

LONDON TO PARIS
Chessington (TBC)
300 miles £150 plus £1,500
fund-raising
@GreatOrmondSt
www.gosh.org/london2paris
CF-FS-ATC

Fri-Sun July 24-26

LONDON TO PARIS 24 HR
Blackheath, South London
240 miles £79 plus £1,200
fund-raising
www.action.org.uk/action-
london-paris
CF-FS-ATC-EM

Saturday July 25

E ESSEX CASTLE
Kings Head Meadow,
Colchester, CO1 1YH
25/50/75 miles £19
@BikeEventsTeam
www.bike-events.com/essex-
castle
FS-ET-ATC

Saturday July 25

S WIGGLE MEGA MEON
South Downs College,
Waterlooville, PO7 8AA
44/72/102 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday July 26

E LONDON TO CAMBRIDGE
Lee Valley Leisure Centre,
Pickett's Lock, N9 0AS
60 miles £21
@BikeEventsTeam
www.bike-events.com/lon-
doncambridge
ET-ATC

Sunday July 26

NW TORELLI JODRELL BANK SUMMER SPORTIVE
Poynton Leisure Centre,
Poynton, SK12 1PU
30/65/100 miles £22.50/£27.50
@TeamTorelli
www.jbsummersportive2015.
blogspot.co.uk
CF-FS-ET-EM

Saturday August 1

NE WIGGLE HELL OF HEXHAM
Hexham Racecourse,
Hexham, NE46 2JP
52/87/100 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Saturday August 1

NE WOOLER WHEEL THE BIG'UN
John Swan Livestock Mart,
Wooler, NE71 6SL
200km £30
@woolercyclehub
www.woolerwheel.com
FS-ET-EM



RideLondon: the crème de la crème of the sportive calendar

Sunday August 2

SE PRUDENTIAL RIDELONDON
Queen Elizabeth Olympic
Park, E20 2ST
100 miles £58
or charity place
www.prudentialridelondon.
co.uk
FS-EM-ATC-ET

Sunday August 2

C THE WOODCOTE CHILTERN CLASSIC
Z event field, Woodcote, RG8
77/100/135km £22/£23/£24
@cycloportive
www.southernsportive.com
FS-ET-ATC-EM

Saturday August 8

X GALLOWAY RECYCLE
Church Hall, St Mary St,
Kirkcudbright, DG6 4AA
30/67/103 miles £25
www.gallowayrecyclespor-
tive.co.uk
CF-FS-ET-ATC-EM

Saturday August 8

Y WIGGLE YORKSHIRE TOUR
Thirsk Racecourse, YO7 1QL
37/79/101 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday August 9

E SUFFOLK COAST
Glemham Hall, Little
Glemham, near Woodbridge,
IP13 0BT
35/60/100 miles £19
@BikeEventsTeam
www.bike-events.com/
suffolkcoast
FS-ET-ATC

Sunday August 9

X TOUR O'THE BORDERS
High Street, Peebles,
EH45 8AG
120km £58
@tourotheborders
www.tourotheborders.com
CF-FS-ET-ATC-EM

Sunday August 9

S WIGGLE HAYWARDS HEATH HOWLER

The South Of England Centre Ltd, Ardingly, RH17 6TL
47/72/103 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Saturday August 15

LOCHABER 100s

Kilmallie Community Center, Corpach, PH33 7JH
62/100 miles £25
www.tearfundcycling.btck.co.uk
CF-FS-ATC-EM



The Malvern Mad Hatter: you'd be crazy to miss it

Saturday August 15

S WIGGLE COTSWOLDS

Cheltenham Racecourse, GL50 4SH
40/75/105 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday August 16

NW TORELLI RONDE VAN CHESHIRE

Poynton Leisure Centre, Poynton, SK12 1PU
30/60/100 miles £22.50/£27
@TeamTorelli
www.rondevancheshire.blogspot.co.uk
CF-FS-ET-EM

Sunday August 23

THE SEAN KELLY TOUR OF WATERFORD

Dungarvan Sports Centre, Co. Waterford
12/50/100/160km €25/€40
www.theseankellytour.com
CF-FS-ATC

Sunday August 30

S THE COTSWOLD CRUSADER

Sibford School, Banbury, OX15 5QL
52/75/112 miles £25/£27/£29
tinyurl.com/nxce9nl
FS-EM

Sunday August 16

Y ACTION YORK 100

Sports Centre, University of York, YO10 5DD
40/67/102 miles £30/£55
www.action.org.uk/york-100
CF-FS-ET-ATC-EM

Saturday August 22

SW WIGGLE EXMOUTH EXTERMINATOR

Westpoint Arena, Exeter, EX5 1DJ
42/60/93 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-EM-ET

Sunday August 23

TOUR DE MON

Newry Beach, Holyhead, LL65 1YD
40/75/103 miles £31.99/£35.99/£39.99
@aahevents
www.tourdemon.co.uk
FS-ET-EM

Monday August 31

C CHENIES VELO CLASSIQUE

Chenies Manor, near Chorleywood, WD3 6ER
30/63/100 miles £25/£28
@chilterncycling
www.chilterncyclingfestival.com
CF-FS-ET-ATC-EM

Sunday August 16

SW JURASSIC CLASSIC

Imperial Recreation Ground, Exmouth, EX8 1DG
30/62/100 miles £18/£28/£30/£45
@prostatauk
www.jurassicclassic.org.uk
FS-ET-ATC-EM

Sunday August 23



NW MALVERN MAD HATTER

Three Counties Showground, Malvern, WR13 6NW
46/74/104 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Fri-Mon August 28-31

EM THE QUEEN ELEANOR CYCLE RIDE

Lincoln TBC
200 miles £80/£95
www.queeneleanorcyclerride.org.uk
CF-FS-ATC

Monday August 31

C HERTFORDSHIRE 100

Chancellor's School, Hatfield, AL9 7BN
30/65/100 miles £18/£20
@Sportive_UK
www.sportiveuk.co.uk
CF-FS-ET-EM

Sunday August 16

S SADDLEBACK SODBURY SPORTIVE

Chipping Sodbury Rugby Club, BS37 6GA
30/60/100 miles £20/£29
@SodburySportive
www.sodburysportive.co.uk
CF-FS-ET-ATC-EM

Sunday August 30

EM CROSSRIDER

Catmos College, Oakham, Rutland, LE15 6RP
58 miles £27
@itpcycling
www.itpevents.co.uk
CF-FS-ET-EM

Sat-Mon September 5-7

SE LONDON TO PARIS

Chelsfield Lakes Golf Club, Orpington, BR6 9BX
250km £99/£199
www.bhf.org.uk/london-toparis
ATC



SAVE UP TO 25%
WITH A SEASON PASS

CHALLENGE YOUR LIMITS



2015 Season

Wiltshire Wildcat

Salisbury Racecourse, Wiltshire
Saturday 14th March

Surrey Hills Cyclone

Dorking, Surrey
Sunday 29th March

Dartmoor Demon

Exeter Racecourse, Devon
Saturday 2nd May

South Downs Spring

Plumpton Racecourse, Sussex
Sunday 17th May

The Arrow

Market Rasen Racecourse, Lincolnshire
Sunday 31st May

Ripon Revolution

Ripon Racecourse, Yorkshire
Sunday 28th June

Suffolk Spinner NEW

Ipswich, Suffolk
Sunday 19th July

Malvern Mad Hatter

Three Counties Showground, Worcestershire
Sunday 23rd August

Welsh Raider

Ludlow Racecourse, Shropshire
Saturday 3rd October

Box Hill Original

Dorking, Surrey
Sunday 11th October

FULL ROUTE DETAILS
& SIGN UP AT
BOOKMYRIDE.CO.UK



SAVE 150/0
GET A SEASON PASS

CROSS THE TRACKS

DISCOVER ADVENTURE CROSS
TRACKS, TRAILS AND TARMAC
WHICH BIKE? YOU DECIDE

MOORS & SHORES
DALBY FOREST
NORTH YORKS
SUNDAY 12TH APRIL

GALLOWAY GALLOP
DUMFRIES,
SCOTLAND
SUNDAY 20TH SEPTEMBER

LAKELAND MONSTER MILES
KESWICK,
CUMBRIA
SUNDAY 4TH OCTOBER

FIND OUT MORE AND SIGN UP AT BOOKMYRIDE.CO.UK

Saturday September 5

SW MOOR 2 SEA SPORTIVE
 Exeter Racecourse, Devon,
 EX6 7XS
 60/104/180km £30/£37
 @JustEventsLtd
 www.moor2sea.com
CF-FS-ET-ATC-EM

Sunday September 6

S GSD GIANT
 The Petersfield School,
 Petersfield, GU32 3LU
 30/60/100 miles £25/£30/£35
 @aGSDGiant
 www.gsdgiant.org.uk
CF-FS-ATC-EM

Sunday September 6

EM LE PETIT GRAND PRIX
 Yarborough Leisure Centre,
 LN1 3SP
 35/51/81/106 miles £20/£27
 @itpcycling
 www.itpevents.co.uk
CF-FS-ET-EM

Sunday September 6

NW MANCHESTER 100
 Wythenshawe Park,
 Manchester, M23 0AB
 62/100 miles £19.50/£20
 @BikeEventsTeam
 www.bike-events.com/manchester100
FS-ET-ATC



The lanes of the New Forest are a cyclist's sanctuary

Sunday September 6

NE BLUE GIRAFFE BICYCLES TOUR DE NORTH YORK MOORS
 Middlesbrough Cycle Centre,
 Prissick Park, TS4 3SA
 30/70 miles £15/£20
 @bluegiraffe1
 www.bluegiraffebicycles.co.uk
CF-FS-EM

Sunday September 6

C THE GREAT GORILLA RIDE
 Gorilla Firm Cycling, Oundle
 Wharf, PE8 4DE
 50/75/110 miles £20/£26
 @thegorillafirm
 www.gorillafirmcycling.com/sportive
FS-ET-ATC-EM

Sunday September 6

NE WIGGLE NORTHERN ANGEL
 Kirkley Hall, Ponteland, NE20
 0AQ
 67/80/94 miles £23/£33
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Wed-Sun September 9-13

SE LONDON TO PARIS
 Blackheath, South London
 300 miles £79
 plus £1,500 fund-raising
 www.action.org.uk/action-london-paris
CF-FS-ATC-EM

Saturday September 12

C THE OPEN WHEEL: LONDON BREAKFAST RIDE
 Gillet Square, Dalston,
 N16 8AZ
 20 miles £free
 @theopenwheel
 www.theopenwheel.com/rides

Sunday September 13

E ACTION ESSEX 100
 Colchester United FC,
 CO4 5JS
 37/68/104 miles £30/£55
 www.action.org.uk/essex-100
CF-FS-ET-ATS-EM

Sunday September 13

Y 65 ROSES HOLME MOSS CLASSIC
 Magna Science Adventure
 Centre, Rotherham, S60 1DX
 47/65 miles £25
 www.65Roses-holmemoss-classic.co.uk
FS-ATC-EM

Sunday September 13

C BIKE OXFORD
 Oxford University
 Rugby Club, Berkshire,
 OX4 1SR
 25/50/80 miles £18/£33
 @bikeoxford
 www.bikeoxford.co.uk
CF-FS-ET-ATC-EM

Sunday September 13

NW LADIES OF THE LAKE WOMEN ONLY SPORTIVE
 Swarthmoor Hall, Ulverston,
 LA12 0JQ
 48/69km £28/£33
 @sportivelakes
 www.sportivelakes.co.uk/ladies
CF-FS-EM

Sunday September 13

WM MACRIDE SHAKESPEARE AUTUMN 100
 Stratford-upon-Avon Park &
 Ride, CV37 ORE
 62/100 miles £29
 www.shakespeare100.org.uk
FS-ATC-EM

Sunday September 13

THE FIVE VALLEYS GRAN FONDO
 Margam Park, Port Talbot,
 SA13 2TJ
 54/72 miles £30/£35
 @ProstateCymru
 www.thefivevalleys.co.uk
CF-FS-ET-ATC

Sunday September 13

S THE SOUTHERN SPORTIVE
 Churchers College, Ramshill,
 Petersfield, GU31 4AS
 71/112/155/192km £26-£30
 @cyclo sportive
 www.southern sportive.com
CF-FS-ET-ATC-EM

Sunday September 13

WIGGLE FRENCH RESISTANCE
 Dover Ferry Port
 64/75 miles £70
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday September 13

S WILTSHIRE 100 AND BIG WHEEL BIKE RIDE
 The Small Green, Nursteed
 Road, Devizes, SN10 3AD
 12/50/100 miles £TBC
 @BikeEventsTeam
 www.bike-events.com/wiltshire100
FS-ET-ATC

Saturday September 19

SW NELSON'S TOUR DE TEST VALLEY
 Ride HQ, Grateley, SP11 8LH
 25/50/80 miles £20/£25/£30
 www.nelsonstourdetestvalley.co.uk
CF-FS-ET-ATC-EM

Sat-Sun September 19-20

S WIGGLE NEW FOREST 100
 Matchams Leisure Park, near
 Ringwood, BH24 2BT
 54/81/100 miles £26/£36
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday September 20


GALLOWAY GALLOP

Kirroughtree MTB Centre, Dumfries, DG8 7BE
42/67 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-EM-ET

Sunday September 20

TORELLI TOUR OF THE PENNINES

Bank Top Tavern, Oldham, OL8 1ES
50/75 miles £27
@TeamTorelli
www.tourofthepennines2015.blogspot.co.uk
CF-FS-ET-EM

Mon-Sun Sept 21-27

DARTMOOR CYCLING CAMP

Bellever Youth Hostel, PL20 6TU
Various £595
@JustEventsLtd
www.dartmoor.biz
CF-FS-EM

Saturday September 26

VELO29-ALTURA WHITE HORSE

Nunthorpe Academy, Nunthorpe, Middlesbrough, TS7 0LA
30/61/77 miles £15-£25
@Velo29Eventscom
www.velo29events.com/sportives
CF-FS-ET-ATC-EM

Saturday September 26

WIGGLE STEEPLE CHASE

Huntingdon Racecourse, PE28 4NL
47/61/95 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Sunday September 27

BRISTOL 25/60/100

Blaise Castle, Henbury Road, Bristol, BS10 7QS
25/60/100 miles £17.50/£19.50/£24
www.bike-events.com
FS-ET-ATC

Sunday September 27

COLCHESTER CTC

Playgolf Colchester, Colchester, CO3 4AU
100km £4/£5
www.colchesterctc.co.uk
ATC-EM

Sunday September 27

MEEK'S FEATS 100

Yate Outdoor Centre, Yate, BS37 7LB
100km £35
www.meeksfeats.org.uk
CF-FS-ATC-EM

Sunday September 27

TOMMY GODWIN CHALLENGE

Marie Curie Hospice, Solihull, B91 2PQ
30/100km £10/£20
@TommyGodwin1
www.tommygodwinchallenge.weebly.com
FS-ATC-EM

Sunday September 27

WIGGLE PEAK DISTRICT PUNISHER

Bakewell Showground, DE45 1AQ
40/75/100 miles £23/£33
@ukcyclingevents
www.ukcyclingevents.co.uk
CF-FS-EOL-ET-EM

Saturday October 3

MOFFAT AUTUMN SPORTIVE

St Andrew's Church Hall, Moffat, DG10 9EJ
43/72 miles £25
www.tearfundcycling.btck.co.uk
CF-FS-ATC-EM

Saturday October 3


WELSH RAIDER

Ludlow Racecourse, Shropshire, SY8 2BT
45/69/105 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-EM-ET

Saturday October 3

WOOLER WHEEL CLASSIC

John Swan Livestock Market, Wooler, NE71 6SL
50/100km £15/£20
@woolercyclehub
www.woolerwheel.com
FS-ET-EM

Sunday October 4


LAKELAND MONSTER MILES

Fitz Park, Keswick, Cumbria, CA12 4HS
44/62 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM

Sunday October 4

BLUE GIRAFFE BICYCLES LADIES ONLY CUP CAKE TOO RIDE

Great Broughton and Kirkby Sports Club, TS9 7HG
35 miles £15
@bluegiraffe1
www.bluegiraffebicycles.co.uk
CF-FS-EM

Sunday October 4

LAND'S END 100

St Ives Leisure Centre, Trenwith Burrows, TR26 1HB
75/100km/100 miles £23/£27/£31
www.tempusleisure.org.uk/landsend100
CF-FS-ET-ATC-EM

Sunday October 4

NORTH YORKSHIRE MOORS COASTAL CHALLENGE

Fylingdales Village Hall, Robin Hood's Bay, Whitby, YO22 4RA
38 miles £10
www.facebook.com/NYMCCC
CF-FS-ATC

Saturday October 10

LONDON TO MILTON KEYNES

Lee Valley Athletics Centre, Picketts Lock, N9 0AR
55 miles £15
www.bhf.org.uk/londontomk
FS-ATC

Saturday October 10

THE OPEN WHEEL: LONDON

BREAKFAST RIDE
Gillet Square, Dalston, N16 8AZ
20 miles £free
@theopenwheel
www.theopenwheel.com/rides

Sunday October 11


BOX HILL ORIGINAL

Friends Life, Dorking, RH4 1QA
44/80/103 miles £22.50/£31.50
@cyclingweekly
www.bookmyride.co.uk
CF-FS-EOL-ET-EM



CWs Lakeland Monster Miles: a testing tack through the Lakes

Saturday November 14

C **THE OPEN WHEEL: LONDON BREAKFAST RIDE**
 Gillet Square, Dalston, N16 8AZ
 20 miles £free
 @theopenwheel
 www.theopenwheel.com/rides

Sunday November 15

SW **WIGGLE BITTER BEAST**
 National Tank Museum, BH20 6JG
 40/70 miles £33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday October 11

NW **RIDE OF THE FALLEN LEAVES (LAKELAND CLASSIC SERIES)**
 Coniston School, Coniston, LA21 8EW
 62 miles £25
 www.seismic-events.co.uk
CF-FS-ET-ATC-EM

Sunday October 18

SW **THE EXMOOR BEAST**
 Tiverton High School, EX16 6SQ
 62/100 miles £30
 www.exmoorbeast.org
CF-FS-ET-EM

Saturday October 31

S **WIGGLE DEVILS PUNCH**
 Treloar College, Holybourne, GU34 4GL
 51/74 miles £33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday November 22

E **WIGGLE ROYAL FLYER**
 The Racecourse, Fakenham, NR21 7NY
 43/70 miles £33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday October 11

NE **BLUE GIRAFFE BICYCLES FALLING LEAVES SPORTIVE**
 Stokesley Town Hall, TS9 5DG
 35/55 miles £15/£20
 @bluegiraffe1
 www.bluegiraffebicycles.co.uk
CF-FS-EM

Sunday October 18

NW **TORELLI JODRELL AUTUMN SPORTIVE**
 Poynton Leisure Centre, Poynton, SK12 1PU
 30/60/100 miles £22.50/£27
 www.jbautumnsportive.blogspot.co.uk
CF-FS-ET-EM

Sunday November 1

NW **POLOCINI WINTER WARMER**
 The Woodford Centre, Woodford, SK7 1PS
 66 miles £15/£20
 @polocini
 www.polocini.com
CF-FS-EM

Sunday November 29

S **WIGGLE WIGHT WINTER**
 Yarmouth Primary School, Isle of Wight, PO41 0RA
 42/61 miles £33/£45
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday October 11

S **THE COTSWOLD EDGE SPORTIVE**
 Renishaw, New Mills, Wotton-under-Edge, GL12 8JR
 77/100/135km £22/£23/£24
 @cyclosportive
 www.southernsportive.com
FS-ET-ATC-EM

Sunday October 18

S **WIGGLE SOUTH DOWNS 100**
 Chichester College, Chichester, PO19 1SB
 42/73/100 miles £23/£33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday November 8

SW **SOMERSET SCREAMER SPORTIVE**
 Adventure Cafe, South Petherton, TA13 5DJ
 68/83 miles £24
 tinyurl.com/o533o4d
CF-FS-EM

Saturday December 12

C **THE OPEN WHEEL: LONDON BREAKFAST RIDE**
 Gillet Square, Dalston, N16 8AZ
 20 miles £free
 @theopenwheel
 www.theopenwheel.com/rides

Saturday October 17

SW **RIDE THE TRAFALGAR WAY**
 Pendennis Point, Falmouth
 80/311 miles
 @TrafalgarWay
 www.ridethetrafalgarway.com

Sunday October 25

EM **WIGGLE CIRCUIT BREAKER**
 Silverstone, Towcester, NN12 8TN
 52/84 miles £33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Sunday November 8

SE **WIGGLE HELLFIRE CORNER**
 Folkestone Racecourse, CT21 4HX
 24/54/82 miles £23/£33
 @ukcyclingevents
 www.ukcyclingevents.co.uk
CF-ET-EM

Monday December 28

SE **THE CHRISTMAS CRACKER**
 Cobham Village Hall, Cobham, KT11 2LU
 60 miles £25
 www.5034events.co.uk
CF-FS-ET-ATC-EM



FANTASTIC CHRISTMAS OFFERS AT THE

Cycling DVDs

All of the greatest films ever made about this amazing sport are here ready to be added to your DVD collection!

ALF ENGERS A.K.A "THE KING"

Packed with rare film footage of the time, extended interviews with Engers today, and contributions from his friends and rivals, this film gives us an unforgettable portrait of a great rider, and of a vanished era in the sport of time-trialling. For those with memories of those years, and for all those who care about the history of Cycle Sport, this film is a must.

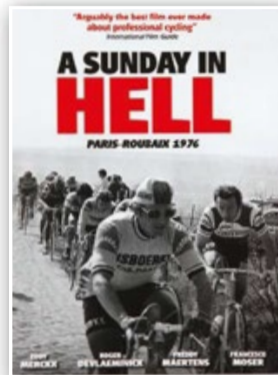


ONLY £19.99

PRE-ORDER FOR XMAS

A SUNDAY IN HELL

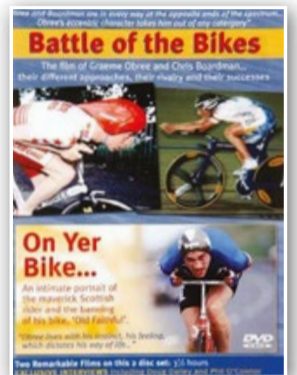
1976 Paris- Roubaix
A psychological and dramatic study of the battle between some of the greatest legends of the sport. Eddy Merckx, Roger De Vlaeminck, Freddy Maertens and Francesco Moser all participated in the 1976 Paris-Roubaix, but the star of the film is the race itself. **Running time 112 minutes**



ONLY £19.99

BATTLE OF THE BIKES / ON YER BIKE

Battle of the Bikes compares Graeme Obree who built his own bike out of washing machine parts and rode it in his own unique crouched position to become the World Hour Record holder.
On Yer Bike is an intimate portrait of Obree from an amateur cyclist to World Hour Record holder/World Champion and international cycling star. **Running time 220 minutes**

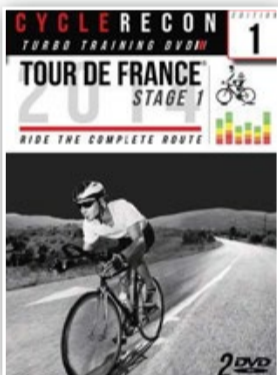


ONLY £19.99

CYCLERECON TURBO TRAINING

Tour De France 2014 Stage 1

Ride the complete route. Filmed from a riders perspective on a gyro stabilised camera platform.



ONLY £19.99

CYCLERECON TURBO TRAINING

Tour De France 2014 Stage 2

Ride the complete route. Filmed from a riders perspective on a gyro stabilised camera platform.



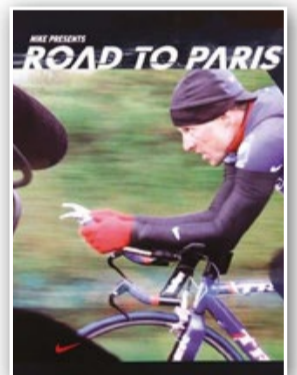
ONLY £19.99

ROAD TO PARIS

Documentary that covers Lance Armstrong and the 2001 US Postal Service Team over the course of 27 days in April as they prepare to win a third consecutive TDF. Neverbeforeseen footage takes you inside team meetings and in the team car during cycling's greatest races, including a down to- the wire Amstel Gold and the hellish Paris-Roubaix.

Running time 110 minutes

ONLY £19.99



RACING IS MY LIFE

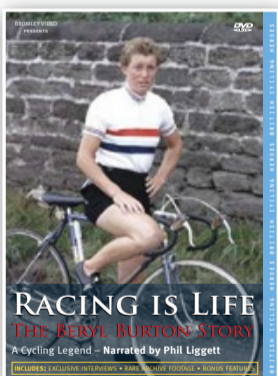
The Beryl Burton story

Racing is Life... anything else before or after is just waiting', Steve McQueen from the film 'Le mans'.

A quote that sums up Beryl Burton, the Yorkshire housewife, who despite a severe illness in childhood, became a cycling phenomenon, the most successful British female cyclist ever.

Running time 130 minutes

ONLY £18.99



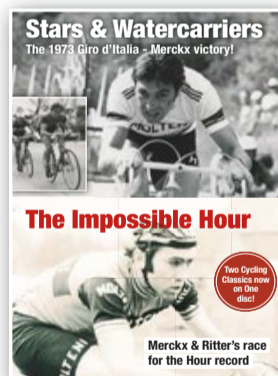
STARS & WATERCARRIERS / THE IMPOSSIBLE HOUR

Stars & Watercarriers: 1973 Giro d'Italia. Considered one of the best films ever made on professional cycling.

The Impossible Hour: Follow Eddy Merckx and Ole Ritter's race for the hour record.

Running time 138 minutes

ONLY £22.49



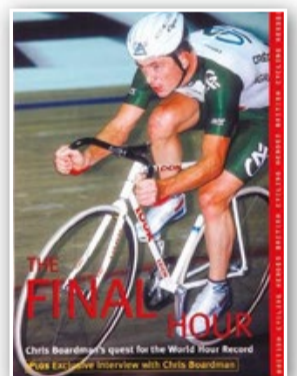
FINAL HOUR

Chris Boardmans Quest for the World Hour

Record This moving and intimate film tells the story of Chris Boardman's attempt at a new hour record. The cameras follow him all the way to the decisive day in October 2000 at Manchester's velodrome.

Running time 107 minutes

ONLY £19.99

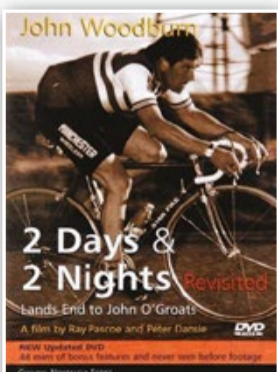


2 DAYS 2 NIGHTS

1 day, 21 hours, 3 minutes and 16 seconds... That's how long it took John Woodburn to ride the 848 miles from Lands End to John O'Groats. He broke the record by 96 minutes. This record attempt, filmed in 1982 will long be remembered as a ride which placed John among the greats of long distance time trialling.

Running time 51 minutes

ONLY £19.99

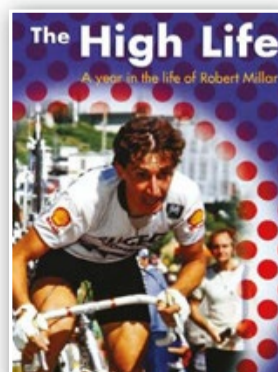


THE HIGH LIFE

A Year in the Life of Robert Millar In this unique film made in 1985 with the eyes of the UK on him, the camera records his feelings about the year, his performance and morale within the team.

Running time 119 minutes

ONLY £19.99

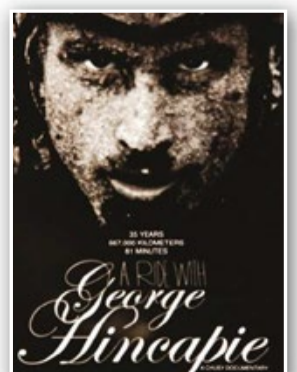


A RIDE WITH GEORGE HINCAPIE

Spanning his early years as a junior to the disappointment of 2009 Roubaix, this unadorned everything-you-ever-wanted-to-know-about-the-guy portrait puts a microscope on the silent man of cycling, George Hincapie.

Running time 81 minutes

ONLY £19.99

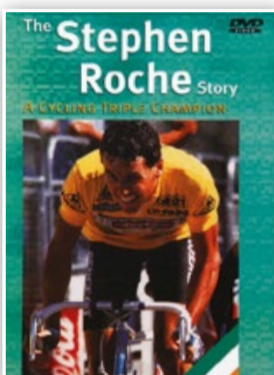




THE STEPHEN ROCHE STORY

From humble beginnings in Dublin as an apprentice fitter... to a cycling triple champion. This is the story of the incredible roller-coaster journey that took him to the summit of world cycling.

Running time 270 minutes



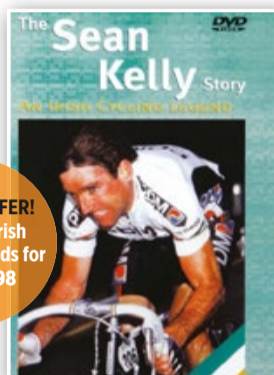
ONLY £26.99

THE SEAN KELLY STORY

A legend of Irish Cycling. This is the story of a young farmer's son, Sean Kelly, who became the King of Classics.

Running time 220 minutes

SPECIAL OFFER!
Buy both Irish cycling legends for just £48.98

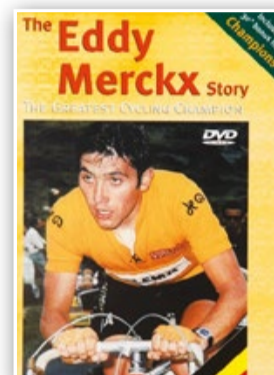


ONLY £26.99

THE EDDY MERCKX STORY

The finest Eddy Merckx DVD out there. The story of the man they called "The Cannibal", who won everything there was to win. Merckx had something very special, an extra dimension that made him the greatest ever cycling champion.

Running time 192 minutes

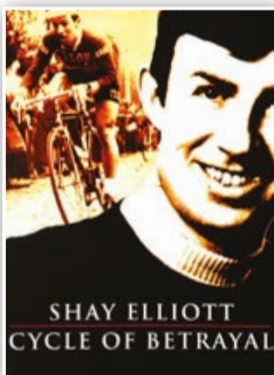


ONLY £22.49

SHAY ELLIOTT - CYCLE OF BETRAYAL

Shay Elliott was a hero of cycling and enjoyed the trappings of sporting stardom. But as his professional career came to a close, his personal life began to unravel, costing him his savings, his marriage, and ultimately concluding in his untimely and tragic death in 1971.

Running time 77 minutes



ONLY £19.99

FAUSTO COPPI STORY / JACQUES ANQUETIL

An amazing double DVD which tells the incredible story of two legends of cycling - Fausto Coppi and Jacques Anquetil.

Narration by Phil Liggett. Running time 110 minutes



ONLY £19.99

PANTANI THE PIRATE

The Marco Pantani Story. A must have film... With superb race footage and exclusive interviews with those who really knew him, this unique two part DVD is a very moving tribute to the memory of Il Pirata.

Running time 145 minutes



ONLY £22.49

1990 TOUR DE FRANCE

Greg LeMond: The Best Yet!

LeMond's third Tour victory, which confirms him as a cycling legend. The American pulls back a huge deficit to claim an historic victory! Commentaries by Phil Liggett and Paul Sherwen

Running time 75 minutes



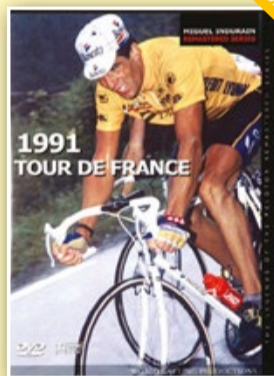
ONLY £19.99

1991 TOUR DE FRANCE

Miguel Indurain Remastered Series

With detailed studies of every stage and revealing behind the scenes of cycling's greatest, this DVD tracks every pain-filled kilometre of the drama and the final triumph of Indurain's victory.

Commentaries by Phil Liggett and Paul Sherwen Running time 90 minutes



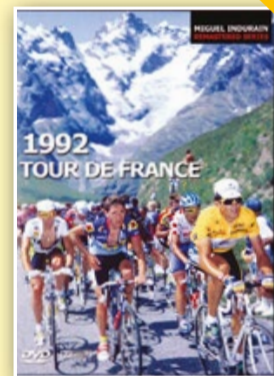
ONLY £16.99

1992 TOUR DE FRANCE

Miguel Indurain Remastered Series

The 1992 Tour will be remembered for Miguel Indurain's second successive victory and Stephen Roche's famous stage victory.

Commentaries by Phil Liggett and Paul Sherwen Running time 124 minutes



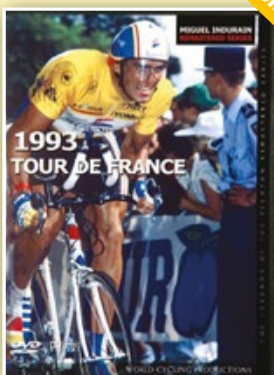
ONLY £16.99

1993 TOUR DE FRANCE

Miguel Indurain Remastered Series

Every year Miguel Indurain faced a fresh wave of rivals and in the 1993 Tour de France, former accountant Toni Rominger of Switzerland, threw down the gauntlet with a vengeance. Commentaries by Phil Liggett and Paul Sherwen

Running time 124 minutes



ONLY £16.99

1994 TOUR DE FRANCE

Miguel Indurain Remastered Series

Who said Miguel Indurain never attacked in the mountains? His fourth Tour de France win came thanks to a dramatic switch of tactics, as Indurain and future World Champion Luc Leblanc go on the rampage in the rainswept Pyrenees. Commentaries by Phil Liggett and Paul Sherwen

Running time 120 minutes



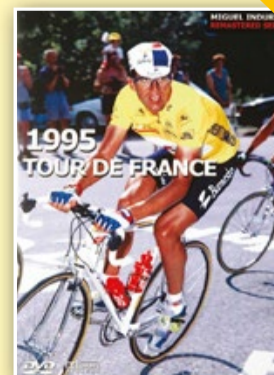
ONLY £16.99

1995 TOUR DE FRANCE

Miguel Indurain Remastered Series

When Miguel Indurain makes a knock-out early blow in the Ardennes - "it was like following a motorbike" was how Armstrong's future manager, Johan Bruyneel would describe his efforts to follow him - the Tour de France seems as good as decided. Commentaries by Phil Liggett and Paul Sherwen.

RT 124 minutes



ONLY £16.99

Make sure you don't miss out on some of the hottest bike and accessory offers available in the UK this week!

Cycling Weekly has teamed up with some of the UK's finest online cycling retailers to bring you Bargains of the Week.

Don't miss out! - All items featured in the Bargains of the Week section are on special offer or at amazing knock-down prices that you'll find hard to resist - but remember, many of these will have limited availability, so place your orders quickly.

To purchase any item, please contact the retailer directly and remember to **check back every Thursday for the weekly update.**

VANILLA BIKES

1 Sidi Genius 5 Fit Carbon Vernice Womens White Pink Fluo (2015) Shoes



The Soft Instep Closure System is a wide, anatomically curved strap combined with a soft, thermo-formed EVA pad that distributes pressure evenly over the instep area. The Soft Instep Closure System is adjustable from both sides, to perfectly center the EVA pad over a high or low instep.

WAS £180 VANILLABIKES.COM £149.99 SAVE 17%

2 Vittoria Session Training Alloy Clincher Wheelset - 11spd



High-value training wheels in light alloy. Vittoria WSR wide-section rim profile ideally supports tire for enhanced grip and handling, and easier rolling. Shimano 11 speed compatible.

WAS £199.99 VANILLABIKES.COM £179.99 SAVE 10%

3 Feedback Sports Sprint Repair Stand



Meet the new Sprint stand, from Feedback. A great new addition to the range, it's especially suited to high end carbon frames, or bikes that are otherwise awkward to clamp in a regular workstand. It has flexible mounting options to accomodate pretty much any type of dropout.

RRP £249.99 VANILLABIKES.COM £212.49 SAVE 15%

4 PowerBar ENERGIZE 40g x 12 bars



PowerBar ENERGIZE WAFER is the first energy wafer with C2MAX, a scientifically developed, special ratio of glucose and fructose sources. A great tasting, crunchy energy bar choice before and during sport!

RRP £18.00 VANILLABIKES.COM £14.99 SAVE 17%

5 Nalini Trail Base-layer



Long sleeved jersey made of Meryl Actisystem, a system of fibres that guarantees a lightweight material and at the same time protection and strength as well as maximum comfort. Rapid drying capacity.

RRP £38.99 VANILLABIKES.COM £32.49 SAVE 17%

www.vanillabikes.com

vanilla
bikes.com

BUYABIKE

1 CLUB ROOST FCR50 WHEEL AMNESTY



Receive £500 trade-in for your old wheels
Trade any make or model in any condition
Offer valid against Club Roost FCR50 Full Carbon 11-speed wheels.

TRADE YOUR OLD WHEELS AND SAVE £500

2 CLUB ROOST CR50 WHEEL AMNESTY



Receive £500 trade-in for your old wheels
Trade any make or model in any condition
Offer valid against Club Roost CR50 Onyx 11-speed wheels.

TRADE YOUR OLD WHEELS AND SAVE £500

3 CLUB ROOST R50 WHEEL AMNESTY



Receive £200 trade-in for your old wheels
Trade any make or model in any condition
Offer valid against Club Roost R50 & R50 Shadow 11-speed wheels

TRADE YOUR OLD WHEELS AND SAVE £200

4 CLUB ROOST CR50 WHEEL DEAL



- All wheels hand-built to highest standards
- Tour tested. Winners of JR Tour Wales 2012.
- Sapim spokes, shimano freehub and skewers
- 10 Speed Race wheels - LAST FEW

WAS £899 NOW £399 - SAVE £500 ON SRP

5 CLUB ROOST R50 SHADOW WHEEL DEAL



- All wheels hand-built to highest standards
- Sapim spokes, shimano freehub and skewers
- 10 Speed lightweight wheels - LAST FEW

WAS £699 NOW £399 - SAVE £300 ON SRP

www.buyabike.co.uk



These pages feature only a small selection of the many fantastic bargains offered this week. To see a complete list, go to www.cyclingweekly.co.uk/bargains or scan the QR code with your smart phone.



WEBSTERS

1 SPECIALIZED 2014 SECTEUR TRIPLE

Make a great winter trainer or entry sportive bike. Secteurs share the same geometry as their carbon big brother Roubaix. Frame: Specialized A1 Premium Aluminium, fully-manipulated tubing w/ smooth welds, Compliance Plus seatstays, 1-1/8" lower bearing Forks: Specialized FACT carbon w/ Zertz inserts, alloy steerer/crown, 1-1/8" Rear Derailleur: Shimano 2400 Claris Front Derailleur: Shimano 2400 Claris Shifters: Shimano 2400 Claris STI Chainset: Shimano 2400 Sizes 54 & 56 CM



RRP £650 WEBSTERS CYCLES SALE £500

2 VITTORIA CORSA CX 23-28" TUBULAR BLACK/RED/BLACK 250G

Corsa CX is the world's best-known and most-used Cotton tyre, the choice of champions: exclusive to Vittoria, the 320 TPI Corespun casing confers a uniquely supple ride and exquisite handling. Proven the fastest all-round racing tyre available Special tread compound for supreme grip in corners Fitted by more pro race teams than any other tyre
Bead Type: Folding. Casing Technology: Corespun 320 TPI Tread Compound: Isogrip. 700 x 23c 210g Also available in Black/White/Black



RRP £63.99 SALE £35

3 VITTORIA Pista CS 28"-22c Tubular full black 270g

Tubular tyre for the ROAD OR THE velodrome be it indoors or out ideal for your fast training wheels or track league use. Excellent for track training, the Pista CS is long lasting with excellent behaviour - Cotton 220 TPI casing for superior comfort and high inflation pressure - Kevlar 3D tread compound, excellent on wood and concrete - Weight 270g



PRICE: RRP £36.99 WEBSTERS CYCLES SALE £30.00

4 VITTORIA CORSA SL 28" - 22C TUBULAR FULL BLACK 245G

Slick racing tread for even greater speed on smooth, clean surfaces, in all other respects the 320 TPI Corsa SL is identical to the CX version. Corespun casing confers a uniquely supple ride and exquisite handling. Even faster than CX on known smooth surfaces. Differential grip for straight-line speed and stable cornering Pro riders first choice for minimum rolling resistance Corespun T320 TPI Casing. Isogrip Compound 42mm Valve stem. 28" x 22c 245g.



RRP £64.99 WEBSTERS CYCLES SALE £37

5 SERFAS TSL-500 TRUE 500 LUMEN HEADLIGHT

I've tried a lot of lights over the years yet this really shocked me with the quality of the light it gave out on dark country lanes & it's truly fab that it's self contained. (I tried tested & used by all the staff at Websters) You will not be disappointed! Produces over 500 Lumens in Overdrive mode USB Rechargeable, includes Wall Charger Removable Lithium Ion Battery Battery Charge Indicator. Quick release handlebar mount. Helmet Mount Included. Tool Free installation. Give Up to 2 Hrs Runtime in Overdrive Mode 500Lumen/ 2.8hrs High/4.75 hrs std Upto 11 Hrs at low 100 Lumen mode & 11Hrs flashing Additional Batteries available for longer night rides



PRICE: RRP £129.99 WEBSTERS CYCLES SALE PRICE £59.99

www.mailordercycles.com



BIKEIT.CO.UK

1 ZERO12 16-IN-1 MINI TOOL

Comprehensive mini-tool capable of handling the majority of road or trail-side repairs. Chain tool, pin holder, Hex/Torx keys, screw-driver and spoke wrenches in a pocket friendly size.



RRP £16.99 BIKE IT PRICE £13.59 SAVING 20%

2 ZERO12 VIRTUAL MOBILE WORKSHOP

Does what it says on the tin - fix virtually any mid-ride repair including punctures with this virtual workshop. Total of 24 tools stored neatly in a fag packet sized carry case. Weighs only 197g so you'll hardly notice it in your seat pack or pannier.



RRP £29.99 BIKE IT PRICE £25.49 SAVING 15%

3 ZERO12 7" MINI PUMP

CNC machined alloy mini pump capable of 100 P.S.I. through the Presta head that includes an alloy lock-on lever. 7" length sits discreetly on your frame, or for the Velominatus, easily in a jersey pocket.



RRP £21.99 BIKE IT PRICE £18.69 SAVING 15%

4 Zero12 26" Track Pump With Aluminium Barrel

Quick and easy tyre inflation; 160 P.S.I. maximum pressure through a Presta and Schrader ready pump head - no parts to change, just flip the lock-on lever and pump. Easy-read top-mount pressure dial and highly durable aluminium barrel.



RRP £42.99 BIKE IT PRICE £36.54 SAVING 15%

5 EIGO Thermolite Santa Socks

If the cyclist in your life has lots of tools, they still need warm, comfy and non-bulky socks! Thermolite socks using hollow-fibre technology for excellent warmth without bulk as well as fast moisture wicking.



RRP £9.99 BIKE IT PRICE £7.99 SAVING 20%

Main Website

www.bikeit.co.uk

eBay Store ebay.eu/1tzohu9

Amazon Store amzn.to/1qzFV3F



CYCLE DIVISION

1 Intrepid 1001 Superlight 10spd Chain

-10 speed chain, -Hollow pin with low noise and abrasion for a smoother gear change -Compatibility: CAMPAGNOLO, SHIMANO, SRAM 10 speed -Weight: 251g (114 links) -Super quality chain at a bargain price



RRP £34.99 CYCLEDIVISION PRICE £ 14.99 57% SAVING!

2 RST Premium Rain Jacket

The RST 2014 Premium line Heavy-weight rain jacket is designed to keep you dry, warm and visible on those commutes to work or MTB trails. This robust Hi Viz rain jacket is available in 2 colours



-Hi Viz 3M detail for maximum visibility -Fully sealed waterproof zips -Under arm zip panel for increased ventilation -Velcro wrist adjustment to dial in fit -Big rear pocket for max storage -Side pockets for extra storage -High neck with elasticated toggle adjustment

RRP £44.99 NOW £34.99, 22% SAVING

3 RST Premium line 2014 Rucksack cover

The RST Hi Viz rucksack cover is designed to keep your bags contents dry on those work commutes; The Hi Viz 3M reflective detail keeps you visible.



-Manufactured from waterproof material -Fits Bags Approx. 10-30 litres -2 mesh rear pockets for easy access storage and light attachment -Elasticated underside to ensure secure rap around fit of bag -Elasticated press stud poppers for secure fit

CYCLEDIVISION PRICE £9.99

4 RST Premium Line Fleece lined Skull Cap

-Our RST Premium line skull cap features a thermal brushed inner lining, providing optimal warmth on those cold winter rides. -Ergonomic cut, layers easily under a helmet -One size fits all



CYCLEDIVISION PRICE £8.99

5 Cero Polished Alu Bike Stand

-A sturdy polished aluminum bike stand -Great for storing and standing bikes at home or pre-event -Detachable threaded feet -Elevates rear wheel off floor to allow maintenance



RRP £34.99 CYCLEDIVISION PRICE £19.99 SAVE 43%

www.cycledivision.com



SUPERSTAR COMPONENTS

1 SUPERSTAR C32 CARBON WHEELSET

The high-temperature resin system results in an elevated Tg (Glass-Transition) temperature for superior performance in high-heat and demanding braking conditions. They are race proven in the most demanding conditions including the Tour de France, Giro d'Italia and Vuelta a Espana. Built in the UK with Sapim Laser spokes and alloy nipples, these wheels are light, stiff and backed up by our comprehensive support package



**NORMAL PRICE £599.99
WITH SPECIAL OFFER CODE £349.99
SAVING 41% USE CODE CWCARBON**

2 PACENTI SL23 VOLTA WHEELSET

Pacenti's new SL23 rim is designed to be wider to allow a rounder profile tyre for speed, comfort and aerodynamics. The Volta 11S is our new high speed hub designed to be a worldbeater with the best SKF Brand bearings and precision machining. Built in the UK with Sapim Laser spokes and alloy nipples, these wheels are light, stiff and backed up by our comprehensive support package.



**NORMAL PRICE £299.99 WITH SPECIAL
OFFER CODE £169.99 SAVING 41%
USE CODE CWSL23**

3 SUPERSTAR RACER SADDLE

A race-oriented saddle with a carbon injected base, oversized monocoque carbon rails and vinyl cover with minimalist design.



**NORMAL PRICE £79.99 WITH
SPECIAL OFFER CODE £39.99 SAVING 50%
USE CODE CWRACER**

4 SUPERSTAR RSR STRAIGHTPULL WHEELSET

8:16 straight pull wheelset designed to offer the maximum performance for minimal cost. Superlight durable components with sealed cartridge bearings for long life. Radial / 3 cross pattern offers ultra lightweight performance with no loss of power transmission. Superstar RSR490 rims are stiff and light, specifically manufactured for us offering great performance at an amazing price.



**NORMAL PRICE £199.99 WITH SPECIAL
OFFER CODE £89.99 SAVING 55%
USE CODE CWSP**

5 SUPERSTAR XENON CARBON SEATPOST

The Xenon Carbon seatpost is a nice sturdy layback design with plenty of adjustment and a solid clamping system. Manufactured as a single piece of carbon rather than a weak bonded-in design it uses carbon rail clamps and high modulus construction to make an ultralight yet strong post. 350mm long with 20mm offset, includes seat height limiter so you don't scratch the logos while inserting the post.



**NORMAL PRICE £69.99 WITH SPECIAL
OFFER CODE £52.50 SAVING 25%
USE CODE CWPOST**

www.superstarcomponents.com



ONLY AVAILABLE DIRECT

THE BIKE FACTORY

1 Specialized Allez 16 White 2014 Model



**PREVIOUS PRICE: £599.99 PROMO PRICE: £499.99
SAVE: 16% (ends 01/01/2015)**

2 Specialized Helmet Tactic D4w White Blue



**PREVIOUS PRICE: £54.99
PROMO PRICE: £27.99
SAVE: 49%
(ends 01/08/2015)**

3 Raleigh Revenio 4l Blue 2014 Model



OUR PRICE: £2,999.99

4 Raleigh Revenio 3l Titanium 2014 Model



OUR PRICE: £999.99

5 Raleigh Sp Race Gloss Black 2013 Model



OUR PRICE: £1,699.99

www.thebikefactory.co.uk



RUTLAND CYCLING

1 Exposure Sirius Mk. 1 Front Light

Aimed at commuters, the Sirius offers proven Exposure performance in a compact, lightweight and high powered design that blasts out 360 lumens.



**SAVE OVER 50%
WAS £114.99 NOW £54.99**

2 Giant Propel Advanced 2 Ltd Edition 2014 Carbon Road Bike Silver / Blue



No other aero road bike slices through the air quite like the Giant Propel Advanced 2 2014 Road Bike. Earn £34 towards your next purchase with customer rewards.

**SAVE 32%
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MEN'S CYCLO-CROSS WORLD CUP ROUND THREE (MILTON KEYNES)

SAT 29/11

Kevin Pauwels (Bel) Sunweb-Napoleon Games; 2, K. Vantornout (Bel) Sunweb-Napoleon Games; 3, F. Mourey (Fra) FDJ.fr; 4, L. Van Der Haar (Ned) Development Team Giant-Shimano; 5, P. Wastleben (Ger) BKCP-Powerplus; 6, C. Van Kessel (Ned) Telenet-Fidea; 7, T. Meeusen (Bel) Telenet-Fidea; 8, S. Nys (Bel) Crelan-AA Drink; 9, B. Aernouts (Bel) Corendon-Kwadro; 10, R. Peeters (Bel) Vastgoedsservice-Golden Palace
Other 12, Ian Field (GBR) Hargroves.

WOMEN'S CYCLO-CROSS WORLD CUP ROUND THREE (MILTON KEYNES)

SAT 29/11

Sanne Cant (Bel); 2, K. Compton (USA); 3, N. Harris (GBR); 4, E. Van Loy (Bel); 5, L. Chainel-Lefevre (Fra); 6, C. Mani (Fra); 7, K. Antonneau (USA); 8, H. Wyman (GBR); 9, R. Lloyd (USA); 10, M. Mikulaskova (CZE).

NATIONAL TROPHY CYCLO-CROSS

SUN 30/11

Elite Men/Under 23

Marcel Wildhaber (Scott Racing); 2, D. Van Der Poel (BKCP- Powerplus Cyclo Cross Team); 3, J. Page (XcelLED); 4, I. Field (Hargroves Cycles- Ridley RT); 5, S. Zahner (EKZ RT); 6, N. Craig (Pioneer Scott Syncros); 7, A. Paton (Pedal Heaven Colbornes RT); 8, S. James (Hargroves Cycles-Ridley RT); 9, J. Crawforth (Hargroves Cycles-Ridley RT); 10, M. Gujan (Orange Monkey Pro Team).

Junior Men

Gavin Haley (Red Zone CT); 2, A. Green (Matlock CC); 3, T. Craig (Pioneer Scott Syncros); 4, J. Waters (Sherwood Pines Cycles SRAM RT); 5, W. Gascoyne (Specialized Nottingham); 6, D. Barnes (Team Corley Cycles); 7, A. Moses (Paul Milnes Cycles/Bradford Olympic RC); 8, T. Seaman (Nutcracker Racing); 9, E. Grivell-Mello (Mid Shropshire Wh); 10, C. McFadzean (Cycle Sport Dynamo).

Women

Katherine Compton (Trek Factory RT) 2, C. Majerus (Boels-Dotmans CT); 3, K. Verhestraeten (Kleur Op Maat- Corpellets CT); 4, A. Mellor (Paul Milnes Cycles/Braford Olympic RC); 5, K. Thijs (Kleur Op Maat- Corpellets CT); 6, A. Simpson (Hope Factory Racing); 7, C. Bauwens (Morgan Blue CT); 8, H. Payton (The Kinesis Morvelo Project); 9, D. Lee (Team Mulebar Girl- Sigma Sport); 10, M. Pacios (Pujado Beeline Bicycles RT).

Veteran Women

Marie Jackson (Paul Milnes Cycles/Bradford Olympic RC); 2, T. Fletcher (Team Empella Cyclo-Cross.com); 3, M. Smith (Bolsover & District CC); 4, A. Kinloch (PH-MAS Cycling); 5, N. Davies (Beacon Whs); 6, L. Bland (Norton Wh); 7, J. Horrocks (Hope Factory Racing); 8, H. Pattinson (Solent Pirates); 9, J. Field (Cycle Club Ashwell); 10, C. White (Team Milton Keynes).

WESTERN LEAGUE ROUND 10

SUN 30/11

Senior/Under 23

David Creber (Malvern Cycle Sport); 2, B. Davies (Cheltenham Cycles); 3, P. Kench (Banjo Cycles); 4, S. Vanes (Wyre Forest CRC); 5, J.



Gavin Haley shoots to junior victory

Linden (Rdfcc); 6, J. Painton (Rides On Air); 7, B. Anstie (Candence RT); 8, J. Britton (Bristol Cx); 9, A. Burrige (Bristol Cx); 10 J. Cartridge.

Junior/Veterans/Women

Keith Sheridan (Cotswold Veldrijden); 2, G. Rogerson (Cotswold Veldrijden); 3, S. Brown (Dream Cycling); 4, T. Hyde (G.S Henley); 5, M. Green (Bristol CX); 6, C. Reed (Not Attached); 7, E. Richards (Malvern Cycle Sport); 8, J. Horton (Fully Sussed); 9, R. Hunt (Not Attached); 10, S. Pritchard (Malvern Cycle Sport).

Youth

Ross Harnden (Malvern Cycle Sport); 2, H. Harden (Malvern Cyle Sport); 3, B. Clacy (Chapel Tri-Stars); 4, J. Thompson (Not Attached); 5, W. Swarbrick (Cheltenham and County CC); 6, J. Randell (Not Attached); 7, H. Jackson (Cheltenham and County CC); 8, O. Allen (Mid Devon CC); 9, T. Barlow (Not Attached); 10, H. Dennes (Sulis Scorpions YCA).

EASTERN CYCLO-CROSS LEAGUE

SUN 30/11

Matt Holmes (Arctic Tacx RT); 2, B. Lewis (Hackney GT); 3, R. Tricker (XRT-Elmy Cycles); 4, G. Kangelos (Hackney GT); 5, T. Fitzpatrick (Terra Safety Shoes); 6, A. Whelan (Elmy Cycles); 7, J. Jackson (Colchester Rovers CC); 8,

G. Dossett (Welwyn Wh CC); 9, A. Keer (Ipswich Bicycle Club); 10, R. Milton (Hackney GT).

Veteran 40-49

Shaun Aldous (Iceni Velo); 2, J. Swindells (Iceni Velo); 3, M. Mooney (Cycling Club Hackney); 4, N. Cook (Ipswich Bicycle Club); 5, P. Peacock (St Ives CC); 6, P. Murrell (Finsbury Park CC); 7, B. Holland (North Road CC); 8, D. Staff (Not Attached); 9, J. Browne (VC Norwich); 10, I. Chatten (Iceni Velo).

Women/Veteran 50+

Geoff Bores (Ford Cycling Club); 2, S. Woods (Cambridge CC); 3, N. Webber (Colchester Rovers CC); 4, P. Speller (Colchester Rovers CC); 5, G. Houghton (Not Attached); 6, M. Farrow (Strada Sport); 7, P. Stokes (Not Attached); 8, M. Archer (Not Attached); 9, P. Hall (Colchester Rovers CC).

Youth

Adam Colbert (Ipswich Bicycle Club); 2, M. Baker (Gt Yarmouth CC); 3, J. Darragh (Maldon& District CC); 4, J. Cole (Iceni Velo); 5, C. Hall (Not Attached); 6, O. Stockwell (Welwyn Wh CC); 7, T. Martin (Welwyn Wh CC); 8, R. Mercer (Colchester Rovers CC); 9, F. Elsworth (West Suffolk Wh & Triathlon Club); 10, S. Brunton (Cambridge Triathlon Club).



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Dr. Hutch



THE DOC HAS SEEN A PROFILE of the average CW reader, and he can't believe what he sees...

doctorhutch_cycling@ipcmedia.com

You may not have noticed, or you might not remember, the opinion poll company YouGov launching a free 'Profiler' service a few weeks ago. You type in the name of a brand, a famous

person, a magazine — anything almost — and you get a profile of the people who describe themselves as fans of it. Much of the media jumped on this as a very, very easy way to fill some column inches. And so did I.

In an effort to get to know you all better, I typed in 'Cycling Weekly'. I was vain enough to try 'Dr. Hutch' first, but it turns out I'm not as famous as 'soup'. (Who describes themselves as a fan of soup, you ask? Well, he's in his fifties, works in the emergency services, lives in western Scotland, and his favourite celebrity is Valerie Singleton.)

The typical reader of this magazine is a right-wing man in his forties. He is a Welsh dog-owner who enjoys the music of the Monkees, and whose principal brand loyalty is to Twix. He reads the *Guardian*, his favourite celebrity is Darcy Bussell, and he has a monthly disposable income of £1,000.

My first thought was that a bit of mockery would be appropriate. I reckoned that couldn't possibly be an accurate characterisation of the CW readership. To me it sounded more like three different people taking it in turns to fill out the polling form, all of whom were lying about being a cyclist. As a test-fire, I tweeted the Darcy Bussell thing, because it seemed so unlikely.

I got a raft of replies, almost universally along the lines of, "Mmmm... Darcy Bussell... Mmmm." When I put the same thing to my friend Bernard, his response was slaveringly unprintable. "But she has hair like Margaret Thatcher!" I said.

"Margaret Thatcher," he replied. "Mmmm...." I covered my ears, but I could still hear him.

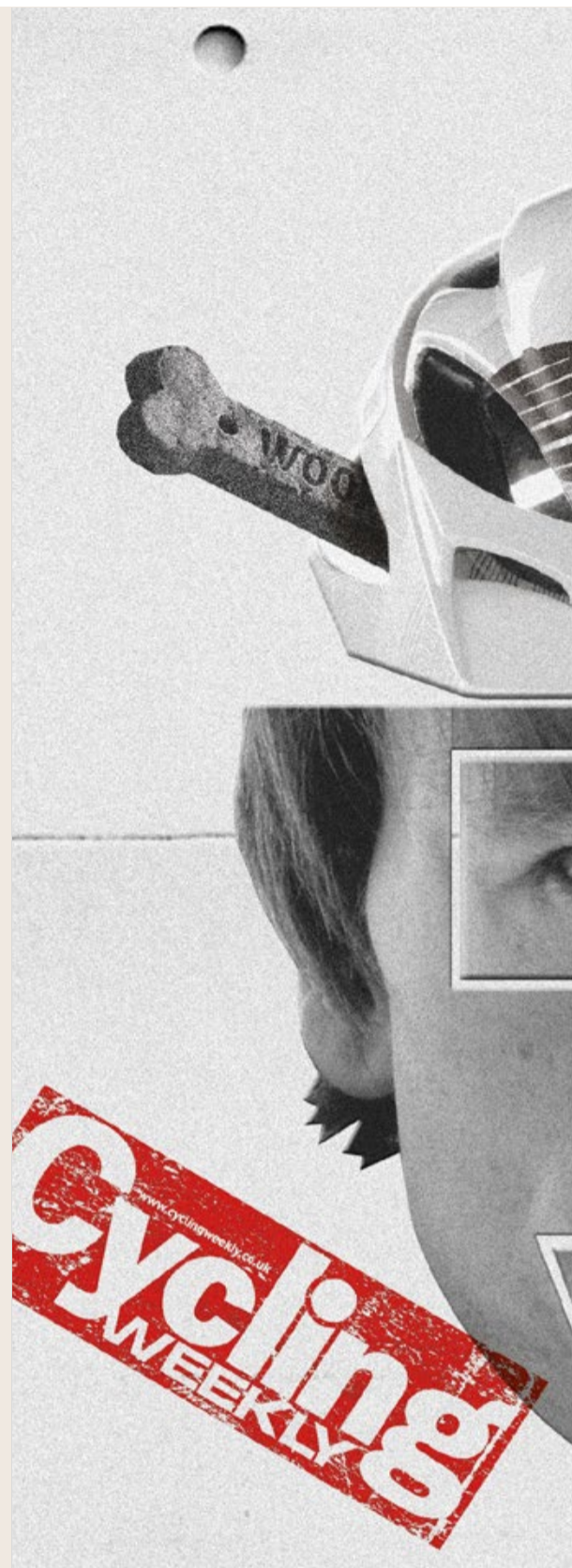


Dear Doc,
Yesterday after work I got my rollers out for an interval session. I was between efforts, just turning the pedals over, when my wife gave me a peck on the cheek prior to heading out with some friends.

The static build up in the rollers earthed itself through her lips. The shock made me fall off the rollers and into the dining table, which I smashed along with one of the chairs. My wife dropped the bottle of wine she was holding, which broke two of her toes.

Is this the least successful interval session ever?
Alan Clifford, email

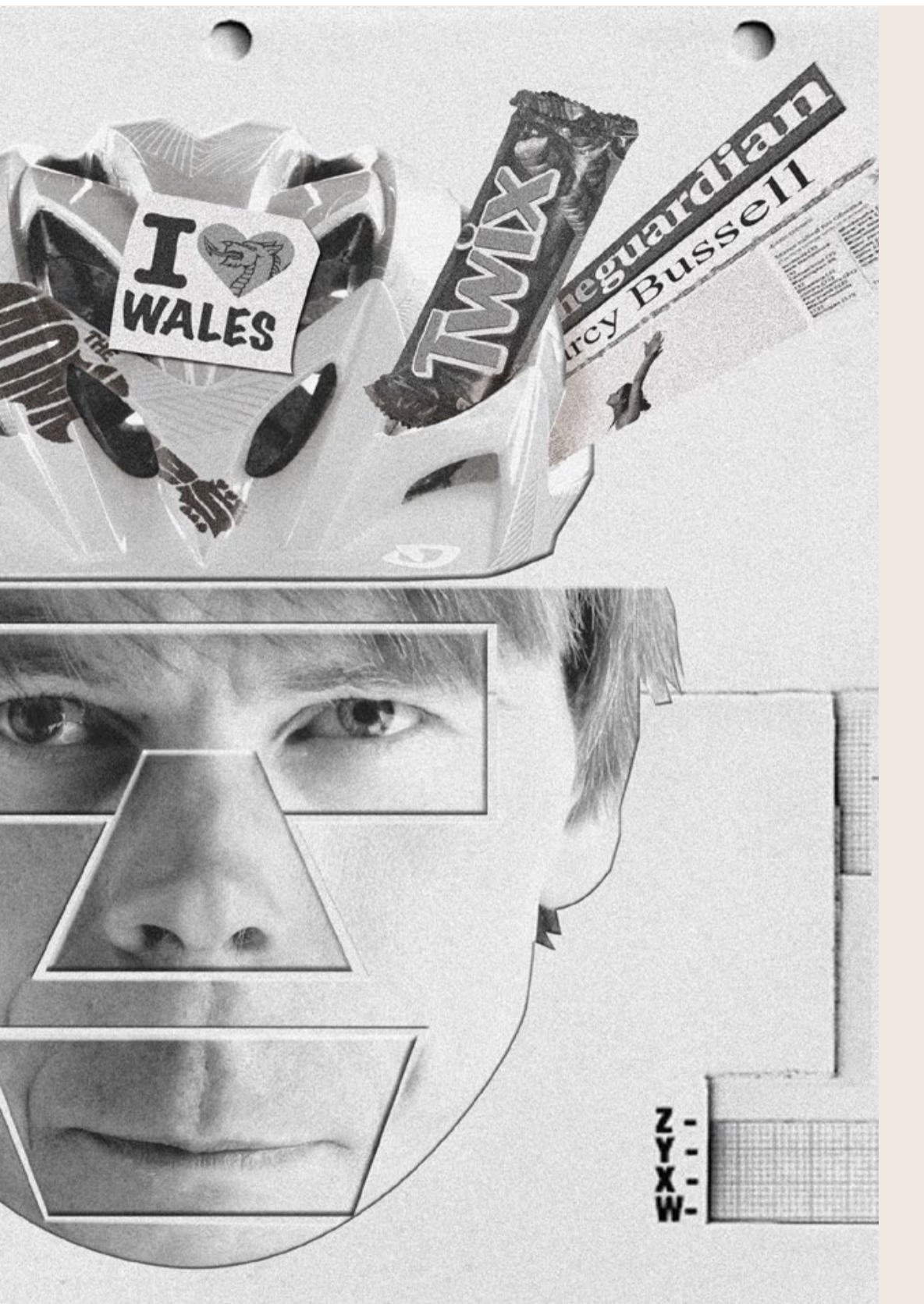
Alan, yes, it probably is, especially as it sounds like you didn't even finish it. I'd say it wasn't the world's most successful kiss, either.



From all of which I conclude that YouGov is right, my prejudices are all wrong, and I don't know you people at all.

All of this comes as something of a shock. I have always assumed that all cyclists are just like me. It never crosses my mind that anyone might go riding for any purpose other than self-flagellation, that they might seek out congenial company while they do it, or that they might have a Twix when they get home.

It's not just a shock, it's a concern. When writing a column like this one, the hazards of assuming I'm an archetype are ever-present, and the consequent probability of



looking like a self-absorbed tosser is very high indeed. I always want people to read the column and think, "Yes! I feel like that too!" And now, of course, my strong suspicion is that the dominant collective-thought is more along the lines of, "What a prick."

I started looking at other cycling-related profiles as an exercise in perspective. Joanna Rowsell fans, for instance, have a favoured celebrity in Phil Harding, the West Country archaeologist from *Time Team*. Fans of the GB cycling team are women over 60 from Cornwall who work in social care, have more than £1,000 a month disposable income, and

who love the music of The Script. Lance Armstrong fans' favourite TV show is *Pebble Mill at One*. (This sets him apart; the show picked by most other riders' fans was *Dixon of Dock Green*. Seriously.)

But one thing reassures me. *CW* readers are more likely to own a Peugeot car than any other. The deep respect for the name, and its association with Tom Simpson, Bernard Thévenet and Robert Millar is very impressive.

Although the bike company and the car company have been separate since the 1920s, so you're not as smart as you think you are. And yes, I'm a prick.

Great inventions Of cycling

1860s

Off-season

The first off-season followed fairly directly from the first on-season, as our forebears realised that riding a boneshaker down a 19th century road with a foot of mud on it was more or less impossible.

The tradition became more fully entrenched in the 1870s and 80s. The turbo-trainer had not yet been invented, and even if it had, no one had a garage, and even if both of those things had existed, riding a penny-farthing on a turbo would have needed a hatch on the roof of the garage for the rider's head to poke out of, removing much of the attraction of indoor training.

Instead, the riders focused on practising their bugling, polishing their machines, and drinking port in the kind of quantity that would kill anyone who wasn't a whiskered Victorian.

Thus things remained for many, many years. Until in the 1950s and 60s, riders started doing 'circuit training', which consisted of going to a hall to stand around in shorts and a singlet wasting time.

The off-season finally fell apart properly from the 1970s onward. Someone invented 'winter base-training' and assured us that it was the key to a successful on-season. I don't know whose idea this was, and one wouldn't wish to be cynical, but if I wanted to devise a method of maximising wear on bicycle components and increasing sales of cycling clothing, it's exactly what I'd have invented. The retail cycle industry denies having had anything to do with it.

A modern off-season consists of doing exactly what one does in the on-season, but enjoying it less.

FAMOUS LAST WORDS

SIMON BURNEY

A cyclo-crosser before it was hip, a mountain bike pioneer, international team manager and Milton Keynes World Cup organiser: meet Simon Burney

I can't imagine [not being] involved in cycling. I have no idea what else I would be doing. My whole life has involved cycling. I started racing when I was 15, and when I left school I was the last commercial apprentice that Raleigh cycles took on in Derby. I suppose I could just about see myself working in marketing somewhere.

I've been lucky in that I've travelled all over, and the benefit of working on the off-road side of cycle sport is that it generally takes place in some of the most beautiful places in the world. When I was younger, I foresaw myself living overseas, but as I've got older, I'm happier in the Peak District, where I live now.

The downside of my job is that I spend a lot of time in the air or in airports, people-watching. This year I'll have had 80

flights, and that means a lot of hanging about in airports. I can't complain, though, really; I get to read a lot.

I get told to bring shoes and a helmet to races so as I can go for a ride, but I never do. It's not going to happen. It's got to be my bike or nothing; nothing else feels right. I'm a bit picky; I have my standards. I'll never wear black socks, they're just plain wrong. And legs need to be shaved, even under legwarmers!

It's been great to see the way that cycling has taken off in the UK in recent years. I was working at British Cycling when Dave Brailsford came in, and it was exciting to see the way things changed at that time. The popularity of cycling is amazing, and I see so many more people — especially women — riding at weekends now. I don't feel precious about newcomers taking over 'my sport'.



Tweets of the week



Callum Skinner
@CallumSkinner

Found out the reason why no one wants to room with @Philip_hindes currently being forced to watch 'I'm a Celebrity' apparently its amazing.



Emily Kay
@EmilyKay95

At a point in my life where no one buys an advent calendar for me #massiveloner



Nikki Harris
@Nikkiaharris86

Feel like I'm recovering from a world championships weekend! Still have ringing cowbells in my head



Jason Kenny
@JasonKenny107

Walking into the Olympic velodrome 2 years on from London 2012 gives me shivers and goosebumps... someone put the bloody heating on!

Follow us @cyclingweekly

Coffee culture seems to have risen in parallel with cycling. I don't really get the whole 'I need a double espresso using these special beans I ground myself before I go for a ride' thing, though. I'm nearer the other end of that spectrum; I'm still more of a tea man myself.

Not that I'm averse to a bit of Italian culture. I'm about to drive up to Peebles on the M6 in an Alfa Romeo Brera, praying it's going to make it!

NEXT WEEK: TRACK WORLD CUP, FROOME AND PORTE IN CRIT RACE, YOU'RE NOT A CYCLIST UNTIL... CANYON, LAPIERRE, BOWMAN ON TEST, PLUS MORE

Cycling
WEEKLY

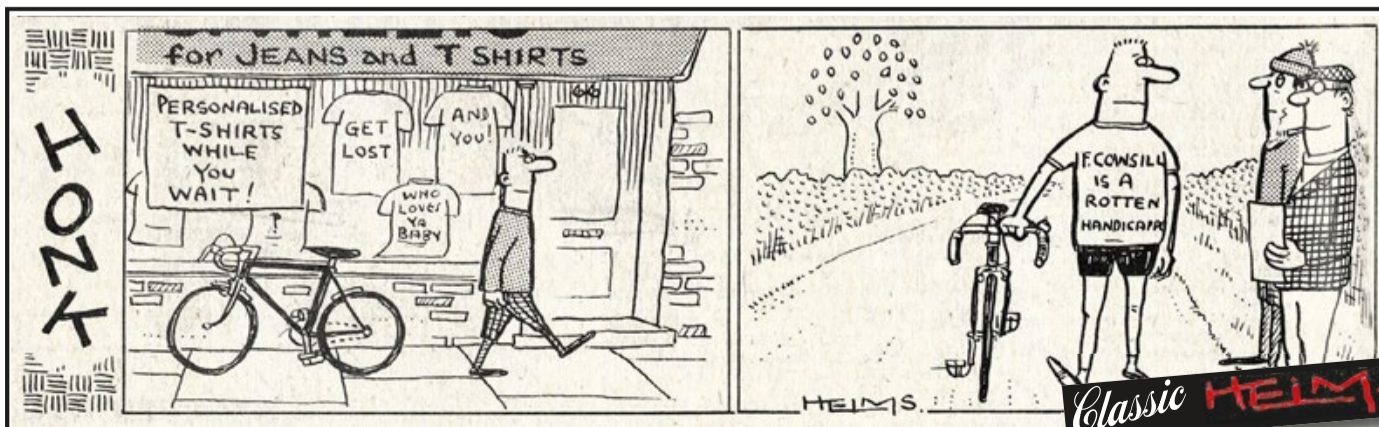


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