

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Patrick receives his oldest rider award

You ride

Patrick Hyett Octogenarian century rider

At the age of 86, life member Patrick this year completed his 12th, and possibly final, 100-mile Tri-Vets ride. Proudly displaying the previous 11 date bars attached to his Tri-Vets badge, Patrick was presented with a cup for being the oldest male finisher by Dave Matthews, president and chair of Cycling UK member group Chester & North Wales/CTC Caer a Gogledd Cymru.

Patrick, who lives in Derbyshire, has been a Cycling UK life member since 1952. He says his only regret is that he didn't start riding Tri-Vets events as soon as he was eligible aged 50 in 1986; his first was in 1989.

Patrick cycles 50-60 miles twice a week on forays out into the local countryside. He also rides around four miles daily to the shops and to carry out other errands. He credits his lifetime of cycling for his good physical and mental health, having not seen a doctor in years.

He hasn't yet been tempted to swap his vintage lightweight tourers (he has "20 to 30" in a shed) for an e-bike. "The technology is not quite there," he said. "If you run out of battery, it's a worry how you'd get home."



TRI-VETS 2022

For more about the 2022 Tri-Vets, along with details on how to order badges and date bars if you took part, visit [cyclinguk.org/article/tri-vets-2022](https://www.cyclinguk.org/article/tri-vets-2022)



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Bike tech

Boardman junior bikes

In time for Christmas, Boardman Bikes has launched a range of six bicycles for kids. It comprises a balance bike, rigid-forked hybrids with 16, 20, 24, and 26-inch wheels, and a 26in-wheel gravel bike. The specifications and weights look sensible and the prices are lower than Frog (and also Islabikes). [boardmanbikes.com](https://www.boardmanbikes.com)



Classic kit

Optilabs glasses

Prescription cycling glasses on the high street can be expensive. Optilabs specs are more affordable, yet the service is good and the glasses work well on the bike. You can buy single vision, bifocal or varifocal glasses in various styles and tints. [optilabs.com](https://www.optilabs.com)



Really?!

£874.29 socks

No, that's not a misprint. The FASTEST SOCK ON THE PLANET™ (singular but you do get a pair) really does cost more than a pretty good bike. They'll supposedly save the racer with money to burn around six Watts in reduced aerodynamic drag. Words fail. [sockloen.nl/en/](https://www.sockloen.nl/en/)

Bike hacks

Beat cold feet

Place about 700g of ceramic baking beans in a suitable jug, then microwave them on high heat for four minutes. Pour them into cotton ankle socks (tip: put each sock in a tall glass, folding its cuff over the top). Seal the tops of the socks with food bag clips, then place in your cycling shoes for a few minutes before riding. You can do the same with dry rice – just don't eat it!

