Mavis Paterson, Oldest End-to-End

Cycling UK’s Galloway gran Mavis Paterson has become the oldest woman to cycle from Land’s End to John o’Groats at the age of 81. She completed the 960-mile route in memory of her three children, who all passed away within four years of one another in their forties (due to a heart attack, viral pneumonia, and an accident).

Mavis, who is a Cycling UK member, set out on 30 May and completed the journey on 22 June, raising over £60,000 for Macmillan Cancer Support in the process. She describes the journey as being “extremely therapeutic”, but notes: “It was the most difficult thing I have ever done… We had to cycle all the way in miserable weather. It was really tough.”

For more on Mavis’s ride, visit cyclinguk.org/article/galloway-gran-mavis-paterson-smashes-40-year-record.

For an extra 10% off ticket prices, visit cyclinguk.org/member-benefits.

Laura Winter

Sports presenter, commentator, and one of our 100 Women in Cycling

Why do you cycle? For coffee and cake. Nothing makes me as happy as cycling. It is freedom, joy, ecstasy, and agony all rolled in to one. When riding a bike, I feel a sense of childlike glee. I love how far you can ride, the beautiful roads you discover, the leg-sapping climbs and, how social the sport is.

Which of your bikes is your favourite? I only have one, sadly! My Canyon Ultimate is my baby. I’d love to get a town bike too.

What do you always take with you when cycling? An inner tube, pump, tyre levers, Rawvelo gel and bar, my Garmin, and a smile.

Who mends your punctures? I try to but often others in my club jump in to help.

It’s raining: bike, public transport, or car? For safety, car or public transport.

Lycra or normal clothes? Lycra. I get too hot too often.

For safety, car or public transport.

What’s your favourite cycle journey? The Gorges de la Nesque in France. The views are incredible.

What single thing would most improve matters for UK cyclists? Road infrastructure and driver attitudes.

 Event THE CYCLE SHOW

The Cycle Show, the UK’s biggest cycling showcase, returns to Birmingham’s NEC from 15-19 September. Cycling UK will take to the stage with our campaign to #TeachTheReach (see p8). We’ll also have news on our other campaigns and projects. Join us there to see top brands, the latest tech, and cycling superstars.

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