

# cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



David met with the Cathedrals Route riders in Portsmouth

## You ride

### David Goodman Cathedrals Route trailblazer

**T**he Cathedrals Cycle Route, linking all 42 Church of England cathedrals in a 2,000-mile loop, was launched at the start of Bike Week 2021. Its creator, Shaun Cutler of Northumbria University, set off to carry a relay baton around the whole route, and Cycling UK member David Goodman travelled from his home on the Isle of Wight to meet Shaun and his companions as they reached Portsmouth cathedral.

David has a particular affinity with the route because he completed a similar ride – and even went two better – more than 20 years ago.

“At 56 years of age, in the year 2000, I cycled 2,008 miles to raise funds for a local hospice and the national charity RoadPeace,” David says. “I started in Edinburgh, then cycled to the 42 English cathedrals and finished up at the cathedral at Brecon in Wales. I carried a letter from RoadPeace addressed to the bishop of each cathedral, telling them about European Remembrance Day for Road Traffic Victims. Orbit Cycles of Sheffield loaned me one of their factory machines.

“I am 77 now and still cycle on my old Bob Jackson and my Brompton folder. Last year I bought a new Kalkhoff electric-assisted cycle.”

Read about David’s millennium ride at [cyclinguk.org/article/millennium-cathedral-challenge](https://cyclinguk.org/article/millennium-cathedral-challenge)

## THE CATHEDRALS CYCLE ROUTE

The Cathedrals Cycle Route can be ridden in sections as well as in its entirety. Choose whichever of the 42 legs you fancy. Visit [cyclinguk.org/cathedrals-cycle-route-challenge](https://cyclinguk.org/cathedrals-cycle-route-challenge)



**Event THE NORTH AND SOUTH DOWNS ESCAPADE – 16 SEPTEMBER**  
Put your fitness to the test in this 475km event with 8,000m of climbing. Starting and ending in Canterbury, it’s a largely off-road reliability trial run by affiliate group Great British Escapades. It uses much of Cycling UK’s North Downs Way riders’ route as well as the South Downs Way. GPX files, patches, enamel mug, and brevet card are all included. Part of your entry fee is donated to Cycling UK. [greatbritishescapades.com](https://greatbritishescapades.com)

## Bike tech



Shop Window  
MORE PREVIEWS  
ON PAGE 20

### SCOTT SPARK 970

Scott’s explanation for hiding the rear shock in the frame of the their new Spark 900 and Spark RC models is that the bigger tube sizes are stiffer so the suspension can work better. But it should be great for muddy UK conditions too. The shock is accessible via removable panels. £2,199, [scott-sports.com](https://scott-sports.com)

## Classic tech

### Rema Tip Top TT02 Touring

Is there a better puncture kit than this? The patches’ scalloped edges don’t peel up when applied as the backing material separates in the middle so you can peel outwards. The kit has six small patches, one big one, emery paper, vulcanising solution, and that Woods valve tube no one uses. Approx £5, from good bike shops.



## Really?

### Indoor cycling shoes

Offering ‘maximum breathability and a sock-like fit’, Shimano’s new IC1 indoor cycling slippers – sorry, shoes – are designed for spin sessions and indoor cycling exercise. They’re SPD and SPD-SL compatible. I’ll stick with warmer shoes also usable outside... £69.99, [shimano.com](https://shimano.com)





Try this

## AN TURAS MÔR

Running 348 miles from Glasgow to Cape Wrath, this off-road trail – put together by the Obscura Mondo Cycle Club – is an epic UK holiday for those who enjoy a bit of the rough stuff. The OMCC kindly allowed Cycling UK to include the An Turas Mòr [Scots Gaelic for 'The Long Journey'] in our Great North

Trail, and it's certainly a highlight of the overall route for those who ride it. The OMCC's route guide (from £5) suggests eight days travel through remote backcountry, so be prepared both for the beauty of Scotland and any problems you might encounter. [anturasmor.co.uk](http://anturasmor.co.uk)



On my bike

## Maxine Peake

Actress and narrator

### Why do you cycle?

Because it's fun!

### How far do you ride each week?

About 150km.

### Which of your bikes is your favourite?

My newest acquisition, which is my Pearson Minegoestoeleven.



### What do you always take with you when cycling?

Plasters! A protein bar and lip balm. I put the lip balm on my cheeks because they get really wind burnt. And obviously my puncture kit.

### Who mends your punctures?

To be honest, I'd have to say my partner.

### It's raining: bike, public transport, or car?

Bike.

### Lycra or normal clothes?

Lycra.

### If you had £100 to spend on cycling, what would you get?

I'd get myself a snazzy cycling top with socks to match.



### What's your favourite cycle journey?

Up to Tatton Park in Cheshire, through the park seeing all the deer, and then back through the Cheshire lanes.

### What single thing would most improve matters for UK cyclists?

A better cycle network and more awareness from drivers of cyclists.



## Picture this...



Competition time! Cycling UK is running a monthly photo contest in partnership with OS Maps to encourage more people to explore the outdoors. Share snaps from your overnight adventures on Instagram using #12NightsOutIn1Year for the chance to win some fantastic cycle-camping goodies, including an OS Trail 2 GPS (worth £344.99) and luggage from Wizard Works! June's winner, @kerriadventuresynd, took this on a bothy trip. T&Cs: [cyclinguk.org/12-nights-out-1-year](http://cyclinguk.org/12-nights-out-1-year)

## Bike Hacks

### AVON SKIN SO SOFT

Midges: if you're cycling between April and September in the Scottish Highlands – and many parts of England, Wales and Northern Ireland – they're infuriating. Repellents with DEET are very effective at keeping them off. Another option, allegedly used by the Royal Marines, is Avon Skin So Soft. At £5 for a 250ml bottle ([avon.uk.com](http://avon.uk.com)), it's cheap, non-toxic, and pretty good. An academic study found it 71.4% effective, versus 95%+ for DEET repellents. And it leaves your skin nice and soft, eh Marines?

