

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Janet Atherton (right) with Dan and Christine

Left: Abdullahiman Hassona

You ride

Dan and Christine Mcnamara British Cycle Quest finishers

Congratulations to Cycling UK members Dan and Christine Mcnamara from Wirral, who have completed all 402 checkpoints of Cycling UK's British Cycle Quest (BCQ). They were presented with a platinum medal in recognition of this amazing achievement by chair of trustees Dr Janet Atherton OBE. The couple spent nearly 11 years completing the challenge, which took them to all 67 counties of England, Wales and Scotland, covering more than 10,000 miles in total.

Dan says: "We started with our local ones but early on did the more difficult locations to get to like Shetland and the Hebrides. Once we did those, and a few other far-flung places, it felt like the whole thing would be doable. Pretty much anywhere in Scotland was the best cycling, especially all the islands. My overriding thought about the UK as a whole is just how wealthy the country is: every county is full of incredible villages and properties, some like another world compared to ours!"

Having now completed the entire British Cycle Quest, the couple haven't decided what they'll do as a follow-up. They say: "We're not sure about the next challenge but we did set out to climb every mountain over 2,000 feet in England and Wales. We're not far off finishing that but, unlike the BCQ, we didn't do the tough ones first so who knows?"

There were several other BCQ finishers in 2022: N Moore; R and G Wilson; C Sore; and J and J Roberts.

EMBARK ON YOUR QUEST

There are six checkpoints to visit per county for the BCQ, which is administered by two wonderful volunteers, Stephen and William. Each checkpoint has a question to answer to prove you've been there. Why not start your quest by visiting some BCQ sites near to you? cyclinguk.org/british-cycle-quest



Bike tech

Microshift Super Short

Microshift has launched a drivetrain specifically for children's mountain bikes with 20in wheels: Super Short. It's available in two flavours: 9-speed Advent and 8-speed Acolyte. Both have 11-38t cassettes, close-reach and short-throw shifters, and shorter derailleurs with better ground clearance. Prices TBC. microshift.com



Shop Window
MORE ITEMS
ON PAGE 18

Classic kit

Zéfal HPX

Zéfal's classic frame-fit pump is bulkier than a mini-pump but it'll inflate your tyres quicker and with considerably less effort – up to a maximum of 12bar (174psi). Unlike a pocket pump, you can also use it to fend off aggressive dogs. It comes in four different lengths: 35, 41, 46 or 51cm. £29.99, chickencyclekit.co.uk



Really?!

Rene Herse Nivex Derailleur

This chainstay-mounted mech is intended to be the ultimate cable-operated derailleur. It better be: it costs \$729 for the derailleur itself, \$249 for the shift lever, and \$39 for the cable tensioner! It currently works with 11-speed cassettes up to 30t. Oh, and you'll need a new frame (or frame braze-on)... renehersecycles.com



Events

Advertise your rides

Did you know that all Cycling UK member and affiliate groups have a publicity page on the Cycling UK website? As well as sharing information about your group, you can use it to advertise your rides and events. It's a great way of attracting new participants. Your events will also be added to our national listings. If you've never added an event to your group page, contact Tom, our groups officer, for advice: groups@cyclinguk.org.



Right: Peter Cornish