

# this is cycling UK



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## Cyclists' camaraderie

Our groups play key roles in creating cycling's social fabric. **Paul Tuohy** reflects on the importance of riding together

**S**ummer may have drawn to a close but autumn still gives us enough daylight to pack in plenty of leisure miles before the clocks go back on 27 October and the evening light is lost. We've been doing our bit to keep people on their bikes beyond the summer months with the Cycle September Challenge (p10). If you've been taking part, just roll it into the rest of the year!

Of course, those who ride with Cycling UK's Member Groups don't need such coaxing, because cycling is embedded into their daily lives. One such group is Chester & North Wales CTC/Caer a Gogledd Cymru, which had its 80th anniversary this September. I was delighted to accept an invitation from President Mike Cross and Secretary Lowri Evans to join their celebratory ride and lunch.

I arrived at Rhyll on the Friday night and cycled to St Asaph on a cycle route by the River Clwyd. It was covered with cows, cow poo, and gates every few hundred yards, and the sky was darkening. I arrived at my lodgings for the night tired and ready for dinner and sleep.

### Winged wheels

Before that, legendary cycle enthusiast, campaigner, and historian Roy Spilsbury told me on social media that I had unknowingly ridden through Rhuddlan, the only town in the UK with two Winged Wheel plaques on the high street. I'd gone past them both having no idea!

So before the ride from St Asaph to Llanfair Dyffryn Clwyd and back to Rhyll set off at 11am the next morning, I headed in the opposite direction to pay homage to our famous CTC logos at the New Inn Hotel and at another one-time inn that is now a residential property. I made it back in time for



Chester & North Wales CTC's anniversary riders

a group photo and then spent a couple of hours riding along glorious Welsh lanes, chatting and taking in the views. Do drivers there really give you more space when overtaking? Not one close pass. Marvellous.

### Group dynamics

At the village hall I was given the honour of cutting the cake, then presented a Certificate of Appreciation to Mike and the Member Group, and said a few words on why our groups are

so important in society, especially today. Cycling groups can inspire people whatever path their life takes. They can provide aspirations, give people the confidence to achieve new goals, and surround us with friends for life.

I drew on personal experience and almost lost it at one point. We need more groups like these in our communities. That's why the work of Cycling UK, in creating new groups and new opportunities for diverse communities to cycle together, is so important.

I rode much of the anniversary ride with Chris and John, who both had moving personal stories as to how cycling had come to them late in life. In John's case, it had saved him from oblivion when he was suffering from PTSD. Without cycling, he said, things could have been very different. Yet a few years after getting on a bike, he completed Paris-Brest-Paris in 74 hours!

Cycling is not a miracle cure for mental and physical issues – it's actually more important than that. Next time you walk over to your bike, think what it's done for you.

“Cycling is not a miracle cure for mental and physical issues – it's actually more important than that”



Years since Chester & North Wales CTC was founded



**800 miles**  
The length of the  
new Great North  
Trail (see p42)



It's past time that funding for cycling and walking got its much-needed green light

Left: Alamy. Right: Andy Catlin

## Transport

# STILL WAITING...

Government funding for active travel? We've pushed all the buttons and yet nothing's happened. **Duncan Dollimore** outlines what's next

**O**n 4 September the Chancellor of the Exchequer stood at the despatch box and set out some of the Government's spending plans for next year. I was reminded of Alice in Wonderland being told by the White Queen that "the rule is jam tomorrow, and jam yesterday – but never jam today".

Since we launched our funding campaign ([cyclinguk.org/funding](http://cyclinguk.org/funding)) ten months ago, I've been waiting for any MP, minister or civil servant to explain why investing more in active travel doesn't make economic sense and isn't needed to help tackle our inactivity-related public health, air pollution, congestion and climate crises. But nobody has challenged the case we've put forward for increased investment in active travel, which 11,500 of you supported through emails to MPs and ministers, many of whom gave polite but passive responses.

So, whilst the Chancellor found new money for some services, there was silence on additional funds for cycling and

walking. Instead, we've got the fig leaf of a budget later in the year, a full multi-year spending review next year, and a promised infrastructure revolution that's presumably linked to the national infrastructure strategy expected later this year.

Now I'd be a rich man if I could predict the current course of politics, but it seems likely that we may have a general election later in the year, in the course of which we'd be looking to secure commitments for increased investment in active travel. Accordingly, there are further opportunities to campaign for more money, but we can't just do the same thing again and expect a different result.

Having started with jam, I'll finish with gruel! We can't be like Oliver Twist, politely asking for more, because Bumble the beadle's not listening. We have to make politicians realise that the underfunding of cycling and walking underpins crises that are happening now, not ones that are waiting to happen.

Watch this space, because we'll be back with a revamped funding campaign shortly.



## Autumn pitch

October isn't too late for cycle camping. For a guide, visit:

[cyclinguk.org/cotswold-lightweight-camp](http://cyclinguk.org/cotswold-lightweight-camp)

## Scotland

### A STRATEGY FOR SCOTLAND

Transport Scotland is asking for views on its draft National Transport Strategy (NTS), which will steer transport policy and spending in Scotland for the next 20 years. It's a chance to push for cycling to become the norm for short journeys. Our website has a guide to help you answer the Government's questions: [cyclinguk.org/scot-NTS](http://cyclinguk.org/scot-NTS).



## Wales

### CYCLE ON THE SENEDD

If Wales is serious about tackling the climate emergency, it must provide serious funding for active travel. That's the message for this year's Cycle on the Senedd, which sets off from Pedal Power in Pontcanna, Cardiff at noon, 2 October. Sign up ([bit.ly/cycle-on-senedd-2019](http://bit.ly/cycle-on-senedd-2019)) to join those cycling to ask Assembly Members and Ministers to commit to invest £20 per head each year in active travel or simply meet them at the Senedd at 1pm.

**Women's cycling**

**GETTING WOMEN ON WHEELS**

This summer's Women's Festival of Cycling began with a mass ride through London to a Parliamentary Reception, during which our 100 Women in Cycling list was announced. Scores of events for women subsequently took place around the UK. The Women's Festival is now over but you can still make a pledge to encourage another woman to cycle. Visit [cyclinguk.org/pledge](http://cyclinguk.org/pledge).



**Outreach**

**BIG BIKE REVIVAL 2019**

A hugely successful Big Bike Revival reached almost 20,000 people in England over four months during the summer, with women making up half of attendees. We also fixed around 4,000 bikes and delivered 800 events. Throughout October, we'll be running BBR celebration rides and a special Tour-de-France-themed event to raise the profile of the project.

  
**700,000**  
Views of Cycling UK films this year. That's 1.3M minutes!

Left: Julie Skelton. Right: Café Velo



Café Velo in Ringwood, Hampshire, was England's Cyclist Café of the Year 2018

**Café of the year**

**CYCLING'S CUPPA FINAL**

**W**hat's your favourite coffee and snack stop when you're out on your bike? We want to know. For the second year running, Cycling UK is hosting a competition to find the friendliest and tastiest cycling cafés across the UK, in order to give them the endorsement they deserve.

"What would the club run be without a stop-off at a decent café for coffee and cake?" said Cycling UK CEO Paul Tuohy. "In recognition of all the amazing cafés out there, supporting and sustaining cyclists across the UK, we want to reward the best of the best. Let us know which ones you think deserve

public acknowledgment by nominating them in our awards."

In no more than 100 words, tell us what makes your chosen café a deserving winner. Great coffee? Generous portions? Cycle parking? Friendly staff? We're looking for a café for each of the home nations: England, Scotland, Wales, and Northern Ireland.

The winners will be selected by an independent panel of expert judges from around the UK, headed up by Cycling UK. Voting will close on 21 October 2019, so don't delay.

For more delicious details, and to cast your vote, visit: [cyclinguk.org/cyclistcafe2019](http://cyclinguk.org/cyclistcafe2019).

**Cycle September**

**TRUMP THAT!**

Cycle September saw individuals and workplaces competing to earn points by riding and encouraging colleagues to do the same. Cycling UK racked up a whopping 1,241 points by the end of day five, topping the table of cycling organisations of a similar size. You can still get involved by seeing how you measure up against co-workers, family, and cycling frenemies using our create-your-own cycling statistic cards. (These cards are not connected with or endorsed by Top Trumps.) [cyclinguk.org/cycleseptember](http://cyclinguk.org/cycleseptember)

**Christina Bengston**



**Galactic Spin Officer**

SENSE OF DIRECTION	23/100
PRE-RIDE FAFFINESS	99/100
BIKE NERDINESS	17/100
AWESOMENESS	42/100
AVERAGE SPEED	9MPH
RIDE FREQUENCY	3/7

**150+**  
Delivery centres  
involved with BBR in  
England in 2019



## Touring

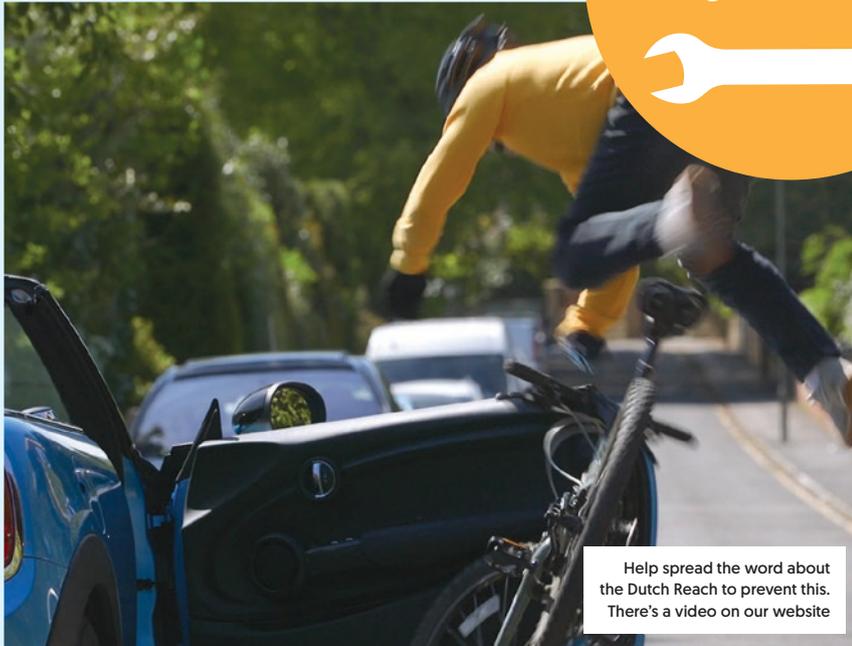
### FIND THE FELLOWSHIP

Since the Cape Wrath Fellowship began in 1949, an estimated 2,000 cyclists have joined. Over the years, however, membership records have gone missing as the paperwork and digital records have passed through multiple hands. With the Cape Wrath Fellowship celebrating its 70th anniversary, Cycling UK is appealing to the cycling community to get in touch and help us 'Find the Fellowship'. You can check out the current roster of members and learn more at: [cyclinguk.org/findingthefellowship](http://cyclinguk.org/findingthefellowship)

### In brief

## CLUB SHORTS

- Tony Sacharczuk from Norfolk is the latest winner of the British Cycle Quest Platinum Medal, having taken seven years to visit all (402) checkpoints.
- West Dorset Member Group voted at an SGM on 9 February 2019 to dissolve. There will now be a new affiliate group named West Dorset Cycling in the area.
- You can join your group to Cycling UK for only £77.50/year. Visit [cyclinguk.org/join-group](http://cyclinguk.org/join-group).



Help spread the word about the Dutch Reach to prevent this. There's a video on our website

## Volunteering

# STAND UP FOR CYCLING

**D**o you want to give something back to cycling? Take a look at our latest volunteering opportunities to find out how you can change lives by helping other people to enjoy cycling too. We have a range of roles throughout the UK, from ride leaders in Gateshead to Community Cycle

Club volunteers in Southampton. To find one near you, go to [tinyurl.com/Volunteer-with-Cycling-UK](http://tinyurl.com/Volunteer-with-Cycling-UK).

### AGM season

Member Group AGMs, which take place in October and November every year, are another opportunity to put your hand up to help organise and support cycling locally. By being involved with a Member Group, you'll find out about the fantastic activities and events you could enjoy in your area. You'll make friends, learn new skills, and have the satisfaction of knowing you are making a difference by giving others the opportunity to get out on their bikes. To find your nearest Member Group AGM, see: [tinyurl.com/Member-Group-AGMs](http://tinyurl.com/Member-Group-AGMs).



### Teach the Reach

With 35% of drivers admitting to not looking for cyclists before opening their car door, our aim is educate everyone about using the Dutch Reach. It's a simple technique: you reach across to open the door with your hand furthest from the door – your left hand

if you're a driving a British car. Many people have never considered the danger a door opening into a road poses to cyclists, which may account for the 500 people a year injured in this way. Help us to help you by spreading the word. More details on our website: [cyclinguk.org/dutchreach](http://cyclinguk.org/dutchreach).

### Workplace cycling

Cycle September might be over but it's never too late to talk to your employer about making your workplace a better place for cyclists. By encouraging more people to cycle to work, your employer is likely to be able to attract the best talent by making their commute easier and stress-free. Find out more about getting your employer to sign up as a Cycle Friendly Employer on the web: [cyclinguk.org/cyclefriendlyemployer](http://cyclinguk.org/cyclefriendlyemployer).



Left: Andrew Bowden, Flickr/CC. Below right: Julie Skelton

## Member benefits

# STAY WITH YHA

**Y**HA provides cycle-friendly places to stay on the coast, in the city, and throughout the countryside across England and Wales. They've recently invested heavily in cycling facilities at several of their Youth Hostels, making them the ideal accommodation choice for your next activity or leisure break.

The offer available to Cycling UK members has recently changed. You will now need to join YHA, but will receive a 50% discount (which is available for new and renewing

members). As well as all the benefits of YHA membership, you will then be entitled to a 10% discount off accommodation and pre-booked meals all year round, including school holiday periods. Under 26-year-olds get an extra 5% discount.

To access this offer, you will need to be logged into the Cycling UK website by first creating an account. The promotional code will then be visible at the bottom of the YHA page. [cyclinguk.org/member-benefits](http://cyclinguk.org/member-benefits)

## Charitable giving

# CARS CAN BENEFIT CYCLISTS

After her old car blew its cylinder head gasket, Cycling UK Trustee Janet Atherton (right) discovered Giveacar. It's an award-winning social enterprise that recycles cars and donates the proceeds to your chosen charity. Naturally, she chose

### Cycling UK!

Her car was picked up by lorry, and she received thanks from Giveacar and Cycling UK for her donation.

If you want to dispose of a car or motorbike, visit [giveacar.co.uk](http://giveacar.co.uk) and select Cycling UK from the list of charities.



## Subscriptions

# NEW MEMBERSHIP RATES

Our annual price rise comes into effect on 1 October 2019, as agreed at this year's AGM.

Adult	£48.00
Senior	£30.50
Household	£74.00
Individual Affiliate	£26.00
Group Affiliation	£80.00
Junior/Student	£22.00*
Concessions	£29.50*

\*Prices held from 2018/19

Please see [cyclinguk.org/join](http://cyclinguk.org/join) for full details.

## Legal advice

# WHAT TO DO IN AN ACCIDENT

As a Cycling UK member, you'll be aware of the benefits of having third-party liability insurance and free legal assistance. But would you know what to do if you were involved in or were a witness to an incident? Read our new guide, written in partnership with Slater & Gordon lawyers, at [cyclinguk.org/legal-advice-cyclists](http://cyclinguk.org/legal-advice-cyclists).

