



## Try this Tri-Vets century rides

Since 1928, Cycling UK's Triennial Veterans' Rides – or Tri-Vets – have brought together cyclists aged 50+ for non-competitive, fun-filled social rides every three years. This year, the Tri-Vets are back, with Cycling UK's member groups organising 100km and 100-mile rides across the UK throughout June and July.

Join like-minded cyclists to explore picturesque countryside, enjoy quiet roads and relish refreshment stops along the way. Finish within 12 hours and you can claim a special 2025 date bar to add to your Tri-Vets Badge. It's a great way to commemorate the achievement.

Find your local ride and join us for another unforgettable round of Tri-Vets events this year: [cyclinguk.org/triennial-veterans-rides](https://cyclinguk.org/triennial-veterans-rides).

Left: Peter Cornish

## Watch this



Discover a wealth of stories in Cycling UK's 100 Women in Cycling 2024 video. This short film shines a spotlight on the remarkable women transforming cycling across the UK. From trailblazing community champions to sporting heroes, their passion and dedication showcase the vibrant diversity of cycling culture.

Celebrate their journeys and see how they're inspiring others to embrace cycling. Watch now to find out who made the list – and why they're on it: [bit.ly/youtube-100women-2024](https://bit.ly/youtube-100women-2024).

## Events

### Women's campaigning workshop

Join us for our online campaigning women's workshop at 7pm on 12 March, where we will bring together women from across the UK who are working to make cycling an option for all. Whether you've never spoken up for cycling before or you're a seasoned campaigner, we'd love you to bring your best ideas and biggest challenges so that together we can amplify women's voices and ensure that campaigns we create are ones that work for women. The workshop will take place on Microsoft Teams. To register, log in using your Microsoft account details at [bit.ly/cyclinguk-women-campaign-MSTeams](https://bit.ly/cyclinguk-women-campaign-MSTeams).



## On my bike



### John Grimshaw

*Cycle path pioneer*

#### Why do you cycle?

I enjoy it. It seems the most sensible way of travelling around our country.

#### How far do you ride each week?

That depends whether I'm surveying a route. But I cycle most days just to the shops and things like that. I'm a utilitarian cyclist.

#### Which of your bikes is your favourite?

I've only got two. A general road bike and a Birdy folding bike for carrying on public transport.



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

A map. I love maps.

#### Who mends your punctures?

I can manage that.

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

If it's warm, I don't mind getting wet. I've given up my driving licence so car is not an option.

#### Lycra or normal clothes?

Lycra would not be seen in our house.

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

Probably a ferry to France.

#### What's your favourite cycle journey?

My favourite is always the route I'm building. Right now I'm working in Ebbsfleet in the old clay quarries, and cycling through the tunnels there is almost my favourite journey.

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

A government policy that was put in place to give real priority to walkers and cyclists, and to say that they're serious components of a 21st century transport strategy.

*John is the founder of Sustrans. In 2016 he set up Greenways and Cycle Routes ([greenwaysandcyclerroutes.org](https://greenwaysandcyclerroutes.org)).*