

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



Paul Rodman and wife
Jeannette with their tandem

You ride

Paul Rodman Cycling UK member for 50 years

Paul Rodman from Cumbria has been a Cycling UK member since he was 14. After starting to go on long rides on a Sunday morning – sometimes 100-mile round trips from his home on the Wirral to his grandparents' house in Prestatyn – he encountered the local Merseyside CTC group on the North Wales coast road. He realised he could just about keep up with them and went on to join. Aged 17, Paul represented the Merseyside District Association at CTC's centenary celebrations.

"Cycling was in decline during the 1970s as more people bought cars and motorcycles," Paul said. "However, the roads were much quieter and traffic slower, with a third fewer vehicles than today. We could cycle on main roads no problem."

Paul and his family moved to the Cumbrian market town of Kendal in 1996 and he started riding with the Lancaster District Association, now known as CTC Lancaster and South Lakes, and later with Kendal and District Cycling Scene (KDACS).

He became a life member at 35 and continues to ride his tandem with his wife, Jeannette. As well as riding with a local group for the past 50 years, Paul has been a volunteer ride leader for three of those decades so has received a Cycling UK Going the Extra Mile gold badge to acknowledge his lifetime achievement.

"I'm amazed at how long it's been; it really doesn't seem that long ago that I started cycling but I still really enjoy it. The endorphins have a great effect on depression and your quality of life is just better, even if you can only manage fairly short outings. As someone once said, you can't be depressed riding downhill on a bike!"

Bike tech

Ortlieb Quick-Lock2.2 hooks

As well as being tough, Ortlieb's QL2.1 hooks are super convenient to use because the security catches retract when you lift the pannier handle. However, they depend on hook inserts for a rattle-free fit on many racks – and inserts can go missing. The new QL2.2 hooks adjust to fit rack rail diameters from 8-16mm without inserts. They're being rolled out on new panniers. Ortlieb has also launched the QL2-Lock, which locks your Ortlieb pannier to the rack. ortlieb.com

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Really?!

TNT Sports

Eurosport was subsumed by TNT Sports on 28 February, with a jaw-dropping impact on pricing. Cycling fans who previously paid £6.99/month (£83.88/year) for a subscription now have to pay £30.99/month (£371.88/year). That's a 343% increase! Unsurprisingly, there has been a huge backlash. tntsports.co.uk



Classic kit Continental GP 5000S TR

If you're searching for supple, fast-rolling tyres for your Sunday-best road bike, look no further: Continental's tubeless-ready GP 5000S TR is outstanding – as you might hope, given the price (£84.95). For year-round use there's the tougher GP 5000 AS TR, while the standard GP 5000 is designed for innertubes. conti-tyres.co.uk

Quick fixes

DIY riding photos

When cycling by yourself, you can appear in your own photos if you have a small tripod like the Joby GorillaPod Mobile Mini (pictured). For action shots, a self-timer is awkward. Try video. Select the highest resolution and frame rate your phone will manage (e.g. 4K at 60fps) and pre-focus. Afterwards, pause the video at the best shot and export that as a still image. That's easiest on a computer at home but can be done on the go with an app such as Frame Grabber. A screenshot works too but is limited to your phone's screen resolution.

