



Watch this

On pages 55–56 you'll find Guy Kesteven's review of a Pashley Roadfinder X, one of the company's new gravel bikes. Like Pashley's other bikes, it's made here in the UK, and Guy visited Stratford-upon-Avon to see it being assembled. As well as a subsequent ride video, he filmed his factory tour. You can watch part one here: bit.ly/guykestv-pashley-visit.



Shimano Q'AUTO

Shimano has launched a 1x automatic shifting system called Q'AUTO that is powered by a dynamo in the rear hub. To begin with, you change gear with a (battery-powered) Di2 shifter but "adaptive learning software" then shifts gear for you according to the patterns you've established. bike.shimano.com



Your local cycling group wants you! Visit cyclinguk.org/group-listing and join them for a ride this weekend

Freewheel

A short tour around the wonderful world of cycling



On my bike

When younger, Sarah suffered from paralysis due to an autoimmune disease. She's been riding bikes for less than three years

Dr Sarah Ruggins

Double End-to-End record holder (2,700km in 5 days, 11 hours, 14 minutes – see the website lejogle.org for more details)

Why do you cycle? As a means to celebrate my life and find my limits, both physically and mentally. **How far do you ride each week?** I train in hours, not mileage. This varies depending on my event schedule, but typically 15–30 hours per week on the bike and 3–6 hours strength training in the gym. **Which of your bikes is your favourite?**

I love my Liv road bike, which I use for competitions. It's the EnviLiv Advanced Pro 0 AXS. I do much of my day-to-day and casual riding on my trusty Cannondale Topstone Carbon 3 gravel bike, which I've put about 50,000km on in just over two years. It's still going strong! **What do you always take with you when cycling?** A good playlist and my Wahoo Elemnt ACE bike computer. **Who mends your punctures?** Anyone but me unless I'm truly in a bind! **It's raining: bike, public transport or car?** Bike. As my coach says (and as I've learned the hard way), there's no bad weather, only bad kit choices. **Lyca or normal clothes?** If I'm training,