



Watch this

E-bike manufacturer FLIT has released a video of its 16in-wheel electric-assist folder being ridden up and down Snowdon (Eryri). Called 'the scenic commute' it was shot "to challenge the stereotype that small wheels and single gears on bikes are not practical" – and to promote the bike! We've got a FLIT M2 on test for the Dec/Jan issue. bit.ly/flit-snowdon



Shimano's new cleat

Thirty years after releasing the SM-SH51 two-bolt cleat for its SPD pedal system, Shimano has launched its first major revision. The snappily named CL-MT001 is designed for easier pedal entry, which should benefit newcomers to clip-in pedals as well as cyclocross riders. Shimano says: "Where the original SH51 cleat requires a toe-first, single-entry approach, the CL-MT001 allows riders to engage the pedal in multiple ways." The new cleat is backwards compatible with all two-bolt Shimano SPD pedals. 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

Fabian Hamilton is an actual cyclist who has championed public and active travel

Fabian Hamilton MP

Member of Parliament for Leeds North East. Chair of the All-Party Parliamentary Group for Cycling and Walking

Why do you cycle?

Because I love cycling and it's an environmentally friendly way of travelling, as well as being cheap, practical and good for my health. **How far do you ride each week?**

Depending upon the week, between about 30 and 50 miles on average.

Which of your bikes is your

favourite? My 'Ultimate Superbike', a high-end carbon road bike which I built a few years ago. I also love my electric Estarli folding bike for short commutes. **What do you always take with you when cycling?** Water and cereal bars. **Who mends your punctures?** I do. As I build most of my own bikes, I'm used to wrestling with tyres and innertubes.

It's raining: bike, public transport or car? Light rain – bike; heavy rain – car. **Lycra or normal clothes?** Normal clothes for commuting

(perhaps with a Lycra jacket). Lycra for long road rides. **If you had £100 to spend**

