

Sheila Southgate

"I wish I'd moved and rediscovered the joy of cycling sooner!" says Sheila Southgate, who moved from Ipswich to Trimley, near Felixstowe. She was downsizing because of mobility issues after battling endometrial cancer.

"Chemo and radiotherapy definitely takes everything out of you during treatment and continues long after it's finished," she says. She wasn't working but wanted to explore her new neighbourhood, as well as rebuild her strength and fitness. Luckily, she found the Facebook page for Pedal Felixstowe Community Cycling Club, which is affiliated with Cycling UK.

"It's taken a lot longer than expected to get back to my original fitness and I feel that cycling is definitely helping, albeit on an electric bike," Sheila says. "I have the option of using electric assist if I'm getting tired or my hips are aching."

Joining the Community Cycle Club has transformed the way Sheila feels about cycling now, and riding in a group has given her spirit a boost: "It's made it so much more enjoyable. I'm now going to places I wouldn't have gone on my own. It's so nice going in a group and talking to different people while on our bikes. I also feel safer in a group and there's a greater sense of security."

cyclinguk.org/sheila

Your
ride



ing

pleasure to the mechanics at work.

It's raining: bike, public transport

or car? Bike. I quite like cycling in rain with the right bike and clothing.

Lycra or normal clothes? Rarely Lycra, and then just padded shorts.

If you had £100 to spend on cycling, what would you get? A better cover for our tandem trike, which lives in the front garden.

What's your favourite cycle journey? From Pickering there's a lane which lifts you up and onto the North York Moors. Then it's a magical, timeless ride, sometimes in mist, until you're descending on the delightful roller-coaster road that drops you into the Esk Valley.

What single thing would most improve matters for UK cyclists? 20mph as the default speed limit on restricted roads, like Wales.



New Mechanical Tiagra

Shimano's mid-range mechanical road groupsets are being squeezed at one end by Di2 and at the other by CUES. So it's a welcome surprise to see a new version of 2x11 Tiagra with an 11-36 cassette, more ergonomic levers (Shimano says) and a modest weight saving. The chainset comes with 165, 170, 172.5 and 175mm crank lengths. shimano.com/en/



Former CTC President and later Vice-President Ted King has passed away at the age of 97. His children Bob, Heather and Val King write: "It is with great sadness that we report the death of our father, Ted King. Together with our late mother, Sheila, he gave a lifetime of service

to the CTC, first with Beds DA and then with Bristol DA. He served for many years as Chair of CTC Council, and then as President from 1990 until 1996. He was awarded a CTC Certificate of Merit and in 2002, and he was proud to be awarded an MBE for his services to cycling."