



## Try this Cycling UK Annual Scottish Gathering

Stirling is the venue for this year's gathering of Cycling UK members (and non-member guests) in Scotland. Attendees on 29 October will be treated to a cracking line-up of speakers, including two world record holders. Two-time Paralympian handcyclist Mel Nicholls completed an epic 4,800-mile journey around the coast of the UK last year. Cycling UK member Christina Mackenzie (pictured) returns to speak at the gathering, having ridden the North Coast 500 in just 36 hours in May. There will be a range of other talks, lunch, and a warm welcome to all. Book your free place: [cyclinguk.org/scotland-gathering](http://cyclinguk.org/scotland-gathering)

Photo: Brian Smith



## On my bike

### Paul Darlington

Consultant Solicitor, Cycle SOS

#### Why do you cycle?

It's in my genes. In the early '60s, both of my parents cycled to their respective employments.

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

Not as far as I used to or as I ought. Many 'miles' are clocked up in spinning classes while my triathlete daughter swims, and chasing her up the Lune Valley to Kirkby and back on a Sunday morning.



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

My father's Paris Path. I restored it and it's now been ridden by three generations.

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

Levers and tube. Drink.

#### Who mends your punctures?

Me! My own and everyone else's.

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

Car.

#### Lycra or normal clothes?

Riding to the station or pub: whatever I'm standing up in. Otherwise something more suitable, mainly for the padding.

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

A cadence sensor and heart rate monitor.



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

Years back we supported a cyclocross event on the Isle of Mull. The road down the west side of the island from Calgary to Killechronan entranced me.

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

Reduced speed limits on rural roads below the A and B categories. The national speed limit of 60mph ought to be 40. Speeding should be as socially unacceptable as drink driving.



## Events Gridiron 100

Enjoy seeing the wonderful display of autumn colours in the New Forest from the saddle of your bike by taking part in this year's Gridiron 100 on Sunday 9 October. Organised by Cycling UK member group CTC Wessex, the event is designed to appeal to riders of all ages and abilities, with a time limit of five to eight hours and free refreshments en route. Also included in the £12.50 entry fee are a unique Gridiron cycling cap and medal. [cyclinguk.org/event/gridiron-100-1](http://cyclinguk.org/event/gridiron-100-1)



## Picture this

When Rex 'Ragged Staff' Coley founded the Cape Wrath Fellowship in 1939, he wanted to inspire people to seek out adventure by bike. Cycling UK member Neil Russell would definitely have received his seal of approval when he handcycled to the British mainland's most north-westerly point earlier this year. If you'd like to join this historic fellowship, you need to brave the waves and wilds of the cape and take a photo in front of the iconic lighthouse. [cyclinguk.org/capewrath](http://cyclinguk.org/capewrath)

Right: Rosie Baxendale. Above: Mike Walsh