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{ F R O M }

THE EDITOR



THE AVERAGE person in the UK cycles less than 50 miles a year, or about an eighth of a mile a day. With apologies to Douglas Adams: they may think that it's a long way down to the chemists [on a bike], but that's just peanuts compared to... London-Edinburgh-London.

It's roughly 1400km, or 870 miles in old money. It's mind-bogglingly far to a non-cycling person, for whom a five-mile commute by bike is something 'you must be fit' to do, and for whom the 50-mile-morning of a club rider is something that's strictly for the fitness-weirdo.

Even cyclists will be given pause for thought by 1400km. Even sportive cyclists. Even *serious* sportive cyclists, who deliberately climb Hardknott Pass on a 34/23 and are diligent about finishing in the top 20 (even though it's not a race).

It is a long way, there's no denying it. On the other hand: you're just riding a bike. And you don't even have to ride it quickly. You just have to be comfortable, keep pedalling, keep eating, and not oversleep. I say this as someone who has never cycled much more than 200km in a day, so veteran audax riders will have to indulge me. But if you even think you could ride London-Edinburgh-London (or any other long ride or audax), you probably can.

Non-cyclists will more likely think you're crazy than superhuman. Cyclists are the ones you'll impress with 1400k. Chapeau, they'll think: hats off.

DAN JOYCE



Photos: Jon Sparks, Tim Wainwright

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of four. Details
on p78

Contents

EVERY ISSUE

7 News

CTC's analysis of the cycling news

12 Campaigns comment

Changing attitudes on bad driving

14 Events news

Recent and upcoming cycling events

18 Shop window

Products coming for 2013

20 Gear up

Components, kit and accessories on test

26 Letters

Your feedback on Cycle and cycling

30 CTC & Me

Stourbug: from 0 to 300 members in only six years

58 Q&A

Your technical, health and legal questions answered

78 CTC member benefits

Special offers for CTC members

81 Travellers' Tales

CTC members' ride reports from the UK and abroad

THIS ISSUE

32 Old-school rules

A retro sportive on the old gravel roads of Tuscany

38 Off-road in Menorca

200km on the coastal Cami de Cavalls

44 Buying into Cycletopia

How to fund the future of transport cycling in the UK

48 A long-distance calling

It's 1400km from London to Edinburgh and back Ready?

54 The Phoenix & the ashes

Why the bicycle is critical to Africa's rural economy

64 Bike test: audax bikes

Spa Cycles Audax and Charge Juicer Hi on test

70 Grouptest: tow-bar bike racks

The best way to put bikes on a car

72 Bike test: Surly Krampus

Big and fat: a rigid 29er with 3-inch tyres...

74 Bike test: Woodrup Chimera BD

Belt-drive expedition tourer/town bike