

# Opinion Letters

**THIS MONTH** ACTION CAMERAS, INSPIRING CYCLISTS, NEW HIPS, HORSE SENSE, TANDEM ON TRAINS – AND MORE



Letter of the month

## CAUGHT ON CAMERA

**M**y husband and I became so concerned about the number of close passes experienced on our tandem that we purchased a small camera. Having successfully referred more than 20 incidents to Notts Police in just over a year, we recently purchased a new camera that is excellent.

We also believe that it's only by a reasonable number of cyclists reporting dangerous driving that our lives will be safer, and we think Cycling UK should be doing more to explain how relatively easy this is. It requires a fairly cheap camera with a reasonable run time.

We noted there was a brief mention of camera use and the Nextbase portal in the June/July Cycle, and there was also a group test of cycling cameras in the August/September issue. However, the cheapest camera featured cost £279 and none had a run time of more than two hours.

Our camera (Bullet Cam with Wireless Connectivity) from **chilli-tech.com** cost only £80 and has a run time of five hours. It's perfect for submitting videos to the police. The camera merits being reviewed in Cycle but, even if not, hopefully you can publish something that encourages cyclists to take a stand against the increasing incidence of inconsiderate and often dangerous driving.

**Rosy Gray**

### Win a Passport Saddle Pack worth £69.99



The letter of the month wins a Passport Saddle Pack, courtesy of Ison Distribution. This 9.8-litre roll-top bikepacking bag has a waterproof liner to keep your kit dry and a wipe-clean tarpaulin base to shield you from mud. There are two external pockets for keys or tools, and the seatpost strap is rubberised to keep the bag stable. For more about the whole range of Passport bikepacking luggage, visit [passportcycles.co.uk](http://passportcycles.co.uk).

## Get in touch

**LETTERS** are edited for space, clarity and, if necessary, legality. The editor reads and automatically acknowledges all letters but publishes only a selection. Feedback for the next issue must arrive by 29 February. Please include your membership number.

**WRITE TO:** Letters, Cycle, Cycling UK, Parklands, Railton Rd, Guildford, GU2 9JX or email [editor@cyclingsuk.org](mailto:editor@cyclingsuk.org)

## INSPIRING CYCLISTS



Congratulations to all the cyclists whose uplifting stories were shared in the Dec/Jan issue. There were just so many inspirational people

doing great things, from the dramatic, like handcycling up Kilimanjaro, to a single female novice cyclist touring in Dumfries and Galloway.

The courage, ambition and determination were alike, whether it be people returning to cycling after a life-changing event, or a 90-year-old continuing on to a fourth LEJOG. So often achievement is seen as defeating others instead of encouraging them.

The issue had so many examples of people challenging themselves and inspiring others by doing so. So, many thanks – it brought light and warmth into an otherwise bleak and cold November day.

**Ralph Firth**

## HIP, HIP HOORAY

After 20 years of double hip replacement and cycling, here are some thoughts. Road cycling and hip replacement go hand in hand. Cycling is the perfect sporting exercise as it keeps your hip movements in-plane. There is no impact force. Shorter cranks of 170mm or less keep your hip rotation to a minimum.

After the operation, walk a lot (for example, five miles at a time), to overcome your limp and strengthen the muscles that support the hips. From there, cycling becomes a doddle. Look at it this way: you don't have replacement hips; you have new hips.

What can you do with them? Enjoy the sprint back to the café on the club run. Cycle 3,500km with 50,000 metres of climbing over 21 days on the Tour de France for amateurs with Le Loop!

**Hugh Webb**