

cycle Freewheeling

A SHORT TOUR AROUND THE WONDERFUL WORLD OF CYCLING



John Violet (left) receives C&NW CTC's President's Trophy

You ride

John Violet Cycle campaigner

John Violet is a Cycle Advocacy Network (CAN) representative who has for years been on the committee for Chester & North Wales CTC (CTC Caer a Gogledd Cymru) as a campaigning representative. John has been involved with so many different projects that it is difficult to know where to start.

He encouraged the police in Cheshire to realise, and deal with, the problem of drivers passing cyclists too closely. He has been involved in 'mini-Holland' schemes and plans looking at cycling provision in five local parishes. He has campaigned successfully on getting safe crossing points installed on several major roads. In 2023 he was instrumental in getting Chester & North Wales CTC to have a stand at the Chester Active Travel Festival to promote cycling.

"Working with Chester Cycling Campaign group has been very fruitful," John says. He is on various consultation groups with the local council. Due to John's long career in highways he understands how councils and companies work. His knowledge of the engineering aspects of routes and of their regulations is invaluable, and his comments on proposed schemes have often enabled him to influence their outcomes.

In addition, John rides with Watson's Wanderers, one of Chester & North Wales CTC's groups. He takes part in events when he can and regularly cycles as a means of transport.

"I have found the campaigning very rewarding," John says, adding that he also enjoys his rides with Watson's Wanderers: "The camaraderie of the group is really good for me."

YOU CAN TOO

Do you want to help get more people cycling? Do you want to see real change, with separated cycle lanes, safer roads, and shops, offices and homes accessible by bike? Join the Cycle Advocacy Network: cyclinguk.org/can.



Above: Sue Booth

Shop Window
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Bike
tech

12-speed Brompton

Struggling on hills with your iconic folder? Brompton has added a 12-speed option to its P Line, T Line, Electric C Line and Electric P Line models. Like the 6-speed drivetrain, the 12-speed combines hub and derailleur gears. This time it's a 3-speed Sturmey Archer hub and a 4-speed Brompton derailleur (11-13-15-18 cassette) for an overall range of 402%. There are overlap gears but the same is true of a triple chainset, which the SA hub can be used like. £2,560+, brompton.com

Classic kit

Topeak Mini Morph

Topeak led the way with user-friendly mini-pumps that work like little track pumps. The larger Road Morph and Mountain Morph models inflate



tyres particularly well but even the Mini Morph gets the job done for road or off-road tyres. Just 240g and 26cm long, it's small enough to fit alongside a bottle cage in its compact bracket. £32.99, topeak.com

Really?!

Rapha Pro Team Aero Jersey

Rapha makes some really nice clothing, like its touring-friendly Technical Shorts. It also makes this £185 jersey which, even though it might "save 7.8 Watts" (according to Rapha's tests at 32, 46 and 58km/h), strikes me as very expensive indeed. A Nopinz Pro-1 jersey is half the price. Or you could get fairly aero by wearing a cheap jersey that's one size too small... rapha.cc



5-minute fixes

Check your chain

As any experienced cyclist knows, chains wear and eventually won't mesh properly with the teeth on chainrings and sprockets. As the rollers in the chain wear thinner, the gaps in each link become longer. The chain then slips, especially when shifting. If you leave a worn chain on your bike, it will accelerate the wear of chainrings and sprockets so you'll have to replace those as well. By replacing the chain when it's worn by 0.75%, you'll save money and enjoy smoother shifting. A £10 chain checker (pictured) is all you need.

