



Events The Gridiron

The Gridiron, a randonée ride through the New Forest that takes its name from the many cattle grids it crosses, returns on Sunday 13 October. Like last year the event will have two distances: the Classic 100k and the Challenge 100-mile. Entries are open until 12 October but are limited to 1,000 people in total, across both events, so you're advised to book early to avoid disappointment; there are no entries on the day.

Entry costs £12.50 (under-18s are free), which gets you a finisher's medal and a branded cycling cap and musette, as well as refreshments. For more details or to enter, visit gridironcc.org.

Right: Mike Walsh



On my bike

David Millar

Former pro racer, commentator and CHPT3 brand founder

Why do you cycle?

I started as a kid because it was fun, and it felt like freedom. Then it became competitive and eventually a profession. These days it feels like I've gone full circle.

How far do you ride each week?

There can be huge weeks, there can be weeks when there's nothing. I don't set myself any targets.

Which of your bikes is your favourite?

That's impossible to answer! I'm fortunate to have my dream bikes for all types of cycling, and each is my favourite for those rides.

What do you always take with you?

My phone.

Who mends your punctures?

I do it myself mid ride. My local shop sorts out my bodged tubeless repairs.

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

If it's just riding for the sake of it, bike. I love riding in the rain. An urban situation? My Brompton and public transport.

Lycra or normal clothes?

Normal clothes for urban riding, Lycra for road, a mix for gravel or mountain biking.

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

Riding fuel: gels, bars, drinks. Lots of it.

What's your favourite cycle journey?

I've discovered ultra gravel. I did the Traka 360 by 'accident' in 2023 and loved it. It was quite an other-worldly experience.

What single thing would most improve matters for UK cyclists?

A cultural paradigm shift. In the shorter term, a cycle lane system beyond cities.



Watch this



Lots of cyclists have already enjoyed Cycling UK's Traws Eryri route, which runs for 200km through the mountains of North Wales from Machynlleth to Conwy. If you're thinking of riding it, there's an introduction to it on the Cycling UK website (cyclinguk.org/traws-eryri).

Guy Kesteven, who wrote the

guidebook, goes into more detail at bit.ly/guykestv-trawseryri-part-one. Of the other Traws Eryri videos out there, one the better-shot ones is from MORE Keep Smiling Adventures at bit.ly/before-bikepack-traws-eryri. There's discussion about the route, which bike to use and more.

Try this

Volunteering

This autumn you can help Cycling UK develop outstanding products and services for our supporters and help change more lives through cycling. From testing digital tools to helping promote online resources such as Cyclists Welcome to assisting the British Cycle Quest validator with admin, these are interesting and useful volunteer roles you can do as and when you have the time to commit and tasks are available. For more information about these and all our other volunteer roles, see volunteer.cyclinguk.org/opportunities and search under United Kingdom or your local postcode.



Help with BCQ admin

Below: Getty Images Left: Simon Davey Top: David Millar/CHPT3

