

PENINSULA PEDALLERS' PERIODICAL

February



2018

Welcome Peninsula Pedallers' to the February 2018 Periodical edition.

Do you think you will still be cycling in 20,30 or 40 years' time? There is a note of encouragement for those of us cycling regularly from a Reuters item which is going around the world including Fairfax papers.

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French cycling hero Robert Marchand retires at 106.



JANUARY 11 2018

Paris: French cyclist Robert Marchand is retiring at the age of 106, a friend of the bike-mad centenarian has announced.

The decision to quit comes a year after the tenacious sportsman set what was widely billed as a world record for the over-105s category: he completed 22.528 kilometres in one hour (which is about the speed that the "fast" group of PP's usually average).

The feat, at an indoor track near Paris, drew intense media coverage and a moment of international celebrity for Marchand, an amateur who has been in the saddle for well over 90 years. His retirement, at not far off twice the average retirement age in France and three or four times the age at which top-notch athletes usually bow out, was announced to Agency France-Press by a neighbour and friend.

After reading this, I followed a couple of other links. Marchant apparently took up cycling, mostly at a leisurely pace, only after "retiring" from paid work. He came to the attention of a professor of exercise science in 2012 as he prepared for the one-hour record for 100+ riders, ironically also at 22.5 km. He began a new exercise regime, increased his VO2 max by about 13% and pedalling power by 40% to ride 27 km in an hour at age 103. His 105+ mark is at the same speed he set at 100+.

ARTICLE SUPPLIED BY GEOFF PAYNE

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Photos from Bob Melville's Ride to Beaconsfield on 17th Jan 2018.





Photos from the Audax 'CHERYL'S CHOICE' ride 2018

Sunday the 21st January 2018
From the Secretary.

I went on the Audax ride with about 30 cyclists. Unfortunately for me, I was the only

one doing the 50km ride whilst the others had chosen to do the 100km ride.



Though some roads had fallen tree branches, bark across the road and steep hills, the ride was challenging at times but, enjoyable and picturesque.

If any of our members would like to submit anything towards the Periodical please let us know.

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