

I've finally got my arse in gear and completed my first event of the year, the 54 mile bike ride between London and Brighton.

The weather that greeted us was overcast but pretty perfect for cycling to be honest. Our start (0800) at Clapham Common was a little slow but very well organised. Unfortunately, the crowds of people that we were caught up in at the start continued for pretty much the first 2 hours; after training hard it was a little disappointing to be coasting along at a slow pace, unable to find any space to pick up speed and even walking up hills (not because I'm a lazy bugger but because there were queues of thousands of people stopped in front and cycling up was impossible). Luckily just before half way we were able to open up and stretch out and we passed a lot of people on the well signed, scenic route. There were plenty of spectators, a great atmosphere and lots of refreshment stops (we wizzed past, content with our mars bars and water bottles!). Crowds were just quiet enough to be able to climb Turner's Hill and then the biggy, Ditchling Beacon. I felt quite good actually and managed to cycle to the top and enjoy the nice descent all the way into Brighton.

I think we managed to raise over our £400 target in the end which is great, we ended up thoroughly enjoying it (apart from those first 2 hours) and would do it again BUT ONLY WITH A REALLY EARLY START TIME to ensure clear (ish) roads and less queuing!!!

Well done to all on recent events and achievements, good luck for upcoming bits and pieces and I'll see you all soon.