

BBC

The 99yr Old Cycling Champ

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What an amazing man – and war veteran – Kenneth is!

- 1 The word "exercise" can be received by some people like the words "Brussel Sprouts". You can eat them - but not regularly thank you. Well, for the younger ones, exercise can be like a drug and one which you just cannot get enough of.

It's like anything really. When you become good at something you just keep wanting to do it.
- 2 So it is for Kenneth Judd. Kenneth has become good at indoor cycling or rather static bike cycling – and he is VERY good at it. So much so that he came 2nd in this year's contest, competing against more than 5000 others.
- 3 Kenneth - who as you can see from his photo, will pass for 20yrs less than his birth certificate suggests – is a star man when it comes to this sport. To prove it – and to improve on his 7th place in last year's worldwide event – he's been in training, suitably aided by the staff at the care home where he resides. The staff have been acting as his SOIGNEUR – a French and technical cycling term - pron. *Swan-yer* – meaning the person who looks after the team leader with coffee and cakes at all the right times.
- 4 And how did he come to win his *almost* top place in a field of 5000 plus? Well, he got good by riding a lot. So not to steal the thunder from the BBC, who covered this story, I invite you to read more [about Kenneth here](#).
- 5 The great thing is, indoor cycling has been taking off for some years now. It started when cyclists who wanted to ride out – didn't want to ride out - that is, in the wet and cold. And being a bit of a cyclist myself, I understand that.

So, cyclists began to put together a static bike in their shed or garage. It usually meant putting their second bike in a stand with the front wheel removed and the rear wheel on a makeshift roller. They would pedal for hours staring at the lawn mower and the kids garden toys – but staying dry!
- 6 It worked OK but – innovation kicked in. This indoor cycling malarkey is now in danger of becoming an Olympic sport – not that a champion cyclist like Mark Cavendish - or his fellow pros - would go for it.

Now the static bikes have really come into their own – that is, by coming into the home – where they now take pride of place in some sitting rooms - in front of the TV no less. With the bike plugged into a laptop and into the

internet and then to the TV, the rider can ride around the whole world watching the road of choice ahead of him/her on the screen. It's a bit like taking a tour with Google street view but miles better. He's happy – in the warm and dry – if perhaps his Soigneur – his Mrs – is not.

7 I say, Kenneth, you are amazing and I feel so much pride for you.

I have to say – this story has got me thinking. Riding in the dry with regular coffee and cakes from the Mrs does have a certain appeal - and particularly if it can strip off 20yrs from my appearance.

I'd still pass on the Brussel Sprouts mind - whatever they might have to do with it!

PS1 I do follow pro cycling a bit and Mark Cavendish's name – mentioned above - came to mind for all the wrong reasons. Poor old Mark [36 now] came off his bike in Ghent this week. He was competing in an indoor track race and had a crash – not good. But he will be back soon, I'm sure.

I have such admiration for pro cyclists, since they are so hardy and do not know when to give in – even when they should.

Get well soon Mark – there's an unfinished job in France next year for you – as if he didn't know it. [[The BBC again has more](#)]

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