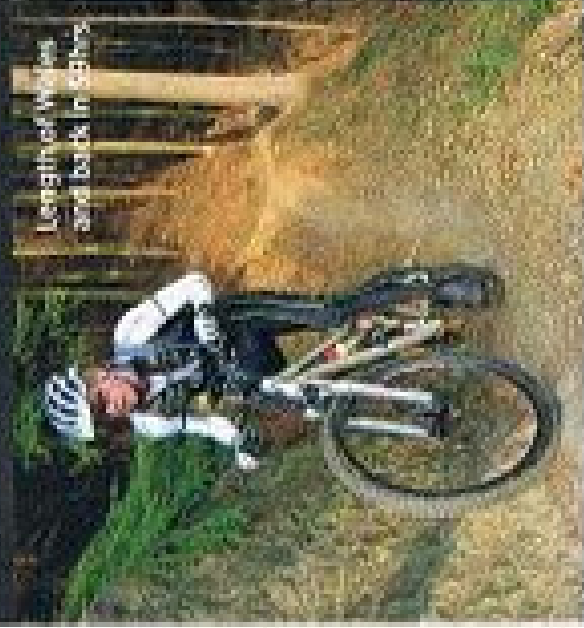


SHORTS

Dave's double: done
Dave Buchanan has completed his long-planned Welsh Double in 59 hours. It's the first time the coast-to-coast-to-coast (from Cardiff to Caermarfon and back again) has been ridden, but Buchanan is convinced it can be done faster: "There are fitter riders out there than me, and we had appalling weather going up and coming down: lots of rain and headwinds up to 18mph."

Buchanan's SatMap GPS recorded the journey at 721km with 22,300m of climbing. A bonk at the 47-hour mark meant a two-hour rest ("I couldn't walk, talk or stand") but the scenery and thoughts of his charity — funding for kids with cancer and leukaemia — kept him going. There's still time to contribute; go to tinyurl.com/44sg8rf.



Length of Wales
and back in 59hrs