



A Bit Scott-ish

Mike Carden
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Mike Carden's second cycle touring book, this time he takes a 15-day ride following Sustrans routes starting in the Orkney Islands, crossing by ferry to John O'Groats and then south to the border at Berwick-on-Tweed. In search of lemon drizzle cake (a rare find) and Scottish distilleries for a wee dram of malt whisky on the way, Mike's humorous narrative keeps rolling along, over the hills, through the rain and into the headwinds and even into some sunny weather.

A history of Scotland unfolds as he makes his way through the Highlands to the Borders and the variety of landladies, hostel wardens and various other travellers he meets en route keep the interest and humour level high. An excellent follow-up to *The Full English*. **Tim Wainwright**



Photo: Tim Wainwright

Dr Alec Moulton recently celebrated his 90th birthday with a garden party in the grounds of The Hall in Bradford-on-Avon to unveil his latest creation, the MDEV 90, with carbon rods and new slimline front suspension, too new to be marketed yet. Pictured here with a stainless steel Moulton single-speed with a coaster brake, it was presented to Dr Alec by his staff.

Continental TopContact Reflex 700x28 wire-ons



I found the Continental TopContact 28mm tyres, which replace the TopTouring model, a good tyre, with reliable grip on wet and dry roads last winter. The tyres are hand-made in Germany with state-of-the-art polymers and Vectran puncture protection. Vectran is a multi-fibre yarn made from liquid crystal polymer, claiming to be five times stronger than steel and more cut-resistant than Aramid. Rigid tyres are normally cheaper and more durable than folding tyres and more suitable for winter riding – the reflective sidewalls showing up well at night. Weighing 410g each with a maximum pressure of 102psi I found reasonable rolling resistance using them at 100psi. The tyre has a slick continuous centre tread making both a quieter and smoother ride than more knobbly tyres I have used in the past. The only problem that I found was in the tread section sides, often picking up small stones in the deep, close-profile of the tread. However, I have had no punctures and have ridden in all conditions including the snow so would recommend these as an ideal tyre for winter riding, general touring and commuting. Sizes available in 700c from 28 to 47mm wide and also 26 by 1.9in. For more info visit www.Conti-online.com **Mark Green**

Continental GatorHardshell 700 x 25 folder

These tyres have been on my bike throughout the winter and have performed without fault. OK, I didn't ride in the ice and snow, but they've had plenty of wet, gravel-strewn, pot-holed roads to contend with since last November and they've survived puncture- and cut-free. At a sensible weight of 280g and width of 25mm they are ideal fast and light weight winter tyres which roll easily. Their grip has never had me concerned for my safety, so no complaints there either.

The redesign of the Gatorskin into the GatorHardshell incorporates PolyX Breaker, a polyester used in Continental's car tyres, for puncture protection plus DuraSkin, a durable polyamide fabric which protects the vulnerable sidewalls from cuts and abrasions. All this new technology doesn't come cheap, and at £40 each for the folding version, you might like to consider the non-folders at £29 each, available in 23, 25, 28 and 32 widths, the 32s seem like they would make an ideal comfort-giving tyre for the ultra-distance events. **Tim Wainwright**



No-Rinse waterless body cleaning products

Here's a nifty set of lightweight body-cleaning products just right for cyclists. They can easily fit into a saddlebag or you can carry them in your kit bag for an after-event wash and clean-up. Apparently, the shampoo was developed for the NASA space program. The products are alcohol-free so they won't dry the skin and they do not need water or rinsing, just towel down afterwards to remove any lather.

There are three sizes to choose from, 2oz, 8oz or 16oz. Prices are £1.95 for 2oz items and £4 for 8oz.

The Bathing Wipes come in a resealable bag to keep them fresh and contains a set of eight for the whole body.

Visit www.waterlessltd.co.uk/ for more details. Available from <http://cyclingweekly.ipcshop.co.uk/shop/> or www.norinse.co.uk

