

Bristol & District Table Tennis Ride 2015 on behalf of Pink Pong / Cancer Research UK

On a warm and sunny Saturday morning (yes, we even arranged the weather!), nine brave souls including a tandem duo set off from Thornbury Table Tennis Club aiming to visit every BDTTA league venue in a day. The group included experienced and inexperienced cyclists, with rising local table tennis star Stan Shilton being the youngest rider at just 11 years old!

90 arduous miles were ahead of us and as a result, the early pace was steady so as not to run out of steam too early. Before our first scheduled cake and drink stop at Portishead TTC (30 miles in), we fixed labels marking our event to the entrances of Almondsbury, Westbury, Filton, Filton Academy, AVSPOL, Bristol Civil Service, University of Bristol and Failand Table Tennis clubs (where we were joined by another willing ~~victim~~ rider). This first section was not without incident, as we lost 90 minutes through various mechanical problems including two inner tube blow outs. However, we managed to maintain our high spirits and before we knew it, rolled up at Portishead for a well-earned 'pit stop'.

Suitably re-fuelled and after double checking the running repairs on the bikes, we set off looking to make up lost time on the next 16 miles before our lunch stop. During this section, we visited clubs that were furthest west comprising Cleeve & Claverham (Walton), Yatton, Cleeve & Claverham (Cleeve) and Nailsea.

Nailsea TTC was the halfway point and we were once again met by the smiling faces and encouragement of our fantastic catering crew comprising family and friends who then proceeded to load us with much needed carbs and fluids. By now, we were still an hour or so down on our intended schedule so before too long the starting nine were sat back in the saddle and travelling to south Bristol to take in HCC, Knowle & Brislington and Bristol followed by a journey in an eastern direction which took us to Frys and Frys – Longwell. The miles were now starting to tick down as we encountered a few more testing hills when riding north-west to call in on St.George, Old Georgians and Southmead where we had our third and final pit stop.

The remaining Pasta, Sausage rolls and cakes were polished off in true 'elite athlete' style before we made a move to tick off the remaining three venues. Page, Winterbourne and Fromside were conquered in quick style before we had one final steep hill to ascent before enjoying the resulting mile or so downhill to the finishing line and the open arms of The Anchor Inn, Thornbury.

All that took part should be truly proud of their efforts but special mention must go out to Tom Lewis, Daniel Ives and Stan Shilton who probably had a total of 90 miles worth of cycling experience between them prior to the event.

Finally, to highlight the commitment of all that took part in the inaugural BDTTA – PinkPong ride 2015, I would like to repeat the words of the amazing Stan Shilton prior to the ride who when told that it would be a tough challenge and a long day replied "It's only one day of pain. People who suffer from Cancer are in pain for longer so I will just say SHUP UP LEGS!"

Participants;

Tony Clarkson, Julian Elsbury, Tom Lewis, Ian Maggs, – Thornbury TTC
Dave Reeves – Failand TTC
Mike Shilton and Stan Shilton – Woodchester TTC (Stroud & District league)
Daniel Ives – Professional Table Tennis coach and founder of Table Tennis Daily
Maggi and Paul Masuka - Team Tandem

Thanks to our family and friends including Tracy Dibble, Briony Elsbury, Angie Lewis, Michele Reeves, Lisa Shilton, Emily Standing and Len (Chef) Vowles. You were incredible and we would not have been able to do it without your help and encouragement.

Also, thanks to Terry Toghil, Maurice Cohen, Michelle Reeves, Andy Elliott and Shaun Fitzpatrick who took the time out to meet us along the way and apologies to those that we missed due to the delays that we encountered in the first section of the ride.

It was a pleasure to arrange and participate in such a fulfilling event and we all hope that our efforts and the money raised will make a difference to Cancer Research UK. If you would like to make a difference by donating, our JustGiving page is still open for business (www.justgiving.com/Julian-Elsbury1). At time of writing we have raised £870 but it would be amazing if we could reach the magic £1000!

Footage of the ride can be seen at <https://www.youtube.com/watch?v=n9JJluZnAjA>

Julian Elsbury



The calm before the 'storm'



Team huddle as we're about to leave Westbury TTC. Ian Maggs telling everybody about the hill climb out of Easter Compton.



Stan Shilton, Dan Ives and Tom Lewis outside Filton Academy



We were met by Maurice Cohen and Michele Reeves at Failand TTC.....



And at Nailsea TTC by Shaun Fitzpatrick and Andy Elliott.....(sorry Terry, I didn't have a picture of you meeting us at Filton)



Each venue was marked with a sticker which stated the arrival time and date.....



and the last of the 25 venues visited was Fromeside TTC.



08:09 on Saturday, 8 August 2015
BDTTA PinkPong Ride 2015

Add a description

90.3mi **7:18:21** **4,728ft**
 Distance Moving Time Elevation (?)

114w **2,998kJ**
 Estimated Avg Power Energy Output



STRAVA LABS
 View Flybys

	Avg	Max	Show More
Speed	12.4mi/h	36.7mi/h	
Elapsed Time	11:45:03		

