

Folkestone Ride, Wednesday 3rd July 2019

After the Sponsor/Charity photoshoot six of us set out for a club run to Folkestone. The weather was warm and sunny, and personally, I was glad to be riding my bike after the necessary delays of the photoshoot.

John and Glen turned back after about an hour as planned, they had other commitments, so could not do whole ride.

That left Mike, Mat, Phil and myself. I was still wondering if I was doing the right thing riding five weeks after my velodrome crash!

We made good time to Appledore and a visit to the lovely Miss Mollett's tea room. The Tea and cakes were very nice. We met up with a pair of fellow cyclists (triathletes), and chatted about riding stuff, turned out they knew John from the Sevenoaks Tri club.

We thought with over half the distance to Folkestone done and the pan flat route across Romney Marsh it would be easy, but. We were getting near to the sea and had to cycle into a strong headwind. Anyway, we got to Folkestone a bit more slowly than we planned. We enjoyed fish and chips on the front, Mat set off to ride home. That left three of us to catch the train home, after a pint of course. On returning to West Malling we had a drink in the Malling Jug and were reunited with Mat.

Lovely day riding, even if my shoulder was giving me some gyp.

