



# CHRONICLE SPORT

CONSTITUTION

**CYCLING** Cyclist beats record set in 1963 by nearly 11 minutes

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# Man beats train!

**JOHN Madden**, a 49 year old amateur cyclist, set off on his bike from the Post Office beside the Guildhall at Custom House Street, Derry and made it to the Post Office in Belfast before his friend Peter Jack made the same journey on a train!

John, the School Principal of the Roddenvale Special Care School in Larne, had trained for months to try to beat the record set by Maurice Foster MBE who completed the distance in 1963 in 2 hours and 48 minutes – and Maurice was there in Bridge Street, Belfast to welcome home John at the end of his epic journey.

John was delighted with his record ride and said: "Obviously I am honoured to take the record from my good friend Maurice Foster who is a legend in Irish cycling. I have trained for this specific event

for a long time and thought it was possible. I'm so relieved at finally cracking this long standing record and I'm very grateful to those who helped me before the event and on race day including my coach Stephen Gallagher of Dig Deep Coaching; Maurice McAllister, Cycling Ireland Commissioner; Gordon Parker, Alicja Cernak, Philip McAllister, Stephen McKenzie of North Coast Leisure; Stuart Tosh and his fellow motor bike marshals, the PSNI and everybody else who made it as smooth as possible. They took care of all the logistics, all I had to do was turn up and ride!"

This dedicated cyclist and former triathlete world age group medallist, who also holds the Ulster veteran record of 50 miles in 1 hour 43 minutes and 100 miles in 3 hours 45 minutes, was calm on the start line as he warmed up

on his rollers for 30 minutes to get his heart rate up. At 10 miles, John was 1 minute 14 down on the record. At 20 miles he was only 20 seconds down but John was working according to his power meter and by 30 miles, he was 2 minutes up. His maximum speed going down the Glenshane Pass was 52 miles an hour! This is a speed, which sometimes cannot even be achieved by a car due to busy traffic and John averaged over 26 miles an hour with an average power output of 319 watts for the entire trip.

His friend Peter Jack made the same trip on foot from the Post Office over the Peace Bridge to the train station and then in Belfast, Peter left Central Station to walk to the Post Office in Belfast.

John stayed on the main road and only diverted when having to avoid the M2 – if John had been allowed to ride on the Motorway he would have been even faster! The cavalcade which was spear-headed by John on his beloved Cervelo, hammered through Randalstown and then Antrim and then down the Antrim Road into Belfast

which lead to some tricky traffic conditions and congestion on a Sunday morning. John had to slow up coming into Belfast but still managed to beat the long standing record by nearly 11 minutes despite the fact that the usual helpful prevailing westerly wind didn't materialise at all as the

wind remained stubbornly neutral all day which made his performance all the more remarkable. Peter Jack, who made the journey on the 9.42 am train from Derry, remarked: "John Madden's performance is truly exceptional and is a testament to his dedication and ability to

suffer for a sustained length of time. "John should be extremely proud of his record effort. It does highlight, however, the extremely poor infrastructure of public transport in this country. Not only do we not have a dual carriageway linking our two main cities but we also have a

train service which is so slow and so meandering that a man on a bicycle can beat the train over a 71.6 mile course!" John, who is delighted at now being able to spend time with his wife Joanne and two young children, trained extremely hard for this event, including

commuting from his home in Ballycastle on his bike to his school in Larne and he will now be able to relax for a while before considering more record attempts.

In fact, for the next few weeks, he might even let the train take the strain!



John Madden who cycled from Derry to Belfast and broke the record set in 1963 by Maurice Foster MBE. NCL26-34s



Limavady's Peter Jack congratulates cyclist John Madden on his record breaking achievement. John cycled from Derry to Belfast, beating Peter who took the same journey by train. NCL26-35s

### Limavady Utd Lotto Results

THE results of the Limavady Utd Lotto draw on Saturday June 21 were as follows:

The winning numbers were: 1, 17, 20, 23 - there was no jackpot winner.

The winner of the £50 prize was Gerry Donnelly from Oughty Myle, Bellarena. The winner of £25 prize was Mary O'Kane from Massey Ave, Limavady.

The Jackpot for Saturday June 28 stands at £6275.

