

### **INDIA LANDY**

Fairlight Ambassador







#### Words by India.

If I had been asked a few years ago what was my favourite thing to do, or what I thought I'd be filling 99.9% of my spare time with, I can guarantee that cycling wouldn't have been the answer. In fact, cycling wouldn't have even crossed my mind, it would have been so far down the list of things I enjoyed that it quite possibly would have been relegated to the list of things I definitely wouldn't be doing with my spare time.

A story I'm reminded of when the subject of cycling - and my unlikely foray into that world is raised, is one from when I was about 13 years old. After months of persuasion, I had finally agreed to a short ride with the rest of my family, who were all avid cyclists. Less than 10km down the road I threw a tantrum and asked (politely, I maintain, but more likely ordered) my dad to cycle home, get the car and pick me up. For the next few years, I vehemently declined the suggestion of another ride. I have to say this story isn't exactly one that I'm proud of, but it is amusing to look back on 10 years later, now that the thought of not riding my bike strikes more fear into me than the thought of riding it used to.

There was no slow burn, steadily learning to love riding bikes one ride after another. Instead, it happened almost instantly. The catalyst for



this change was a phone call from my mum - she had been bitten by the long-distance cycling bug after finishing the Majorca 312, and was looking for her next major challenge. An event called the NorthCape4000 had piqued her interest; a 4300km route across 11 countries, starting in Italy and finishing at the North Cape in Norway, the most northerly point in Europe. For whatever reason, my usual retort of 'Ha, have fun with that' was instead replaced by a 'Oh, that looks fun... can I do it with you?'.

I was met with the reaction I expected – everyone I told thought I was joking. A day prior and I myself would have had the exact same reaction, in all honesty. To cement the idea that I was serious, I sent in our applications, booked flights and set up a JustGiving page for donations to MIND, the mental health charity – I couldn't back out now. People were dubious that we would manage a trip of such enormity together, and placed bets on how long we would last before an argument saw our tracker dots moving further and further away from each other. It was even questioned whether we would return on speaking terms!

I've always had a bit of an 'all or nothing' personality, generally to my detriment (the 'nothing' part tending to prevail over the 'all') but for events such as these, it seems to work in my favour. I will happily jump in at the deep end and hope, even believe, that everything will be fine.





In this instance, we overcame some setbacks on the way, but in the end, we were fine. More than fine, with some incredible tales to tell; ones I'll be repeating for many years to come. It appeared the bug was well and truly passed on.

Since this initial trip, I have filled my summer holidays (perks of being a student!) with every 'ultra-distance' event I could find. Training has been very hit and miss over the years, with a few injuries alongside my initial laziness meaning that I have been very under-prepared for the majority of races that I've entered. I have taken quiet comfort in this in the past, knowing that finishing will be an achievement in itself, not getting worked up over where I might place in the race. This year is a little different; I invested in a coach, hoping to make myself a little more accountable and to see what I could do if I really put my mind to it. No pressure, eh?

Actually, the last few weeks I've been thinking about this a lot. The pressure I've been placing on myself is exactly that; my own. I could just decide not to put this pressure on myself. Of course, I'd like to do well, and I'm hoping that the training and preparation I have done over the last six months might put me in good stead to do so. But regardless of how long it takes me to finish my races this year, I am going to remember everything else that cycling has taught me, and what I've learnt about myself along the way.

Three and a half years ago, when I answered that phone call, I was sat moping about in my room, I probably hadn't left the house or my bed in weeks other than to answer the door to the Just Eat delivery driver. The decision to say 'I'm coming with you' and setting up that sponsorship page allowed me to start opening up, talking about the difficulties I'd faced with my own mental health, and getting out on my bike in the fresh air experiencing the change in culture and scenery from country to country powered simply by my own legs was incomparable to anything I'd ever done before. Thanks, Mum, for wanting to do something so crazy, and thanks to myself I guess for being mad enough to say why not. Everyone should say why not to something that they haven't considered before. And everyone should ride bikes!

India







# 2021 BIKE SET-UP

**SECAN 2.0 56T DEEP ORANGE WITH COLOUR MATCHED FORK** 

## **BUILD SPEC**

#### Groupset

SRAM Force AXS eTap Wide 43:30 chainrings 10:36 cassette

#### Finishing Kit

Chris King Inset 7 silver headset Hope silver seat clmap FSA Adventure handlebars FSA SLK seat post FSA Energy stem Specialized Power saddle

#### Wheels & Tyres

Hunt 700 Carbon 30 Gravel dynamo wheelset WTB Raddler 44mm tyres for gravel Terravail Rampart 32mm for road Hunt 650B Adventure Dynamo Disc Conti 27.5 Race King 2.2"

#### Lighting

SON Edelux 2 front lamp SON rear light Fairlight rear light mount

#### Frame packs & bags

Restrap Race series saddle pack. Restrap Race series top tube bag. Restrap Race series custome frame bag.





































# 2023 BIKE SET-UP

**SECAN 2.5 56T IRIDESCENT PLUM** 

## **BUILD SPEC**

#### Groupset

Shimano GRX800 Di2 2x 48:31 chainrings 11:34 cassette

#### Finishing Kit

Chris King Inset 7 silver headset Hope silver seat clamp Co-efficient Handlebar FSA SLK seat post FSA Energy stem Specialized Power saddle

#### Wheels & Tyres

Hunt 700 dynamo wheelset Gravel King SK 43mm tyres for gravel Gravel King Slick 38mm tyres for road Hunt 650B Adventure Dynamo Disc Conti 27.5 Race King 2.2"

#### Lighting

SON Edelux 2 front lamp SON rear light Fairlight rear light mount

#### Frame packs & bags

Restrap Race series saddle pack. Restrap Race series top tube bag. Restrap Race series custome frame bag.



























## PAN CELTIC KIT LIST

**KIT LIST FOR THE 2021 PAN CELTIC RACE** 





### KIT LIST

### Clothes (wearing)

Albion bibs
Albion socks
Albion jersey
Albion base layer
Rapha Explore Powerweave shoes
Pictured: Poc Ventral Air Spin helmet
100% S2 photochromic sunglasses

### Frame bag:

Albion arm/leg warmers
Albion rain jacket
Albion bibs
Albion UL jacket
Albion UL gilet
Albion Burner
Reflective vest
Spare socks
Alpkit down jacket
Merino neck warmer
Sealskinz waterproof gloves
Casual gloves
Endura mits
Hydrapak 1.5l bladder
Katadyn BeFree soft bottle

### Saddle bag:

Alpkit Cloudbase sleeping mat Naturehike sleeping bag (quilt) OR Helium Bivvy

### <u>Tech - Mounted on bike:</u>

Hammerhead Karoo 2 SON front light Exposure Toro Mk11 front light SON rear light Moon spare rear light

### Tech - Carrying:

Exposure Diablo
Karoo/Phone charge cable
2pin plug
Anker power pack
Aftershockz headphones
GoPro (undecided)

### Spares:

SRAM batteries/charger 3x tubes Puncture repair kit Tyre levers Multi tool
Pump
2x spare break pads
Tyre boot
Ductape/electrical tape on pencil
Zipties/Elastic bands
Chain lube

### Other stuff:

Chamois creme
Sudocreme
Sun cream
STRONG insect repellant
Wipes
Foil blanket
Electrolyte tablets
Tooth brush
Toothpaste
Masks

Plastic bags for rainproofing





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# FIT

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