



## CROUD'S TOUR DE AMSTERDAM: MEET THE TEAM

*On the 15th June, Team Croud are embarking upon their next challenge.*

Our team of eight cyclists are racing from London to Amsterdam, aiming to reach the finish line within 36 hours, whilst raising funds for Race Against Blood Cancer (RABC). Meet the team below!



### ANDY COONEY

#### *Why do you enjoy cycling?*

Cycling means I have been to places I never would have seen had it not been for cycling.

I find cycling gives me good time to think about things. Not long ago, I had a very hard time with a family member being ill, so would spend a lot of time back at home – having a few hours alone cycling and thinking, allowed me to process what was going on.

#### *How often do you cycle?*

According to Strava, I have averaged 90 miles a week this year.

#### *Favourite routes:*

Surrey Hills near my family home is great. I spend most of my time cycling out in Essex but it is a bit boring and flat. Cycling near Nice last year was fantastic, particularly the Col De Vence.

#### *Previous challenges:*

I cycled to Paris in 24 hours about a month ago. I have done Ride 100 and some other sportives in the past as well.



### BENOIT LE GENDRE

#### *Why do you enjoy cycling?*

It is a great social thing when riding with friends, and it's a good get away from the office chair.

#### *How often do you cycle?*

I have recently ramped up with about 90 miles a week in preparation for London to Amsterdam. I alternate road and mountain bike as I enjoy both of them and mountain biking takes you to some great places.

#### *Favourite routes:*

Near Shrewsbury I like going down to the Ironbridge, it's a nice undulating road with a few climbs in the middle. Mountain biking takes me to Long Mynd and Carding Mill Valley.

#### *Previous challenges:*

London to Amsterdam is my first proper challenge this year, but I will probably carry on after this one!



### EDMUND JEWELL

#### *Why do you enjoy cycling?*

I find cycling very cathartic, much like running or going to the gym.

I have also met some really interesting people through cycling. Often you will ride along with a fellow cyclist for a while, share some small talk and then head in different directions.

#### *How often do you cycle?*

I try to commute every day to and from work. When the weather is more enjoyable, I will try to get out on weekends and sometimes after work for a quick loop around Richmond Park.

#### *Favourite routes:*

I have become a real addict for Surrey Hills. With great climbs like Combe Lane, Leith Hill, Coldharbour Lane and Whitedown Lane, it's a hotbed for cyclists.

#### *Previous challenges:*

I rode from London to Paris with Croud in 2016, we completed the trip in around 22.5 hours. I have done other non-cycling challenges with Croud, such as the 3 peaks challenge.



### JAMES BRAYBROOK

#### *Why do you enjoy cycling?*

I'm probably fitter and healthier now, than I've ever been (I've been cycling regularly for 5 years).

I've love the freedom of being on a bike. I love the fact that I can consume endless cakes/biscuits/chocolate without putting on weight!

#### *How often do you cycle?*

I do around 150km to 250km per week.

#### *Favourite routes:*

Richmond Park and the Surrey Hills are on my regular training rides (any combination of Staples Lane, White Down, Leith Hill and Box Hill).

My favourite route is from my house in Wimbledon to my parents place in Suffolk.

#### *Previous challenges:*

London to Paris in 24 hours three years ago (with Croud). I rode the Tour of Cambridgeshire Gran Fondo two years ago.



### LUKE BRITTLE

#### *Why do you enjoy cycling?*

When I heard about the cycle to work scheme at Croud, I thought, why not! The fitness is completely different to any other sport and it's more communal, which is the part I most enjoy.

#### *How often do you cycle?*

Before the London to Amsterdam training, not much, maybe a couple of hours a week at a push. Currently, it's around five hours a week.

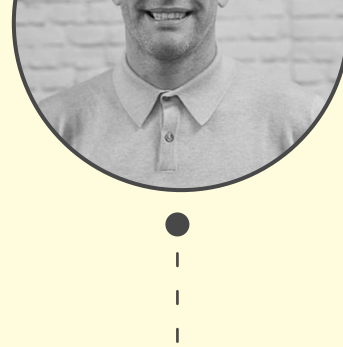
#### *Favourite routes:*

I used to do more MTB than road, so the Ercall was really fun.

A few weeks back I cycled home from Shrewsbury to Telford, past Attingham Park. It was fairly busy but a really enjoyable route.

#### *Previous challenges:*

Spending more than an hour with Ed Jewell is always a challenge, but if we're talking about cycling challenges I did the Shrewsbury half, around three years, with a day's notice!



### LUKE SMITH

#### *Why do you enjoy cycling?*

It's a good team sport and it is great to get out of London and into the countryside. It is easily the best way to get to work and around London.

#### *How often do you cycle?*

I try and ride every day to work when not travelling, and then as much training for this event as life permits.

#### *Favourite routes:*

I love my cycle down Oxford Street at 7am, it's so quiet and very cathartic. A far cry from my return journey at 7pm.

#### *Previous challenges:*

I took part in London to Paris – one of the best things I have ever done.



### MATT SHENTON

#### *Why do you enjoy cycling?*

I love the outdoors / getting lost and am very lucky to live in an area of Shropshire with loads of lanes, villages and pubs – all ideal for cycling!

#### *How often do you cycle?*

Right now I am doing 200+km a week. Prior to that not a massive amount although I did used to cycle to work on my bamboo bike!

#### *Favourite routes:*

Going home to the Welsh border, via many villages.

#### *Previous challenges:*

I have taken part in 50km and 100km charity rides. I consider myself better at running / fell running than cycling. London to Amsterdam is going to be very tough!



### MOHAN JONES

#### *Why do you enjoy cycling?*

It is just a lot of fun and generally more energy efficient than other bipedal exercises.

#### *How often do you cycle?*

Anything from 0km to 150km depending on injury, or snow!

#### *Favourite routes:*

Down the bottom of the Quarry Park in the sun (on the work commute) but anything on the Long Mynd or around Shropshire is pretty good too!

#### *Previous challenges:*

Nope, this is my first challenge!

## THE CROUD TEAM HAVE 460KM TO COVER IN JUST A DAY AND A HALF. NO MEAN FEAT!

*There is still plenty of time to donate, visit  
<https://mydonate.bt.com/teams/croudtourdeeeurope>*

About Race Against Blood Cancer.

Blood cancers affect hundreds of thousands of people globally, it is the fifth most common cancer in the UK. RABC's aim is to increase the volume and diversity of people who register as life-saving donors.