

A Day In The Life Of...

Luke Walpole, #TeamAN Prudential RideLondon-Surrey 100 cyclist 2018



What are your top tips to someone interested in taking part in RideLondon?

Start training early! Ideally I think you need six months if you're building up from just being a 'casual' cyclist.

Eat Well! You don't need to go crazy with dieting, but it is important to eat in a balanced way as possible. Fewer refined sugars, processed meats and ready meals, and more fresh fruit, veg and more.

Know your strengths (and improve your weaknesses)! When you're cycling 100 miles, there are few places to hide. If you're not a good climber, then definitely get some practise in before you tackle Leith Hill!

What was the best part of the day?

The best part of the day was the finish on The Mall, and the celebrations which came after it. It's such a cliché but that spectacular finish makes it all worth it, and the time spent with some of the AN team afterwards really does bring the whole event, and why you signed up in the first place, into sharp focus.

What one thing should you prepare before the day?

The main thing to prepare is your body, including your mind! Eating a few solid, square meals will set you up properly, but I would also advise really spending some time stretching. The mental preparation is easy the moment you put on the Green and Black of Anthony Nolan.

How did you find the ride itself?

The first 20 miles of the ride was fantastic. It's flat and very, very quick (a mixture of your own excitement, and the fact you're sent out in rolling pelotons). I went out far too quickly, and did suffer over the hills. That being said, when you reach the top of Box Hill (really not too bad), refill your water bottles and have a celebratory banana, you know that it's effectively all downhill from here, and you fly back. The last 5-10 miles are incredibly enjoyable, as you take in the sights of London, and then arrive to huge crowds of people. Spine-tingling in many ways!

What are your top tips for reaching your fundraising target?

Fundraising is often about momentum, so the first few donations are key. I made an Instagram account detailing all of my training with 200+ followers, and that was a really fun experience. I was fortunate to have so many people either donating or messaging me, offering words of support. I would advise starting your fundraising early, but really ratcheting it up in the month's run up to the event. Share some photos on social media, email relatives and friends, and basically just call in all of your favours!

How did you feel after your lifesaving fundraising effort?

Really fantastic. You know beforehand that the charity does fantastic work, but it's really encouraging to know that those who work for the charity are also lovely people. Your money makes such a tangible difference, and I think you can feel the charity's gratitude too. They take such good care of you, and I couldn't recommend fundraising for Anthony Nolan highly enough.