

Cycling Sid to attempt world record

An 84-year-old man will attempt to set a world record at Lee Valley VeloPark on Friday 5 September, for the greatest distance cycled around an Olympic sized velodrome track in one hour.

Sidney Schuman, who was born in Hackney in 1930, has been cycling since he was aged 11 and a keen "dyed in the wool roadie" ever since; with biking holidays across Europe under his belt. After he attended a taster session at Lee Valley VeloPark in May, having never tried track cycling in his 73 years of pedalling, he was instantly hooked. He decided to get more involved and has been training ever since for the world record attempt.

The record is officiated by international cycling governing body UCI and has never been attempted for this age category (aged 80-84). Sidney currently does a lap in an average of just 30 seconds. He said: "I can't contemplate a life without a bicycle, it's the greatest invention known to man. There are a lot of guys my age, who are a lot fitter than me, and I think it's a great way of letting people know, that just because you're older doesn't mean you can't do things, that make you feel good."



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