

JUST LANDED

# ZIPP 202 FIRECREST CCL CLINCHER

**ZIPP'S NEW 202** Firecrest clincher has a typically distinctive shape with a rim width more than half the overall depth at its widest point. At a cost of £2300, it's Zipp's take on a climber's wheelset, so with the addition of Firecrest's aero benefits it could well be the most usable all-rounder in the current clincher line-up. With our pair weighing in at 1383g, the new 202s are lighter than average, and Zipp claims that the Firecrest shape makes for a wheel that performs as well aerodynamically as a 66mm deep section wheel. [www.fisheroutdoor.co.uk](http://www.fisheroutdoor.co.uk)



## ROAD TESTED

Look out for a full test of these wheels in issue 274 of *Cycling Plus*, on sale 28 March

## RIDER'S DIGEST BETTER BIKING BY BOFFINS



Riding could help you live almost three years longer

### LIVE LIKE AN OLYMPIAN

The British Medical Journal has claimed that everyone can enjoy the lifespan of an Olympian, and that cycling is one of the best ways to achieve this. The study shows that the extra 2.8 years enjoyed on average by successful athletes is obtainable to us all. Non contact sports like cycling are the most effective in extending one's life expectancy.

### STICK TO THE COFFEE

If you're looking to boost your mind and energy, then you're better off sticking to an old fashioned cup of coffee rather than a non-sports energy drink. Recent research by the University of Chicago says there is no evidence that drinks containing guarana, ginseng and taurine enhance either your cognitive or your physical performance.

### THE KIDS ARE ALRIGHT

New research from UCL has revealed that 17 to 20 year olds are safer in the saddle than behind the wheel. The study, which took into account hospital admissions and deaths, claims that young drivers face five times the risk in a car per hour than they would if they took to the roads by bike. By the time you reach 30, though, the advantage is reduced.