

Paris Brest Paris 2019

Adventures of a Rouleur

YRCC "Covid" Social: 3 July 2020



York Rouleurs

A simple idea: to Brest and back

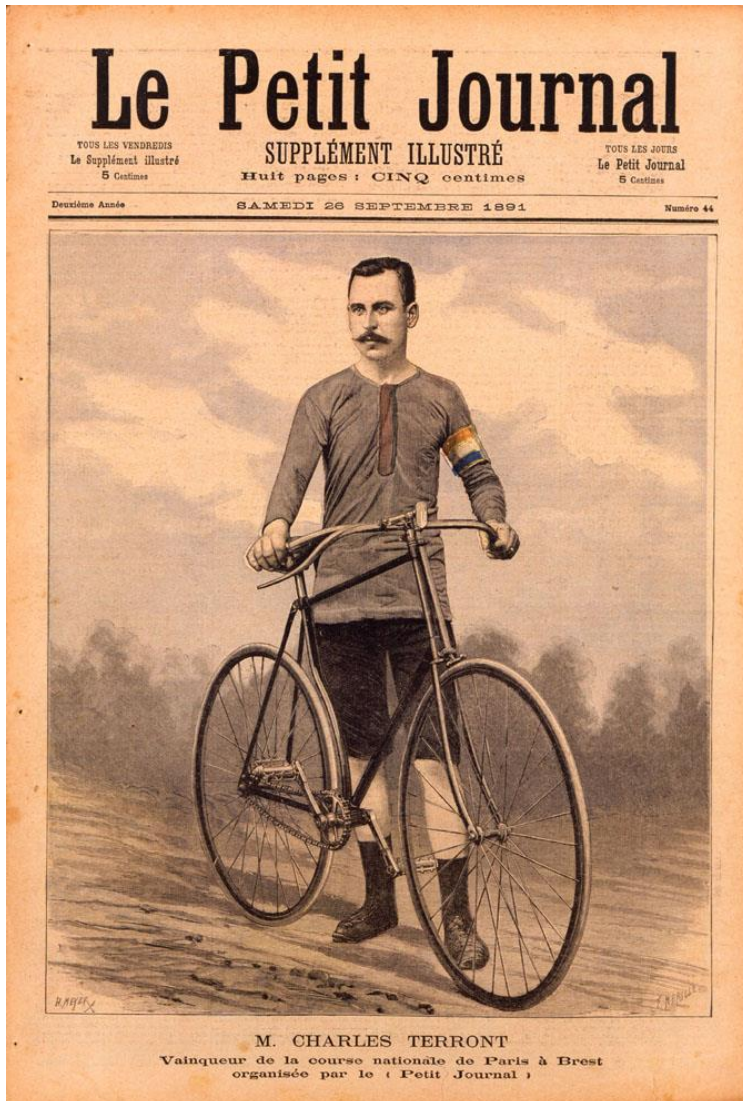


World's oldest cycling event - 1891



Charles Terront passes through Saint-Brieuc

1891: a race or a tour?



Paris-Brest-Paris 1891

Time	N°	Name	Surname	Coun.	Gen.	Mach.	Club
71:37	5	TERRONT	Charles	FR	M	VE	Bayonne
80:04	305	JIEL-LAVAL	Pierre	FR	M	VE	Bordeaux
94:43	217	COULLIBEUF	Henri	FR	M	VE	Vendôme
95:31	291	CORRE	Jean-Marie	FR	M	VE	Plestin-les-Grèves
97:20	316	GRAS	Ernest	FR	M	VE	Courbevoie
104:20	537	ALLARD	Jean-Marius	FR	M	VE	Arles
104:50	522	LAVONCOURT	Guillaume	FR	M	VE	Paris

71 hours through to 245 hours

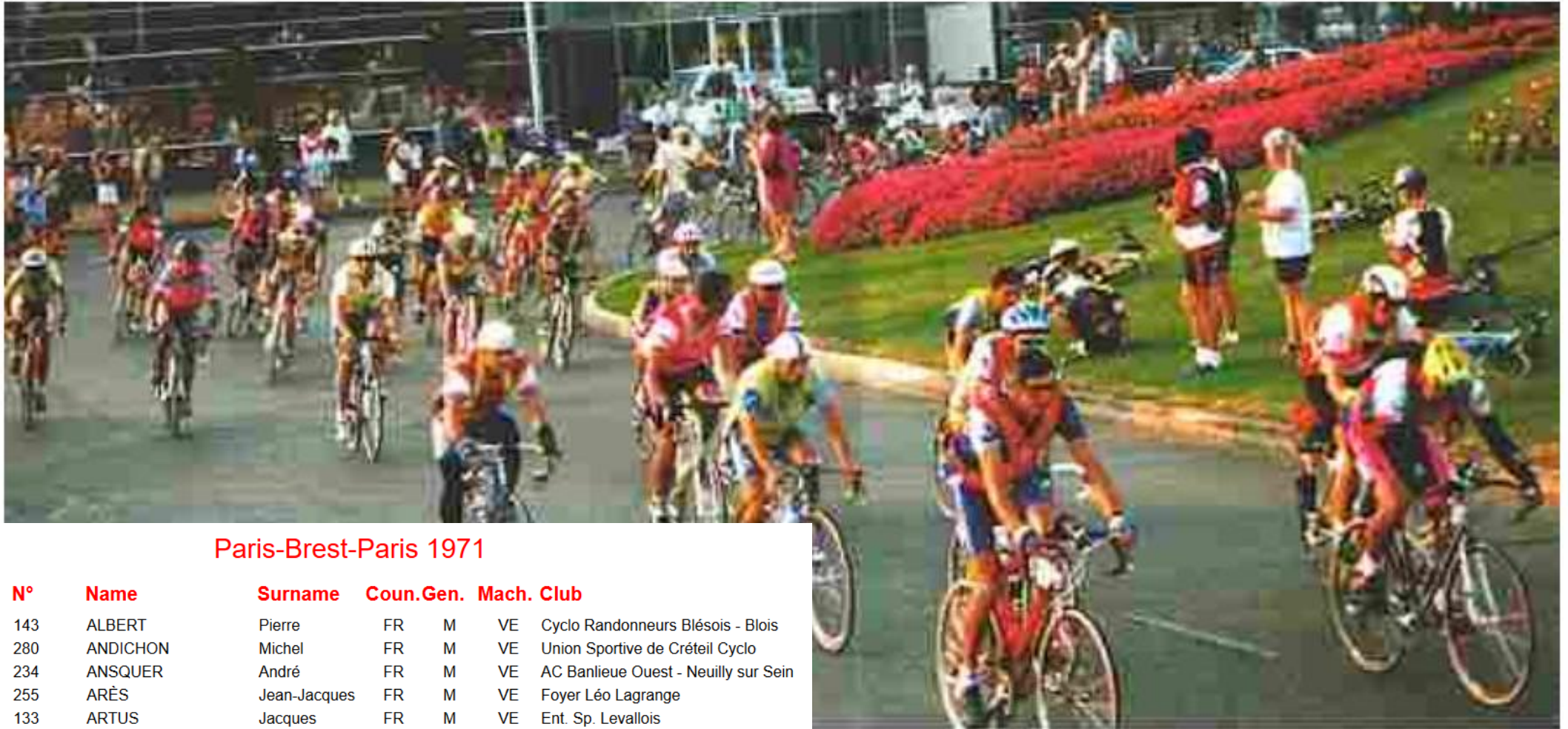
228:20	253	MAÎTRE	Louis	FR	M		Guilly (Loiret)
228:40	273	RIZIER	Léon	FR	M		Saint-Maur
228:43	310	MAGNIER	Léon	FR	M		Paris
228:45	406	BERTRAND		FR	M		Sedan
244:40	414	DENISE	Paul	FR	M		Paris
244:53	400	CORDIER-HAZARD	Jules	FR	M		Sedan
244:55	134	BRÉZET	Antoine	FR	M		Neuilly-sur-Seine
245:00	532	LAURENT	.	FR	M		Saint-Étienne

1951: last professional race



Photo: Audax Club Francais; BC Randonneurs

1971: just a tour



Paris-Brest-Paris 1971

Time	N°	Name	Surname	Coun.	Gen.	Mach.	Club
81H46	143	ALBERT	Pierre	FR	M	VE	Cyclo Randonneurs Blésois - Blois
74H58	280	ANDICHON	Michel	FR	M	VE	Union Sportive de Créteil Cyclo
71H58	234	ANSQUER	André	FR	M	VE	AC Banlieue Ouest - Neuilly sur Sein
74H46	255	ARÈS	Jean-Jacques	FR	M	VE	Foyer Léo Lagrange
77H14	133	ARTUS	Jacques	FR	M	VE	Ent. Sp. Levallois
79H38	308	ASTIÉ	Henri	FR	M	VE	Cyclo Touriste Carcassonnais
79H38	307	ASTIÉ	Simone	FR	F	VE	Cyclo Touriste Carcassonnais
82H08	223	AYMARD	Daniel	FR	M	VE	Cyclotouristes Roannais - Roanne

PBP 2019

“Pre-qualifying”: get a good start time

When	Start	Via	Distance
Aug 18	Galashiels	Alston, Lockerbie, Wooler	600



Not a smart move: reserving a place!

DuckDuckGo — Privacy, simpl... Audax Club Parisien - Organisation

https://inscription.paris-brest-paris.org

Choice of departure

Departure 1 (Time limit 80h00)	Departure 2 (Time limit 90h00)	Departure 3 (Time limit 84h00)
<input type="radio"/> 18/8	<input checked="" type="radio"/> 18/8	<input type="radio"/> 19/8

Choose your departure time: 18:45 - L (-21 places)

I acknowledge that I have read the regulations of the P.B.P and accept them WITHOUT RESERVATION

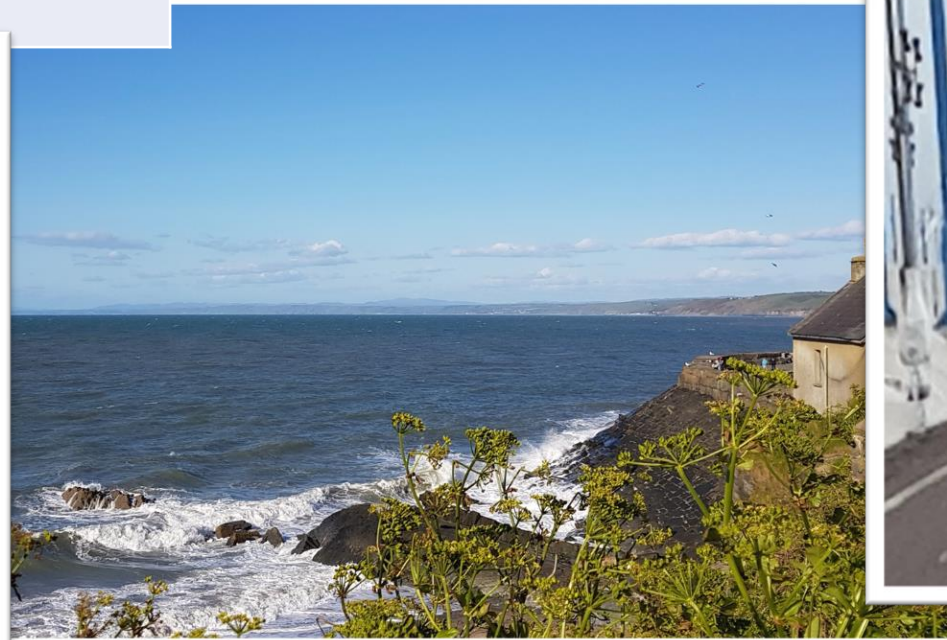
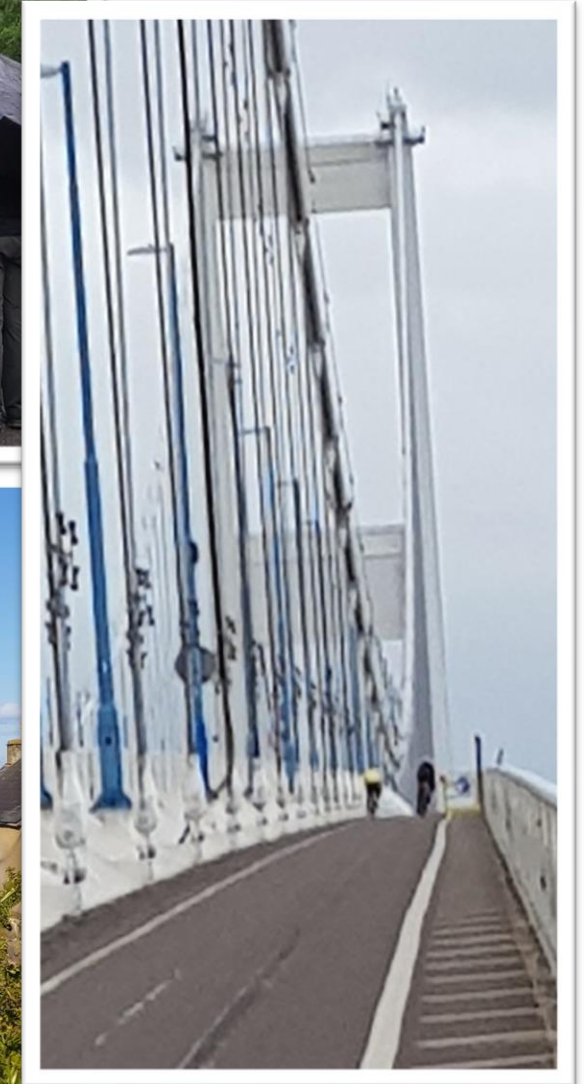
Modify the pre-registration

Payment received	28-01-2019 00:08
Pre-registration	28-01-2019 00:03

© 2014 - 2019 Audax Club Parisien.

Qualifying

When	Start/Finish	Via	Distance
Feb 19	Tewkesbury	Severn Bridge	200
Mar 19	Oxford	Severn Bridge	300
Mar 19	Chepstow	New Quay	400
May 19	Near Stansted	Goole	600





Time to taper

A “Paris-
Brest” pastry



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Paris-Brest

★ ★ ★ ★ ★ 1 rating

[Rate this recipe](#)

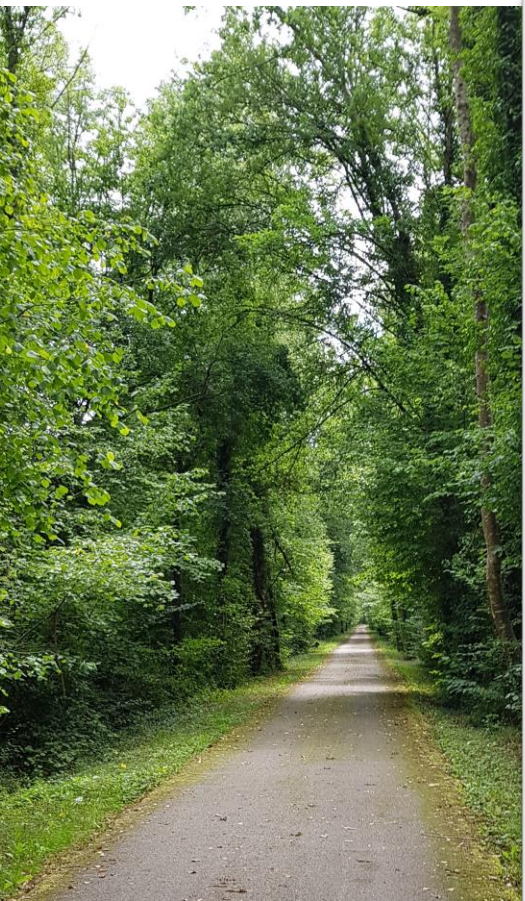
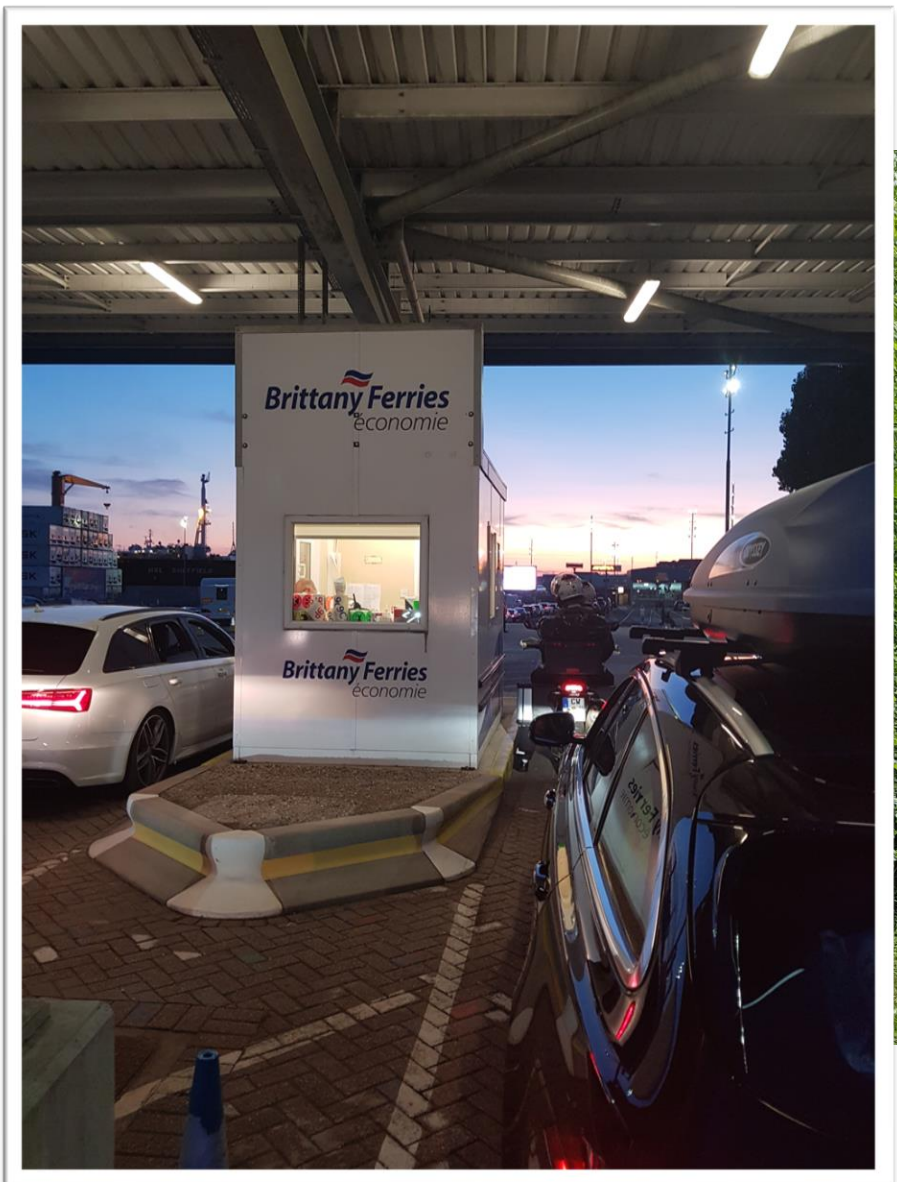
These decadent pastries filled with praline and cream are like giant profiteroles, perfect for sharing.

For this recipe you will need: a food processor, a piping bag, a star nozzle and a silicone mat.

By [Mary Berry](#)From [The Great Sport Relief Bake Off](#)Preparation time
less than 30 minsCooking time
30 mins to 1 hourServes
Makes 4 Paris-Brest pastries

Mary Berry recipe

Off to France



Registration



Start: Sunday 18.15



High spirits into the forests and cornfields west of Paris



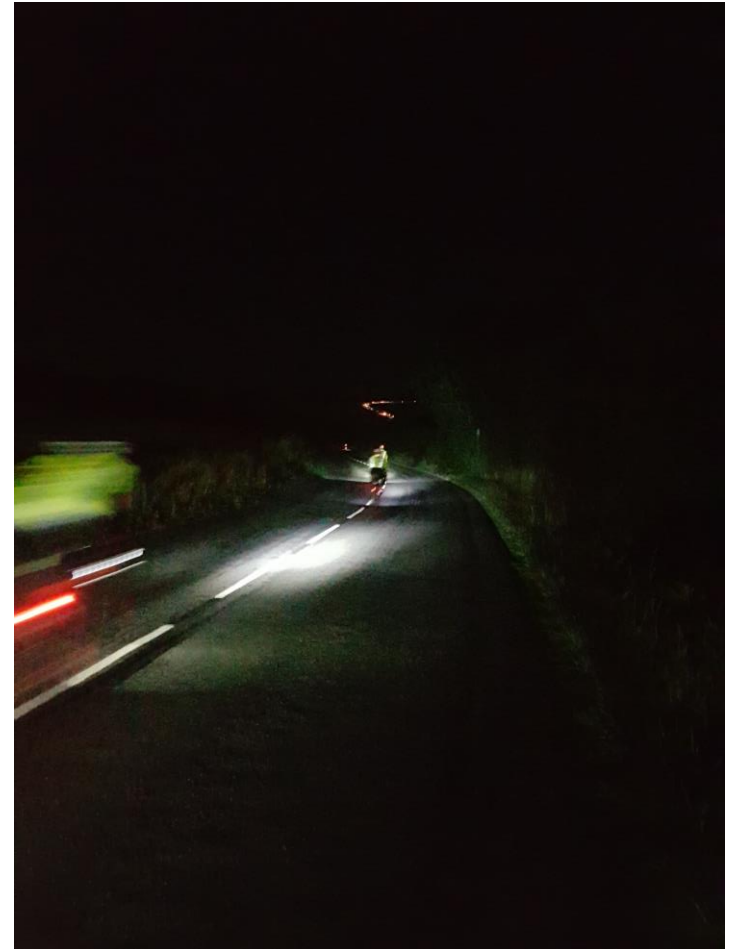
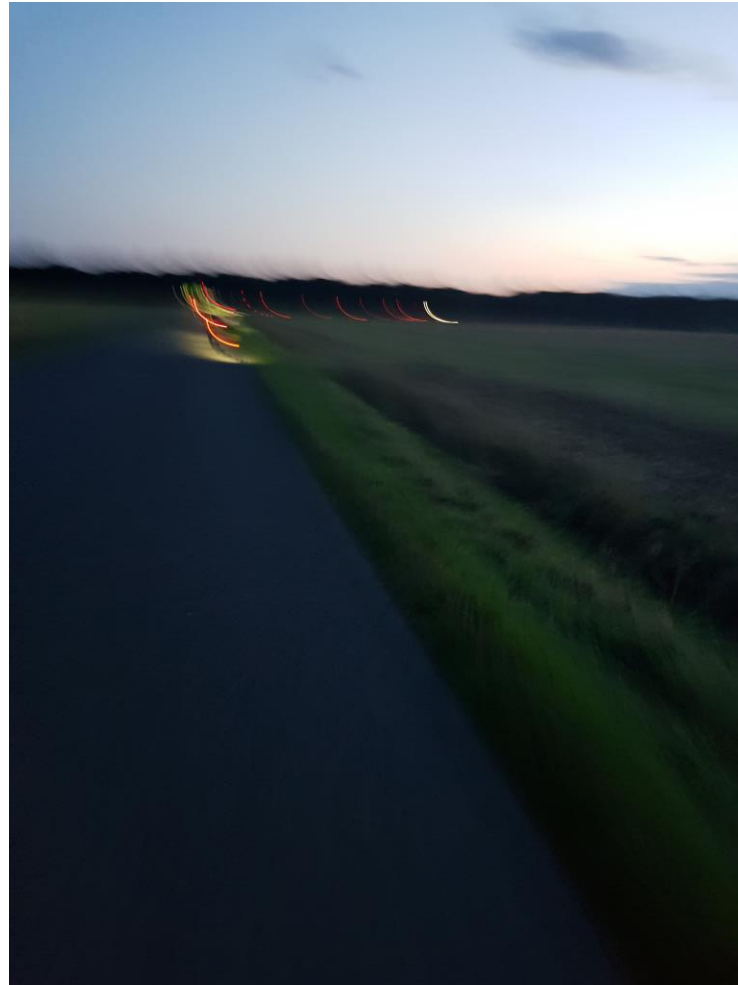
.. following others into a headwind ..



1921

A UNE HEURE DE L'APRÈS-MIDI
Les coureurs s'abritent du vent en se
plaçant les uns derrière les autres.

.. through the first night

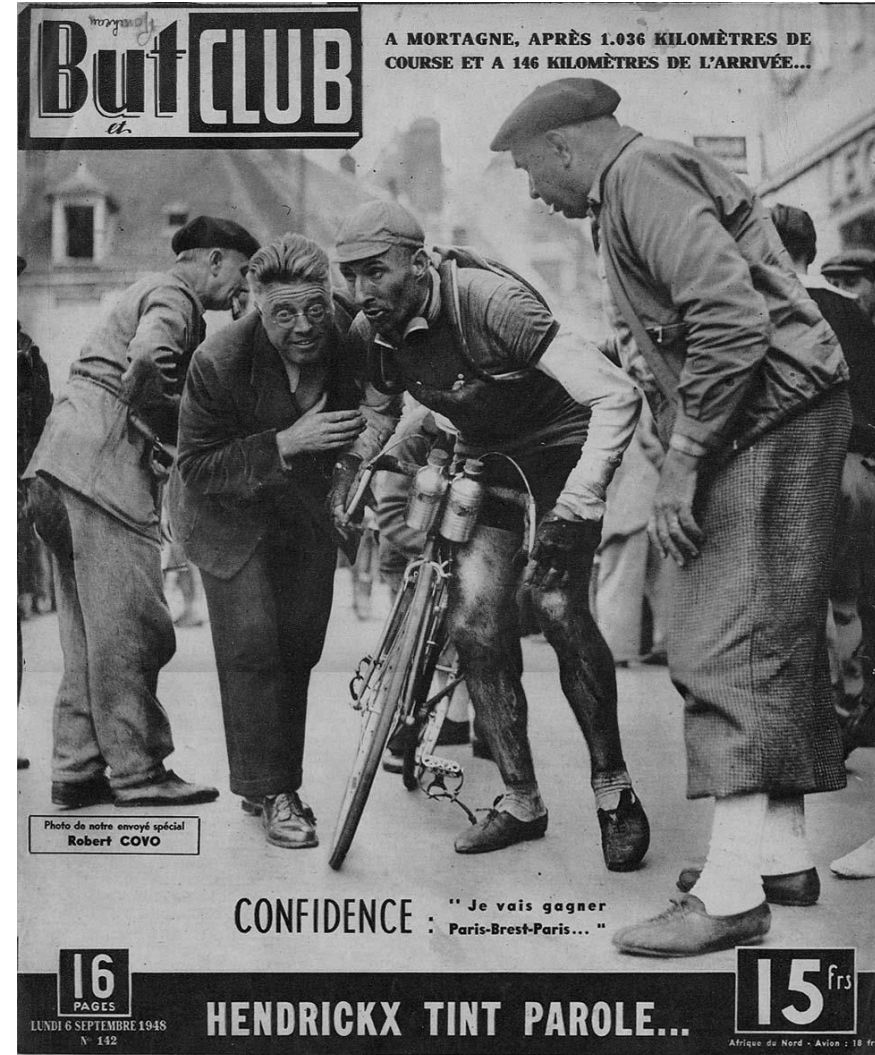


The controls

Where	Population	Distance (out)	Distance (back)
Rambouillet “Paris”	27 000	0	1215
Dreux	31 000	-	1171
Mortagne-au-Perche*	4 000	118	1094
Villaines-la-Juhel	3 000	217	1009
Fougeres	20 000	306	920
Tinteniac	3 000	360	866
Quedillac*	1 000	386	840
St-Meen-le-Grand (my hotel)	5 000	c 400	c 820
Loudeac	10 000	445	780
St-Nicolas-du-Pelem*	2 000	489	735
Carhaix-Plouguer	7 000	521	694
Brest	140 000	610	

History of these towns supporting PBP

1931



1948

.. the level of support en-route is amazing



1983



1991

Early Monday morning: the first control



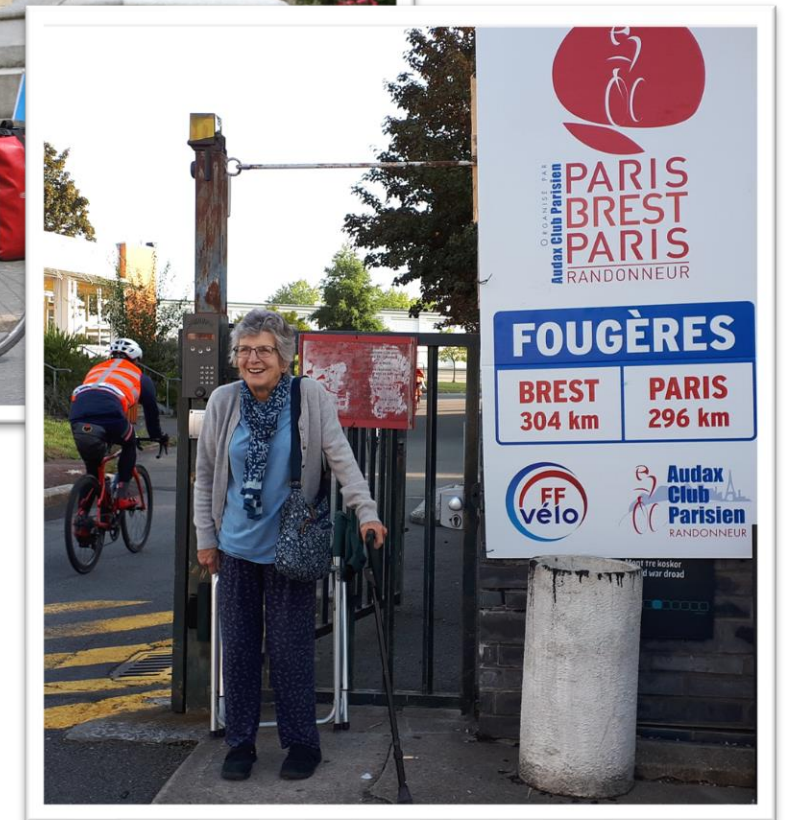
Control checklist!

What to do	Typically	Hazards
STOP!	Crowds cheering as you wind through a small town you've never heard of.	Cyclo cross routes over muddy ground.
Park bike	Long rows of barrier fencing. Often some distance from everything else.	Bike gets knocked over and damaged.
"Control" (a verb) i.e. get "brevet" card stamped	Friendly encouraging volunteers with rubber stamps and watches.	You forget card and have to return to bike
Eat/buy provisions	School canteens. Small gazebos acting as shops.	Baguettes Cold fawn-coloured potato salad mistaken for hot fawn-coloured pasta.
Re-fill water bottles	Wooden A-frames lined with taps.	You forget bottles and have to return to bike
Loo!	Often in short supply.	Long queue. Body functions don't work to order. You are the cause of the long queue.
Find bike	Where you left it – easy.	Lost bike. 500 arrived since you parked yours.
REPEAT!	Go! More cheering crowds "Bon Courage"	5 or 6 more hours of road ahead.

.. find the bike after breakfast



.. through Monday towards some sleep



.. in an audax hotel?



Better a real hotel: St Meen 3pm

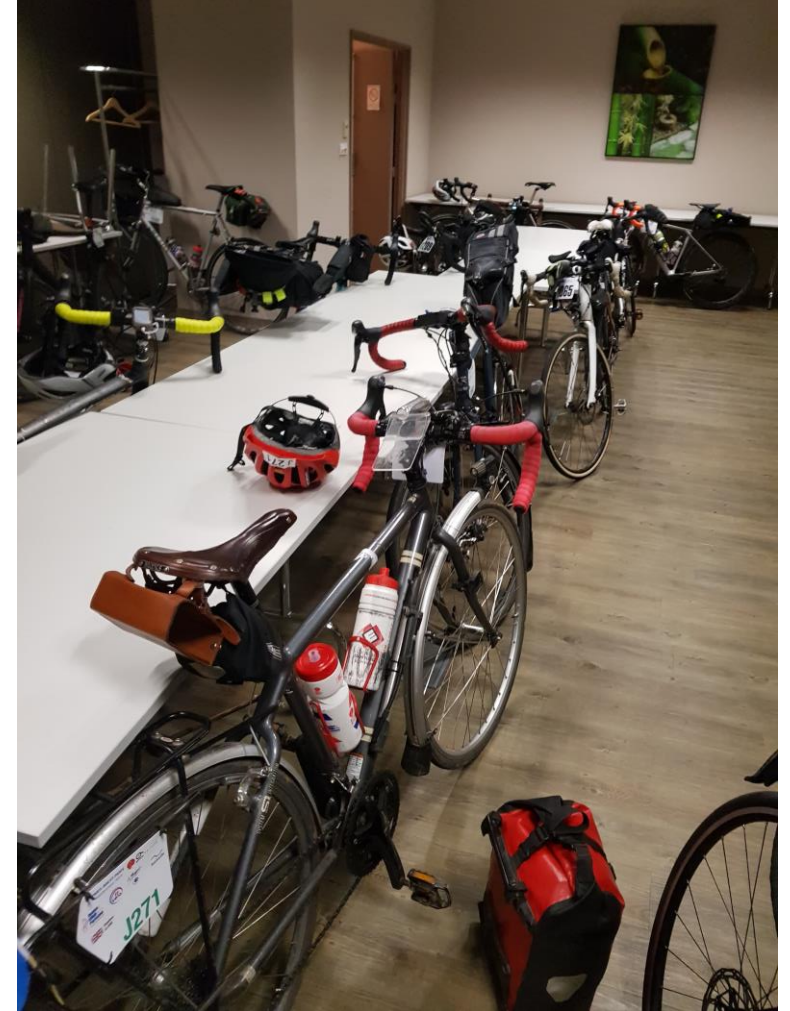
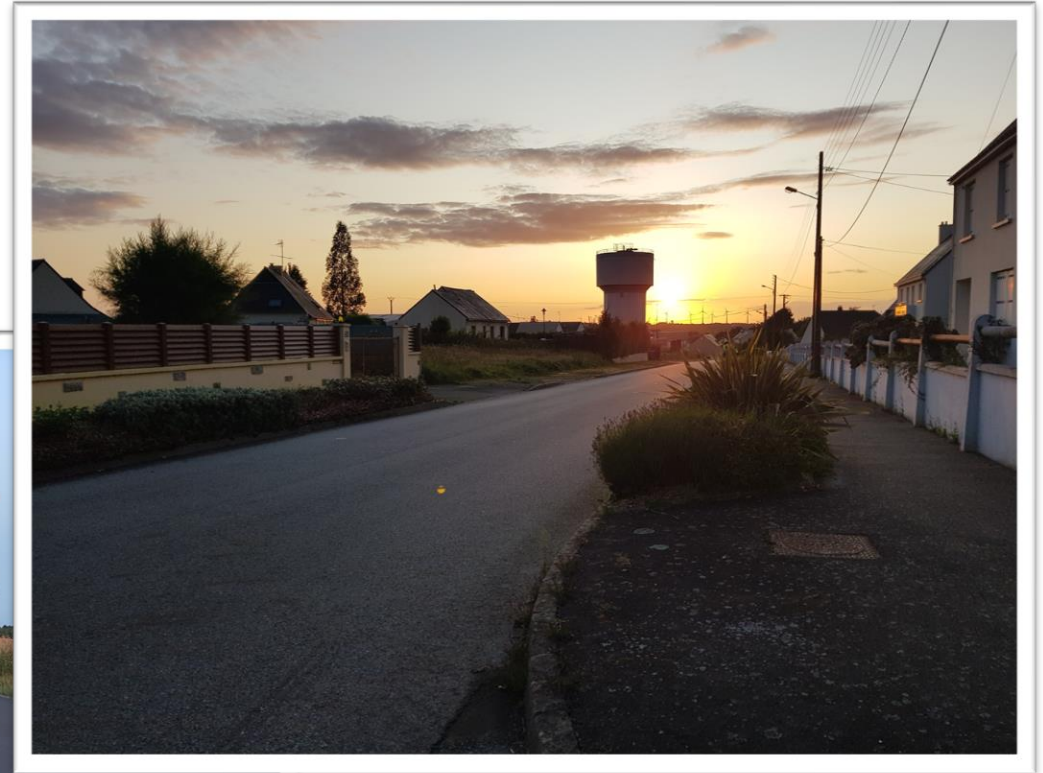


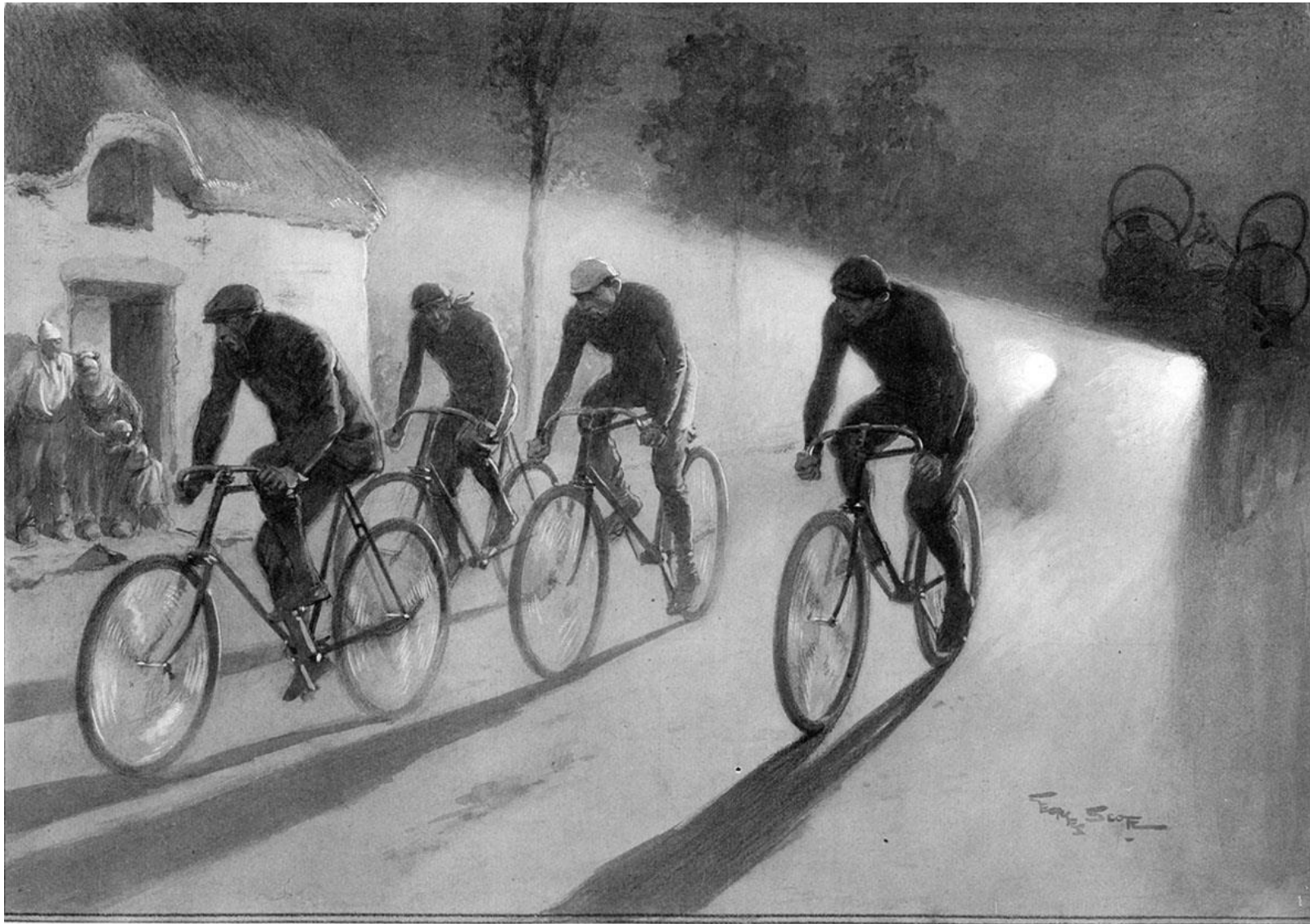
Image (left): Hotel l'Adresse

After short sleep leave 7.30pm Monday



.. through the night

1901



L'entraîneur. Cycliste d'escorte. Garin. Cycliste d'escorte. L'automobile du « manager ».
LA COURSE PARIS-BREST-PARIS. — Sur la route pendant la deuxième nuit. — Voir l'article, page 132.

Images: BC Randonneurs

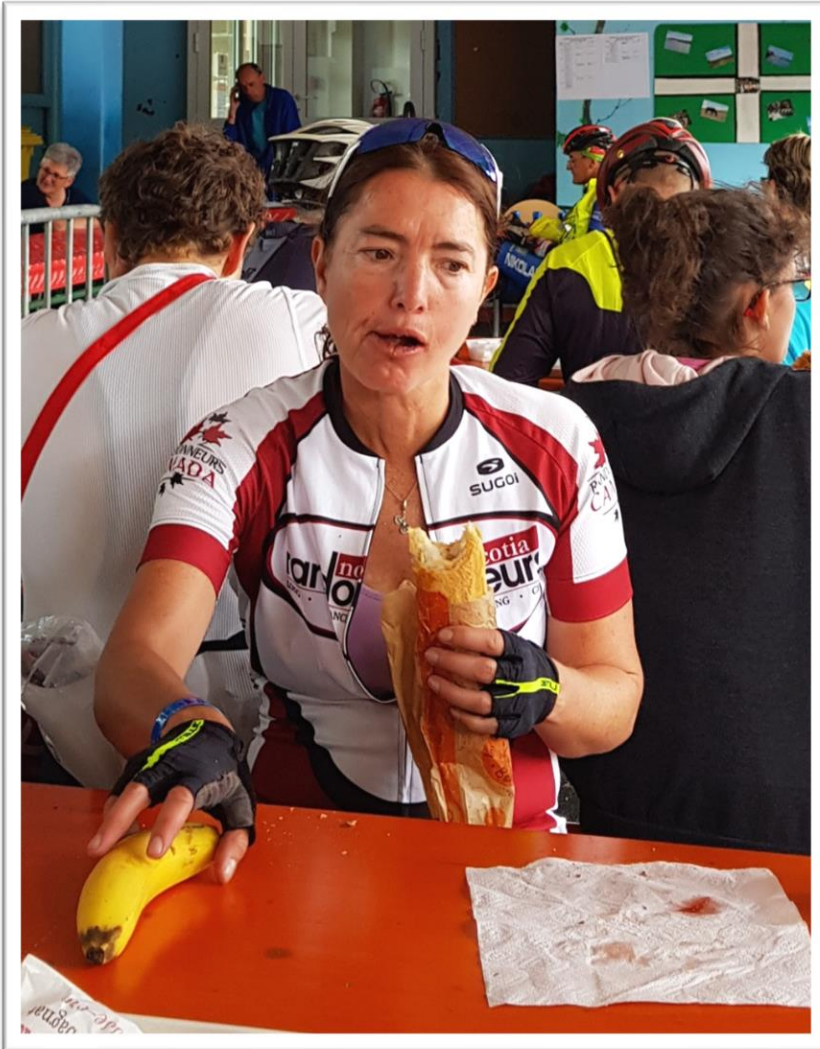
.. and after a cold night arrive in Brest



.. completely shattered ..



.. but not alone ..



.. return to same hotel on Tuesday
evening after 27 hours



Food at controls was variable



.. I bought a lot of baguettes ..



.. even some old baguettes ..



1995

.. and baguettes don't travel well

1951



.. but there were some treats ..



Heaven .. pasta
and a beer back at
the hotel!



Early start on
Wednesday
morning



.. things started
looking up ..
mayonnaise to
enliven
yesterday's
baguette



.. and the
third
sunrise



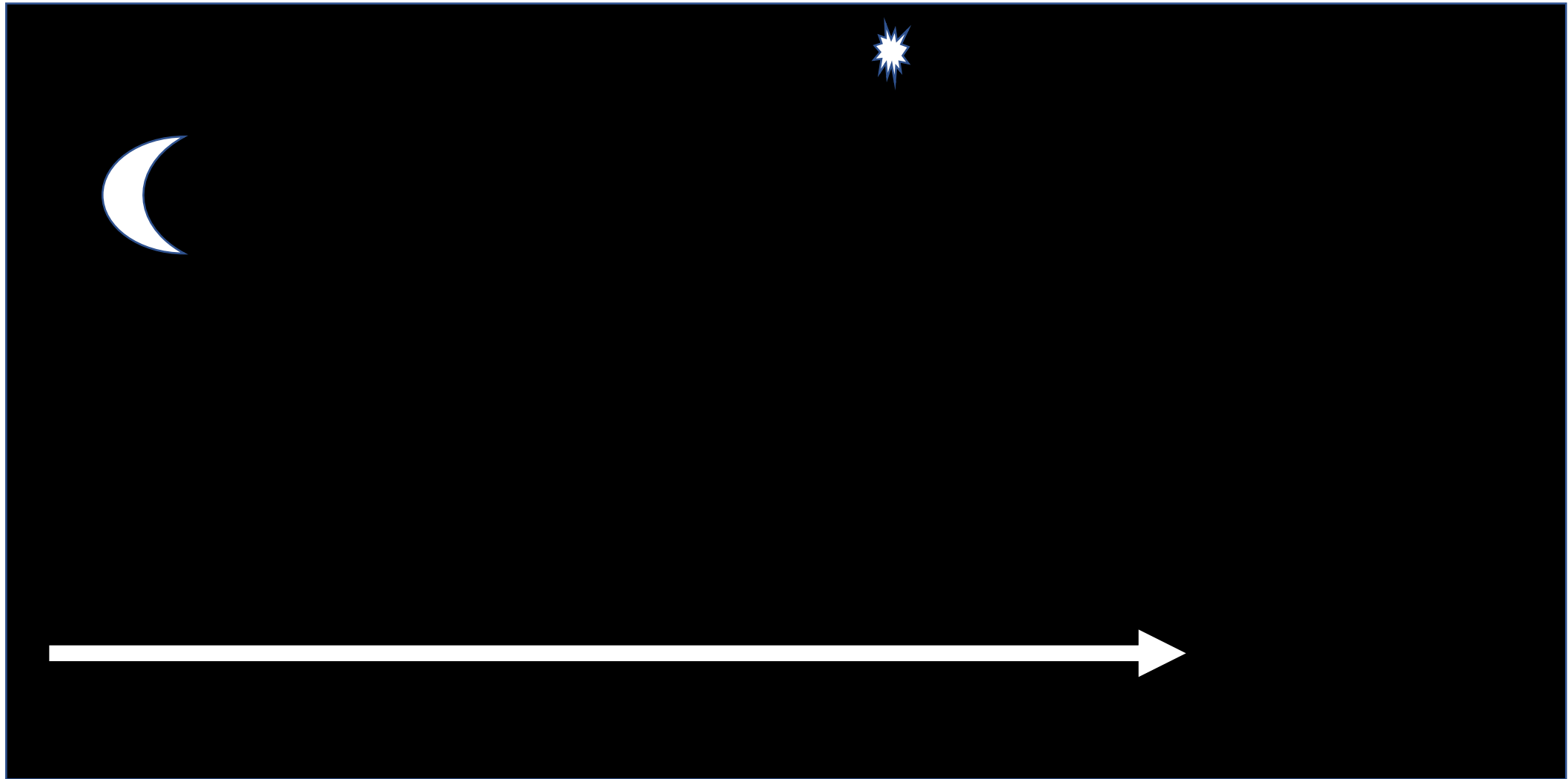
.. the villages turn PBP into a fete



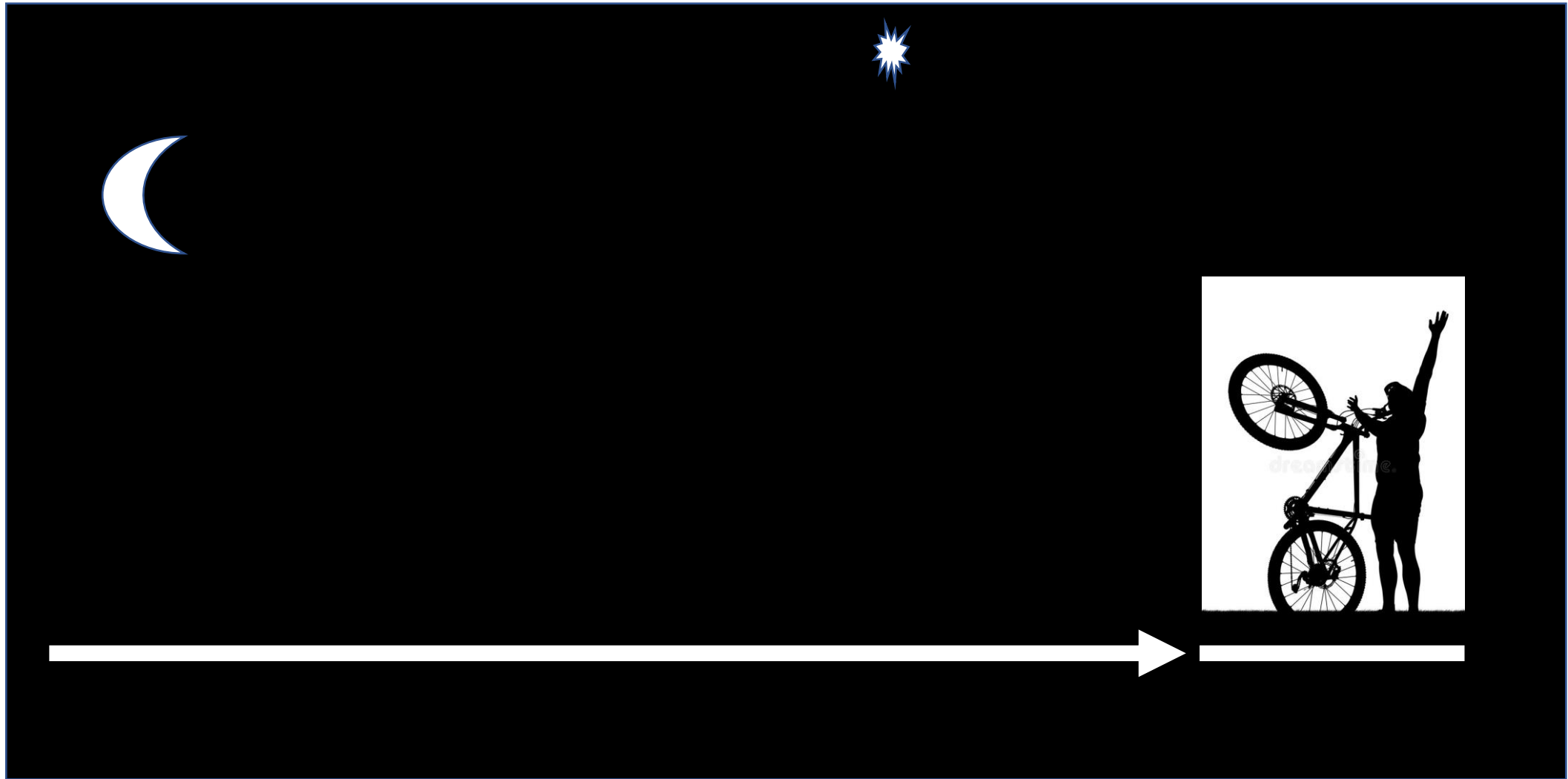
.. 200 to go:
feeling better



.. the last 60km was a blast ..



.. Finally Rambouillet: Thursday 2 am



The final control: arrivee Thursday 2h11

	Paris-Brest-Paris contrôle Fougères 8465 48	VELO SPORT DROUAI 28100 DREUX
	VILLAINES-LE-JUHEL km 1012 20 12:49 - 21 21:48 	21/08/19 23h28
- 8:29 km 843 km 869 21 10:32	G7 N° 20	RAMBOUILLET km 1219 20 12:47 - 22 15:00
Cyclotouriste C.I.P. St-Rance ÉNIAC 1040 119,	MORTAGNE-AU-PERCHE km 1097 20 6:40 - 21 04:48 	22/08/2019 2H11 AUDAX CLUB PARISIEN PARIS-BREST-PARIS ARRIVEE

2019

1891

6 SEPTEMBRE 1891.

COURSE NATIONALE DE VÉLOCIPÈDES
DE
PARIS A BREST ET RETOUR
ORGANISÉ PAR LE **Petit Journal**

CARNET INDIVIDUEL

M. *Charles Terront*
inscrit sous le n° 5
montant un e bicyclette
portant la marque de fabrication de la Maison
Humber

Ce Carnet devra être représenté à l'arrivée,
signé par l'un des Contrôleurs de chaque poste,
sous peine de disqualification.

.. the ride ..

- Three stints: 400, 450, 390 km
- 12 000m ascent
- 79h 44m including ..
 - 7 hours sleep
 - 13 hours doing something else
 - The rest cycling



.. celebratory photo afterwards



PBP 2023: Any takers?



A little more at: <https://yorkbadger.wordpress.com/2019/09/07/pbp-2019/>