



LONDON TO BRIGHTON 2024!



We hope you had a lovely Christmas and New Years!

Welcome to the 15th edition of our London to Brighton cycle taking place on Sunday 15th September 2024!

We'll be in regular contact over the next 8 months but if you need any information in the meantime you can check out your [Participant Area](#) which contains the route files, route map, training plan, fundraising tips and more!

Bookings are now coming in thick and fast for this years event, if you have a friend, colleague or family member who is keen to take part but hasn't signed up yet, ask them to book soon so we can ensure you are grouped together and are given the same start time. To add other riders to your group, once the new riders have booked please email the names to info@londonbrightoncycle.co.uk and the team group them with your booking.

[Take Me To My Participant Area](#)

What's Included?

Just a reminder of what's included in your registration:

- Water and snack stops along the route to refill your water bottles and grab something to eat
- Toilets at the start, finish and all water/snack stops
- Mechanical support at rest stops and along the route accessible by phone
- Medical assistance if required
- Fully signed route and map to follow on your own GPS device
- Packed lunch to refuel at the end of the ride
- Pre-event support including training plan, fundraising tips and support from our in-house events team on info@londonbrightoncycle.co.uk
- Medal to mark your achievement
- Official photographer with the chance to purchase post ride

We can't wait to see you there!

The Skyline Events Team

Transport after the event!

We strongly advise you arrange to be picked up from Brighton or book onto our bike and coach transport (subject to availability). Southern Railway in the past have either banned bikes or only permit a very limited number of bikes on the day so we suggest finding an alternative way to head north if you need to.

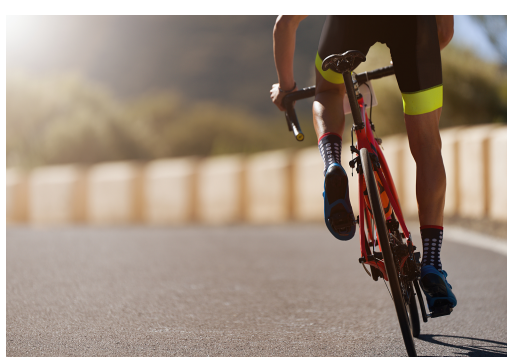
We offer a service that transports you and your bike from Brighton back to the start line in Clapham. The return coaches will depart Brighton regularly from 11:30 onwards. Bikes will be transported to Clapham Common in secure bike vans and will meet you there upon your arrival.

There is only a limited amount of spaces and once they're gone, they're gone! We expect these to sell out so book as soon as possible to avoid missing out.

To book please use the blue link below. This link is personalised to the rider this email is addressed to. Please DO NOT book anyone else onto the Transport service using this link, instead email us at [place using this form](#). If you need the link for other riders please email us at info@londonbrightoncycle.co.uk and we can send you another riders link.

[Book your coach transport here!](#)

Your Training Guide!



Looking for a few tips to get you on your bike in the cold months?

Now that the New Year is in full swing, you **need** to take advantage of the mentality of the new year bringing a fresh start to kickstart your training.

Sticking to a routine always helps get the best results. Consistency is key and a routine can help you feel more focused and productive in other areas of your life.

We always recommend getting out on your bike but if the weather is too wet/cold then a spin class is a good alternative or a online home workout will keep you active in the winter months when miles on the bike are tricky.

Treat all training as an enjoyable activity - some of you may love to keep fit but for others the motivation is harder to find. If this is you here are some things to remind/tell yourself when it may be a little grey and chilly outside:

- Use the reason why you're doing this challenge to drive you.
- With each ride/workout session you will be growing fitter and healthier.
- Think forward a few months when you will see how far you've come and feel the sense of pride, lots of little steps lead to big wins.
- Before we know it the lighter nights will be with us and training in the sunshine will be here just when we need it!

[Training Plan](#)

Own Place Fundraising!

Even if you have not selected one of our charity partners to ride for, you can still raise for one of our key partners if you wish. These include [Great Ormond Street Hospital](#), [Alzheimer's Society](#), [Macmillan](#), [MIND](#), [Royal Marsden](#), [Movember](#) and [Family Action](#). You do not need to officially sign up to ride for these charities but you are more than welcome to send in donations or set up your own online fundraising page.



MACMILLAN
CANCER SUPPORT



Participant Area

Missed an email? A copy of all emails distributed will be available to view on the [Participant Area](#) too so you don't miss a thing!



Are you in a group?

Make sure you let us know if you're in a group that didn't register together. [Email us](#) with your name and the name of all group members.



Facebook

Join other riders on the official [London to Brighton 2024 Facebook Group](#) to share your stories, ask questions and even find buddies.

Skyline Events

Our mailing address is:
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