



Welcome Pack 2024



**Welcome to the London to Brighton Cycle Ride! You will be taking on the challenge of cycling 55 miles from Clapham Common in South London, travelling through Mitcham, Carshalton, Chipstead, Turners Hill, Haywards Heath, scale Ditchling Beacon and finally arrive on Brighton's seafront having completed your incredible journey!**

### **The package and what is included:**

- Individual rider number with chip timing
- Free snacks and refreshments during the ride
- Four water stops to keep you hydrated
- Packed lunch at the end of the ride to refuel
- Full roaming mechanical support across event
- Full support by our event crew
- Fully signposted route with marshals at key points to direct and support you
- Online route available prior to the event
- Pre-event support so you can communicate with our team if you have any questions
- Event-specific fundraising and training advice
- Your own medal to commemorate your achievement!

### **Start and Finish**

The ride will start from Clapham Common, off Nightingale Walk, Clapham, SW4 9AH, What3Words location: [///assist.major.finds](https://www.what3words.com/assist/major/finds)

The route will finish at the Brighton seafront on Madeira Drive, 500m walk from the pier.

The Finish Line is open until 18:00, giving you plenty of time to enjoy your ride to the coast.



## Key timings on the day

Start times will be allocated from 06:00 through to 10:00, this is to spread riders on the route and provide the best and safest experience. You'll be sent your start time in August.

We strongly recommend those who expect to ride the course quickly (under 4hrs 30mins) to start as early as possible, to enjoy the route when it's at its quietest.

You need to reach the finish by 18:00, our event support ceases at this time.

**Please note - You should be reasonably fit to take part in this event and you are strongly advised to undertake appropriate training. If you have any doubts about your ability to take part, including without limitation, having pre-existing medical conditions you should seek advice from your doctor.**

## On arrival at the start

Your rider pack will be posted to you prior to the event, so before you arrive make sure you have your bike board attached to your handlebars and your bib number is attached securely to your jersey or jacket – then you are ready to go when you arrive at the start.

You do not need to register when you arrive on the day, simply head to the assembly area when it's time for your start.

Please be sure to read the safety advice at the start, soak up the atmosphere, and you'll be cheered on by our friendly event team as you head out on your way!

**If you have changed address since you booked, please let us know by emailing [info@londonbrightoncycle.co.uk](mailto:info@londonbrightoncycle.co.uk).**



## What to bring on the day

Please bring any clothing you want to wear on the day and dress appropriately for the weather through the day. Please note we don't offer a bag transfer service.

Helmets are compulsory on this ride – it is not permitted to cycle on our event without a cycling helmet.

Regardless of start time, we strongly recommend fitting bike lights for additional safety on shaded lanes, with the potential mist or fog on route and overcast weather. Lights are essential for early starters.

Water bottles should be filled at home with your drink of choice (there is no water at the start) and refilled with water at the stops.

A bike lock will keep your bike secure if you want to leave it at any point. Skyline do not accept liability for lost or stolen bikes left by participants.

## Following the route

Our route is fully waymarked, and includes marshals at key points. Any turn will be indicated with fluorescent arrows, so please be sure to follow these at all times.

The route is also available to download in your Participant Area so that you can follow it on your favourite GPS device.

Remember, the roads are open to other cyclists, so don't just follow the riders in front!

## What3Words

This free app is being used by emergency services across the globe to locate individuals requiring assistance. Having this app on your phone will provide a unique 3-word code for your location. We will be using this to expedite the mechanical or medical support that we provide on the event.



## **Support on the route**

There will be a full support crew on the route should you need advice, mechanical or medical support. You should text the support number on your bike board with your What3Words location, your rider number and the support you require.

## **Medical support**

First aid is available at the water stops and can be requested on the route using the text support service above.

If, for any reason, you feel you won't be able to make it to the finish, we ask that you text RETIRE and your rider number to the support number on your bike board.

## **Mechanics on the route**

We will have friendly mechanics at the water stops and roaming the route in vehicles however they are often very busy. Punctures are a common problem so you will need to carry a spare inner tube and a gas cannister or pump to inflate the tyre.

Numerous online tutorials show how to replace an inner tube in a matter of minutes, if you can take care of this fix yourself you will be back on the road in no time, without waiting for a mechanic to arrive.

## **Bike suitability**

The route is entirely on road so please ensure your bike is suitable for this. Whilst using a mountain bike is possible, they are much heavier and it will be more challenging! We recommend using a lightweight road bike, or hybrid bike. Have your bike serviced before the ride to ensure it's in good condition.

It must have independent brakes on both wheels, fixed wheel bikes are not allowed. If you are considering riding a non-standard type of bike, please send us details via email so that we can confirm it can be used in the event.



## Cycling safety

The event takes place on open roads so for your safety and the safety of others you **MUST** follow the Highway Code at all times - [The Highway Code](#)

- Stop for red lights, pedestrian crossings and stop signs
- Signal when turning or when slowing down to stop and make sure that you stop in a safe place that allows others to pass
- Not ride more than 2 abreast on quiet roads
- Move into single file on busy or narrow roads so as not to impede the flow of traffic
- If you need to dismount and walk you should keep left and walk in single file
- On descents reduce your speed, taking weather and road conditions into account
- Do not cross the centre line of the road
- Check over your shoulder before moving out to overtake, there may be faster cyclists or vehicles approaching
- No racing and adhere to speed limits
- Pay attention to the directional event arrows and safety signage on the route. This cannot identify every risk, so you must judge your speed based on your ability and conditions at the time
- Be aware of animals on the route, both horses and dogs can be easily startled by cyclists, give them space
- Helmets are compulsory during this ride
- Keep hydrated – take on water at each stop
- Please be courteous to other road users and pedestrians and help fellow cyclists if they need it



## Free refreshments

Free water will be available at our refreshment stops and a tasty grab & go meal will be provided at the finish line. There will be 4 stops, so water and facilities are now available at c. 17 miles, 30 miles, 39 miles and at the top of the infamous Ditchling Beacon at 48 miles.

## Toilets on the route

There will be portable toilets at the start, water stops and at the finish in Brighton.

## Event village

After completing the 55 miles you'll be cheered through the finish line by all of the spectators, before collecting your medal and being able to relax in our event village, meet your charity and grab your packed lunch.

## Bike and coach transport

**Southern Railway either ban bikes or only permit a very limited number of pre-booked bikes on the day, so we strongly advise you arrange to be picked up from Brighton or book our bike and coach transport (this WILL sell out).**

Our return coaches will be leaving Brighton regularly from 12.00 onwards.

These will operate on a first come, first served basis and will leave when the coaches are at capacity.

Anyone booked onto bike transport should take their bike to the check-in desk immediately they finish.

It takes time to carefully pack the lorries, and longer for them to travel to Clapham than coaches, so you should enjoy time in the event village or on the beach and allow AT LEAST an hour before boarding a coach so your bike is back in London before you.

They will then be stored on bike racks at the start where Skyline staff will return your bike to you when you arrive on one of our designated coaches.

You **MUST** retain your jersey number to match up with the bike board on your handlebars in order to retrieve your bike at Clapham.

The last coach will depart just after 18:00.

To book your space on this service you will need a personalised booking link, please email us at [info@londonbrightoncycle.co.uk](mailto:info@londonbrightoncycle.co.uk) so we can send you yours.





**LONDON TO**  
**BRIGHTON**  
CYCLE RIDE

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