



LONDON TO BRIGHTON 2024



BOOKING NUMBER:
START TIME:

Hi @@FirstName@@

This email will cover the route, your break stops, race pack information and also essential cycling safety tips.

Please read it all carefully!

Please note we are unable to make any name or start time changes.

If you have booked our bike transport or a parking space at the start, further instructions on these will be emailed to you next week so please look out for this in your inbox.

If you still need a parking space at the start or bike transport after the event for you and your bike from Brighton back to Clapham we do still have a few spaces available so email us for a link to book.

If you need any information in the meantime you can check out your [Participant Area](#) which we will be uploading copies of all past emails to in case you missed any. You'll also find a welcome pack, a training plan, fundraising tips and more!

Best of luck and if you have any questions make sure you [get in contact!](#)

The London to Brighton Team

The Route!

The route is fully signposted but some people like to follow the route on their phone or a Garmin. We have the route both on [Strava](#) and also [Ride with GPS](#).

You can either follow these on your smartphone using their apps or you can download the GPX file from either site.

Be aware it is an open road event bar several short sections which are restricted to resident access only.

We want everyone to be able to enjoy all aspects of the event to it's fullest. Below is a guideline of the **latest** time you should aim to be at locations listed. The event closes at 6pm so by doing so you'll ensure you have access to all of the available event support.

Location	Miles	Last Rider
High Road, Chipstead	13	12:15
Water Stop 1, Crossways Gardens	17	12:45
Water Stop 2, Rowfant	29	14:30
Water Stop 3, Lindfield	39	15:30
Water Stop 4, Ditchling Summit	48	16:45
Finish	55	18:00

Fuelling up!

Keeping yourself hydrated and energised are very important during the ride.

Make sure you bring either a couple of ready-filled bottles of water or a Camelbak to keep you hydrated through the ride as well as some snacks in case you get peckish!

This year there will be four designated waterstops along the route at 17, 29, 39 and 48 miles.

All will, of course, provide water for you to refill your bottles and waterstop two will also provide bananas and snacks for you to refuel. At the end of the ride you'll be provided with a packed lunch that is best enjoyed on the beach!

Race Pack Info

Race packs have now all been posted however some are taking a little longer to arrive than expected so please let us know if your pack hasn't arrived by

Monday 9th September by emailing us at info@londonbrightoncycle.co.uk

If it hasn't been received we'll arrange a replacement pack to be at the registration tent by the start line that you can collect on the morning before your start time.

The pack contains two rider numbers, one paper number with four safety pins, which you attach to the back of your jersey\jacket.

The second number is hardback and has holes punched through it, please use the two cable ties to attach this to the handlebars of your bike. Please ensure this is not obstructed so your number can be clearly seen.

Your chip timer is within your number so it's important you have these attached to you.

Please attached both numbers before you arrive at the start so that when you do arrive you will be ready to go. Simply head to the assembly area when it's time for your start time slot.

Cycling Safety

This may sound like the “boring bit” but, for your safety and the safety of others you MUST follow the below

- Helmets are compulsory during this ride
- 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
 - 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

Photo Evidence!

Our friends at [Sport Action Photo](#) will be photographing this event. They will be positioned along the course and at the end. Images will be available to view and purchase from approximately 18.00 on Tuesday 17th September [via this link](#).

DOWNLOAD WHAT3WORDS

You may have heard about what3words or may already use it. It divides the world into 3m squares, each with a unique 3-word reference. We will be using this system to expedite the mechanical or medical support that we provide on the event and advise if you haven't already, to download the app and try it out. If you then need assistance on the day we can very quickly locate you.

We appreciate not everyone will be able to do this so don't worry - it is possible to just locate you via street names/landmarks etc. just please bear with us as this can take a bit of extra time.

Skyline Events

Our mailing address is:
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