



### Ride Route

Riders have access to toilets, water, mechanics and medical assistance at all check points.

Please use the bike racking provided at all stops and bring cash for check points.

No.	Mile	Check point
1	11	Walcountians Sports Club
2	22	The Dog & Duck
3	33	Ardingly Showground
4	41	Wivelsfield
5	46	Ditchling Beacon

Distance 54 Miles  
 Lowest elevation 0 feet  
 Highest elevation 812 feet

Your fundraising powers lifesaving research into heart and circulatory disease.





# London to Brighton Bike Ride

16th June 2024

**Emergency contact numbers**

**07974 092 871**

or

**07974 092 873**

Please keep hold of this guide and save these numbers in your mobile in case of emergency. If you feel unwell, are injured, become involved in an accident or are unable to get to the next refreshment point, call either number and wait for instructions from event officials.

*Please note these numbers will only be active on event day*



Official Sponsor **PUREGYM**

## The ride flag system

### Extreme

#### Event cancelled – extreme conditions

- Participation stopped
- Follow event official instructions

### High

#### High risk conditions

- Slow down and observe route changes
- Follow event official instructions

### Moderate

#### Adverse conditions

- Slow down
- Be prepared for worsening conditions

### Low

#### Good conditions

- Enjoy the event!
- Be alert

## Don't forget to stay hydrated

Whether the sun is shining or you're riding in the rain, make sure you stay hydrated throughout the day. Free water is available at all our official refreshment stops.

