



# LONDON TO BRIGHTON CYCLE RIDE 2021 FREQUENTLY ASKED QUESTIONS

## **What is the London to Brighton Bike Ride?**

The London to Brighton Bike Ride is an iconic 55 mile bike ride starting from Clapham Common in South London, to the seaside town of Brighton.

## **How old do I need to be?**

The minimum age for participants is 16. Those under 18 will need a letter of parental consent. Please contact our team to get a consent form or simply send a signed letter of consent to our team.

## **Where does the ride start?**

The ride will start from Clapham Common South, off Nightingale Walk, Clapham SW12 9DU.

## **How do I get there?**

We recommend using public transport to get to the start. You can use the route planner on Transport for London's website [www.tfl.gov.uk](http://www.tfl.gov.uk) to help plan your journey.

**London Underground** – please note bikes are not permitted on the London Underground.

**London Overground** – the nearest Overground station is Clapham North, cycle along Clapham High Street to the start area at Clapham Common.

**National Rail** – the nearest train stations are Clapham Junction, Balham, and Wandsworth Common.

## **Parking at Clapham?**

There's very limited parking around Clapham Common, so though you may be able to find parking on surrounding roads, we advise you to use public transport where possible.

## **Parking at Brighton?**

Brighton is always extremely busy in summer and early Autumn weekends, but if you do need to use a car park we would recommend the NCP car park at Brighton Theatre (BN1 1US), the NCP car park at the Brighton Centre (BN1 2DX) or the RCP car park on North Road (BN1 1YR).



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## **What time does it start?**

There will be a staggered start between 06:30 and 09:00. You will be set off in small groups from the start point on The Avenue, Clapham Common.

## **What happens at the start?**

Providing you have booked your place on the event, you will not need to register when you arrive on the day. Your bike number and bib number will be posted to you prior to the event – this means that on arrival you will be all ready to set off, and you can look forward to being cheered on by our friendly event team.

## **What is the route?**

The route will be made available prior to the event on Strava. This will be available to download by GPX if you would like to use it on your GPS device. Please note - should an emergency route change occur it is important to follow the directional event arrows.

## **Where does the route finish?**

The route will finish at Brighton Seafront on Madeira Drive, close to the Marina. As detailed at the end of this document, the event support winds down at 17:00 so please leave plenty of time to complete the event.

## **Can spectators attend?**

Yes, we encourage all the support you can get so please bring family and friends. Please note the refreshments at the water stops are **not** for spectators. However, there are plenty of delicious food stalls at the finish area that spectators are able to purchase from.

## **What do I need to bring?**

Please see the detailed [event information](#). Please note helmets are compulsory and you will not be able to take part without one.



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## **Is my bike suitable?**

The route is entirely on road so please ensure your bike is suitable for this. Whilst using a mountain bike is possible, they are heavier and it would be more challenging! We recommend using a light weight road bike, or hybrid bike. It is also advisable that you have your bike serviced before the ride and ensure it is in good condition.

## **How fit do I need to be?**

The London to Brighton Bike Ride is challenging but achievable. In order to maximise your enjoyment you do need to train and get out on your bike before the ride! Please see our recommended training guide on the participant area.

## **Are the roads closed?**

We do not close the roads apart from the C203 Upper Beacon Road/ Ditchling Road which will have an official road closure for the event where traffic marshals and management will be in place.

Since there will be lots of other cyclists around you please ensure you cycle with care and attention.

## **How will I find my way?**

As mentioned above, the route is available to download on GPX, however, the route is clearly marked by directional event arrows. Please follow these at all times but do not panic if you haven't seen one in a while! They are put on all turns, and along straight roads for reassurance. If you find yourself lost please call the contact phone number on the front of your bike number.

## **Is there anywhere I can leave my bag?**

We do not provide a bag drop on our cycle ride. Please pack light and only carry what you really need.



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## **Is transport provided back to London at the end of the ride?**

Bike and coach transport will be available back from Brighton to Clapham Common at an extra cost which must be paid in advance. Anyone booked onto bike transport must check in their bike onto the clearly marked van in Brighton where coach departure times will be displayed. You can book this service [here](#) and there is also a link in the Participant Area.

## **Will there be mechanical and medical support at the event?**

Yes, we will have friendly mechanics at the water stops and roaming the route in vehicles and on mopeds.

There will be a full support crew as well as medics, should you need assistance please call the control number on the front of your bike number. If for any reason you need to retire from the ride you must inform a member of the support crew.

## **Is there a cut off time for the ride?**

While we appreciate this is a huge challenge and want you to take your time and enjoy the ride, we have a cut off time of 17.00.

If you know you're a slow cyclist we recommend you leave at 06.30 so as early as possible, this will give you plenty of time to enjoy the ride and get down to Brighton to soak up the atmosphere and collect your medal.