

# London2Bournemouth Cycle

**Sunday 11th July 2010 at 8.00am**

**Enter Here:**

- [Online Entry](#)

Maximum 300 entrants

**Deadline for entries:**

The closing date for entries is Sunday 4th July 2010

For a list of current entries click [here...](#)

**Entry Fee**

The entry fee is £45.00

Included in entry fee are:

- Tea/coffee & snacks at the start
- 4 Feed Stations & food at the finish
- Dry kit service
- Medal to all finishers
- Pick-up vehicle for dnf's
- First Aid
- Mechanic
- Sign-posted course

All riders must be 18yrs up by the day of the Cycle.

**START/FINISH/COURSE**

**START**

The cycle begins at 8.00am at Wimbledon Park Athletics Stadium, Wimbledon Park, London

SW19 7HX. [map](#)

The park has two free car parks, one at the Revelstoke Road entrance and the other at the Wimbledon Park Road entrance. The nearest tube stations are Southfields Underground Station (5mins) and Wimbledon Park Underground Station (3mins). [map](#)

The nearest National Rail station is Earlsfield Station (15mins) [map](#)

All entrants should try to arrive 45 - 60 mins before the start.

Please pay attention to any pre-race instructions. These are for the benefit of all cyclists and will help guide you through the course and keep you safe. The advice is for your own safety and that of other road users.

## **FINISH**

Details of the finish area will be here shortly.

There will be no additional parking facilities at the finish in Bournemouth for any friends or family who may wish to meet you at the end of the Cycle. For car-parking facilities please [click here](#).

Bournemouth Tourist Office [click here](#)

For details of Bournemouth train service [click here](#)

Taking bicycles on National Rail [click here](#)

## **COURSE**

An online course route and elevation chart is available [click here](#) to view. Please note, we haven't finalised the finish area yet. As soon as we have we will let you know.

The whole route will be sign-posted. If ever in doubt, consult your course map!

You must at all times follow the Highway Code (see [Terms and Conditions](#) clause 2.10).

## **Dry Kit Service**

If you have some clothes which you would like to change into when you arrive in Bournemouth, we will have a 'dry kit' service. A van will transport any belongings that you need to be taken to the finish. Please put them in a suitable bag or holdall preferably labelled.

## **Feed Stations**

There will be tea/coffee/bananas/biscuits supplied before the start.

There will be four feed stations positioned along the course:

1<sup>st</sup>: Newlands Corner 24 miles 2<sup>nd</sup>: Rake Garden Centre 50 miles 3<sup>rd</sup>: 'The Bridge' pub,

Shawford 75 miles 4<sup>th</sup> 'Alice Lisle Inn', New Forest 102 miles.

You will receive food, an energy drink and water with which you can fill up your water bottles. If the day is hot make sure you take in enough fluid (see ['Training'](#)). These feed stations will be clearly sign-posted so you won't miss them. Toilet facilities will also be available at the feed stations. There will also be food and drink for all finishers in Bournemouth.

## **First Aid**

There will be medical support following the rear of the Cycle. Please have the race organiser's mobile phone number stored in your mobile in case of emergencies.

## **Medical Form**

### **download a medical form (PDF)**

*Please Note:* The Medical Form **must be completed and carried with you during the Cycle**. If you have a medical condition that would need consideration should you be taken ill during the Cycle, please write the details on the Medical Form. If you feel unwell before the Cycle, or have not been well for a few days prior to the event, please do not start; there is always another year and another London to Bournemouth Cycle.

## **Rescue service and mechanic**

Following the last cyclists will be a 'rescue' vehicle for you and your bike should you require it, and a bike mechanic. The mechanic will have some spare inner tubes and basic tools, however they will not necessarily be equipped to deal with all cycle breakdowns. There were loads of punctures in our last ride, so make sure you have a cycle repair kit, spare tubes and pump in case you get one! We will have a track pump at each feed station.

(see [Recommended Kit List](#)).

## **Updates/Changes**

Please visit this site before the Cycle start date in case of updates or changes.

## **Contact Us**

Email: [info@london2bournemouth.co.uk](mailto:info@london2bournemouth.co.uk) or call 07837 975 149 for more information.