

LONDON 2 BRIGHTON CYCLE CHALLENGE

IN AID OF WORLD BICYCLE RELIEF

SUNDAY 12 JULY 2015



After months of planning and preparation for their 20,000km cycle from London to Cape Town, Emily and James finally set off on their first leg of this adventure on 12th July 2015.

The first leg followed the iconic London to Brighton route through the beautiful English countryside and was organised as a cycle challenge by Tri-Adventure so that Emily and James could share it with Friends and Family. James and Emily set off from Trinity Fields Wandsworth at 9.45am with 100 fellow cyclists.

After so many days of recent sunshine, it was a shame that the skies were overcast and there was drizzle in the air, but on the plus side, it made for much more comfortable riding conditions.

Emily, who is a member of Clapham Chasers, encouraged a contingent of the club to take part, and the Chasers all enjoyed the ride together.

A very welcome feeding station awaited the riders on the green in front of The Crown Pub at the top of Turners Hill, 29 miles into their ride. This was the perfect opportunity to stock up with energy food and drinks – loads of bananas, pretzels, wine gums, and energy drinks and bars. Many thanks to The Crown, for allowing riders to use their facilities.

As the day continued, the wind picked up and the rain started to fall, making the second half of the ride quite a challenge. Despite this, there were some serious ascents of Ditchling Beacon, with the fastest ascent going to Tom Drogman in 6m 47s for the boys and to Nelia Townsend from London Fields Triathlon Club for the girls in 13m 27s. Well done to the both of you! All other times recorded up the Beacon can be found [here](#).

Liz braved the elements to welcome riders to the Finish at Brighton Pier before directing them to the post event gathering at Oh So Social on the sea front. Amongst those who completed the ride were the comedian Simon Evans who finished with Ross Cohen. The times from the day and the splits can be found [here](#).

This first leg alone raised over £10,000 for World Bicycle Relief; a brilliant collective effort from the 100 riders.

Every event of this nature has its moments, and the two that deserve a special mention are Paul Munson, who completed the full distance on his Brompton bike, and Tim Farr who hand cycled the route on a recumbent cycle.

You can continue to track Emily and James on their journey through their [website](#).

Thanks and well done to everyone for taking part – the feedback during the day was much appreciated, which makes putting on an event like this very rewarding. Photos are available in our [Facebook](#) Album – please like us – and through our website www.triaventure.co.uk. If you do have any photos to add, please send them through to events@triaventure.co.uk.

Finally, I'd be delighted to post any personal accounts of the event to the [Tri-Adventure Blog](#), so do send them in to me at adam@triaventure.co.uk.

