ESSENTIAL FACTS
Prudential RideLondon is the world's greatest festival of cycling, developed by the Mayor of London and his agencies in partnership with Surrey County Council.

Staged for the first time in August 2013, it is the largest festival of cycling in the world with more than 100,000 participants expected to cycle more than three million miles during the weekend of 3-4 August 2019.

It combines the fun of a free family ride in central London with the excitement of watching the world’s best professional cyclists. Amateur cyclists participate by riding a 100-mile, 46-mile or 19-mile challenge on the same closed roads as the professional road race, raising millions for good causes. More than £66 million has been raised for charity in the first six years of the festival.

Prudential RideLondon 2019 comprises the following events:

PRUDENTIAL RIDELONDON CYCLING SHOW
Thursday 1 August–Saturday 3 August at ExCeL

OPENING HOURS
Thursday 1 August 10:00–20:00
Friday 2 August 10:00–20:00
Saturday 3 August 08:30–17:00

The Prudential RideLondon Cycling Show will connect and inspire cyclists and would-be riders of all ages and abilities.

Entry to the 2019 Prudential RideLondon Cycling Show is FREE and open to all: participants, friends, families, cycling fans and everyone else. Many of the major cycling brands will be present, as well as a multitude of other exhibitors who will be showing and selling everything from the best bicycles you can or can’t buy, to the latest GPS devices. One of the biggest stands will be devoted to Prudential RideLondon merchandise, including this year’s range of souvenir and technical clothing.

With personal appearances at the show from top professional riders taking part in the Prudential RideLondon Classique and the Prudential RideLondon-Surrey Classic, the atmosphere generated around the event will be unparalleled. The Centre Stage will feature a full programme of informative presentations offering invaluable cycling advice, interviews with professional and celebrity riders and a variety of entertainment.

The Prudential RideLondon Cycling Show is held at ExCeL in east London (see below for travel advice). The show is expected to attract 45,000 visitors over its three days with Saturday the busiest day.

GETTING TO ExCeL
EXCEL, 1 WESTERN GATEWAY, ROYAL VICTORIA DOCK, LONDON E16 1XL

ExCeL is connected to the Jubilee line at Canning Town via a five-minute DLR journey (Docklands Light Railway).

Visitors should travel to Custom House station if visiting on Thursday or Friday but if visiting on Saturday, please use Prince Regent station as Custom House station will be closed for maintenance works. ExCeL is also connected directly to the Central, Northern, Circle, District and Waterloo & City lines at Bank and the Circle and District lines at Tower Hill via the DLR.

ExCeL is in London Underground Zone 3. We strongly advise that you use an Oyster card, contactless payment card or purchase a return ticket or travelcard as ticket-purchasing facilities are limited at ExCeL. All valid London Underground tickets are accepted on Docklands Light Railway (DLR).
PRUDENTIAL RIDE LONDON FREE CYCLE
Saturday 3 August
Prudential RideLondon FreeCycle offers the chance for all the family to enjoy a traffic-free route on closed roads through central London passing some of the capital’s most iconic landmarks. Everyone is welcome, no matter what their age or ability. Cyclists may cycle at any pace and as many times round the route as they like, stopping along the way to enjoy a range of free bike-based entertainment and activities at six Festival Zones. Cyclists are encouraged to register in advance at PrudentialRideLondon.co.uk/FreeCycle.

PRUDENTIAL RIDE LONDON CLASSIQUE
Saturday 3 August
The Prudential RideLondon Classique is a UCI Women’s WorldTour event, the highest ranked in the global calendar and the richest women’s one-day race in cycling, offering exactly the same prize money as the men’s Prudential RideLondon-Surrey Classic. It gives spectators the chance to see the best women’s cycling teams in the world battling it out over 20 laps of a closed 3.4km circuit that starts and finishes on The Mall.

BROMPTON WORLD CHAMPIONSHIP FINAL
Saturday 3 August
The 14th Brompton World Championship will see more than 500 riders make a mad dash to unfold their bikes before sprinting off on two wheels to complete up to eight laps around St James’s Park.

PRUDENTIAL RIDE LONDON-SURREY 100
Sunday 4 August
25,000 amateur cyclists take on a cycling challenge like no other through London and Surrey on a similar route to that of the London 2012 Olympic road races. The Prudential RideLondon-Surrey 100 starts in Queen Elizabeth Olympic Park, goes out through London to Surrey’s stunning country roads and hills before returning to the capital to finish in spectacular style on The Mall in front of Buckingham Palace.

PRUDENTIAL RIDE LONDON-SURREY 46
Sunday 4 August
The Prudential RideLondon-Surrey 46 was created in 2016 to give newer riders the opportunity to enter their first mass-participation cycling event and enjoy the freedom and camaraderie of Prudential RideLondon. Like the 100-mile sportive, it starts in Queen Elizabeth Olympic Park and finishes on The Mall in front of Buckingham Palace. About 4,500 riders will participate in 2019.

PRUDENTIAL RIDE LONDON-SURREY 19
Sunday 4 August
The Prudential RideLondon-Surrey 19 was created in 2018 to give younger and less experienced riders a chance to enter their first cycle sportive. Starting at Sandown Park Racecourse, it follows the last 19 miles of the Prudential RideLondon-Surrey 100 course. Riders as young as 12 can enter (riders aged 12-15 must be accompanied by an adult), making it a great way for families to cycle together.

PRUDENTIAL RIDE LONDON-SURREY CLASSIC
Sunday 4 August
The Prudential RideLondon-Surrey Classic became Britain’s first men’s UCI WorldTour race in 2017 and this year will feature 19 WorldTour Teams lining up at the new Start in Bushy Park. The racing is over much of the same route as the Prudential RideLondon-Surrey 100. New for 2019, there will be five circuits of Box Hill. Live coverage of the race will be shown on BBC One on Sunday 4 August.
FUNDRAISING FOR CHARITY

The Charity of the Year for 2019 for the Prudential RideLondon-Surrey 100 is The Miles Frost Fund in association with the British Heart Foundation. The charity will have a team of more than 300 riders participating in the Prudential RideLondon-Surrey 100. England and Arsenal goalkeeping legend David Seaman and Olympic gold medal cyclist Dani Rowe will be riding for the charity on Sunday 4 August.

For the first time, there will be a Charity of the Year for the Prudential RideLondon-Surrey 46: Prevent Breast Cancer.

The total amount raised for charity by Prudential RideLondon during the first six years of the event is more than £66 million.

Prudential RideLondon 2020

Next year the world’s greatest festival of cycling will take place over the weekend of 15-16 August 2020, later than usual due to the Tokyo 2020 Olympic Games.

The ballot for 2020

The ballot for the 2020 Prudential RideLondon-Surrey 100 will open on Sunday 4 August 2019. Apply online at prudentialridelondon.co.uk

WHAT’S NEW IN 2019

The Prudential RideLondon-Surrey Classic has a new route for 2019 with the iconic climb of Box Hill as its centrepiece.

Riders will tackle the famous zig-zagged climb in Surrey five times in 2019 as opposed to the one ascent the peloton made of it in the previous six editions of the race. The hill is one of the most famous climbs in the south of England and is synonymous with the London 2012 Olympic Games road race which featured nine circuits of the climb.

A fanzone will be created on Box Hill to encourage spectators to watch the action from the roadside where they will get to see the race pass on five occasions before the pro cyclists race back into central London. The change is part of a series of tweaks to the Prudential RideLondon-Surrey Classic course for 2019 which also includes:

• A new Start: the peloton will be rolling out of the picturesque setting of Bushy Park, in south-west London, before heading out to Surrey and the five circuits of Box Hill.

• A new Finish: the iconic Finish Line on The Mall will remain in 2019 but the riders will enter the famous stretch of road from the opposite direction. The Flamme Rouge (1km to go banner) will be on Birdcage Walk with the riders passing Buckingham Palace before sprinting up The Mall to the Finish Line.

• Distance: the distance of the 2019 Prudential RideLondon-Surrey Classic has been reduced from 183km last year to a distance of 169km this year in an effort to encourage more aggressive riding.

• Prizes: the Continental Tyres King of the Mountains competition will be contested once again with the KOM points coming at Newlands Corner and Box Hill (five times) while there will be a brand new event for 2019, the Combativity Award presented by ZIPP, which will go to the rider who is judged to display the most attacking and exciting riding of the day.

There are changes too this year to the Prudential RideLondon Classique. The course will remain a circuit race in central London, starting and finishing on The Mall. The race will be 20 laps of a 3.4-kilometre circuit that features a lap of St James’s Park and a loop of Constitution Hill.
## INTERESTING FACTS & FIGURES

<table>
<thead>
<tr>
<th>Category</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaflets distributed to the public</td>
<td>860,000</td>
</tr>
<tr>
<td>Barriers on the route</td>
<td>27km</td>
</tr>
<tr>
<td>Crowd Stewards</td>
<td>1,000</td>
</tr>
<tr>
<td>Traffic Stewards</td>
<td>3,000</td>
</tr>
<tr>
<td>Volunteers</td>
<td>1,755</td>
</tr>
<tr>
<td>Radio handsets in use (excluding emergency services)</td>
<td>3,000</td>
</tr>
<tr>
<td>Toilets</td>
<td>645 across the route</td>
</tr>
<tr>
<td>Bananas</td>
<td>30,000 small bananas</td>
</tr>
<tr>
<td>Water</td>
<td>130,000 litres</td>
</tr>
<tr>
<td>High5 energy gels</td>
<td>50,000</td>
</tr>
<tr>
<td>Bitesize High5 energy bars</td>
<td>106,000</td>
</tr>
<tr>
<td>High5 electrolyte tabs</td>
<td>50,000</td>
</tr>
<tr>
<td>Pubs on the route</td>
<td>116</td>
</tr>
<tr>
<td>Five-litre jugs</td>
<td>350</td>
</tr>
<tr>
<td>Distance cycled if all riders finish</td>
<td>more than 3 million miles</td>
</tr>
<tr>
<td>(that’s more than 120 times round the world!)</td>
<td></td>
</tr>
<tr>
<td>Vehicles</td>
<td>200</td>
</tr>
<tr>
<td>Whistles</td>
<td>2,870</td>
</tr>
<tr>
<td>Mechanics across the route</td>
<td>150</td>
</tr>
<tr>
<td>Continental inner tubes</td>
<td>2,190</td>
</tr>
<tr>
<td>Continental Rider Safety Captains</td>
<td>250</td>
</tr>
<tr>
<td>Watts produced by the riders in the Prudential RideLondon-Surrey 100</td>
<td>35,000,000+ (based on 25,000+ riders producing an average of 200 watts/hour for seven hours…)</td>
</tr>
<tr>
<td>Watts produced by the riders in the Prudential RideLondon-Surrey 46</td>
<td>1,750,000+ (based on 5,000+ riders producing an average of 100 watts/hour for three and a half hours…)</td>
</tr>
<tr>
<td>Watts produced by the riders in the Prudential RideLondon-Surrey 19</td>
<td>400,000+ (based on 2,000 riders producing an average of 100 watts/hour for two hours…)</td>
</tr>
</tbody>
</table>

For statistics on the 25,000+ participants in the Prudential RideLondon-Surrey 100, please turn to page 47.
GETTING AROUND

To ensure the safety of participants and spectators at the Prudential RideLondon cycling festival, there will be early morning road closures in central London on Saturday 3 August and a large number of road and river crossing closures across east, central and southwest London and parts of Surrey on Sunday 4 August.

In early July, a major campaign advising residents and businesses of roads and river crossings being affected and to ‘know their travel options’ in advance, got underway. This was part of an extensive public information and engagement campaign that included a leaflet drop to affected residents and businesses.

Public transport, walking and cycling will be the best ways to get around London and to the events over the weekend. However, some buses will be on diversion or will finish early due to the road closures, and Tube stations close to the action will be busier than usual. Drivers are advised to plan ahead to avoid road delays over the weekend and to avoid driving in the areas near the event routes.

The public is advised to plan ahead, use public transport, walk and cycle to avoid road disruption and enjoy the weekend. Details of road and bridge closures, and estimated re-opening times are available at tfl.gov.uk/ridelondon and at prudentialridelondon.co.uk/road-closures/

All road closure information is shared with travel information services, satellite navigation companies and online mapping providers.

For up-to-date information on how transport services are operating on the day, check before you travel at tfl.gov.uk and follow @TfLTravelAlerts (Tube, DLR and London Overground), @TfLTrafficNews (roads) and @TfLBusAlerts (bus).
Event route on closed roads

Roads will be busy, please avoid driving in the area.

Waterloo Bridge closed in both directions 07:00-18:00

Tube/rail is the best way to get around central London for full road and bridge closure details visit tfl.gov.uk/ridelondon

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TRAFFIC IMPACT MAP - SUNDAY 4 AUGUST 2019

- There will be temporary road restrictions, including road closures, in place in this area.
- The shading shows the expected area of impact of the event.
- Allow extra time if driving in this area, including to airports.
- You will not be able to cross the event route while roads are closed.
- All road closures will be clearly signposted and roads will reopen as soon as safely possible after the event.
- Main roads into central London are likely to be particularly busy on this day, so please plan your journey in advance.
- For detailed information on specific changes in your area please visit www.tfl.gov.uk/ridelondon