SUNDAY 4 AUGUST
START: 05:45-09:15 QUEEN ELIZABETH OLYMPIC PARK
FINISH: FIRST RIDER WILL REACH THE MALL AT 09:35,
LAST RIDER AT 17:30 (APPROX)

CELEBRATING THE LEGACY FOR CYCLING CREATED BY
THE LONDON 2012 OLYMPIC AND PARALYMPIC GAMES, THE
PRUDENTIAL RIDE LONDON-SURREY 100 TAKES PLACE ON
CLOSED ROADS IN THE CAPITAL AND SURREY’S STUNNING
COUNTRYSIDE. WITH LEG-TESTING CLIMBS AND A ROUTE
MADE FAMOUS BY THE WORLD’S BEST CYCLISTS AT THE
LONDON 2012 OLYMPICS, IT IS A TRULY SPECTACULAR
EVENT FOR ALL INVOLVED.
As well as the personal challenge of completing the route, participants’ involvement will also benefit good causes. In 2018, Prudential RideLondon raised £13 million for charity to set a new European record for a cycling event, beating the previous record of £12.75 million. That brings the total raised for charity over the first six years of the world’s greatest festival of cycling to more than £66 million.

Riding for charity is a key element of the sportive; the Prudential RideLondon-Surrey 100 aims, over time, to become the largest charity fundraising cycle event in the world. Thousands of cyclists will be supporting hundreds of charities and will ensure the event becomes the charity fundraising equivalent of the London Marathon (the world’s largest annual one-day fundraising event) on two wheels.

2019 CHARITY OF THE YEAR: THE MILES FROST FUND IN ASSOCIATION WITH THE BRITISH HEART FOUNDATION

Every week in the UK 12 people aged 35 and under die of an undiagnosed heart condition. Miles Frost was 31.

On 19 July 2015, Miles went for a run and never came back.

An inherited heart condition called Hypertrophic Cardiomyopathy (HCM) took his life without warning. In a moment, his family lost their kind and generous ‘leader of the pack’.

Miles’ death devastated his family and friends. And it was made all the more painful when they were told Miles probably inherited the condition from his father, Sir David Frost. Clinical and genetic tests are available to identify those at risk of HCM, but Miles was never tested.

The BHF estimates that up to 620,000 people across the UK could be living with a faulty gene that puts them at risk of a life-threatening inherited heart condition, that’s one in six people.

Summer 2019 will mark four years without Miles and, alongside his brothers, Wilf and George, everyone who rides for the British Heart Foundation will be helping to fund vital research into inherited heart conditions.

Every penny we raise will help save families from heartbreak.

If you would like to donate to the British Heart Foundation please visit: www.bhf.org.uk/how-you-can-help/donate/donate-form
FAMOUS FACES

DAVID SEAMAN MBE
Charity: British Heart Foundation

David is a former Arsenal and England goalkeeper. He is England’s second-most capped goalkeeper of all time, behind Peter Shilton, with 75 caps. He won three league titles, four FA Cups, the League Cup and European Cup Winners Cup during his 13-year career at Arsenal.

DANI ROWE
Charity: British Heart Foundation

Dani is one of Team GB’s most successful track cyclists. She won gold at the 2012 London Olympics with fellow cycling stars Laura Kenny (née Trott) and Joanna Rowsell in the team pursuit. She is also the three-time world champion, having won the team pursuit at the 2011, 2012 and 2013 World Championships.

LAURA CRANE
Charity: Shelter

Laura is a former Love Island contestant, featuring on the 2018 edition of the ITV reality show. She is an ex-professional surfer and currently works as a model. She has spoken openly about suffering from an eating disorder when she was a young competitive surfer, and the mental health issues facing reality TV stars.

GAIL EMMS

Gail won a silver medal at the 2004 Olympics when she joined forces with Nathan Robertson in the mixed doubles badminton competition. The pair also won the World Championships and Commonwealth Games in 2006, plus a European Championship title. Gail also won a gold medal in the mixed team competition at the 2002 Commonwealth Games.

LEMAR

Lemar is an English R&B singer-songwriter and record producer who also appeared on 2018’s Dancing on Ice. Lemar had a run of chart success in the United Kingdom, Europe and Australia after making his name on the first series of British talent show Fame Academy. Lemar has had seven top 10 UK singles and sold more than two million albums. He is one of the most successful artists to come out of a reality TV show. Lemar has also won two Brit Awards and three MOBO awards to date.

JOHN MCAVOY

John is a triathlete, competing in numerous Ironmans. John spent 10 years in prison for armed robbery before sport helped him turn his life around. Born into the criminal underworld, John began a gruelling fitness regime while in prison, discovering a passion for endurance sport. He broke the British record for rowing the marathon distance, and the world record for the longest distance rowed in 24 hours. He is now a successful endurance athlete and motivational speaker, using his story to help and inspire others to change their lives.
AMSTEL RIDE TOGETHER
The Prudential RideLondon-Surrey 100 Amstel Ride Together features teams of four riders cycling all 100 miles of the Prudential RideLondon-Surrey 100 route. Each rider completes the 100-mile challenge from Queen Elizabeth Olympic Park, out into Surrey, before heading back to the spectacular finish on The Mall.

Teams can be all male, all female or mixed teams. Mixed teams consist of two male and two female riders, three female and one male rider, or three male and one female rider.

Teamwork is of the essence as the official time for the team is the time recorded by the last rider to cross the Finish Line on The Mall.

RIDER SAFETY CAPTAINS
Prudential RideLondon is working with Continental Tyres for a safe ride and our simple motto for everyone to remember is: Look, Think, Communicate.

Each wave of sportive riders will be accompanied by two Continental Tyres Rider Safety Captains from the Start Line all the way to the Finish Line to help keep riders safe at all times.

FACTS AND FIGURES FOR 2019 PRUDENTIAL RIDE LONDON-SURREY 100

Riders by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-19</td>
<td>79</td>
<td>21</td>
<td>100</td>
</tr>
<tr>
<td>20-29</td>
<td>2359</td>
<td>1570</td>
<td>3929</td>
</tr>
<tr>
<td>30-39</td>
<td>5985</td>
<td>2604</td>
<td>8589</td>
</tr>
<tr>
<td>40-49</td>
<td>7213</td>
<td>2249</td>
<td>9462</td>
</tr>
<tr>
<td>50-59</td>
<td>6200</td>
<td>1728</td>
<td>7928</td>
</tr>
<tr>
<td>60-69</td>
<td>1832</td>
<td>326</td>
<td>2158</td>
</tr>
<tr>
<td>70-79</td>
<td>217</td>
<td>20</td>
<td>237</td>
</tr>
<tr>
<td>90+</td>
<td>10</td>
<td>2</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>23,895</td>
<td>8,520</td>
<td>32,415</td>
</tr>
</tbody>
</table>

OLDEST AND YOUNGEST PARTICIPANTS

Oldest Riders
The oldest man: Brian Ady – 08/06/1935
The oldest woman: Caroline Keene – 27/04/1940

Youngest Riders
The youngest man: Billy Brunger – 15/08/2000
The youngest woman: Carmel Fitzgerald – 13/08/2000

Total birthdays on Ride Day

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>19</td>
<td>91</td>
</tr>
</tbody>
</table>

2020 PUBLIC BALLOT
For the first time, the ballot for next year’s Prudential RideLondon-Surrey 100 will open on Ride Day – Sunday 4 August 2019. Visit prudentialridelondon.co.uk/events/100/entries/ to find out more.
### COUNTRIES REPRESENTED

<table>
<thead>
<tr>
<th>Country</th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albania</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Algeria</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Argentina</td>
<td>3</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Australia</td>
<td>28</td>
<td>3</td>
<td>31</td>
</tr>
<tr>
<td>Austria</td>
<td>5</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>Barbados</td>
<td>4</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Belgium</td>
<td>43</td>
<td>8</td>
<td>51</td>
</tr>
<tr>
<td>Bermuda</td>
<td>8</td>
<td>0</td>
<td>8</td>
</tr>
<tr>
<td>Botswana</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Brazil</td>
<td>3</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Bulgaria</td>
<td>4</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Cambodia</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Canada</td>
<td>28</td>
<td>16</td>
<td>44</td>
</tr>
<tr>
<td>Cayman Islands</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>China</td>
<td>4</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Cyprus</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>5</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Denmark</td>
<td>12</td>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>Ecuador</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Egypt</td>
<td>3</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Estonia</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Finland</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>France</td>
<td>63</td>
<td>16</td>
<td>79</td>
</tr>
<tr>
<td>Germany</td>
<td>60</td>
<td>15</td>
<td>75</td>
</tr>
<tr>
<td>Ghana</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Gibraltar</td>
<td>7</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Greece</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Guernsey</td>
<td>11</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>Hong Kong</td>
<td>26</td>
<td>3</td>
<td>29</td>
</tr>
<tr>
<td>Hungary</td>
<td>3</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Iceland</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>India</td>
<td>5</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Indonesia</td>
<td>5</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Ireland</td>
<td>12</td>
<td>28</td>
<td>149</td>
</tr>
<tr>
<td>Isle of Man</td>
<td>14</td>
<td>3</td>
<td>17</td>
</tr>
<tr>
<td>Israel</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Italy</td>
<td>66</td>
<td>5</td>
<td>71</td>
</tr>
<tr>
<td>Japan</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Jersey</td>
<td>23</td>
<td>11</td>
<td>34</td>
</tr>
<tr>
<td>Jordan</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Kenya</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Latvia</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Lithuania</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Luxembourg</td>
<td>3</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Malawi</td>
<td>0</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Malaysia</td>
<td>11</td>
<td>5</td>
<td>16</td>
</tr>
<tr>
<td>Malta</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Mauritius</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Monaco</td>
<td>3</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Netherlands</td>
<td>57</td>
<td>13</td>
<td>70</td>
</tr>
<tr>
<td>New Zealand</td>
<td>13</td>
<td>0</td>
<td>13</td>
</tr>
<tr>
<td>Nigeria</td>
<td>33</td>
<td>5</td>
<td>38</td>
</tr>
<tr>
<td>Norway</td>
<td>19</td>
<td>0</td>
<td>19</td>
</tr>
<tr>
<td>Peru</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Philippines</td>
<td>9</td>
<td>0</td>
<td>9</td>
</tr>
<tr>
<td>Poland</td>
<td>4</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Portugal</td>
<td>6</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Qatar</td>
<td>6</td>
<td>1</td>
<td>7</td>
</tr>
</tbody>
</table>
### TOTAL NUMBER OF FINISHERS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>FINISHERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>15,071</td>
</tr>
<tr>
<td>2014</td>
<td>20,255</td>
</tr>
<tr>
<td>2015</td>
<td>25,703</td>
</tr>
<tr>
<td>2016</td>
<td>26,770</td>
</tr>
<tr>
<td>2017</td>
<td>23,440</td>
</tr>
<tr>
<td>2018</td>
<td>22,286</td>
</tr>
</tbody>
</table>

*Please note 25,000 riders are expected to start on event day*
**THE START**
The Prudential RideLondon-Surrey 100 will start in wave starts between 05:45 and 09:15 at Queen Elizabeth Olympic Park on Sunday 4 August.

At Queen Elizabeth Olympic Park there are five start areas (Green, Yellow, Blue, Orange and Black).

Participants are seeded, with their starting position indicative of ability and fitness, to deliver a safe and enjoyable event for all.

**ROAD CLOSURES**
There will be extensive road closures from early morning to ensure the route is secure and ready for the event. Check tfl.gov.uk/ridelondon for full details of the road and bridge closures on Sunday 4 August.

**THE ROUTE**
The route is 100 miles in length from the official Start in Queen Elizabeth Olympic Park to the Finish.

The 25,000 amateur cyclists will head past Canary Wharf, towards the City of London, passing the Tower of London before cycling west along Piccadilly and the A4.

Riders will cross the River Thames at Chiswick and pass through Richmond Park and the heart of Kingston upon Thames, before crossing Hampton Court Bridge along the route made famous by both the road race and time trial events during the London 2012 Olympic Games.

There’s plenty of stunning Surrey countryside for the riders to enjoy as they head south past Newlands Corner, Abinger Hammer and Holmbury St Mary before tackling the biggest ascent on the route at Leith Hill.

After a short descent, it’s onto the next challenge: the world-famous zigzags of Box Hill. After heading north through Leatherhead, Oxshott, Esher and Kingston, the route takes riders back into London over Putney Bridge to cross the River Thames for a final time.

The route then follows the Embankment all the way alongside the Thames, heading past some of London’s most famous landmarks as it makes its way through Parliament Square and left onto Great George Street.

**HUBS & DRINKS STATIONS**
The four Hubs on the route will be key welfare points for participants and will offer food, drinks, toilets, medical facilities and basic mechanical assistance. For any mechanical services, labour will be free, but participants will be required to pay for any parts they require.

Riders have been asked to bring drinks bottles with them as no cups will be provided at these locations to help to reduce litter. Instead, water bowsers will be provided at the Hubs and Drinks Stations across the route.

The four Hubs and eight Drinks Stations (with toilet facilities) will be adjacent to the route in the following locations:

- **PALL MALL** (Mile 11 – Drinks Station)
- **CHISWICK BRIDGE** (Mile 17 – Drinks Station)
- **PEMBROKE LODGE, RICHMOND PARK** (Mile 21 – Drinks Station)
- **HAMPTON COURT GREEN** (Mile 26 – Hub)
- **PYRFORD VILLAGE** (Mile 38 – Drinks Station)
- **NEWLANDS CORNER** (Mile 48 – Hub)
- **WESTCOTT VILLAGE** (Mile 62 – Drinks Station)
- **BOX HILL SUMMIT** (Mile 68 – Drinks Station)
- **LEATHERHEAD** (Mile 75 – Hub)
- **ESHER** (Mile 81 – Drinks Station)
- **KINGSTON** (Mile 86 – Hub)
- **WIMBLEDON COMMON** (Mile 91 – Drinks Station)

**TOILETS**
In addition to the toilets at the Start, there are facilities at each Hub, Drinks Station and at regular intervals along the route.

**DISTANCE MARKERS**
There will be a distance marker every 10 miles to indicate the distance the cyclists have travelled at that point. This will be complemented by 95-mile and 99-mile markers to help cyclists to get through the final few miles.

**THE ROUTE IN DETAIL**
See below for a detailed guide to the Prudential RideLondon-Surrey 100 route from Queen Elizabeth Olympic Park out through London and Surrey and back to the Finish Line on The Mall outside Buckingham Palace.

**EAST LONDON**
Riders head out of Queen Elizabeth Olympic Park through Poplar and Stepney and towards Tower Bridge before continuing along the Embankment by the River Thames. Several London Underground stations serve this section of the route: Tower Hill, Monument, Mansion House, Temple and Embankment.

**PICCADILLY TO HAMMERSMITH**
Riders turn off the Embankment and head through Trafalgar Square along Pall Mall and up St James’s Street before turning left onto Piccadilly for a five-mile section
along the A4. The following Piccadilly line stations will put spectators within a five-minute walk of the route along the A4: Piccadilly, Green Park, Hyde Park Corner, Knightsbridge, South Kensington, Gloucester Road, Earls Court and Barons Court. West Kensington Station on the District line is also next to the A4.

CHISWICK TO MORTLAKE
At mile 17, riders turn south off the A4 at Hogarth roundabout onto the A316 to cross the Thames at Chiswick Bridge. They then ride for a short spell on the A205 before turning up East Sheen Lane and into Richmond Park at Sheen Gate. Mortlake Station is the best place for spectators to alight to view this section of the route.

RICHMOND PARK
Once through the gates of Richmond Park, riders turn west along Sawyer’s Hill then left at Richmond Gate and head south along Queen’s Road. The closest stations to this part of the route are Richmond Underground Station on the District line and Richmond National Rail Station.

KINGSTON UPON THAMES
After leaving Richmond Park at Kingston Gate Lodge, riders continue south along Queen’s Road before turning west onto the A308 through Kingston town centre. The route passes through Kingston twice – at roughly 25 miles and 86 miles – so supporters stationed here will have two opportunities to cheer the riders on. Kingston, Norbiton and Hampton Wick Stations are a short walk from the route.

HAMPTON COURT PALACE
After crossing Kingston Bridge, riders continue along the A308 to the first Hub on the route at Hampton Court Palace. Hampton Court Railway Station is the best way to get to this point of the course.

WALTON-ON-THAMES
From the 27-mile point at Hampton Court Bridge (where riders in the 46-mile sportive leave the route), riders follow Hurst Road (A3050) past Molesley Reservoirs and through Walton-on-Thames to Weybridge.

WEYBRIDGE
After the 33-mile point, riders turn south along the B374 Heath Road and cross the railway line by Weybridge Station.

WEST BYFLEET
The route continues south through Brooklands before turning west on the A245 through Byfleet and West Byfleet. It’s a short walk from West Byfleet Station to the route on Old Woking Road. A couple of miles later, riders swing south onto the B367 Coldharbour Road through Pyrford and Ripley before crossing over the A3 as they start heading through beautiful Surrey countryside to West Horsley.

NEWLANDS CORNER
At West Horsley, the route turns right at the roundabout onto the A246 Epsom Road through East Clandon and opens out to a dual carriageway then turns left down Shere Road. After a mile-and-a-half, riders reach Newlands Corner, arguably one of the loveliest areas on the route.

ABINGER HAMMER
From Newlands Corner riders will continue east through Gomshall past the halfway point and on to Abinger Hammer. Gomshall Station has a limited service on Sunday. They will turn south down the B2126 Felday Road, which becomes Horsham Road, until they reach Holmbury St Mary. From here the route continues onto Holmbury Road and hits the most southerly point of the sportive, turning left onto Ockley Road at Forest Green.
LEITH HILL
The route then turns north up Etherley Hill and onto Abinger Road, where riders will find smaller leafy lanes and more beautiful Surrey countryside before heading onto the big climb of the sportive up Leith Hill Lane. Climbing the hill, the route hits Guildford Road, at which point it turns east to Westcott and the 63-mile point. The route then continues eastwards towards Dorking.

DORKING
Dorking is a great place to watch the action — a mixture of town and countryside — but the riders will have to push on through the town and on to the next challenge of Box Hill.

BOX HILL & LEATHERHEAD
After the summit of Box Hill, riders take a left turn to Headley and on to Leatherhead. The third Hub will be based at the Swan Shopping Centre in Leatherhead at the 75-mile mark.

OXSHOTT
From Bull Hill, riders turn onto Randall’s Road and head north to Oxshott, which spectators can access by train. The route then continues north through Esher Common.

ESHER
Riders pass through Esher turning onto the A307 at Esher High Street before passing Sandown Racecourse (where the Prudential RideLondon-Surrey 19 riders will join) and heading towards the Surrey-London border. Now on Portsmouth Road (where riders in the 46-mile sportive rejoin the route), riders head back towards London.

KINGSTON UPON THAMES
Riders get their first glimpse of the Thames since leaving it behind at Hampton Court 60 miles ago. Kingston will welcome the cyclists passing through the town.

WIMBLEDON
The sportive crosses the A3 again and, staying with the A238, reaches Raynes Park Station and on to the 90-mile mark just before Wimbledon. The route then runs alongside the Wombles’ famous home, Wimbledon Common. This is the last large green space on the route as riders head back into the city.

PUTNEY
Putney is a great place for spectators; well connected with East Putney Underground and Putney Railway Station, it is also the point where the route crosses the Thames for the last time.

CHELSEA
At Putney Bridge Underground Station, the route will fork right up New King's Road then turn right down Ashburnham Road for a last view of the river along Chelsea Embankment.

THE FINISH: WESTMINSTER
The final mile will see riders head past the Houses of Parliament and turn left onto Great George Street before turning onto Horse Guards Road. After a final left-hand turn onto The Mall, the riders will stream towards the Finish Line opposite Buckingham Palace.
<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Rider Distance</th>
<th>Rider Speed</th>
<th>Rider Average</th>
<th>Rider Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parliament Square</td>
<td>17:22</td>
<td>99.3</td>
<td>1.8</td>
<td>14</td>
<td>28</td>
</tr>
<tr>
<td>Chelsea Bridge</td>
<td>07:30</td>
<td>84.0</td>
<td>3.6</td>
<td>12</td>
<td>26</td>
</tr>
<tr>
<td>Putney Bridge</td>
<td>07:09</td>
<td>50.7</td>
<td>1.4</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>Oxshott</td>
<td>06:54</td>
<td>60.0</td>
<td>2.0</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>Givon Grove</td>
<td>05:43</td>
<td>60.0</td>
<td>2.0</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>Box Hill Summit</td>
<td>04:51</td>
<td>50.7</td>
<td>1.4</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>Burford Bridge</td>
<td>04:13</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>East Clandon</td>
<td>03:55</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Shoreham</td>
<td>03:28</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Forest Green</td>
<td>03:15</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Holmbury St. Mary</td>
<td>03:00</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Wotton</td>
<td>02:45</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Gomshall</td>
<td>02:30</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Shere</td>
<td>02:15</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>East Clandon</td>
<td>02:00</td>
<td>45.8</td>
<td>1.3</td>
<td>12</td>
<td>24</td>
</tr>
</tbody>
</table>
SUNDAY 4 AUGUST

START: 09:00-09:45 QUEEN ELIZABETH OLYMPIC PARK
FINISH: FIRST RIDER WILL REACH THE MALL AT 11:15,
LAST RIDER AT 13:00 (APPROX)

THE PRUDENTIAL RIDE LONDON-SURREY 46 IS AN
INTERMEDIATE SPORTIVE FOR RIDERS NOT QUITE READY
TO TACKLE A FULL 100 MILES. IT STARTS AT QUEEN
ELIZABETH OLYMPIC PARK IN EAST LONDON AND
FINISHES ON THE MALL IN FRONT OF BUCKINGHAM
PALACE, TAKING IN 46 MILES OF TRAFFIC-FREE ROADS IN
BETWEEN. AROUND 4,500 RIDERS ARE EXPECTED TO TAKE
PART IN THE EVENT.
Now in its fourth year, the Prudential RideLondon-Surrey 46 has proved a popular option for younger cyclists – those aged 16 and above can take part – and for riders getting into mass-participation cycling.

Among those riders who have taken part in previous years are double Olympic gold medallist Dame Kelly Holmes, boxing champion Nicola Adams, winner of two Olympic gold medals, and TV and radio presenter Jo Whiley.

As part of its PruGOals programme, Prudential uses the 46 to provide inspiration and support to young people to help them build a better future for themselves, regardless of their background.

The PruGOals programme helps young people develop relevant life skills including wellbeing, confidence and employability and encourages personal motivation. As well as bikes, training and equipment, Prudential provides coaching and mentoring to support the students as they prepare for the Prudential RideLondon-Surrey 46.

**46 CHARITY OF THE YEAR**
There are 55,000 people diagnosed with breast cancer every year. One in nine women and one in 1,000 men in the UK will get breast cancer. 11,500 are lost to the disease every year. And yet, only four per cent of all cancer research funding is spent on prevention.

Prevent Breast Cancer is the only UK charity entirely dedicated to the prediction and prevention of breast cancer – and we’re committed to freeing the world from the disease altogether. Unlike many other cancer charities, we’re focused on preventing, rather than curing. By promoting early diagnosis, screening and lifestyle changes, we believe we can stop the problem before it starts. And, as we’re located at the only breast cancer prevention centre in the UK, we’re right at the front-line in the fight against the disease.

If you would like to donate to Prevent Breast Cancer please visit [preventbreastcancer.org.uk/donate/](http://preventbreastcancer.org.uk/donate/)

**THE START**
The 46 will start in waves between 09:15 and 09:45 at Queen Elizabeth Olympic Park on Sunday 4 August.

**THE ROUTE**

**MILES 0-27**
The Prudential RideLondon-Surrey 46 starts in Queen Elizabeth Olympic Park and follows the same route as the 100 (see pages 49-53) until Hampton Court Bridge at the 27-mile point.

**MILES 27-46**
After heading south through Thames Ditton and Western Green, the route turns to the east at the Scilly Isles, taking riders back into London through Kingston and over Putney Bridge to cross the Thames for a final time.

Riders then follow the Embankment all the way alongside the River Thames, heading past some of London’s most famous landmarks.

**THE FINISH**
The final mile will see riders head past the Houses of Parliament and turn left onto Great George Street before turning onto Horse Guards Road. After a final left-hand turn onto The Mall, the riders will stream towards the Finish Line opposite Buckingham Palace.

**WHO’S WHO**

**MICHELLE HEATON**
Pop star and TV personality Michelle Heaton will be riding the 46-mile sportive for the first time in support of Prevent Breast Cancer. Michelle was diagnosed with the BRCA2 gene in 2012 and underwent elective surgery to prevent developing breast and ovarian cancer in the future.

**TOM WATSON MP**
Labour Deputy Leader Tom Watson is riding the Prudential RideLondon-Surrey 46 for the first time. He was diagnosed with type 2 diabetes in 2015 and later in 2017 decided to do something about his spiralling health condition. Since starting a new exercise and diet regime, Tom has lost seven stone and credits cycling, among other sports, as one of the reasons he has been able to reverse his diabetes diagnosis.

Tom Watson MP will be making his Prudential RideLondon-Surrey 46 debut this year.
PRUDENTIAL RIDE LONDON-SURREY 46 ROUTE

KEY
- Prudential RideLondon-Surrey 46 route
- Locations along the route
- London/Surrey boundary
- Drinks Station: toilets, drinks, mechanical repair
- Hub: medical, toilets, food, drink, mechanical repair
- Distance markers (every 10 miles)

Profile
- 60m
- 50m
- 40m
- 30m
- 20m
- 10m
- 0m

0 5 10 15 20 25 30 35 40 45 Miles

- Queen Elizabeth Olympic Park
- Tower Bridge
- Canary Wharf
- Trafalgar Square
- Natural History Museum
- Richmond Park, Sawyers Hill
- Hampton Court Palace
- Kingston-upon-Thames
- Wimbledon Village
- THE MALL
- Hampton Court Bridge
- Putney Bridge
- Kingston Bridge
- Raynes Park
- Wimbledon Hill
- Houses of Parliament
- Canary Wharf
- Trafalgar Square
- Natural History Museum
- Richmond Park, Sawyers Hill
- Hampton Court Palace
- Kingston-upon-Thames
- Wimbledon Village

Distance markers (every 10 miles)
New in 2019, Prudential RideLondon has partnered with Thames Water with a goal to become the largest mass participation cycling event to become single-use plastic water bottle free.

This year, we will provide water in bowsers at the Drinks Stations and Hubs across the route for participants in the 19, 46 & 100-mile events. There will be additional Thames Water fountains at all the FreeCycle Festival Zones and at the Prudential RideLondon Cycling Show to encourage riders and spectators to bring their own refillable bottles.

We’re determined to reduce our environmental impact and this will see a reduction of around 65,000 single-use plastic water bottles from previous years’ events.

The initiative builds on Prudential RideLondon’s Love Where You Ride campaign that encourages riders to look after the areas they are cycling through by putting all rubbish in their back pockets and disposing of it responsibly at the Hubs and Drinks Stations.

The Love Where You Ride scheme is not just restricted to the sportive riders; the pro cyclists in the Prudential RideLondon-Surrey Classic will dispose of their litter in ‘green zones’.

These are just some of the ways in which we are delivering on our commitment to be a world leading sustainable mass participation event. Read more about our commitment to sustainability at prudentialridelondon.co.uk/info-hub/sustainability/
SUNDAY 4 AUGUST
START: 14:30-15:30 SANDOWN PARK RACECOURSE
FINISH: FIRST RIDER WILL REACH THE MALL AT 16:00,
LAST RIDER AT 17:20 (APPROX)

THE PRUDENTIAL RIDE LONDON-SURREY 19 IS THE
LATEST ADDITION TO THE WORLD'S GREATEST FESTIVAL
OF CYCLING. THE EVENT, WHICH WAS ADDED TO THE
WEEKEND OF CYCLING IN 2018, HAS BEEN DESIGNED
FOR YOUNGER RIDERS – IT IS OPEN TO THOSE AGED 12
AND UPWARDS – AND FOR THOSE GETTING INTO THE
SPORT FOR THE FIRST TIME. RIDERS AGED 12-15 MUST BE
ACCOMPANIED BY AN ADULT.
Starting at Sandown Park in Surrey, the route takes in the final 19 miles of the Prudential RideLondon-Surrey 100, going through south west London, over Putney Bridge and into the centre of the capital to the spectacular finish on The Mall in front of Buckingham Palace.

Among those who took part in the Prudential RideLondon-Surrey 19 for the first time last year were downhill mountain bike racer Rachel Atherton – who has won five world championships during an illustrious career – and her brother Gee Atherton, a double world champion in the same discipline.
THE PRUDENTIAL RIDE LONDON-SURREY CLASSIC IS BRITAIN’S ONLY MEN’S UCI WORLD TOUR RACE AND THE RICHEST ONE-DAY RACE IN THE WORLD WITH A PRIZE POT OF 100,000 EUROS ON OFFER.
Last year’s Prudential RideLondon-Surrey Classic was won by Pascal Ackermann of BORA-Hangrohe in the national champion’s jersey of Germany. Ackermann joins an illustrious list of winners that includes Alexander Kristoff, Tom Boonen, JP Drucker, Adam Blythe and Arnaud Demare.

Sixteen UCI WorldTour teams, a record for a British race, will be in this year’s race including Team INEOS, BMC Racing, Mitchelton-Scott and Team Sunweb.

This year’s race route has been redesigned from the one used in the previous six editions. The start will now take place in the historic Bushy Park in south-west London close to Hampton Court Palace before heading out to Surrey and a first Continental King of the Mountains ascent at Newlands Corner at 34.5km.

The peloton will then race through Westcott and Dorking before starting a five-lap circuit of the iconic Box Hill. The famous zig-zag climb of Box Hill was the centrepiece of the 2012 Olympic Games road race and will become so again at the 2019 Prudential RideLondon-Surrey Classic.

Once the fifth and final climb of Box Hill is complete, the riders will head towards central London, passing through Leatherhead, Oxshott and Esher and crossing the River Thames at Kingston upon Thames. From there the peloton heads through Raynes Park, Wimbledon, over Putney Bridge and alongside the River Thames through Chelsea and up to Millbank before a left turn at Big Ben onto Great George Street and then Birdcage Walk. The riders will hit the Flamme Rouge as they head down Birdcage Walk before they turn right onto Spur Road, pass Buckingham Palace and then turn right again on to The Mall for a finish on one of the most iconic roads in the world.

CONTINENTAL TYRES KING OF THE MOUNTAINS
The Continental Tyres King of the Mountains challenge at the Prudential RideLondon-Surrey Classic will provide a competition within the main race for the 150 professional male riders taking part in the event. The KOM competition involves a series of climbs within the race; points are awarded to the first six cyclists who reach the top of each designated climb first.

Each Continental Tyres King of the Mountains climb is indicated with a sign at the start of the ascent and a line on the road at the summit to mark the end of the ascent.

There are six opportunities for Continental Tyres King of the Mountains points to be scored during the Prudential RideLondon-Surrey Classic on the ascent of Newlands Corner and the five climbs of Box Hill.

The Continental Tyres King of the Mountains title is given to the cyclist who receives the most points and achieves the highest position over the designated climbs, and who is therefore the best individual climber in the race.

THE COMBATIVITY AWARD PRESENTED BY ZIPP
This special award, presented by ZIPP, is determined by the Race Officials and is awarded to the rider who is judged to be the most attacking and who displays the most exciting racing behaviour as well as sportsmanship during the race.

TELEVISION
The Prudential RideLondon-Surrey Classic will be screened live on BBC1 from 15:35-18:30. These details were correct at the time of printing.
THE TEAMS > UCI WORLDTOUR

**AG2R La Mondiale Pro Cycling / France / cyclisme.ag2rlamondiale.fr**
The French team is appearing at Prudential RideLondon for a third year. The squad is predominantly made up of French riders and have had top 10 placings in the Classic in both of their previous two appearances.

**Bahrain-Merida / UAE / teambahrainmerida.com**
The Bahrain-Merida team made its debut at Prudential RideLondon in 2018 and enlivened the race with Manuele Boaro winning the Continental Tyres King of the Mountains competition and Ivan Garcia finishing fourth overall.

**Bora – Hansgrohe / Germany / bora-hansgrohe.com**
BORA-Hansgrohe will be returning to London looking to defend the title they won last year thanks to German sprinter Pascal Ackermann. There will be no Ackermann in the BORA-Hansgrohe squad this year but they will have Irish star Sam Bennett among their ranks. Bennett has seven wins to his name this season, six of which have been in the UCI WorldTour.

**CCC Team / Poland / cccsport.eu/en/**
A new team for 2019, formed from a merger between BMC and CCC at the end of last year, CCC has the reigning Olympic champion Greg van Avermaet among its ranks. Van Avermaet and New Zealander Pat Bevin have both picked up two wins for the team in their maiden season in the UCI WorldTour.

**Deceuninck - Quick-Step / Belgium / deceuninck-quickstep.com**
Deceuninck - Quick-Step have continued their momentum from 2018 which saw them finish with 77 wins and a place at the top of the UCI Team standings. This year they had already won an incredible 41 races prior to the Tour de France including the Monuments of Milan-Sanremo (Julian Alaphillipe) and Paris-Roubaix (Phillippe Gilbert). Elia Viviani, who was second in last year’s Prudential RideLondon-Surrey Classic, will be looking to go one better this year.

**Team EF Education First – Drapac P/B Cannondale / USA / efprocycling.com**
EF Education First are one of the ever-presents at Prudential RideLondon-Surrey Classic. The American team is having a fantastic season with 10 victories with the most notable being Alberto Bettiol’s Tour of Flanders win. The British duo of Dan McLay and Hugh Carthy have both also had wins for the team this year.
Groupama FDJ / France / equipecycliste-groupama-fdj.fr/
Groupama FDJ, one of two French UCI WorldTour teams, return to the Prudential RideLondon-Surrey Classic for the first time since the inaugural edition in 2013. That proved to be a very successful race for the team, who got the victory on The Mall thanks to their star sprinter Arnaud Demare.

Lotto Soudal / Belgium / lottosoudal.be
Lotto Soudal have a former Prudential RideLondon-Surrey Classic winner among their ranks in the form of Adam Blythe, who remains the only British rider to have won the race. Blythe’s teammate Caleb Ewan is one of the fastest sprinters in the world and will be confident of adding to the six victories he had already collected in 2019 prior to the Tour de France.

Mitchelton-Scott / Australia / greenedgecycling.com
The Australian team has been an ever-present in the Prudential RideLondon-Surrey Classic and has had two podium finishes (third for Michael Matthews in 2016 and runner-up for Magnus Cort-Nielsen in 2017) to celebrate. The squad includes the British twins Simon and Adam Yates.

Team Dimension Data / South Africa / africasteam.com
Known as Africa’s Team, Team Dimension Data is the only African-registered team in the UCI WorldTour and is committed to the charity Qhubeka, which aims to fund bicycles for the continent. Among their squad is former world champion Mark Cavendish and fellow British riders Steve Cummings and Scott Davies.

Team INEOS / Great Britain / teamineos.com
Britain’s only UCI WorldTour team changed its name from Team Sky to Team INEOS mid-way through this season after a sponsorship change. The team of Chris Froome and Geraint Thomas is having another successful season with three young Brits among those who have won races for the team this year: Owain Doull, Tao Geoghegan-Hart and Chris Lawless.

Team Jumbo-Visma / Netherlands / teamjumbovisma.com
Dutch outfit Team Jumbo-Visma are one of the most well-rounded squads in professional cycling with options for victory in every race they enter, from Grand Tours to one-day races. Rising star Wout van Aert, who won multiple World Cyclo-Cross titles before switching to road racing, is one man to look out for at Prudential RideLondon.
Team Katusha Alpecin / Switzerland / teamkatushaalpecin.com
Team Katusha Alpecin won the Prudential RideLondon-Surrey Classic in 2017 thanks to Alexander Kristoff. Kristoff has now moved on to UAE Team Emirates and with Marcel Kittel leaving the team earlier this year, the top sprinters in the squad are now Rik Zabel and Enrico Battaglin. The squad also includes two Brits: reigning British time-trial champion Alex Dowsett, and Harry Tanfield, riding his first year as a professional.

Team Sunweb / Germany / teamsunweb.com
Team Sunweb includes Australian Michael Matthews, who has two podium finishes at Prudential RideLondon on his CV, and who has won two races again this year. The squad is one of the youngest in the UCI WorldTour and one particular youngster could be well suited to the Classic parcours, 23-year-old Cees Bol who has won three sprints this year.

Trek-Segafredo / USA / racing.trekbikes.com
The American-registered team has a number of riders whose one-day racing skills should suit the Prudential RideLondon-Surrey Classic course including former Paris-Roubaix and Milan-Sanremo champion Jon Degenkolb, Belgium’s Jasper Stuyven and Edward Theuns.

UAE Team Emirates / UAE / uaeteamemirates.com
UAE Team Emirates is having a very successful year and is currently ranked number six in the UCI WorldTour team rankings. The team has a former Prudential RideLondon-Surrey Classic winner, Alexander Kristoff, among its ranks as well as Colombian sprint star Fernando Gaviria.
Delko Marseille Provence / France / teamdelkomarseilleprovence.com
The French team has proven it can mix it with the UCI WorldTour teams given the chance this season. Evaldas Siskevicius was ninth at Paris-Roubaix while Mauro Finetto was ninth overall in the General Classification at the Tour of Turkey. The biggest win of the season to date came in the UCI 1.1 ranked Ronde van Limburg where Eduard Michael Grosso triumphed.

Israel Cycling Academy / Israel / israwlcyclingacademy.com
Israel Cycling Academy have one of the strongest squads among the UCI ProContinental teams and that has shown in results this year. The team has won 18 races and has a rider list full of proven UCI WorldTour talent including the sprinter Davide Cimolai, who could be well suited to Prudential RideLondon.

Total Direct Energie / France / teamtotaldirectenergie.com
Another UCI ProContinental team that has a roster full of proven WorldTour talent. The Total Direct Energies squad includes former Tour of Flanders and Paris-Roubaix winner Niki Terpstra, Rein Taaramae and the sprinter Niccolo Bonifazio.

NATIONAL TEAM
Great Britain Cycling Team / Great Britain / britishcycling.org.uk
Great Britain will have a national team in the race for the first time since 2016. The team will be a mixture of youth and experience including two youngsters who promise to be stars of the future, Ethan Hayter and Matt Walls.
THE HISTORY OF THE RACE

2018 RECAP: ACKERMANN RECOVERS FROM CRASH TO TAKE SPRINT GLORY ON THE MALL

Pascal Ackerman celebrates as he wins the 2018 Prudential RideLondon-Surrey Classic.
Pascal Ackermann bounced back from a mid-race crash to win the sixth Prudential RideLondon-Surrey Classic on a borrowed bike after a thrilling race in wet conditions.

The German champion out sprinted Elia Viviani on The Mall after nearly five hours of frantic racing over the rain-drenched roads of London and Surrey.

Ackermann had to draw on his well-drilled Bora-Hansgrohe teammates to keep his hopes alive after crashing on the greasy country lanes of the Surrey Hills some 80km from home.

Grabbing a teammate’s bike, Ackermann dragged himself back to the pack and then got himself well positioned for the final sprint, where he edged out Viviani.

“My team did an amazing job because I crashed in the middle of the race and they had to get me back to the peloton,” said Ackermann. “I had to reward them for that and thankfully I could do it.”

“I knew I was in good shape and told my team to get me in a good position. They were 100 per cent behind me and I’m so proud of what they did to give me a chance.”

Viviani was second while third place went to Italy too as Giacomo Nizzolo of Trek-Segafredo emerged ahead of Spaniard Ivan Cortina.

Six riders got away in the main break of the day, with the surprise face of Caleb Ewan, one of the world’s top sprinters, among them.

The Australian Mitchelton-Scott rider was joined by Manuele Boaro and Valerio Agnoli of Bahrain-Merida, Sport Vlaanderen-Baloise rider Aaron Verwilst, Pawel Piotr Cieslik of CCC Sprandi Polkowice and Alexis Gougeard of AG2R La Mondiale.

The break came to an end as the roads started to go uphill in Surrey and then a stellar list of riders bridged over on the second ascent of Ranmore Common including Brits Peter Kennaugh and Owain Doull and Team Sunweb’s Michael Matthews.

Kennaugh did his best to stay away, briefly attacking off the summit before a crash ended his and Matthews’ hopes, leaving six clear as the London-bound train steamed through Leatherhead, Oxshott, Esher and on to Kingston upon Thames on the outskirts of the capital, the streets still awash with late afternoon rain.

This famously tough run-in finally spelt the end for Boaro, who had the compensation of winning the Continental Tyres Sprints title.

The remaining five, still including Doull and the incredible Agnoli, held a stubborn 30-second gap that came down to 10 as they sped through Wimbledon village with 15km left. Agnoli had been out front for more than 150km and at last his day was done. But Doull had more to give and attacked again, taking Nathan Haas of Katusha Alpecin, Mitchelton-Scott’s Chris Juul-Jensen, and Kennaugh’s teammate Jay McCarthy with him.

These four tailed each other over Putney Bridge and on to the north bank of the River Thames but the big teams were piling on the pressure behind. The catch finally came on Millbank with 6.5km to go.

Now it was all about the sprint and Sky began to amass their forces yet again at the head of the race, shadowed by Sunweb, Lotto Soudal and Quick-Step Floors.

But it was Bora who led the field into The Mall and Ackermann who made the most of his chance.
RESULTS

2018 – Overall
1) Pascal Ackermann (BORA-Hansgrohe) 4:20:10
2) Elia Viviani (Quick-Step Floors) +00:00
3) Giacomo Nizzolo (Trek-Segafredo) +00:00

Continental Tyres King of the Mountains
Alexis Gougeard (AG2R La Mondiale)

Continental Tyres Sprint Competition
Manuele Boaro (Bahrain-Merida)

2017 – Overall
1) Alexander Kristoff (Team Katusha-Alpecin) 4:05:41
2) Magnus Cort-Nielsen (Orica-Scott) 00:00
3) Michael Matthews (Team Sunweb) 00:00

Continental Tyres King of the Mountains
Mads Wurtz Schmidt (Team Katusha-Alpecin)

Continental Tyres Sprint Competition
Matteo Trentin (Quick-Step Floors)

2016 – Overall
1) Tom Boonen (Etixx Quick-Step) 4:43:55
2) Mark Renshaw (Team Dimension Data) +00:00
3) Michael Matthews (Orica-BikeExchange) +00:00

Continental Tyres King of the Mountains
Jean-Pierre Drucker (BMC) & Matthew Holmes (Madison Genesis)

Continental Tyres Sprint Competition
Jonathan Lastra (Caja-Rural-Seguros RGA)

2015 – Overall
1) Jean-Pierre Drucker (BMC Racing) 4:47:46
2) Mike Teunissen (Team LottoNL-Jumbo) +00:00
3) Ben Swift (Team Sky) +00:00

Continental Tyres King of the Mountains
Erick Rowsell (Madison Genesis)

Continental Tyres Sprint Competition
Peter Williams (One Pro Cycling)

2014 – Overall
1) Adam Blythe (NFTO) 4:39:52
2) Ben Swift (Team Sky) +00:00
3) Julian Alaphilippe (Omega-Pharma Quick-Step) +00:00

King of the Mountains
Steve Lampier (Velosure-Girodana Racing Team)

Sprint Competition
Steven Lammertink (Team Giant-Shimano)

2013 – Overall
1) Arnaud Demare (FDJ) 5:07:43
2) Sacha Modolo (Bardiani Valvole) +00:00
3) Yannick Martinez (La Pomme Marseillle) +00:00

King of the Mountains
Ramon Sinkeldam (Team Argos-Shimano)

Sprint Competition
Ramon Sinkeldam (Team Argos-Shimano)