

SOUTHEND NEWS & ESSEX ECHO

Time to pedal from capital to the coast

By [Christine Sexton](#)

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THE British Heart Foundation is calling on all cyclists to limber up for this year's London to Southend Bike Ride.

The Hearts First London to Southend Bike Ride ride will take place on Sunday, July 20, to raise funds for the national charity.

The annual bike ride, now in its ninth year, is perfect for those who are inspired to take to the saddle after watching the Tour De France throughout July.

The ride follows a 58-mile route through the villages of south Essex, starting at Victoria Park, in East London, and finishing with music, refreshments and sports massages at Southend's Priory Park.

More than 3,000 cyclists, including individuals and teams, took part in the ride last year collecting an impressive £135,000 from sponsorship.

This year, the foundation aims to raise even more money from the event.

Tony Doyle, former world champion cyclist, is entering a team from cycling company, Pedalite International.

He said: "It will be a great, fun day out and a chance for keen cyclists to join in and get fit."

To register for the event or for more information please call 0800 3899750 or register online at bhf.org.uk/london-southend

2:27am Friday 23rd May 2008