



Chobham, Elstead and Farnham. There will then be a re-run of last year's nail-biting finish with a sprint up Guildford High Street to the finish line.

Three events in one

It's not just cycling events that Surrey is hosting this year. The Vachery Estate near Cranleigh is the setting of the Vachery Triathlon

Supporters and spectators of the Vachery Triathlon can enjoy a free sporting fiesta crammed with race action, live commentary and music. There will also be a range of local food and products to try.

Getting around the county

With so many cyclists travelling through the county on Sunday 4 August, roads need to stay closed throughout the day.

The Prudential RideLondon routes will close in the early hours of the morning so organisers can install safety barriers and signs, remove traffic lights and islands and clean the roads. Once the cyclists from both events have passed through, work can begin to remove the barriers and signs and reinstall the road infrastructure. All roads will be reopened by early evening.

For the Tour of Britain, the majority of the roads along the route will only close while the cyclists pass through. This means that traffic will be held just before the cyclists get there and will reopen again within 10-20 minutes. In Guildford town centre, some roads will need to be closed for longer around the finish.

Some roads used for the Vachery Triathlon will have restricted access from early morning on 21 July. The cycling section will be reopened by 2pm at the latest, but the run section will be closed for longer.

If you care for a vulnerable person who lives on or near the route, get in touch for advice and support.

To find out about all three events, including detailed maps of the routes, visit www.gosurrey.info. You can also call **0854 894 9773** for queries on Prudential RideLondon, **0300 200 1018** for the Tour of Britain or **01483 865102** to find out more about the Vachery Triathlon.

Cheer them on

Join the crowds and cheer on the cyclists as they battle their way through the challenging terrain of Surrey.

You can watch the Prudential RideLondon events and Tour of Britain from anywhere along the route and might even manage to see the cyclists more than once if you plan your viewing spots.

had ever seen before, with 225,000 spectators across the county. Almost a quarter of them lined Guildford's cobbled high street to see Mark Cavendish win the stage.

This year, the Tour of Britain returns on Saturday 21 September, when Surrey will host the penultimate stage. Some of the world's best cyclists will start the race in Epsom and will head through Leatherhead, Dorking, Cranleigh, Woking,

Festival on Sunday 21 July, which will see 1,500 professional athletes attempt to beat their personal best.

The triathletes will compete in one of two distance races – the standard distance (known as the 'Olympic distance') race comprises of a 1,500m swim, 40km cycle and 10km run. Those looking for an even bigger challenge will compete in a middle distance race, with a 1,900m swim, 80km cycle and 20km run.

Are you passionate about pushbikes?

If you love to get on your bike, don't miss Travel SMART's Surrey Cycle Festival series taking place across the county this summer.

With demonstrations and performances plus a selection of food and drink from local suppliers, the festivals are sure to be a great day out whether you're a keen cyclist or just thinking of starting the sport. You can also take part in the Action Medical Research charity bike ride at Guildford's festival.

Woking Cycle Festival

Sunday 9 June, 10am – 5pm
Woking Park, Kingfield Road

Reigate Cycle Festival

Sunday 28 July, 10am – 5pm
Priory Park, Bell Street

Guildford Cycle Festival

Sunday 18 August, 10am – 5pm
Northgate, Stoke Park, Parkway

To register for the cycle festivals and find out more about them, including the Action Medical Research bike ride, visit www.travelsmartsurrey.info or call **03456 009 009**.



A cyclist in training

Surrey Matters caught up with amateur cyclist Jonathan Bennett, 41, from Guildford, who is currently training for the Prudential RideLondon-Surrey 100.

How long have you been cycling?

I've done mountain biking for years in the Surrey Hills, but I also started road cycling last year when a friend asked me to go on a ride with him.

What inspired you to enter the Prudential RideLondon-Surrey 100?

I thought it sounded exciting and a fantastic opportunity to ride on closed roads. As it's based in Surrey it's going to be on roads I know really well. I think it's great to have such a big event on my doorstep and showcasing the beauty of the county.

What do you think of the route?

Although I didn't know what the route was going to be when I applied, I had a fair idea as it said it'll be similar to the Olympic road race route.

It's great that it includes landmarks such as Leith Hill - I'm lucky enough to be able to go out and practice as I'm so local to it all.

What do you think the most challenging part will be?

The biggest challenge will be the weather on the day. As it's in August it could be hot so I'll have to think about what I carry on my bike to help me keep cool. Of course, the climbs of Box Hill and Leith Hill will be tough, but I will make sure I train in those areas.

Where do you enjoy cycling in Surrey?

We're very lucky in Surrey. From where I live, I can go east towards Dorking and ride the North Downs for beautiful scenery both on and off road, or go south towards Haslemere on the Greensand Way right into the countryside. The Surrey Hills is such a great location to cycle in and there's a choice of flat or hills.

What would you say to people who are thinking of getting out on their bike?

I would say give it a try. You don't need to be lycra-clad or spend thousands on a cutting-edge bike. There's a massive choice of bridleways, towpaths and dedicated cycle tracks to ride on and you can take the whole family. A gentle Sunday afternoon ride can be lots of fun.