

18TH SEPTEMBER

# CONSTABLE COUNTRY

## RIDE

📍 Signed route and ride support

🍌 Snack stop

🧘 Sports massage

🎵 Music and food after party!

In aid of



In aid of

& Wivenhoe Dementia Support Group

EARLY  
BIRD  
DISCOUNT

🚲 22, 65 & 78 mile routes 🚲

START AND FINISH: WIVENHOE TOWN CRICKET CLUB

Please come and support our fundraiser! Wivenhoe Town Cricket Club are again hosting the Constable Country Sportive in aid of two great charities; The Alzheimer's Society and the Wivenhoe Dementia Support Group, you are also free to raise funds for your chosen registered charity.

### The Sportive

This year there are three rides, one for regular cyclists and one for those who might be dusting down an old bike or just starting out on two wheels, we've also added a loop to the long ride making an 'extra long' for those who like a challenge.

The longer ride is 67miles (100km) heading out from Wivenhoe Cricket Club, then through Dedham, and Flatford, the home of Constable. The ride then proceeds to the pretty surrounds of Alton Water and the Shotley Peninsular before a welcome Coffee and food stop (TBC) at The Royal Hospital School overlooking the stunning Stour estuary.

There will be another 'grab and go' snack stop at the Rainbow café just past Dovercourt Beach near the Lighthouses made famous by Constable.

**REGISTRATION**  
**NOW OPEN**

The shorter ride (20 miles) is a pretty loop out to Dedham and back with a couple of small bumps to test those legs. Riders will have snacks and hot drinks available at the club.

Start and finish

Wivenhoe Town Cricket Club – Rectory Road, Wivenhoe Colchester, CO7 9SR

Long ride - leaving from 8.00am

Short ride – Leaving from 10.00am

*Parking available on site at the club.*

## Events at the Finish

We'll have the clubhouse open with bar and food options available - and some fabulous live music!

The music returns by popular demand from last year where we had a terrific post ride party

Also a (free of charge) sports massage tent for a relaxing wind down and also four 15 minute Yoga for cyclist warm down sessions (donations on the day accepted).

## Our Charities

By registering for the ride you will be supporting two fantastic charities. The Wivenhoe Dementia Support Group is helping local people impacted by dementia, including setting up a Friendly Club and Café, local specialist training as well as support activities such as 'Singing for the Brain'. The balance of funds will go to Alzheimer's Society helping people nationwide who are affected by dementia. Most of us will know someone who is affected in some way.

We will also have a just giving page for the WDSG set up so you can raise for this fantastic cause. The WDSG will give any surplus funds to dementia based charities.

Should you wish you are free to raise and ride for your own chosen charity and we will support you to do this through the linked social media pages.

**REGISTRATION**  
**NOW OPEN**



**@ride alzheimers**