

## The Constable Country Sportive

@MISSY.pine.art

12th September

# CONSTABLE COUNTRY

WIVENHOE CRICKET CLUB  
For the Start & finish

RIDE in aid of  
& Wivenhoe Dementia Support Group

65 or 20 mile routes

Follow us! @ride\_alzheimers  
Scan the QR code to register, or go to: <https://endurancecui.active.com/event-reg/select-race?e=77403831>

✓ SIGNED ROUTE ✓ SPORTS MASSAGE ✓ FOOD STOP ✓ RIDE SUPPORT

Please come and support our fundraiser! Wivenhoe Town Cricket Club are hosting the Constable Country Sportive in aid of two great charities; The Alzheimer's Society and the Wivenhoe Dementia Support Group.

### The Sportive

There are two rides, one for regular cyclists and one for those who might be dusting down an old bike or just starting out on two wheels.

The longer ride is 67miles (100km) heading out from Wivenhoe Cricket Club to join national cycle route 51 through quiet country lanes. The ride takes you through the fashionable 19<sup>th</sup> century seaside town of Dovercourt, and its lighthouses as painted by Constable.

The ride then turns back along the Southern side of the Stour estuary and through Mistley, before heading out through the beautiful Shotley peninsular. Then return through Constable's home village of Flatford, and through the lovely Dedham Vale (AONB) to Wivenhoe.

We have a coffee / food stop organised at the Brantham Bull just over halfway into the ride.

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

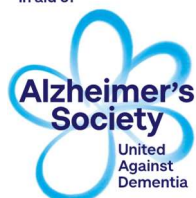
Parking available on site at the club.

### **Events at the Finish**

We'll have the clubhouse open with bar and food options available - and some live music!  
Also a (free of charge) sports massage tent for a relaxing wind down.

### **Our Charities**

In aid of



**Wivenhoe Dementia Support Group**

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.

### **Registration**

To register for the event use the link on the Iconic Cycling website:

<https://www.iconiccyclingevents.co.uk/cycling-sportives>

### **Social Media**

Instagram: ride\_alzheimers