

Look Mum No Disputes

Cycling for Construction & Law
(and friends)...



Dates for 2018

January: Sun 21 st	Surrey Hills: Box Hill Ryka's Café 0930
February: Sat 17 th	Essex 60 miler: Brentwood Caffè Nero 0900
March: Sun 4 th	The Giant Parks of Berkshire: WINDSOR central station 0930
April: Mon 2 nd	Easter Monday Kentish Daffodils: Sidcup Station, 0930
April: Sun 29 th	Pedal for Patients: Sportive 40 or 60 miles, starting Brentwood 0800
May: Sun 13 th	Herts Loop: St Albans City 0930
June: Sun 10 th	The only way is Essex! London-Southend (the scenic route) Ilford, Valentines Park / Northbrook Rd 0930
July: Saturday 7 th	Conquer the beacon... London-Brighton : Robin Hood Gate, Richmond Park 0900
August: Sunday 5 th	East Anglia Long Loop: Chelmsford Station 0900, 100k around Essex / Suffolk
September: Sunday 2 nd	Herts Loop: St Albans City 0930
September: 20-24 th	Extra Mile 2018, Ashe Construction – more details from Andrew Morris or email stuart@limesladeconsulting.co.uk .
October: Sunday 7 th	Essex Loop: Woodford Station Costa Coffee 0930
November: Saturday 3 rd	Track Session TBC
December	Drinks!

(image above is one of our number breaking a world record... from www.mamilsports.com - I hope they don't mind me sharing!)

www.facebook.com/groups/lookmum

www.strava.com/clubs/LMND

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