Essex cycle challenge returns for 10th year

Friday 13 April, 2018

April 13th 2018

Last chance for early-bird entries to Air Ambulance Cycle Ride

Keen cyclists have until April 25th to enter the 10th annual Colne Valley Cycle Ride, organised by Essex & Herts Air Ambulance, at a discounted `early-bird' rate.

The ride, on Sunday April 29th, is open to every level of cyclist. There are routes for riders looking for a challenge as well as those who looking for a leisurely ride in the Essex countryside.

All three routes start at the cricket pitch in Earls Colne. From here families can enjoy a three-mile ride around the cricket pitch at Earl's Colne Business Park. Those keen to test themselves can tackle the 20 mile, 50 mile or a brand new 80 mile routes across the rolling hills of the Essex countryside before crossing the finish line back at Earls Colne.

Jen Wall, Essex & Herts Air Ambulance Events Manager, said: "Our annual cycle ride is a fantastic way to get together with friends and family in the sunshine and enjoy the fresh air. There is a route for everyone so come along and join us. We look forward to seeing you there!"

Early bird tickets for all routes cost £17 and are available until Sunday 25nd April. There are separate ticket options for teams of up to five cyclists and this year we have introduced a sponsored registration ticket which means there is no need to raise additional sponsorship. Ticket prices on the day are £20. Up to three under 14s go free when with a full paying adult.

Registration on the day opens at 7.30am for the 80, 50 and 20 mile routes, with the ride starting at 8am, 8.30am and 9am. The registration for the family ride opens at 9am, with the cyclists setting off at 9.30am.

The Colne Valley Cycle Ride is being sponsored by MDS Civil Engineering Ltd.

Book your bike a place now on www.ehaat.org/events-calendar or call the Events Team on 0345 2417 690.

-ENDS-

Photograph: Cyclists taking part in Essex & Herts Air Ambulance 2017 Colne Valley Cycle Ride

For more information please contact the Communications Team on 0345 2417 690.

Notes to Editor:

Essex & Herts Air Ambulance (EHAAT) is a Charity that provides a Helicopter Emergency Medical Services (HEMS) for the critically ill and injured of Essex, Hertfordshire and the surrounding areas.

The service is provided free of charge but, unlike NHS emergency services, the Charity receives no direct funding from the Government or National Lottery. It costs £500,000 every month to keep the service operational and saving lives, and this would not be possible without the generosity and goodwill of people and businesses of Essex, Hertfordshire and beyond.

Each of the Charity's HEMS teams consist of two Pilots, a Pre-hospital Care Doctor and a Critical Care Paramedic.

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These teams, made up of highly-skilled individuals, tended to 1077 patients in 2016 and are the backbone of your local life-saving Charity.

The fleet, consisting of two Air Ambulances, and four Rapid Response Vehicles (RRVs - cars) operates seven days a week from 7am to 9pm. After sunset, the Critical Care Team continues to provide the service using Rapid Response Vehicles.

In addition, a Rapid Response Vehicle is operational on a Friday and Saturday evening from 6pm until 2am with a Pre-hospital Care Doctor and Critical Care Paramedic.

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