

Mass event rider quotes

**Sir AP McCoy OBE took part in RideLondon-Essex 100 to support the charity SpecialEffect:**

“It’s a great day, and a great thing to do. I did it for the charity SpecialEffect after my doctor of 20 years, Dr Phil Pritchard, managed to convince me.

“It was for Ian Camm, who was one of the chief veterinary officers at Cheltenham as his son got paralysed in a car crash when he was 19. He’s used SpecialEffect’s technology to be able to use a computer with his eyes, so it was for a good cause and was really enjoyable.

“If you can do it for a good cause, you probably should. I wouldn’t like to be doing 100 miles too often though...”

**Ian Wimpenny from Potters Bar was the first London Classics finisher of the day:**

“I come from a swimming background and did Swim Serpentine back in 2016, then I applied for the 2018 London Marathon and was successful, so I trained for that, and ever since I’ve been trying to get into the RideLondon-Essex 100 to finish the set.

“This medal is definitely something to hang on the wall and be proud of. The three events that make up the London Classics are so iconic, so to say I’ve been there and done it is amazing.

“I used to watch the London Marathon as a kid and never dreamed I’d be able to complete 26.2 miles, let alone the other two events, so it’s a real sense of achievement.

“The closed roads offer such an amazing opportunity to enjoy riding through the Essex countryside. I’d recommend the event to anyone to tick off their bucket list.

“I can’t believe I’m the first London Classics finisher today – that’s the icing on the cake and a complete and utter shock! What a day. It’s been absolutely fantastic!

“If anyone’s thinking of taking on the London Classics, I’d tell them to just go for it. You won’t regret it and you’ll have something to look back on for the rest of your life.”

**Diana Mullineux is an Australian living in London who took on the RideLondon-Essex 100:**

“The 100 miles were tougher than I expected, because it was pretty windy out there, but it went well.

“The route in Essex is really accessible, as there aren’t any tough climbs but it was still a real challenge thanks to the rolling nature of the route.

“There was good support along the route, and it wasn’t too hectic as people were nicely spread out from the start – and there were plenty of rest stops and toilets.

“The atmosphere among the riders was really good too, and I met some cool people towards the end. And it was so fun to finish at Tower Bridge.”

**Pat Campbell from Clapham supported the charity Antony Nolan at the event:**

“I’ve been supporting Anthony Nolan for a few years, so it’s great to get another ride done for them today.

“I did the event once when it went through Surrey, so this was my second time doing RideLondon-Essex 100. I thought the route in Essex was great. The atmosphere was amazing, lots of chatting among riders.

“There was a feeling that it’s great events like this are returning. It’s a privilege to ride along closed roads – it doesn’t happen very often so events like RideLondon are a real treat.

“The Finish Line on Tower Bridge was great, a really scenic view at the end – but also riding through Westminster to the Start was great.”

**Lara Newell lives near the Finish Line in SE1 and took part in the RideLondon-Essex 100 with some friends:**

“Today everything seemed to flow. We were in an early wave so there weren’t that many supporters in the first half, but on the way back people were definitely coming out to give the riders a cheer.

“The charity cheer points were brilliant too. They were supporting all the riders, not just the ones riding for their charity.

“I live in SE1, so finishing on Tower Bridge was incredible, literally on my doorstep. You can’t beat finishing on Tower Bridge, especially the year of the Jubilee!”

**Damian Wilson and Melvin Penwill rode with a group of friends to support the charity The Lily Foundation:**

“A few of us decided to do the ride to support The Lily Foundation and we’ve raised more than £10,000 so far – so we’re hoping that’s going to go up now we’ve completed the ride.

“It was chilly to start with but the atmosphere was pretty good, with lots of people out on the route supporting the riders so it was very enjoyable.

“Finishing in the sunshine on Tower Bridge was awesome. And it was great to get to the end!”