

20 CLASSIC SPORTIVE RIDES IN SOUTH EAST ENGLAND

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This guide's 20 routes cover sportive riding in the most challenging and scenic cycling areas of south east England. Sportive events are the cycling equivalent of marathons, and this guide's routes contain all the ingredients needed for a successful training programme.

South east England has many areas that are ideal for sportive training. Routes include both hills and flatter landscapes, based from Sevenoaks, Maidstone, Brighton, Reading, Windsor, High Wycombe, Portsmouth, Southampton, Basingstoke, Newbury, Eastbourne, Fleet, Reigate, Dorking, Redhill, Brockenhurst, Marlow, Theale, Hungerford and Oxford.

The routes are a mix of flat routes designed to improve cadence up to unforgiving and lung-bursting routes that test out climbing skills. All routes are on quiet country roads, have a hill grade from 1–4, and can be mixed and matched to aid training variation.

Key marketing points

- The cycling boom has seen a huge rise in sportive participants and events
- 500 sportive events in the UK each year
- First guidebooks covering suggested training routes, as opposed to training and performance guides

About the author

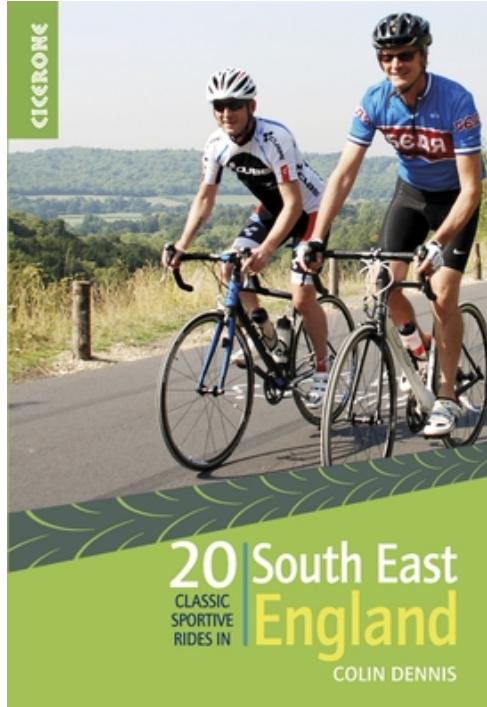
Colin Dennis' passion for cycling has taken him all over the UK and Europe, both leading expeditions and for personal pleasure. Plotting, planning and escaping to new locations, his work as both freelance copywriter and cycle guide provides a happy balance at home and work. Colin is never happier than when he's struggling up a steep climb behind a group, usually covered in mud!

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