



# Canute Lodge 3104 London to Southend Bike Ride.

Sunday 19<sup>th</sup> July 2015

Start time 7am-9.10am

Victoria Park, London E9 7HJ

Finish.

Priory Park, Southend

On Behalf of the British Heart Foundation.

Cost: £22.50 plus £12.95 Train Fare.

Come and join us on our epic journey of fun &  
adventure, taking in the lovely countryside of  
Essex.

For more information Contact;

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