**Annual Report Southwark Healthy Rides Nov 23 – Oct 24**

By Bruce Lynn, Healthy Rides Co-ordinator, Southwark Cyclists 27 Nov 2024

**Stats.** 97 rides, 2 more than 22-23 and the most ever. Average number of riders 12.5, similar to the last 2 years. Pre Covid (2019) we were doing just 53 rides, but averaging 17 riders/ride. We now have a limit of 15 per ride (plus leader and marshals) whereas before Covid we would have up to 35.

**Ride Leaders**. 97 rides means lots of ride leaders planning and checking routes and delivering the ride itself. We have built up a group of people prepared to lead rides and a few others who help with marshalling. 15 different people helped during 23-24: David Senior, Simon Kenward, Jamie Pedrick, Amanda Upton, Jean and John Sutton, Jane Champion, Mike and Mary Kearns, Simon Saville, Eva Bigalke, Werner Wiethege, Eduardo Grazioli, Nigel Jones and Philippa Goffe. Our thanks to them all.

**Overview**. Regular Saturday morning rides averaged 3 hours in duration, ranging from 2-5. As last year we did occasional day-long “Awayday” rides including a new one to the Isle of Sheppey. Ride leaders keep coming up with new themes. This year we did ingenious “cover-ups” of ventilation shafts Who would have thought you could get 17 people on their bikes for that! We spread our start locations so that cyclists can find at least occasional rides from close to home. This year we used the following locations (number of times in brackets): London Bridge (28), Peckham (20), Canada Water (17), Dulwich (14), Waterloo (10), Greenwich (5), Burgess Park (4).

**Miscellaneous**. As in previous years we helped organise a group picnic with other rides groups, this year in Ladywell Fields. The Facebook group grows, now 407, but not very active. The WhatsApp group has increased to 52 members and is active during and after rides. The Google Group we use for ride notices now has 329 on the list, up from 308 a year ago.

**Future**. In last year’s report we said there would be discussions with LCC about reducing admin around Health and Safety. In practice things are now even more time consuming. We now must list all rides on the new LCC Events listing and prepare a Risk Assessment for every ride. It is good to see the LCC listing back and we will of course use it. We have been pressed to make the LCC listing our main one and abandon Eventbrite(with 450 followers) as our sole registration point. We have not done this as on the LCC listing you cannot cancel a registration and there is no way to run a waiting list.

One of the aims of the rides is to help less confident cyclists develop their cycling. But we see very few people like that. We will be looking for ways to link with organisations that work with new cyclists to see if we can provide a route forward for their members.