**TRI-VETS, 22nd JUNE 2025**

The Essex MG flag ship event for 2025. Essex has organised a Tri-Vets every third year since 1980.

Cycle Touring is at the heart of the event. A 100 mile (or a 100 km shorter alternative) ride in small groups led by an experienced cyclist and with a back-marker for safety’s sake ridden at an average speed of 12 mph (proper cycletouring speed!).

Within the £25 (or £20 for the 100k) entry fee, jacket potato and drinks are included including a tea/coffee on the return route at The Leather Bottle at Pleshey.

The ride begins at Blackmore Village Hall then heads north to the base at Great Bardfield where most of the refreshments are provided at the Town Hall by Essex MG’s wonderful catering crew.

Please down load the entry form, complete it then scan it back to Brian Penny at [b.penny522@gmail.com](mailto:b.penny522@gmail.com). Receipt of the form will be acknowledged. At the same time please make payment electronically based on the details shown on the entry form. Brian will e-mail you back to ask for your preferred potato filling.

Brian Penny

Secretary- Essex Cycling UK/CTC

Event Organiser