Lock the frame and both wheels to a secure stand: using two strong D-locks is ideal, with at least one securing the frame.

Take some photos of your cycle including any unique features.

Record your frame number. It's usually found on the bottom bracket or seat tube.

Register your cycle at bikeregister.com – if it's not registered, the police are unlikely to be able to help you recover it.

Keep your cycle safe: www.camcycle.org.uk/cycletheft

Report stolen cycles: www.cambs.police.uk/report or call 101