St. DAVID'S FOUNDATION HOSPICE CARE







Sponsored Bike Ride



Cycling 26 miles from Blaenavon to Cwmcarn

Sunday 10 October 2010

For further information, please call 01633 271364, email fundraising@stdavidsfoundation.co.uk or visit www.stdavidsfoundation.co.uk

We will be cycling approximately 26 miles, meeting at 'Big Pit' car park in Blaenavon at 10.00am for registration and a rolling start until 10.30am. If cyclists require transport to Blaenavon they should meet at Cwmcarn High School from 08:30am for a 9.00am depart, where transport will be provided for both participant and bicycle. Our route will take us past 'Big Pit' in Blaenavon down to Pontypool, Two Locks in Cwmbran, Malpas in Newport, Fourteen Locks at High Cross, through Rogerstone, down to Risca, Crosskeys and finishing at Cwmcarn.

- > The Bike Ride is designed for all levels of fitness and can be taken at your own pace, it is not a race.
- > There is an entry fee of £10.00 (non-refundable), which can be raised through sponsorship.
- > On receipt of this entry form St. David's Foundation will issue sponsor forms.
- > To enter: Visit our website www.stdavidsfoundation.co.uk or complete the registration form below and return it to: Sponsored Bike Ride 2010, Fundraising Department, St David's Foundation Hospice Care, Cambrian House, St John's Road, Newport NP19 8GR; or ring Nicky on 01633 271364.
- If you require any further information, please contact us on 01633 271364, email fundraising@stdavidsfoundation.co.uk or visit our website www.stdavidsfoundation.co.uk
- > If a child is under 14 years of age, they need to be accompanied by an adult.

First Name

Participant: Mr/Mrs/Miss/Ms

Participant Signed:

Signed:

> The minimum age limit for this event is 11 years old on the day of the event. If an individual is younger than 16 years, please ensure a parent or guardian signs the disclaimer below.

Sponsor online: www.justgiving.com/sdf/raisemoney

Surname

Address						
	Postcode					
Telephone			Mobile			
Email						
I will meet at Blaenavon from 10.00am onwards and make my own transport arrangements I require transport for myself and my bicycle from Cwmcarn High School to Blaenavon at 9.00am I enclose a cheque for £10.00 (can be raised through sponsorship), as a non-refundable deposit (made payable to St. David's Foundation). Please debit my debit/credit card						
Card Type	VISA		MASTERCARD	DELTA		MAESTRO
Card No.						
Valid from			Exp			
Issue No. (where given) Securi		Security	No. (last 3 digits on back of card)			
Alternatively,	to make a paym	nent over the	telephone, please cal	l Nicky on 01633 2	271364.	
	•		a sponsored event and will St. David's Foundation Ho			

for any injury / loss caused through my participation in this event. I take part entirely at my own risk. I agree that I should seek medical advice from my general practitioner if I am in any doubt as to my physical ability to participate in this event.

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Parent / Guardian if child is under 16 (minimum age 11)

Where did you hear about this event?

Date:

Date: