

Make each
day count

On your bike!



For St Elizabeth Hospice
Sunday 12th September 2010

Starting at the
Royal Hospital School, Holbrook



Constable Country 50

A 50 mile cycle challenge, taking in picturesque countryside and villages, including the historic town of Lavenham.

Peninsula Pedal: Choose 5.5 or 11.5 miles

A fun ride for all ages and abilities. Choose from two circular routes around the Shotley peninsula, with beautiful scenery and wonderful views of the River Orwell.



IPSWICH **St Elizabeth
Hospice**

Registered Charity No. 289154

www.stelizabethhospice.org.uk

'On your bike' Entry form

A cycling event for everyone! With the choice of three different distances, all taking in stunning countryside, we hope you'll join us and get 'on your bike' to help raise funds for St Elizabeth Hospice.

All routes start and finish in the grounds of the Royal Hospital School, Holbrook and riders will receive a medal and certificate on completion.

To register, please complete this form and return to the address below. We will send you a sponsorship pack, including guidelines and a map of your chosen route. There is no minimum sponsorship, so please raise as much as you can.

To request more entry forms or for further information, please contact the fundraising team on 01473 723600, email fundraising@stelizabethhospice.org.uk or visit our website www.stelizabethhospice.org.uk.

Please complete one form per person in **BLOCK CAPITALS**. Under 16s must be accompanied by an adult completing the same distance.

Choose distance (please tick):

- Constable Country 50, £15 per person, 9.30am
- 5.5 mile Peninsula Pedal, £5 per person, 10.30am
- 11.5 mile Peninsula Pedal, £5 per person, 10.30am

Personal details

Mr Mrs Ms Miss Other: _____

First name: _____

Last name: _____

Address: _____

Postcode: _____

Date of birth: _____

Telephone: _____

Email: _____

Sponsorship form: **Individual / Family** (please circle)

How did you hear about 'On your bike'?

Do you have a special reason for taking part?

Emergency contact
(this should not be someone taking part in the event)

Name: _____

Telephone: _____

Entry fee

Constable Country 50 £15 per person
Peninsula Pedal (both distances) £5 per person

All entry fees are non-refundable.

Payment

I enclose a cheque for £ _____ payable to St Elizabeth Hospice

Please debit £ _____ from my:

Visa Mastercard Maestro Other

Card number:

Valid from: / / Expiry date: / /

Issue number: (Maestro only)

Cardholder's signature:

Date:

If paying by debit/credit card we will telephone you for the security code on the reverse of your card.

Terms and conditions

I, the undersigned (on behalf of any other mentioned persons) wish to take part in this event. I/we understand this is done at my/our own risk and absolve St Elizabeth Hospice from any injury caused through participation in this event.

Signature*:

Date:

*If under 16, this must be from your parent/guardian or other accompanying adult.

We would like to keep you up to date with news and fundraising activities. If you would prefer not to receive this information, please tick this box

Please return your completed entry form to:

Fundraising team, St Elizabeth Hospice, 565 Foxhall Road, Ipswich, IP3 8LX

565 Foxhall Road, Ipswich, Suffolk, IP3 8LX
t 01473 723600 f 01473 274717
e fundraising@stelizabethhospice.org.uk
w www.stelizabethhospice.org.uk



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