

The Cambrian Century Midnight Ride to Barmouth

Saturday 4 August to Sunday 5 August 2012

Terms and Conditions

The Cambrian Century is organised by Bicycles by Design of Jackfield to raise funds for Severn Hospice. The administration of this event is being undertaken by Severn Hospice whilst Bicycles by Design is responsible for organising the route and the event itself.

You must be aged 18 years or over to take part in the Cambrian Century. Places are strictly limited to 200 riders and will be allocated on a first come, first served basis. Registration on the night will not be permitted. A payment of £30 is due when registering for the event. This covers the costs of organising the ride. A limited number of places are available to travel back from the event by coach with your bicycle. A further payment of £20 is required to book a place on the coach. If you do not choose to book a return journey you will be responsible for transporting yourself and your bicycle back to Shropshire. All profits and sponsorship from this event will be donated to Severn Hospice.

Health and safety

You will be given basic directions and a map of the route but **MUST** be able to map read as you will be responsible for finding your way. Riders must follow the instructions provided by the event organisers and marshals. Wearing a properly fitted British Standard helmet throughout the event is compulsory. Riders must ensure that their bicycle is in roadworthy condition and carry a basic repair kit. Your bicycle must be fitted with lights in good working order that will last for the duration of the ride and that will provide sufficient light to both show the way ahead and draw attention to your presence. Organisers are not responsible for the health of participants. If you have any concerns please consult your GP before taking part. You should be able to ride at least 75% of the course distance comfortably by the date of the event. You must carry a charged mobile phone at all times and provide the number to the organisers on the day. All cyclists must understand that this bike ride is not a race or trial of speed. It is a personal challenge for each individual and no record of times will be kept on the night.

Marshals and checkpoints

All riders must sign in at each of the checkpoints and on completing the event. Checkpoints will only be open between specified times. Any rider who arrives late to a checkpoint or who the marshals consider will not be able to complete the next stage in the specified time will be instructed to withdraw from the event. All marshals are placed on the course for your safety and if they instruct you to withdraw from the event you must do so. This decision will not be taken lightly and in this event the organisers will provide transport for the cyclist and their bicycle.

- All cyclists must respect other road users and obey the Country Code and Highway Code
- All cyclists must obey the instructions given by marshals. It is up to the rider to ensure that the movement is safe
- All riders must sign in at the end of the event
- If you are unable to complete your route you **MUST** inform the organisers

Refreshments

Participants are responsible for providing their own refreshments and, in particular, should ensure that they remain hydrated throughout the night. A hot drink and breakfast sandwich will be provided at the end of the event. Please notify the organisers if you are a vegetarian.

Clothing

We ask that participants prepare for all weather conditions including heavy rain. You must wear high visibility items throughout the ride. You may wish to bring a change of clothing for the return journey – you will be able to change in a toilet at the end point, although shower facilities will not be available.

Sponsorship

This is a sponsored event and the aim of the ride is to raise funds to support the work of Severn Hospice. Your registration payment covers the costs of organising the event. You will be issued with a sponsor form on registering for the ride and although no minimum amount is set, we ask that you raise as much as possible for Severn Hospice. Sponsorship money must be sent to the Appeals Department at Severn Hospice, Bicton Heath, Shrewsbury, SY3 8HS by Monday 3 September 2012. Cheques must be payable to Severn Hospice.