

The Cambrian Century Midnight Ride to Barmouth Saturday 4 August to Sunday 5 August 2012

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. All profits and sponsorship will be donated to Severn Hospice.

If you have a query about what bicycle to use for the event or any questions about the route, please contact Bicycles by Design on 01952 883249.

Pre - registration is compulsory for this event. Please read the terms and conditions before submitting your form. For more registration forms call 01743 354450 or email appeals@severnospice.org.uk. You can also register online at www.severnospice.org.uk.

Terms and conditions

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.

This is a sponsored event and the aim of the ride is to raise funds to support the work of Severn Hospice. Raising sponsorship is a condition of entry into this event. Sponsorship money must be sent to the Appeals Department at Severn Hospice, Bicton Heath, Shrewsbury, SY3 8HS by Monday 3 September 2012.

Please retain this side of the form for reference to the terms and conditions. Once you have completed the registration form cut along the dotted line and return to:

Severn Hospice, Bicton Heath, Shrewsbury, SY3 8HS by Friday 27 July 2012. Cheques must be payable to 'Severn Hospice'. Places are non-transferrable.

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2012 Cambrian Century Midnight Ride to Barmouth

Saturday 4 August

100 mile night ride starting from Bicycles by Design Jackfield TF8 7AP

www.severnospice.org.uk
Contact 01952 221351

Bicycles
by Design



Severn
Hospice

Charity No: 512394



One person per form please. Any incomplete forms will be returned to the individual

Title: First Name:

Surname:

Address:

Post Code:

Home Phone No:

Mobile Phone:

[A mobile phone number is required for your safety]

Email:

Emergency contact name and number:

Do you have any medical conditions we need to know about?

How did you hear about the event?
*Social Media/ Poster or Flyer/ Radio/ Newspaper/ Family Member/
Work Colleague/ Friend/ Hospice Shop / Website/ Hospice / Took part last
year [Please circle]*

Have you set up an online Just Giving page? Yes/No [Please delete as appropriate]
For more information on how to set up a Just Giving page visit www.justgiving.com/severnhospice

[Please tick the appropriate payment below]

I enclose payment of £30 for entry

I enclose payment of £50 for entry and return transport

Please note that raising sponsorship is a condition of entry to this event

Signed: Date:

Severn Hospice will not be liable for any injury or loss that might occur as a result of participation in this event. Your information will be shared with the organiser of the event, Bicycles by Design, a sister company of the Bicycle Hub.

Severn Hospice respects your privacy and will not sell or trade your information to any other charity or external company or organisation. Donor details are held and used internally, if you would prefer never to hear from us please contact us and we will add you to our suppression list. Personal details of our patients and their families are held securely and separate to our appeals data.

For office use only Donor No:



Terms and Conditions of the Cambrian Century Midnight Ride to Barmouth

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 day.

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 case 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 about your person 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.