

New Forest Bike Ride Entry Form

<i>Start & Finish Location:</i>	The Manor, Salisbury Road, Burton, Christchurch, BH23 7JG
<i>Date of Event:</i>	Sunday 12 September 2010 Start Time: 10.00 am
<i>Title:</i>	Dr/Mr/Mrs/Ms/Miss
<i>First Name:</i>	
<i>Surname:</i>	
<i>Address:</i>	
<i>PostCode:</i>	
<i>Date of Birth: (if under 16)</i>	
<i>Daytime Tel No:</i>	
<i>Evening Tel No:</i>	
<i>Mobile Tel No:</i>	
<i>E-Mail Address:</i>	

If you are under 16, please ask your accompanying adult to complete and sign the following:

<i>Title:</i>	Dr/Mr/Mrs/Ms/Miss
<i>First Name:</i>	
<i>Surname:</i>	
<i>Address:</i>	
<i>PostCode:</i>	
<i>Daytime Tel No:</i>	
<i>Evening Tel No:</i>	
<i>Mobile Tel No:</i>	

Signed..... Date.....

Route Options: There is an option to complete either 10 or 20 miles - please tick the distance that you wish to complete on the day 10 miles 20 miles

I enclose my Entry Fee of £5.00 All riders are asked to raise sponsorship
 Cheques made payable to Jigsaw Appeal

(Please note the entry fee of £5.00 does not cover the cost of this event. We rely on your fundraising endeavours and welcome donations to the Jigsaw Appeal).

Declaration

I have read and will comply with the Terms and Conditions of Entry attached.

Signed..... DATE:

Please return your completed Entry Form together with your Entry Fee of £5.00 to:
Jigsaw Appeal Office, Royal Bournemouth Hospital, Castle Lane East, Bournemouth, BH7 7DW
Telephone: 01202 704060



Jigsaw Appeal New Forest Bike Ride Sunday 12 September 2010

TERMS AND CONDITIONS OF ENTRY

1. This is a charity ride and all entrants are asked to seek sponsorship from friends, family and work or school colleagues to raise funds for the Jigsaw Appeal for Women at the Royal Bournemouth Hospital. A minimum sponsorship of £1 per mile is required i.e. £10.00 for the 10 mile route and £20.00 for the 20 mile route.
2. Cyclists must follow the Highway Code at all times and in particular they should ride in a single file and not in large groups.
3. A responsible adult, who must have signed the Consent Form, MUST accompany cyclists under the age of 16.
4. Cyclists should ensure that their bicycles are in a roadworthy condition.
5. Cyclists should appreciate that cycling can be very strenuous and should be fully aware of their capabilities. If you are in any doubt about your health or have a medical condition that could be affected by exercise, you should obtain your doctor's approval prior to the event.
6. Neither the Jigsaw Appeal nor the organisers accept any liability whatsoever for any personal accident, injury, public liability, loss or damage to personal effects.
7. We recommend cyclists wear cycle helmets and have their own insurance.
8. Please respect the countryside and leave it tidy.
9. Any cyclist withdrawing from the event either before or during the ride must notify the Jigsaw Appeal organisers as soon as possible.

If you have any further queries please contact:

Jigsaw Appeal Office
Royal Bournemouth Hospital
Castle Lane East
Bournemouth
BH7 7DW
01202 704060
Email: jigsaw.appeal@rbch.nhs.uk
www.jigsawappeal.org.uk