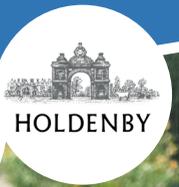


Sunday
22
September



Cycle 4 Cynthia

Get on your bike for charity



Sponsored by



50
MILE
ROUTE

25
MILE
ROUTE

5
MILE
ROUTE

Starting from 9am
from Holdenby
House Northampton

BOOK EARLY AND PAY LESS!

ADULTS £15 • CHILDREN £7.50 • FAMILIES £35
AFTER SEPTEMBER 2ND
ADULTS £20 • CHILDREN £10 • FAMILIES £50



For registration and sponsorship forms log on to:

Cycle4Cynthia.co.uk

Or call the Hospice fundraising office on

01604 973340

or email fundraising@cynthiaspencer.co.uk

Supporting Cynthia Spencer Hospice

What is Cycle4Cynthia?

Cycle4Cynthia, now in its 16th year, was first ridden in 2003, when local businessman, John Pinkham persuaded a group of friends to cycle around Northamptonshire to raise funds for Cynthia Spencer Hospice.

The event has grown and last year 995 cyclists took part in the ride. With five, 25 and 50 mile routes, starting and finishing at Holdenby the event is suitable for everyone, from families to serious cyclists. The atmosphere is great and the camaraderie of cyclists, many of whom have never met before, gives everyone the support to finish the challenge they take on.

Cycle4Cynthia supports Cynthia Spencer Hospice who have provided Hospice and Palliative Care in the county of Northamptonshire for over 40 years. The charity uses the money raised from the event to support the people of Northamptonshire.

For further details about this event please call the Hospice on 01604 973340.



“A real sense of achievement

Great route, well-organised and friendly people - all for a worthy cause

A well-organised event.
The course was brilliant”

HOW TO REGISTER

To register for this event, please complete the application form opposite and send it to the address given, along with the appropriate payment.

Alternatively you can register and pay online at www.cycle4cynthia.co.uk



ENTRY FORM

Supporting Cynthia Spencer Hospice
Registered Charity Number 1174402
Company Number 10934348



I wish to enter the Cycle4Cynthia charity cycle ride on Sunday 22nd September 2019



1

Your details (please use BLOCK CAPITALS)

Name Date of birth

Address Post code

Male/Female (delete as appropriate) Mobile I opt in for telephone/SMS contact by Cynthia Spencer Hospice

Email address I opt in for email contact by Cynthia Spencer Hospice

Cynthia Spencer Hospice, who administer this event, will not share your details with any other organisations. We would however, like to keep in touch occasionally with news of our work and fundraising activities, like Cycle4Cynthia, using the contact details you have supplied. If you prefer not to be contacted this way please tick here

PAYMENT

If you wish to pay your entry by credit or debit card please complete this section.



Credit Card Number

Expiry Date Security No Issue No Start date

Please add your telephone number here in case we need to contact you when processing your payment

Please Enter amount

Adult	£15.00
Child (12 & under)	£7.50
Family (2 Adults 2 Children)	£35.00
After closing date 2nd September 2019	
Adult £20.00 Children £10.00 Family £50.00	

Adult	<input type="text"/>	£
Child	<input type="text"/>	£
Family (*see note below)	<input type="text"/>	£
Donation	<input type="text"/>	£
Total	<input type="text"/>	£

* If you are entering a family please attach a separate sheet containing all names, addresses and including mileage.

DISCLAIMER

On entering the event, I understand that the organisers cannot be held responsible for any injury or loss sustained by me, however caused, arising from my participation in Cycle4Cynthia. I agree to abide by the Highway Code, the Countryside Code and the Event rules.

Signed Date

If you are under 16 we need your parent or guardian to sign below to agree to the conditions of entry on your behalf. An adult must accompany all children under 16.

Print Name Signed Date

Please make cheques/postal orders payable to 'Cycle for Cynthia' and post to: C4C, Cynthia Spencer Hospice, Pondwood House, Pondwood Close, Moulton Park, Northampton, NN3 6RT. Unfortunately we are unable to offer refunds for cancellations.

How your support helps

 Cynthia Spencer Hospice provides Specialist Palliative Care for people diagnosed with life-limiting and terminal illness as well as support for their families. This care and support is delivered at the Hospice in Northampton and across Northamptonshire through our Hospice at Home and Community Care Teams.

The Hospice is also home to a county-wide lymphoedema service and Wellbeing at Cynthia Spencer, a service which aims to enable people to live their life as fully as possible, maintain their physical function and maintain independence for as long as possible. Care at the Hospice focuses on helping patients to enjoy the best quality of life possible - controlling their pain and other symptoms; offering emotional and practical support; providing suitable treatments and therapies and, when the time comes providing the best care to ensure a comfortable and dignified death.

All our Hospice services are offered free of charge, 24 hours a day, 365 days a year and although part-funded by the NHS we rely on our local community to raise one third of every £1 we spend on care.



Cycle 4 Cynthia

www.cycle4cynthia.co.uk



Cycle4Cynthia



Cycle4Cynthia



Cycle4Cynthia



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