

Sunday 28th June 2020

1. All participants enter this event entirely at their own risk. Suffolk Fire & Rescue Service and The Fire Fighters Charity shall not be liable for any injury or loss that might occur as a result of their participation.
2. Any participant unsure of their physical ability to take part in this event must take medical advice from a general practitioner prior to the event.
3. All participants understand that this is not a race and agree to abide by the rules of the Highway Code, and follow the advice, direction and instruction of the event organiser or event volunteers to ensure a safe and successful event.
4. All participants confirm that their bicycles are roadworthy, in good repair and suitable for use in the event.
5. All participants will wear a cycle helmet conforming to European Safety Standards.
6. All participants will register on arrival and on leaving any checkpoints, where applicable.

ENTRY FORM

Name of Participant:						
Address of Participant:						
Postcode:						
Email Address:	Please print clearly as this is our primary means of contact.					
Phone Number:						
Mobile Phone Number:						
Emergency Contact:						
Phone Number:						
Length of Chosen Route	50 KM:		100 KM:		Family Route:	
If you raise £175.00 or more , a Charity Cycle Jersey will be available for you to collect on the day.						
Please select the size you would like to receive:	Small	Medium	Large	Extra Large	2X Large	3X Large

Please ensure you have read the entry rules above.

ENTRY FEE £20 PRIOR TO THE DAY OR £30 ON THE DAY

To register please complete this form and return to C. Crabb, Holbrook Fire Station, Ipswich Road, Holbrook, Suffolk, IP9 2PQ along with a cheque made payable to 'The Fire Fighters Charity' for the entry fee of £20. Alternatively, registration can be completed online through EVENTBRITE.