

Queen Eleanor Cycle Ride

Harby (Lincoln) – London 25-28 August 2017

Friends of
The Connection
at St Martin-in-the-Fields

Registered Charity Number: 1040560

Join this 200-mile cycle ride, and raise funds to support the work of The Connection at St Martin-in-the-Fields with homeless and vulnerable people in central London.

WHEN? August Bank Holiday weekend
(25-28 August 2017)

WHERE? The ride begins in Harby, near Lincoln, and follows the route of the Queen Eleanor Crosses to London. Cyclists will need to make their way to Newark Northgate Station (75 mins from London Kings Cross on the East Coast line) on Friday morning. The ride ends at Westminster Abbey on Monday afternoon, followed by a celebration at The Connection off Trafalgar Square. Overnight stops are in Grantham (Lincs), Geddington (Northants), and Dunstable (Beds). **Day cyclists are also welcome.**

WHAT IS PROVIDED? Food, luggage transport, accommodation in church and village halls, maps. Each group will be led by a cyclist who is familiar with the route. There will also be planned practice rides in the run up to the event for interested cyclists.

WHY? The site of the last Queen Eleanor Cross (Charing Cross) is a few yards from where The Connection at St Martin's is based. For more information about The Connection's work to prevent street homelessness and support people to move on and become independent, see www.connection-at-stmartins.org.uk

PLACES: 30

MINIMUM AGE: 18, but cyclists aged 16-17 welcome if accompanied by a responsible adult.

REGISTRATION FEE: £95 (or Early Bird until 30 June, £80) Day Fees are also available.

 Find us on Facebook : Queen Eleanor Cycle Ride

To register, complete the form overleaf or at <http://www.connection-at-stmartins.org.uk/events/>
To find out more or express provisional interest email us at queeneleanorcycle@gmail.com



For further information visit

www.queeneleanorcyclride.org.uk

QECR 2017

Please complete in BLOCK capitals

Title..... First Name Family Name

Address

..... Postcode.....

Home Phone..... Mobile Phone

E-Mail

Name of Responsible Adult (if aged 16 or 17)
(NB this person must also be registered to cycle on the QECR)

I intend to cycle: All four days or Friday Saturday Sunday Monday

I give my permission for any photographs taken during the ride and shared with the organisers and riders to be used in future publicity.

I have the following dietary requirements

Registration Fees

All four days: £95 (or Early Bird until 30 June, £80)

One day: £12 per day (or £10 per day if booked before 30 June) **unless staying over night,**
in which case £24 per day (or £20 per day if booked before 30 June)

How many miles do you cycle in an average week? **Under 10** **10-20** **20-40** **40+**

On a day ride on flat ground, what would your approx. average speed be?

>15 mph (fast) **12-15mph (medium)** **<12mph (slow)**

I enclose my registration fee (please make **cheques** payable to **The Friends of the Connection**).

Gift Aid Declaration (please tick): Please treat as Gift Aid donations all qualifying gifts of money made to the Friends of the Connection at St Martin's (registered charity number 1040560) today and in the future. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify and that the Friends of the Connection at St Martin's will reclaim 25p of tax on every £1 that I give. I will inform the Friends of the Connection at St Martin's of any change to my name, address or tax status.

Signature..... Date