

Est. 1981
Registered No. 1003679

Dewsbury Ambulance Charities

*The Ambulance Station.
Dewsbury District Hospital,
Healds Road, Dewsbury.
WF13 4HS*

Cyclist's Information

The Start

The Ambulance Station is at Dewsbury District Hospital, Healds Road, off Halifax Rd.
(Head for the tall chimney)

Bikes, if necessary can be fetched on the Saturday with prior notice to David Deaves.

Clothes

A vehicle will be going direct to the finish at Bridlington Harbour. Leave any clothes or belongings with this vehicle on your arrival at Station.

You need to register on the morning so try to arrive between 0730~0745 for 0800 start.

Shower/changing facilities are not available at the Leisure complex this year due to rebuilding, although there are shower units on the pier that we may be able to use
(The leisure centre is due to re-open in 2017)

Back Up

There will be 3 to 4 vehicles "leap frogging" each other as the last cyclist pass by. All will carry some kind of refreshment, but it is a good idea to carry something of your own.

Coach

Any one taking advantage of the cheap seats or supporters of the cyclists need to be at the ambulance station for a **0900hrs** departure. (Please book in advance) Arrive in good time and pay your fare (£7) to the collector on the coach

All cyclists will pass the coach park on the way in to Bridlington. It is behind the railway station near Tesco's on Hilderthorpe Road.

The coach, A Lyles and Sons will leave the park at 6pm prompt.

Cyclists

On arrival in Bridlington please give your name to the waiting car personnel, even though you may be making your own way home we would like to know you have arrived safely.

No unaccompanied children under 18yrs

Fee for none sponsored cyclists is £30

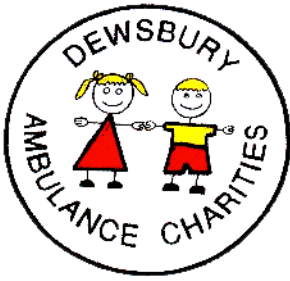
The organisers of this event will not be held responsible for any injuries or losses incurred during this event

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Registration Form

Please complete all the relevant details

Your Name	
Your Address	
In case of Emergency contact....	
Name	
Address or tele. No.	
Tele.	E Mail

Please tick the appropriate box

I shall require transport back to Dewsbury

I shall require transport back for my bike

I will be making my own way home.

Are you sponsored Yes No

If sponsored approximately how much?

Please sign.....

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