



Wimborne & District Riding Club



CHARITY SPONSORED RIDE

SUNDAY 4th OCTOBER 2009

In aid of

Teenage Cancer Trust and BHF Hearts of Poole Appeal

At MANOR FARM, GUSSAGE ST MICHAEL

(No access through Gussage St Michael village please, PTO for directions)

By kind permission of Mr R Rowe

There will be one ride of approx. 10 miles

Also a shorter ride of approx. 3½ miles, suitable for lead reins.

Riders must ride in pairs or groups – no rider will be permitted to set off alone.

Start between 9.30am and 11.15am. No rider will be permitted to start after 11.15am

**All children aged 12 years & under must be accompanied
by an adult rider or adult attendant.**

The rides will be clearly marked & maps will be given on the day.

Entry fee includes soup & a roll on your return. Rosettes to all competitors on completion of the ride.

ENTRY FEE; £6.00 in advance (£10.00 on the day)

Entries close Sat 26th September

Please enclose stamped SAE (minimum size A5) with your entry for your numbers & refreshment ticket to be sent to you

MINIMUM SPONSORSHIP: £10.00

(All sponsor money is payable on the day of the ride)

Any queries to Mrs L Kerridge, Robin Hill Cottage, Ashington Lane, Ashington,
Wimborne, Dorset, BH21 3DQ Tel; 01202 848370

ENTRY FORM

WIMBORNE & DISTRICT RIDING CLUB CHARITY SPONSORED RIDE – SUNDAY 4TH OCTOBER 2009

Please complete the entry form clearly in block capitals

NAME PERSON YOU WISH TO RIDE WITH

ADDRESS

TEL. NO.

Preferred Start Time 9.30 – 10.00 10.00 – 10.30 10.30 – 11.15

Please send completed form, stamped A5 SAE & entry fee to;
Mrs L Kerridge, Robin Hill Cottage, Ashington Lane, Ashington, Wimborne, Dorset, BH21 3DQ

DIRECTIONS TO MANOR FARM

There is direct access to Manor Farm from the Horton Inn to Thickthorn road, and you should avoid going through the village of Gussage St Michael.

If approaching via B3078 Wimborne to Cranborne road, turn off at the Horton Inn (signposted to Moor Crichele, Blandford, and Shaftesbury). Stay on this road for approx. 2½ miles, until just past the turning on the right towards Gussage St Michael (please do not take the turnings to either Gussage All Saints or Gussage St Michael) and the **sponsored ride start from Manor Farm is signposted on the right hand side, through a large double gateway.**

If approaching via the A354 Blandford to Salisbury road, take the turning at Thickthorn crossroads, signposted to Moor Crichele & Horton, (opposite the Tollard Royal road). Continue for approx. ½ mile until you reach the signs to the **sponsored ride starting from Manor Farm on the left hand side.**

ABOUT OUR CHARITIES...

The **British Heart Foundation (BHF)** Hearts of Poole Appeal was launched in December 2008 to raise £38,000 for a portable echocardiograph (echo) machine for Poole Hospital. An echo uses ultrasound technology (like an ultrasound scan due to see a baby in the mother's womb) and produces a clear picture of the patient's heart. This allows the doctor to examine the chambers, valves and even the blood flowing through the heart, in order to diagnose and monitor heart disease. The portable echo is a laptop sized piece of equipment and can therefore be taken to patient's bedsides or to A & E where it is needed without having to move the patient. This new machine will mean that patients in and around Poole, who have or are at risk from heart disease, can be diagnosed and monitored more quickly and more successfully.

The BHF is the nation's heart charity and saves lives every day by investing in pioneering research, supporting and caring for heart patients and providing vital information to help people reduce their own risk of dying from a heart related disease

For more information, please visit our website www.bhf.org.uk

Teenagers don't stop being teenagers just because they get cancer. **Teenage Cancer Trust (TCT)** makes sure that young cancer patients get the best possible care in hospital and the chance to do all the things that other teenagers do. TCT funds specialist teenage cancer units in NHS hospitals. Our aim is to give every young person with cancer access to a unit - which means having a total of 22 units by 2012. It will cost around £2 million to open this new unit and we have to raise all of this money. You can help us right now by making a contribution towards the cost of the new TCT unit in Southampton. We want to raise £1.3 million locally, so we will need all the help we can get.

For more information, please visit our website www.teenagecancertrust.org



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NAME OF RIDER:

Please hand this form to the Secretary before starting your ride and remember to report back to the Secretary on your return!

SPONSOR	AMOUNT	SPONSOR	AMOUNT
TOTAL OF COLUMN 1		TOTAL OF COLUMN 2	

TOTAL SPONSORSHIP MONEY RAISED

I confirm that the above rider has completed the 10mile / 3½ mile Charity Ride and WDRC has received the above stated money raised on behalf of Teenage Cancer Trust and BHF Hearts of Poole Appeal

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