



THE SUFFOLK HEADWAY CYCLE RIDE 2010 SPONSORSHIP FORM



BURY ST EDMUNDS THURSTON WOOLPIT

STOWMARKET NEEDHAM MARKET KESGRAVE, IPSWICH

I am participating in the **Suffolk Headway Cycle Ride** on **Saturday 17 April 2010 at 10am**
to raise awareness and support for local people who have an **Acquired Brain Injury**.

Please sponsor me as generously as possible.

The proceeds will go to help the work of both Ipswich and East Suffolk and West Suffolk Headways

I WILL BE CYCLING FROM *There will be 2 starting points. Please check your chosen point.*

KESGRAVE (Ipswich & East Suffolk Headway)	BURY ST EDMUNDS (Moreton Hall Com. Centre)
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I WILL BE CYCLING THE FOLLOWING LEGS *Please check all those that apply.*

LEG 1 Kesgrave – Needham Market (16 miles)	LEG 1 Bury St Edmunds – Thurston (5 miles)
LEG 2 Needham Market – Stowmarket (5 miles)	LEG 2 Thurston - Woolpit (5 miles)
LEG 3 Stowmarket – Woolpit (7 miles)	LEG 3 Woolpit – Stowmarket (7 miles)
LEG 4 Woolpit – Thurston (5 miles)	LEG 4 Stowmarket – Needham Market (5 miles)
LEG 5 Thurston – Bury St Edmunds (5 miles)	LEG 5 Needham Market – Kesgrave (16 miles)
LEGS 1 – 5 and return (76 miles)	LEGS 1-5 and return (76 miles)

The start of the ride is between 10 - 11am from the two starting points as indicated above

PERSONAL DETAILS

Title		Forename		Home Address
Surname				
Age		Date of Birth		
Tel No.				
Mobile				
Email				Post Code

REGISTRATION FEE *An entry fee of £10 is required (this is redeemed upon sponsorship monies raised).*

Cheques should be made payable to 'Ipswich & East Suffolk Headway', and sent to: Ipswich & East Suffolk Headway, Headway House, Ipswich Hospital, Heath Road, Ipswich, IP5 5PD.

DATE	NAME	HOME ADDRESS Including post code for Gift Aid	TEL NO.	AMOUNT	GIFT AID	PAID
Thank you for your generous sponsorship				TOTAL:		

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You can make your donation go further at no extra cost to you. **Gift Aid** is a Government run scheme that allows us to reclaim tax on your donation. For every £1 you donate, we receive an extra 28p back, making your donation go further at no extra cost to you. You must be a UK tax payer and pay an amount of UK income tax and/or capital gains tax at least equivalent to the tax that the charity reclaims on your donation in the appropriate tax year.

REGISTRATION AT www.headwavipswich.org.uk IS REQUIRED

