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*Newmarket Committee*

## **Newmarket Heath Sponsored Ride Sunday 31<sup>st</sup> August 2014**

**Please note that ride times will be sent by email.  
Anyone wishing to be notified by post should ring or email the secretary.  
The course map can be downloaded from the site.**

### **Instructions to Riders**

#### **Directions**

The start point is at the Newmarket July Racecourse next to The National Stud. The roundabout at the July Racecourse entrance has a large sculpture of a stallion on it – you can't miss it!

From the East, take the A14 & the B1506 junction off into Newmarket Town, and follow signs yellow AA signs to Newmarket Races; from Cambridge & the north, follow the A1303 off the A14; from London & the south, use the M11, taking the A11 turning for Newmarket/Norwich, finally taking the A1304 junction for Six Mile Bottom which leads up to the July Racecourse.

On entering the July Racecourse from the roundabout, turn left following the signs for the PUBLIC CAR PARK.

#### **On Arrival**

Please report to the Secretary's tent to collect your number & hand in your sponsorship forms. **We need to see all forms to give us an idea of the funds raised, whether you have collected your sponsorship or not.** Sponsorship forms will be totalled up, signed by us & be made ready for collection after you have completed the course.

#### **The Course**

It is **imperative** that all riders abide by the Organiser's rules & conditions, signed on the entry form. You will be on private Jockey Club & National Stud land and the Jockey Club staff give their time voluntarily to put the course out & tidy the land after our ride. Please pay attention to the route markers & signs along the course & be respectful of the heathland & the Macmillan volunteers who are stewarding the course for you. **There is one, compulsory walking area on the course which must be adhered to.**

**It is strictly forbidden for any rider to walk up the Al Bahathri gallop as it is very dangerous when other horses are galloping. Please ride at the side on the grass.** (This only applies to those doing the 20 mile ride)

At the beginning of the course there is a fast & slow route through the National Stud land. Please follow the instructions given on the signs for each route, but always be respectful of other riders on the course. **DO NOT EVERTAKE OTHER RIDERS WITHOUT ASKING IF IT IS ALRIGHT TO DO SO, AND PLEASE SLOW DOWN TO AN APPROPRIATE PACE TO PASS HORSES.**

Shorter courses of 8 & 15 miles will be signposted & stewarded.

#### **Finish**

Please report back to the Secretary to collect your rosette, sponsorship forms, if required & any Macmillan prize earned. ***All outstanding sponsorship money should be sent to the Ride Secretary at the above address by 12<sup>th</sup> October 2014.***

Please be aware of the following:

**BACK PROTECTORS & INSURANCE**

**The Organisers recommend that all riders wear a back/body protector whilst participating in our ride and that they have personal accident insurance**

- **Bring your sponsorship form** - as mentioned on the first page, we need to see your form regardless of whether you have more pledges to come. **Please** don't forget to bring them!
- **Mobile Telephones** – if you bring your telephone make sure that you have a safe way of carrying it whilst riding; we cannot help you if you lose it on the heath! Mobile phones are an excellent way to call for help if you get into any problems, but make sure if you are calling friends in the horsebox park that they are contactable – we find it very hard to locate friends on your behalf.
- **Refreshments** – The heathland is very open and has little shelter. In the event of a hot day we advise that you make arrangements to bring your own drinks or money for refreshments from the catering stand at the horsebox park or either of the two refreshment stops on the 15 mile & 20 mile rides. Water for horses is also available at these stops & in the horsebox park but toilet facilities are only available at the main rest area & the horsebox park.
- **Vet & Farrier** – Local vets & a farrier will be on-call during the day if required. Any associated costs are your sole responsibility. Please be patient as the vets & farrier have to cover a very large area and can be delayed with other riders.
- **Photographs** - Please bring money if you want to buy a souvenir photograph of your day. Photographs are only available on the day.
- **Delays, problems etc** – If you have horsebox problems, are involved in traffic jams etc, please be aware that we can only allow riders to set off on the course up to 12.30pm. We must be very strict about this as our army of volunteer stewards cannot be asked to stay on if riders are unfortunate enough not to be able to get here before then. If you are worried on the day about reaching us in time then call one of the emergency mobile phone numbers listed below. Please do not call the Ride Secretary's home phone number on the day of the ride as it **will not** be manned.
- **Services on site at Horsebox Park** - Catering, Digital Photographic Unit, Toilets, St Johns Ambulance, Watering Points.
- **Finally...** There are no restrictions or requirements for you to let us know which of the distances you will be completing on the day. All our courses are signposted & stewarded so if you are enjoying yourselves and want to ride for longer than you originally planned then just keep following the signs. The same applies if for some reason you need to cut your ride short – just follow the shortcut signs & come home at your own pace.  
**HOWEVER PLEASE BE AWARE THAT IF YOU WISH TO DO THE 20 MILE RIDE, YOU MUST BE OFF THE HEATH BY 4.30pm AT THE LATEST.**

Friends are welcome to park with you & bring dogs on leads & bring picnics if you would like; all we ask is that you clear up your litter at the end of the day.

Most importantly please come and enjoy yourselves on behalf of  
Macmillan Cancer Support!!  
*Your support is greatly appreciated*

**Emergency Mobile Phone Numbers**  
(for use on the day of the ride only)  
**078857 88192 or 077592 58954**