



WheelPower

British Wheelchair Sport

Bucks radio

Tour
de
Vale

Charity
Bike Ride

Thank you for taking part in the Bucks Radio Tour de Vale sponsored charity bike ride. Please take time to read through the event and safety information below.

Start Times

110k	9.00 - 9.15am Club cyclists
	9.15 - 9.30am Leisure cyclists
70k	9.30 - 9.45am Club cyclists
	9.45 - 10.00am Leisure cyclists
45k	10.00 - 10.15am Club cyclists
	10.15 - 10.30am Leisure cyclists
25k	10.30 - 10.15am Single cyclists/those without children U16
	10.45 - 11.00am Family cyclists with children U16

Please arrive with plenty of time to sign in before you can start the ride. For safety reasons cyclists will be controlled in small groups at the start line and you will not be able to set off after the times specified for each route.

Parking

There is only disabled parking available at the Stadium. Please see map for local car parks.

Getting to the Start

Please approach the Stadium along Stadium Approach. The start line is located on the athletics field.





General Information

- Please attach your rider number on your handlebars with cable ties
- **Cycle helmets are compulsory and must be worn. No helmet, no ride!**
- Please follow all organisers instructions
- Please obey the rules of the Highway code
- **There are no closed roads**
- Check in at registration tent at Stoke Mandeville Stadium
- There are water stops and pubs along each route. Bring your own supply of snacks for the ride
- Bike mechanics will be available at the start and during the ride
- Riders under 16 must be accompanied at all times by a responsible adult
- High-visibility clothing is strongly recommended

The Highway Code can be found at www.gov.uk/guidance/the-highway-code. It is your responsibility to make yourself fully aware of the complete Highway Code.

We recommend that children should be **confident cycling on roads** and have taken a cycling proficiency test. Should you or any member of your family require guidance on training before you ride please go to www.buckinghamshire.gov.uk and search 'Cycle Training', where you will see what training is available in Buckinghamshire.

During the Ride

- Obey all traffic signs and traffic light signals
- Don't ride more than two abreast and stay in single file on narrow or busy roads
- Don't ride close behind another vehicle, keeping a minimum of one cycle length between you and the cyclist in front
- Marshall's are present as a point of contact and for direction only. It is your responsibility to make sure the roads are clear before making a turn
- Take extra care near road humps, narrowing's and other traffic calming features
- **Be aware of pot holes & uneven road surfaces**

The Routes

25k (15 miles)	Stoke Mandeville - Ford - Marsh - Bishopstone - Stoke Mandeville
45k (28 miles)	Stoke Mandeville - Eythrope Park - Chearsley - Cuddington - Ford - Bishopstone - Stoke Mandeville
70k (43.5 miles)	Stoke Mandeville - Eythrope Park - Ludgershall - Brill - Cuddington - Ford - Bishopstone - Stoke Mandeville
110k (68 miles)	Stoke Mandeville - Eythrope Park - Quainton - Padbury - Stratton Audley - Marsh Gibbon - Brill - Cuddington - Ford - Bishopstone - Stoke Mandeville



Please remember this is a sponsored bike ride
Every penny you raise will help WheelPower transform the lives of disabled people.
Please set up your fundraising page here: www.justgiving.com/campaign/tdv2026



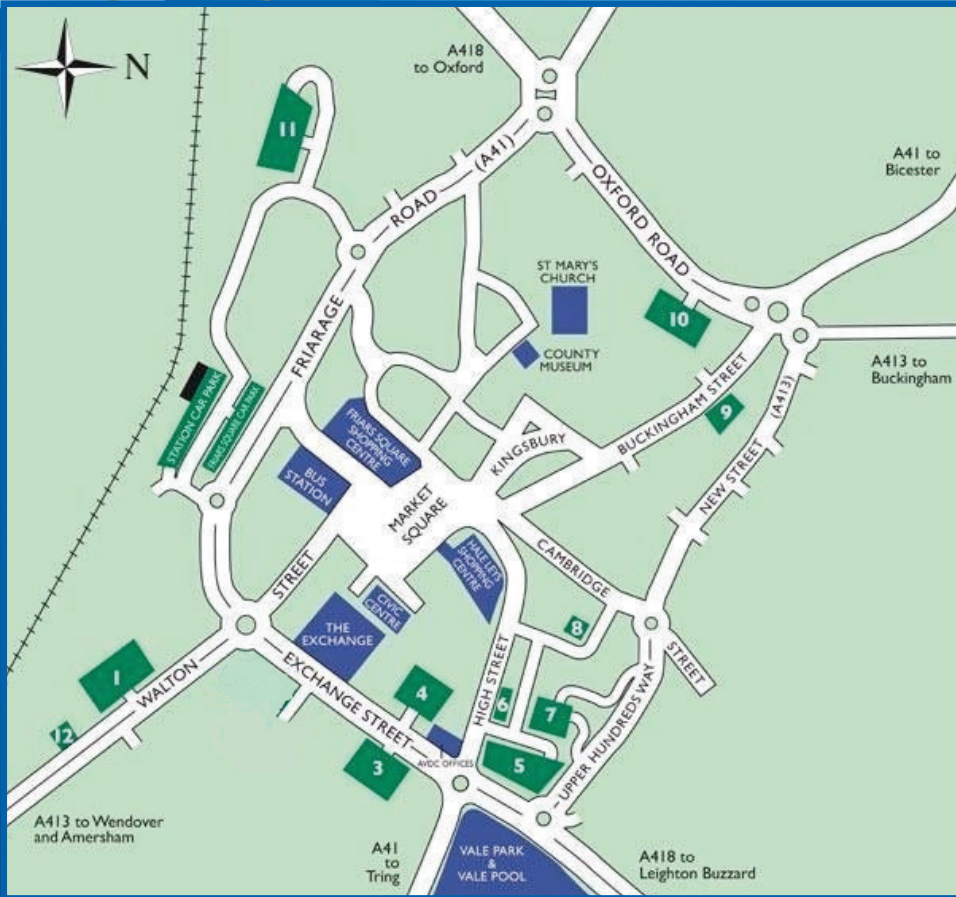
WheelPower

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Bucks **radio**

Tour de Vale

Charity Bike Ride



PARKING

Due to the limited car parking at the stadium, we can only offer parking to disabled cyclists. If you are driving, please park in one of Aylesbury's car parks (applicable parking fees) **and NOT on the roads surrounding the Stadium.**

Check here for more details and parking fees:

www.buckinghamshire.gov.uk/parking-roads-and-transport/parking/find-a-council-car-park/

	Number	Location	Spaces
Short Stay Car Parks	7	Upper Hundreds	305
	9	Coopers Yard	59
	3	Waterside	270
	6	Hale Street (maximum 1hour stay)	16
Long Stay Car Parks	4	Exchange Street	276
	5	Hampden House	364
	10	Whitehall Street	38
Long Stay Outer Car Parks	11	Friarscroft	342
	1	Walton Street	525
Blue Badge Only	8	Anchor Lane	7



Sponsorship form

Fundraiser's Name:

Fundraiser's Address:

Please the sponsor the fundraiser for WheelPower who is raising money by:

Transforming lives through sport



If I have ticked the box headed 'Gift Aid? ✓', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs 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. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Full name (first name and surname)	Home address Not your work address (this is essential for gift aid)	Postcode	Amount £	Date paid	Gift Aid? ✓
Total donations			£		

Thank you

With your support we can continue providing life transforming opportunities for disabled people.

£25: Will allow a disabled child to discover the sport they love at our Primary Sport Camp.

£250: Will introduce a recently paralysed adult to disability sport over 3 days at our Inter Spinal Unit Games.

£3,000: Can provide a disabled person their very own sports wheelchair enabling them to develop in their chosen sport and live a healthy active lifestyle.

How to send your money to us...
Please send us this sponsor form with a cheque (no cash please) made payable to WheelPower to:
WheelPower, Stoke Mandeville Stadium, Guttman Road, Buckinghamshire, HP21 9PP

Remember: Full name + Home address + Postcode + ✓ = *giftaid it*

