

Family cycle ride event to raise funds for womenVcancer

In association with Biking Belles, a Chichester-based ladies cycling club, we have arranged a family cycle ride on Saturday 25th June to raise funds for womenVcancer. We leave from Westgate roundabout at 4.30 pm where we will cycle to Bosham and get the ferry over to Itchenor and stop at the Ship Inn for dinner. We then cycle on the Salterns Ways back to Apuldram and back to the starting point. We anticipate finishing around 8pm. The cost is £5 for adults to enter. Children under 16 are free if accompanied by an adult. There is a small cost for the ferry (approximately £2.50 for adults and children are cheaper) plus the cost of whatever you choose for dinner.

We also have a raffle with a 1st prize of 2 tickets to the Festival of Speed with lots of other great prizes which will be drawn on the night. Tickets are £1 each and are available now or at the event. Please go to bikingbelleschichester.blogspot.com for more details of this event or call me on 07811 357245. The entry fee is payable at the event so just turn up, but please let me know if you want a place for dinner.

I am also raising money for womenVcancer by taking part in a 400k cycle ride over 5 days across Kenya in November this year. WomenVcancer has been set up to incorporate breast, ovarian and cervical cancer charities and you can find out more information by going to www.actionforcharity.co.uk and select Cycle Kenya. I have been training hard and trying to get fitter to do this. You may have seen me out and about in my orange cycle jacket!! If you can sponsor me in any way, I would be more than grateful. Please go to www.justgiving.com/ellie-philpot where you will also find details of my blog. Everyone who has supported me so far has been absolutely amazing and I am very grateful to everyone. I look forward to you joining me on 25th or for any support you can give.

Ellie Philpot
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