



Cotswolds bike ride map

Route Stats: 31 miles with 625 metres of climbing
48.8 miles with 1,000 metres of climbing

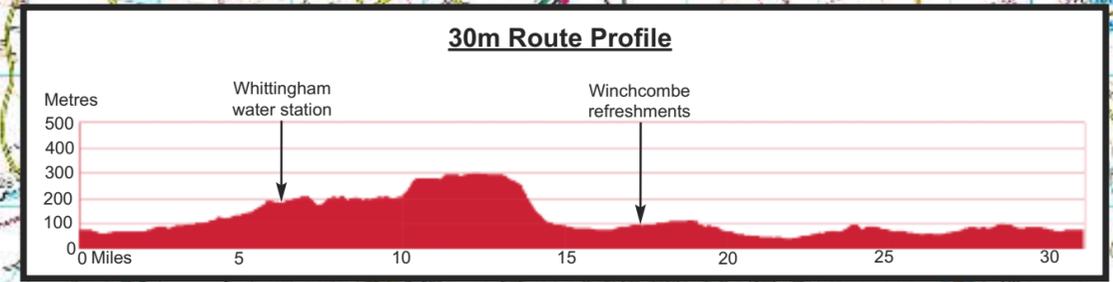
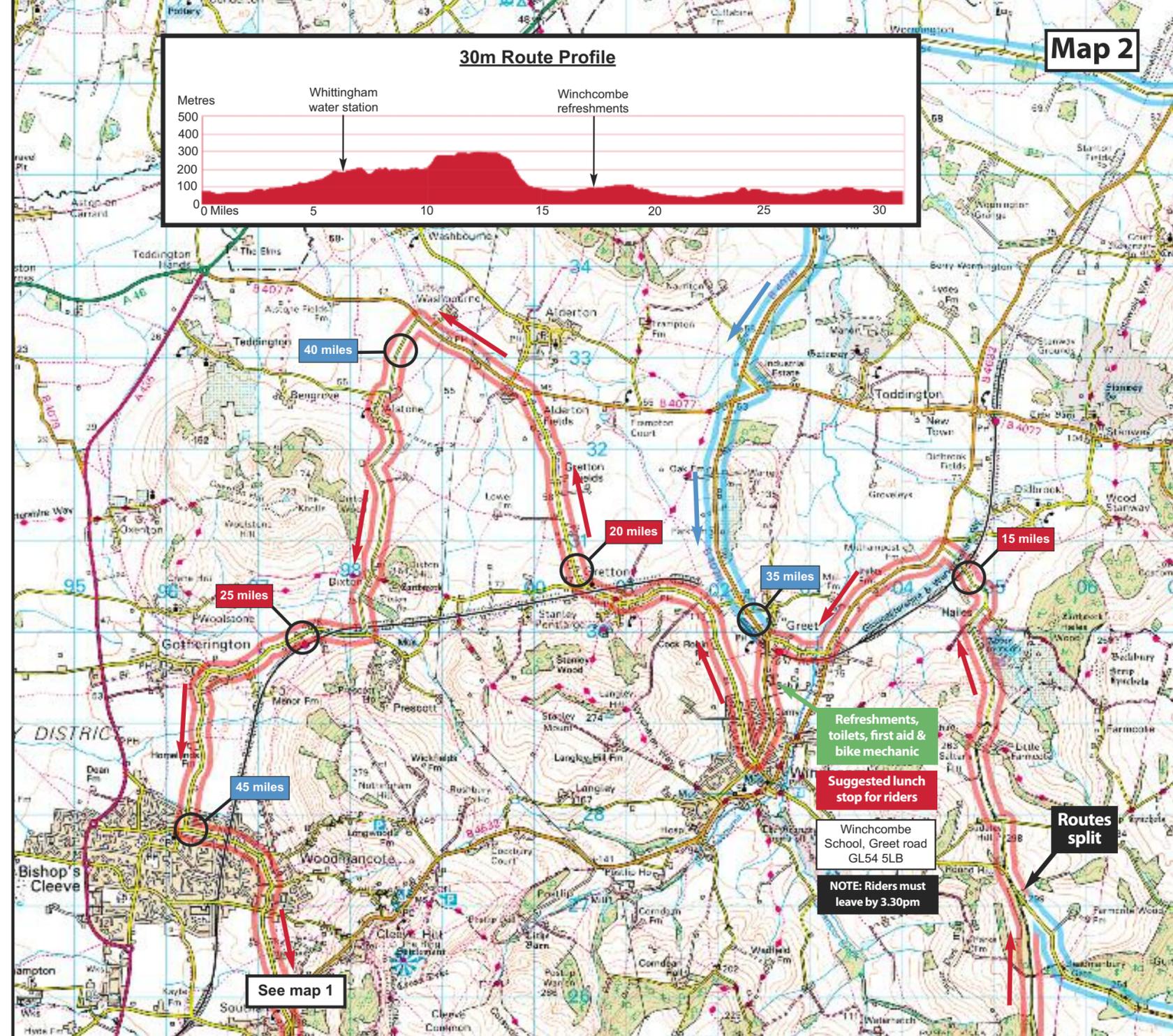
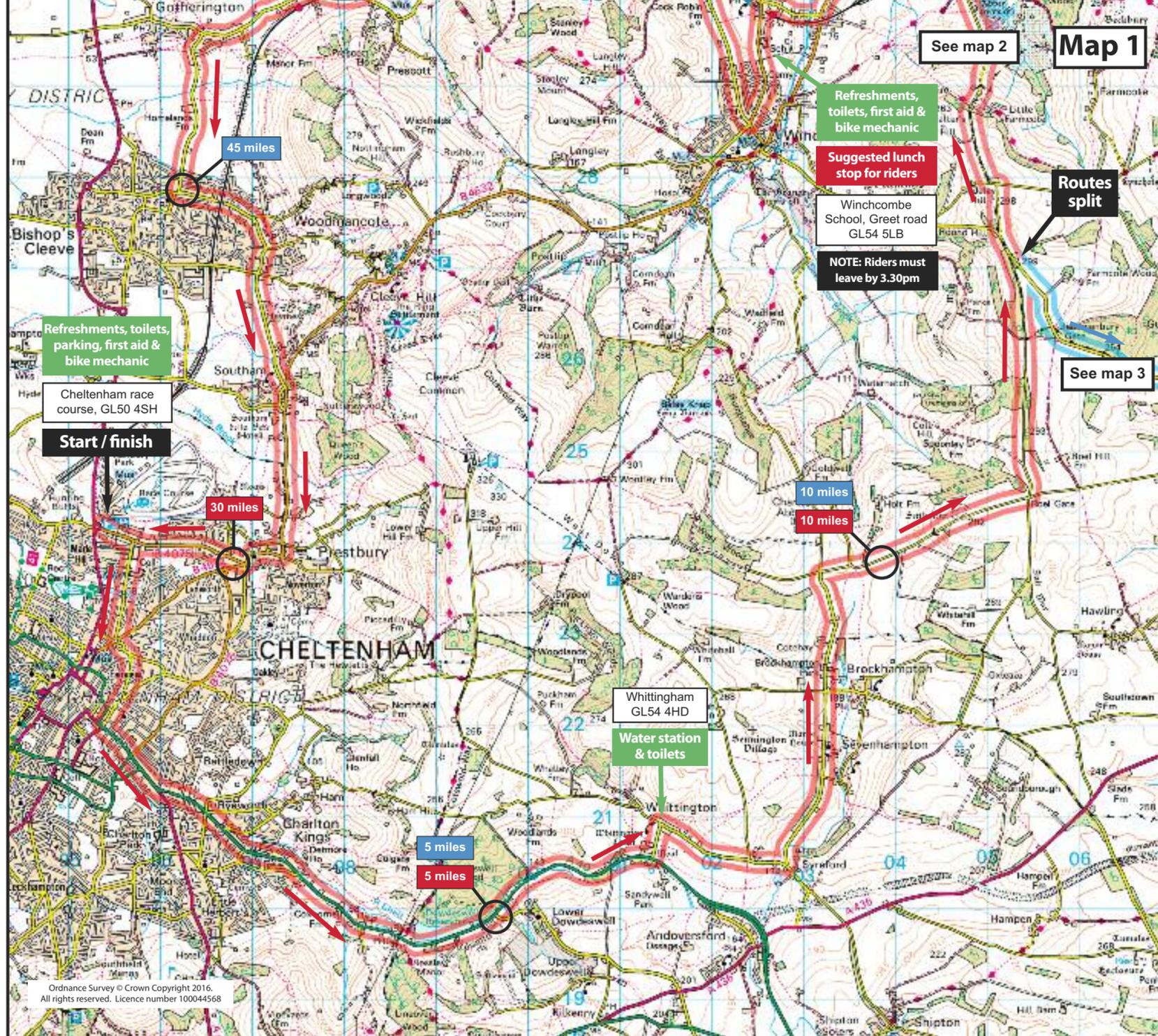
Ride starts: 8am
Ride finishes: 6pm
Note: Riders must leave Winchcombe school by 3.30pm

Ride Control: 07914 616938
First Aid: 07770 013678
Bike Mechanic: 07427 685995

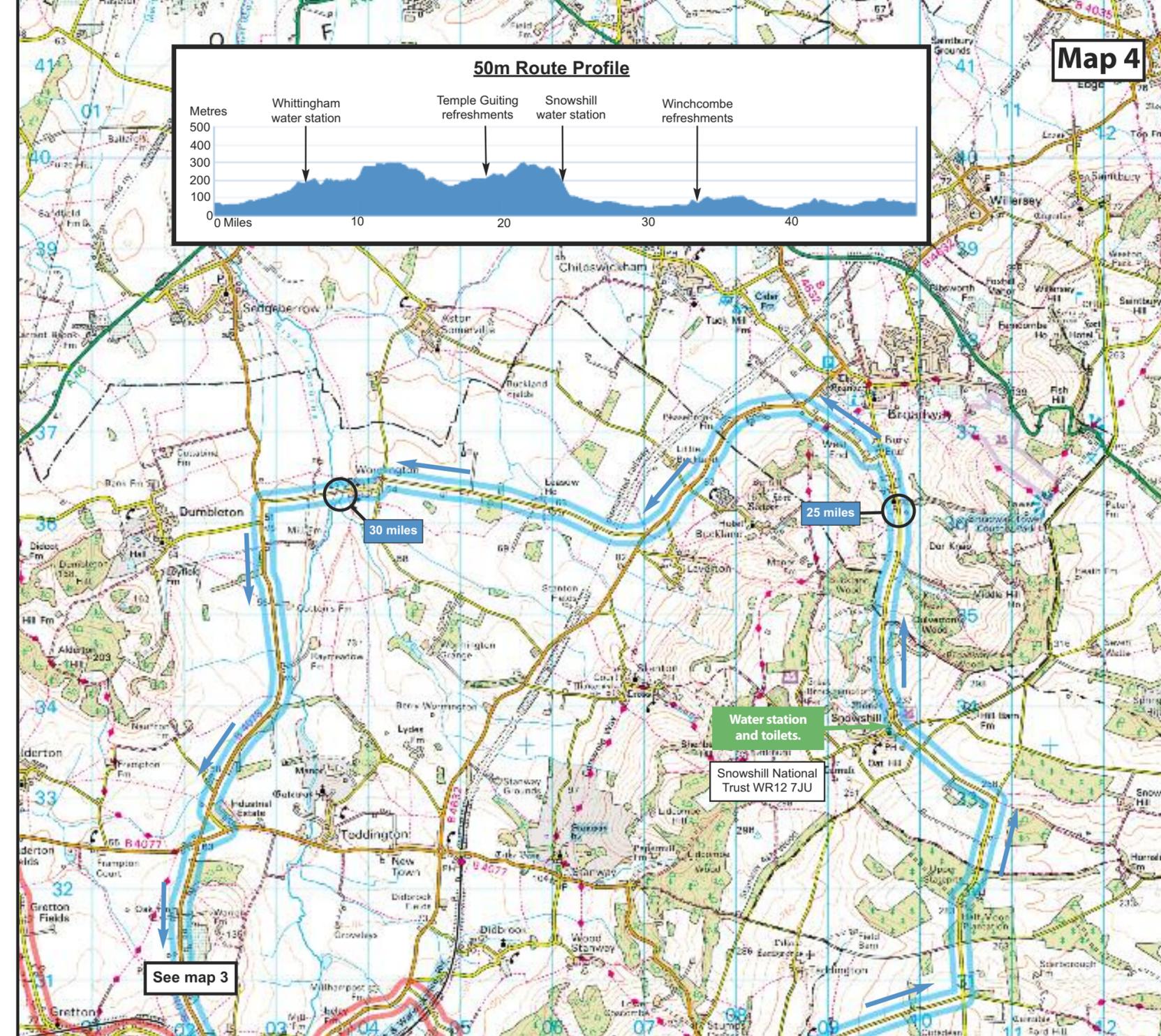
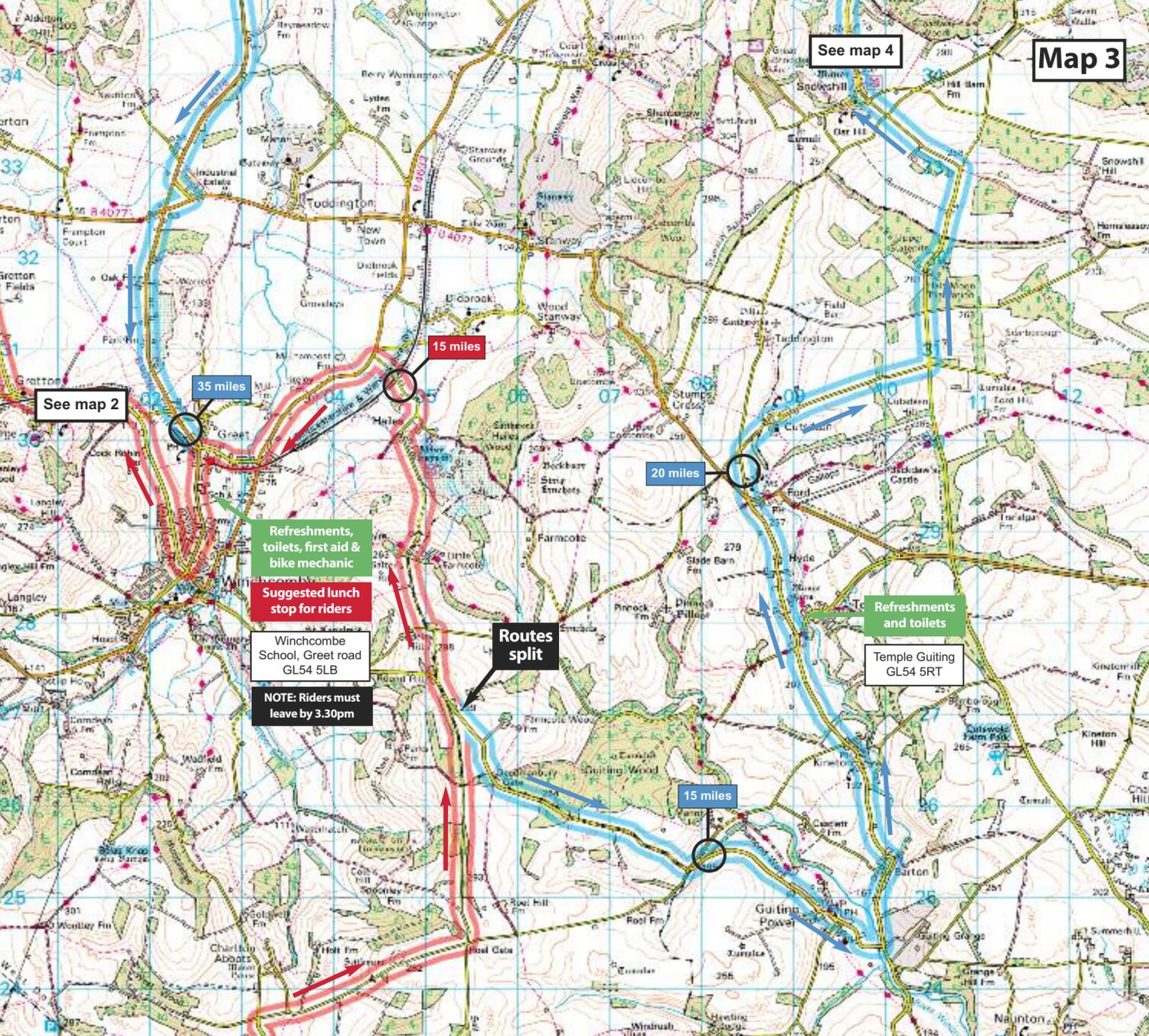


FIGHT FOR EVERY HEARTBEAT

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Where does my sponsorship money go?

Your event fee goes towards the cost of putting on the event so every penny you raise in sponsorship enables the BHF to continue our life-saving work. Here's how the money you raise can help the fight against heart disease.

£10 - Educate children about the heart

£10 could cover the cost of a Big Heart Book teaching resource aimed at 4 - 7 year olds. This giant A2 sized book meets the Health education curriculum of each UK country, and the stand alone design makes it perfect to use at the front of the class.

£30 - Heartstart UK training pack

Our Heartstart UK scheme teaches members of the public what to do in a life-threatening emergency. £30 could fund a Heartstart training pack to teach people these vital skills.

£160 - Teaching life-saving skills in schools

£160 could cover the cost of 'supply cover', allowing teachers the time away from classes to be trained as Heartstart instructors, able to teach vital emergency life support skills to their pupils.

£250 - Provide a hand held ECG machine

£250 could cover the cost of a hand held ECG machine. These machines are designed for patients to use at home to monitor their hearts. When they experience a cardiac event this machine will record the hearts rhythm which a doctor can later study and use it to help diagnose the patient's condition.

£1,800 - Help Diagnose Heart Disease

£1,800 could cover the cost of an ECG machine for a GP surgery, hospital wards or a community clinic. These machines produce a graph tracing of the electrical changes during a heartbeat and can reveal damage to the heart muscle or irregular heart-beats making it one of the most useful diagnostic tool when examining the heart's function. The BHF provides funding for these machines, which can be used across multi-disciplinary settings.