



How to register

To register for QECR 2010 please **fill in the form** overleaf and return it to the address given at the bottom. Alternatively, visit www.QueenEleanorCycleRide.org.uk and download a registration form from there.

The registration fee for the event is £100, although there is a reduced 'early bird' fee of £85 for those who register before July 1st. This covers food, accommodation (in church and village halls), vehicles, insurance and first aid and enables **every penny of sponsorship money raised** to go directly to The Connection at St Martin-in-the-Fields. We ask that all registered cyclists raise a minimum of £300. We will pay back the registration fee after the event to cyclists who manage to raise over £1,000 in sponsorship.

Spaces for the event will be allocated on a **first come, first served** basis and are limited to 40 people. Once spaces are full we will operate a waiting list.

The **minimum age** for the event is 18, but fundraisers aged 16-17 may cycle if accompanied by a responsible adult.

Independent Cyclists

Please email us at queeneleanorcycle@gmail.com if you would like to express an interest in doing the Queen Eleanor Cycle Ride in your own time and at your own pace. We can provide details of the route, accommodation, transport connections and sponsorship to help you plan your ride.



The Queen Eleanor Cycle Ride raises funds to support the work of The Connection at St Martin-in-the-Fields, a registered charity in central London which provides advice, care and support, to around **5,500 homeless and vulnerable** people every year.

The Connection offers a range of specialist services – including a day and night centre, outreach for rough sleepers, skills training and career advice, activity programmes and specialist support for complex needs — in a welcoming and friendly environment. For many, contact with The Connection is a catalyst for change. By encouraging each person to address the issues which caused their homelessness, The Connection helps them to gain the skills and confidence to make lasting changes in their lives.

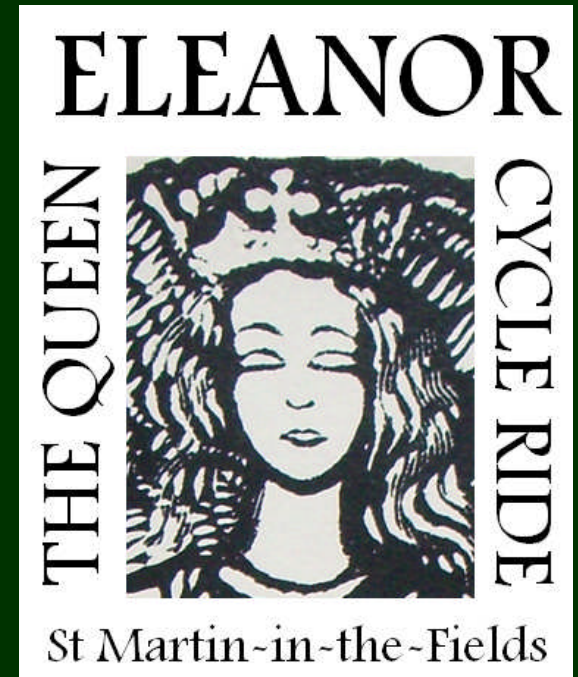
The Connection's services have been developed to meet the varied, changing and specific needs of a diverse and dynamic client group of homeless individuals. They strive to be client-led and innovative in their work, and rather than seeing homeless people as a problem to be solved, they see them as individuals with potential.

One of The Connection's roles is to support them in creating opportunities for people to fulfil their talents and abilities. For more information about the work of The Connection, phone 020 7766 5555, visit www.connection-at-smartins.org.uk or e-mail appeals@cstm.org.uk



Email: queeneleanorcycle@gmail.com
Telephone: 07960 259177 (Secretary)
www.QueenEleanorCycleRide.org.uk

Cover photo: **Waltham Cross** Brochure design: **Queen Eleanor Cycle Ride**
Logo image: reproduction of illustrations by **David Gentleman** for Transport for London



HARBY (LINCOLN) - LONDON
27—30 August 2010

A sponsored cycle ride along the pilgrimage route of the Queen Eleanor Crosses
Raising funds for the Connection at St Martin-in-the-Fields to help homeless and disadvantaged people in Central London





The **Queen Eleanor Cycle Ride** follows the historic route of the Queen Eleanor Crosses, from Lincoln to London. The route has been developed by experienced cyclists and was launched in 2008. The event aims to raise funds towards the work of **The Connection at St Martins**, helping homeless people in central London. Cyclists who register will be given details of the route, accommodation, conveniences, rail connections and places of interest, as well as advice on how to fundraise for the event.

The Queen Eleanor Cycle Ride will happen over the August Bank Holiday weekend (27-30 August 2010) when up to 40 cyclists will cover the 210 mile route in 3.5 days. Beginning in Harby, Nottinghamshire, where Queen Eleanor died, on Friday 27 August, cyclists will be accommodated in church and village halls; food will be provided and luggage will be transported. There will be first aid and technical support for bikes, and above all the event is terrific fun! Please note that places are limited and will be allocated on a first-come, first-served basis.

Route

The cycle route benefits from local knowledge all along the way. It takes in some of England's finest and most beautiful scenery and countryside, following over 700 years of history on **safe roads and marked cycle routes**.



Site of original Charing Cross

The event **begins in Harby** on Friday 27 August. Cyclists will need to make their own way to Newark Northgate station (75 mins from London Kings X) where they will be met and then shuttled to Harby. Cyclists will cover the 27 miles to **Grantham on Friday** afternoon, via Lincoln, in groups of 8-10. On Saturday morning we will head for Stamford, in S Lincs, and on to the wonderful village of **Geddington, Northants** - steeped in Queen Eleanor history - where we will stay on Saturday night.

Sunday morning begins early for the longest day of cycling, covering the **67 miles to Dunstable** via the cross at Hardingstone, and the cross sites at Stony Stratford and Woburn.

On Monday cyclists can look forward to the stunning approach to St Albans, the magnificent Lea Valley, the satisfaction of reaching Westminster and a **homecoming celebration at St Martin-in-the-Fields**. Note cyclists will need to make their own way from St Martins when the event finishes at around 7pm on Monday night

History

Queen Eleanor of Castile died on November 28th 1290 at Harby near Lincoln. Her grieving husband, King Edward I, arranged for her body to be embalmed and her viscera to be entombed at Lincoln Cathedral before being carried on a funeral bier to London for **burial at Westminster Abbey**.

Each overnight stop was later marked with an **elaborate stone cross** in memory of Edward's beloved wife. The overnight stops, where crosses were built, were at Lincoln, Grantham, Stamford, Geddington, Hardingstone, Stony Stratford, Woburn, Dunstable, St Albans, Waltham Cross and Charing (now Trafalgar Square). An additional cross was built at Cheapside, near where Queen Eleanor's heart had been left with the Blackfriars and where one of her sons was buried.

Only three of the **original crosses** survive; at Geddington, Hardingstone and Waltham Cross. Other crosses, considered symbols of monarchy, were torn down in protest during the civil war. A replica of the Charing Cross now stands in front of Charing Cross station near Trafalgar Square. Originally, the final cross was built at the top of Whitehall, a stone's throw from the present day **site of St Martin-in-the-Fields**.

The Queen Eleanor Cycle Ride visits all of the historic cross sites and much of the route that would have been used by King Edward I when bringing his Queen's body to London. Edward, perhaps better known for leading conflicts against Sir William 'Braveheart' Wallace and constructing the magnificent Welsh castles at Conwy, Harlech, Beaumaris and Caernarfon, died in 1308.



Hardingstone Cross



The Queen Eleanor Cycle Ride

A sponsored cycle ride along the pilgrimage route of the Queen Eleanor crosses

27-30 August 2010 Event Registration Form

Please Complete in **BLOCK** capitals

Title _____ First Name _____ Family Name _____

Address _____

Postcode _____

Home Phone _____ Mobile Phone _____

E-mail address: _____

Name of Responsible Adult (if aged 16 or 17): - _____

(NB this person must also be registered to cycle at the event)

Special dietary requirements _____

I generally cycle: -
 Once a month on City Centre Routes
 Once a week Urban Routes
 Daily Suburban Routes
 Competitively Open Roads

My usual mileage per ride is approximately _____ miles

On a day ride on flat ground, my average speed would be about _____ mph

How did you hear about QECR? _____

I would prefer to receive correspondence by: - e-mail
 Post

I enclose my registration fee of £100 (£85 if received before 1 July 2010)
 Please make cheques payable to The Connection at St Martin's

Signature _____

Date _____

Please return the form and cheque to: -
 QECR Treasurer, Friends of the Connection at St Martin's, 12 Adelaide Street, London WC2N 4HW.