



**Saturday 9<sup>th</sup> September 2023**  
**Sponsored Ride & Stride, 10am-6pm**

**REGISTRATION FORM**

**CONTACT DETAILS**

Title	Mr/Mrs/Ms/Miss	Forename		Surname	
Address					
Address					
Address					
Postcode					
Tel No.		Email			

**Further comments:**

Please return this form to:

**The Ride+Stride Administrator, Margaret Lowe,  
1 Gayhurst Green, Old Basford, Nottingham, NG6 0LZ**

**Tel No.: 07757 800919 | Email: [ml.info.nhct@gmail.com](mailto:ml.info.nhct@gmail.com)**

Charity No.1171623