

REGAIN

CYCLING CHALLENGE 2024

Saturday 29 June 2024



Join the second Regain Cycling Challenge at Thruxton Circuit and raise funds to support people who have become tetraplegic through a sports injury. This fully inclusive event is open to people of all ages and all abilities and you will be supported all the way with our British Cycling event support team.

Choose from the following challenges:

Family Cycling Challenge for Ages 4-14 (1-10 laps), Bronze (10 laps), Silver (20 laps), Gold (30 laps) or new for 2024 Platinum (42 laps/100 miles) and Team Relay (42 laps/100 miles)



For more information and to book your place please visit:
www.regainsportscharity.com
T: 07572 841861
E: enquiries@regainsportscharity.com





REGAIN

CYCLING CHALLENGE 2024

Join us for the second Regain Cycling Challenge at the famous Thruxton Motor Racing Circuit in Andover, Hampshire.

This all-inclusive cycling challenge is open to people of all ages and all abilities. The racetrack is long (2.4 miles) and very wide, so it's perfect for everyone!

We'll once again be offering a Family Challenge for children aged 4-14 who can cycle as many laps as they can. Our Bronze (10 laps), Silver (20 laps) and Gold (30 laps) challenges will also be returning.

New for 2024

For those of you looking for the ultimate challenge, we're delighted to be offering a new Platinum Challenge, which is a whopping 42 laps of Thruxton, giving you the chance to cycle 100 miles and join an exclusive club!

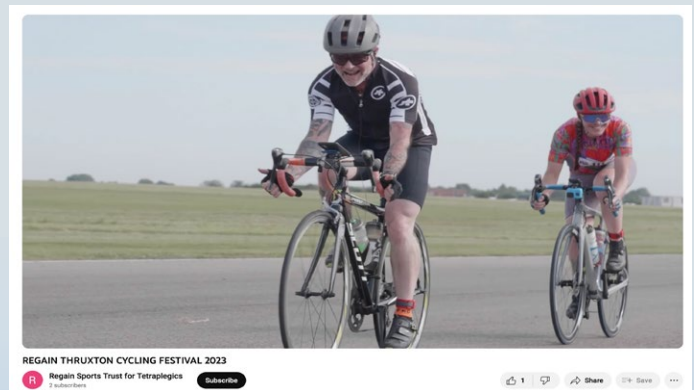
We're also offering a new Team Relay challenge for teams of 4 people with the challenge being to cycle 42 laps/100 miles between you. How you split the laps up is completely up to you, so why not get your friends or work colleagues together for an awesome team challenge?

We will once again be offering the option to camp on the Friday and Saturday night, so why not make a weekend of it?

All funds raised from the day will support Regain, the only charity dedicated to improving the lives of people who have become tetraplegic in a sporting accident.

For more information and to register, please visit: www.regainsportscharity.com

Please watch our highlights video to give you a flavour of the event: www.youtube.com/watch?v=JwetKfHcp_s



FAQs



REGAIN CYCLING CHALLENGE 2024

Thank you so much for an amazing day. I hope we've raised loads of money for Regain. I've been blown away by the strength of the tetras on track, absolutely phenomenal.

Holly
2023 Participant

What does it cost?

To take part in the Regain Cycling Challenge you are required to pay a registration fee for your chosen cycling challenge and to fundraise as much as you can for Regain. The challenge options are:

Family Cycling Challenge (Age 4-14)

£20 registration fee per child (must be accompanied by an adult) and as much fundraising as possible. Includes technical and medical support on the track, event timing, refreshments whilst cycling, medal and post event food.

Bronze (10 Laps), Silver (20 Laps), Gold (30 laps) and Platinum (42 laps) Cycling Challenges

£30 registration fee and suggested fundraising of £100 plus. Includes technical and medical support on the track, event timing, refreshments whilst cycling, medal and post event food.

Team Relay (teams of 4)

£99 registration fee and suggested fundraising of £200 plus. Includes technical and medical support on the track, event timing, refreshments whilst cycling, medals and post event food.



How do I get there?

The Regain Cycling Festival is taking place at Thruxton Circuit, Andover, Hampshire, SP11 8PN.

Driving to Thruxton Circuit

Sat Nav

Use postcode SP11 8PN

What3Words Locations

Driving Experiences: applied.punctual.play

Skid Pan: originate.flotation.flash

Karting and 4x4 Centre: carting.duke.speed

Thruxton is readily accessible from both the M3 and M4

1.5 hours from London

2.5 hours from Birmingham

Once on the A303 follow the signs for Thruxton Circuit ONLY; ignore signs for Thruxton village. Upon leaving the A303 follow signs for Thruxton Circuit.

The karting and 4x4 centre have their own entrance signposted 100 meters before the main circuit entrance.

If you are participating in a driving experience proceed through the main entrance and the tunnel. On exiting the tunnel turn immediately left and follow the signs towards the car park and the Thruxton Centre building.

Trains and planes to Thruxton Circuit

There is a main line train station in Andover (10 minutes away), which runs from Waterloo. Plan your route using National Rail Enquiries
Southampton Airport is the closest mainstream airport (40 minutes away).

Is there parking at the Racetrack?

Yes there is free parking available at the race track.

Will there be food and drink available?

There will be breakfast including tea and coffee available for participants and supporters to buy from 9am-12pm. There will also be lunch available to buy from 12-4pm. Post event food is included in your entry fee and water and snacks will be provided during the cycling challenge.

Can I bring supporters with me?

Yes supporters are welcome at the event free of charge.

Do you need volunteers?

Yes we do need volunteers for the day, if you are interested in helping out on the day, please complete the volunteers form on our entry system.



Is there accommodation close by?

There are a number of hotels available in Andover inc. Premier Inn and Travelodge, which are just 10 minutes away from Thruxton Circuit.

Can I camp at Thruxton Race Track?

Yes you can camp at Thruxton or bring a campervan. There are toilets and showers available. There is no additional cost for this facility from Thruxton.

What will happen after the Cycling Challenge?

Once you finish your cycling challenge, post event food will be served.

Will you cater for dietary requirements?

Yes we will be providing a vegetarian and vegan option. Please let us know of any dietary requirements when you register for the event.

How does the Team Relay work?

To enter the team relay, you must have four team members. How you split the 42 laps up, is completely up to you but only one team member is allowed to cycle per lap and your timing chip will be used as a baton in the pit lane.

Do I need to fundraise to take part?

There is no minimum sponsorship requirement but we do ask you to fundraise as much as you can for Regain. Cycling laps of Thruxton Circuit is physically and mentally a tough challenge, so you will earn your sponsorship. It has been an incredibly tough time for the charity, so your fundraising support is very much needed.

Why take part?



Regain the Trust for Sports Tetraplegics

Regain is the only charity in the UK that is solely dedicated to improving the independence of those who have become tetraplegic as a result of a sporting or recreational accident. Having lost the use their limbs, tetraplegics need help to perform many of the most mundane day-to-day tasks. Mobility is the major issue for many and without the use of appropriate wheelchairs and adapted vehicles, tetraplegics can become trapped and isolated in their own homes.

Over the past 30 years, Regain has provided support to the mental and physical wellbeing of over 3,500 tetraplegics by helping them purchase mobility equipment, take up new sports activities such as hand-cycling and wheelchair rugby, and supported them to achieve qualifications that lead onto new employment opportunities. Some of Regain's grants recipients have gone onto achieve a significant amount in sport following their grant from Regain, with over 20 going on to represent Great Britain in the Paralympics and other world championship events'



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Regain has been an inspiration to me. Over the past 10 years I have taken part in cycle challenges all over the world and Regain supported me in my bid to get into the GB Wheelchair Racing Team for the Paralympics where I came 5th in my event. Without Regain's help I would never have achieved so much.

STEVE OSBORNE
TEAM GB PARALYMPIAN

The first Regain Cycling Challenge was a great success, but don't just take our word for it...



What an amazing day we had at the first ever Regain Cycling Challenge 2023. I'm so proud of my family, especially James who cycled 4 laps! We were so pleased to raise some much needed funds for the charity who helped buy Stuart his first wheelchair. This was such a great event as we could do it as a family, sometimes not easy when you have a loved one in a wheelchair. We will definitely be signing up for next year!

Lizzie

Just wanted to say a very quick thank you for organising such a brilliant event! We shall definitely be returning next year if it is run again and really hope it is bigger and better each year.

Corey

Fantastic day supporting Regain sports charity. Amazing efforts from everyone. Feeling humbled and inspired. Well done everyone.

Mandy

I had a brilliant time volunteering. It was so well organised and a truly inspiring event - from the determined children of all ages, the supportive parents and scout leaders and the tetraplegics cyclists. Good food, great place to camp. I would love to help out again next year.

Carol

I just wanted to express our sincere thanks once again for a fantastic event. We will definitely be returning next year and will be making a weekend of it. My children came as part of their scout group and had the most phenomenal experience. The event was brilliantly organised and the food exceptional!

**Vanessa Cockayne
Scout Parent**

The Regain Cycling Challenge was my first ever event and I loved it! I cycled a lot more laps than I expected and everyone was so welcoming and supportive. It was very inspirational cycling with the hand cyclists too. I will definitely be back in 2024!

Amy



Conditions of Entry

1. A non-refundable booking fee is required to attend the Regain Cycling Challenge 2024. In addition, we ask you to fundraise as much as you can for Regain.
2. If you do not plan to take up your place for any reason, you must inform Regain immediately. You must contact all of your sponsors to ask if they wish to make a donation or have their sponsorship money returned.
3. The good reputation of the charity is paramount. You must agree to act lawfully and follow the fundraising guidelines laid out by Regain.
4. Funds raised on the Regain Cycling Challenge 2024 cannot be transferred to or from other Regain challenges.
5. You must wear a cycling helmet for the duration of the challenge. You must only take part using a fully working, safe, and well-maintained bicycle.
6. You participate at your own risk and are responsible for your personal safety at all times. Regain cannot be responsible for any loss or damage however arising, or theft of your bicycle or for any injuries or illness that occur as a result of this event.
7. Participating children under the age of 14 must be accompanied by an adult at all times.
8. Regain may at their sole discretion withdraw places on the event or stop people cycling on the day of the challenge, if they believe it is in the best interests of you the participant, the charity, event staff, other participants, or the general public to do so.
9. If the event is not able to go ahead, the event will be postponed to a later date. In this instance, the non-refundable deposit will be transferred to the new event date for you to use again. If the event is cancelled you will receive a full refund of your booking fee and any donors wanting a refund, would receive one
10. No participant must enter the Thruxton Airfield in the centre of the racetrack. Any participant doing so would be responsible for any fine.