



Cycle for Life 2026 – FAQs

Taking part

Where and when is the event?

Cycle for Life 2026 takes place on Sunday 20 September 2026, and starts at Farleigh Hospice, North Court Road, Chelmsford, CM1 7FH.

Who can take part?

If you can ride a bike on the road with confidence, there's a route for you. Riders aged 16 and under can take part in the 20km and 50km routes if accompanied by an adult.

What routes are available?

We offer 20km, 50km and 100km routes, mainly on quieter country roads, suitable for a range of abilities.

What bike can I use?

Most roadworthy bikes are suitable, including tandems and recumbent trikes.

Do I need to train?

We recommend building up your distance and confidence before the event so you can enjoy the day.

On the day

What time do I register and start?

Starts are staggered as detailed below.

Distance	Registration opens	Ride starts
100km	07:30	08:00 – 08:45
50km	08:30	09:00 – 09:45
20km	09:30	10:00 – 10:45

Do I need to sign in?

Yes, you'll need to sign in to collect your rider number and provide emergency contact details.

Is parking available?

Parking is available at Broomfield Hospital staff multistorey car park, free of charge. We have an agreement with the hospital that the ANPR cameras will be deactivated. It is just a short cycle from the start and will be signposted.

What do I need to bring?

Please bring a helmet (compulsory), water, snacks, a basic repair kit, mobile phone and suitable clothing for the weather.

The route

Are routes signposted?

Yes, routes are clearly signposted and supported by marshals.

Will there be facilities?

Water, snacks and toilets will be available at the start/finish and along the routes. Please bring additional snacks as supplies are limited.

Is there support?

Yes, there will be mechanical and first-aid support, plus a support vehicle if needed. Please call the Events phone number if you require support. The number will be provided to you on the day.

Safety

Helmets must be worn, and all cyclists must follow the Highway Code. This is not a race - please ride safely and considerately.

At the finish**Do I need to sign out?**

Yes, please check back in so we know you have finished safely.

Will I get a medal?

Yes, every cyclist receives a medal to celebrate their achievement.

Will food and drink be available?

Yes, refreshments will be available to purchase at the finish.

Fundraising**Do I have to fundraise?**

Your entry fee helps cover the cost of running the event, but it's your fundraising that makes the real difference. Every pound you raise helps Farleigh Hospice continue providing vital care and support to people in our community when they need it most.

How can I fundraise?

We recommend you set up a JustGiving page as the most effective way to fundraise. Once you are registered, you will be sent information on how to do this. We're also here to support you with ideas and materials.

How do I send in donations?

Donations can be made [online](#), via JustGiving, by cheque, or in person at the hospice. If you need any support with your fundraising, please get in touch on 01245 457411 or email events@farleighhospice.org.

Thank you for supporting Farleigh Hospice and being part of Cycle for Life 2026. We hope you have an amazing day!