



# IPSWICH RFC – 2023 CLUB CYCLE CHALLENGE 2<sup>nd</sup> JULY 2023 REGSITER ONLINE AT [BIT.LY/IRFCBIKE23](https://bit.ly/IRFCBike23)

Fundraising  
in support of  
**MY  
NAME'S  
DODDIE**  
foundation

Following on from our very successful 2021 ride, we are again running a social bike challenge event on **Sunday 2<sup>nd</sup> July 2023** to raise funds for the club and this year for the My Name's Doddie foundation ([www.mynamesdoddie.co.uk](http://www.mynamesdoddie.co.uk)). Entries (and ride Jerseys) can be paid for and booked via <https://bit.ly/IRFCBike23>. There are a choice of 3 routes all departing and returning to Ipswich RFC for a full clubhouse welcome:

1. The “Premiership” – a social 30k return route to visit Woodbridge Rugby Club
2. The “6 Nations” – a scenic 90k circular route taking in Stowmarket and Woodbridge Rugby Clubs
3. The “Lions Tour” – 150k challenge route visiting Stowmarket, Southwold and Woodbridge Rugby Clubs.

## Entries and Registrations

Entries cost £30 which includes:

- Burger and Beer (or soft drink!) on arrival back at Humber Doucy Lane
- IRFC 2023 Cycle Snood!
- Ride Insurance via British Cycling
- Recovery / Support Wagon
- Feed & Water Stops (1-3 depending on route)
- Donation to the My Name's Doddie foundation



Please register to ride (and get your shirt!) online at <https://bit.ly/IRFCBike23>. You will then be emailed a full information sheet. Min age 12 years old – all under 18s must be accompanied by responsible adult.

## Departures and Timings

Departure point:	Ipswich Rugby Club, Humber Doucy Lane, Ipswich, IP4 3PZ	
Departure times:	The Premiership 30k	10.30 am – 12pm
	The 6 Nations 90k	9 – 10.30 am
	The Lions Tour 150k	7 – 9 am

There will be a gourmet coffee van, breakfast station and bike support station available at departure. Parking available on site.

## On Arrival

The club will be fully open to give you a hero's welcome when you arrive back from your challenge. Head back to IRFC on 2<sup>nd</sup> July, from midday until 6pm, to enjoy:

\*\*\*BBQ AND BAR\*\*\*

\*\*\*LIVE MUSIC\*\*\*

\*\*\*MAX KUDOS\*\*\*

## THANKS TO OUR SPONSORS / PARTNERS:



Bike Support



Electrical & Mechanical Fire & Security Renewables  
DESIGN | INSTALL | MAINTAIN

Event Sponsor

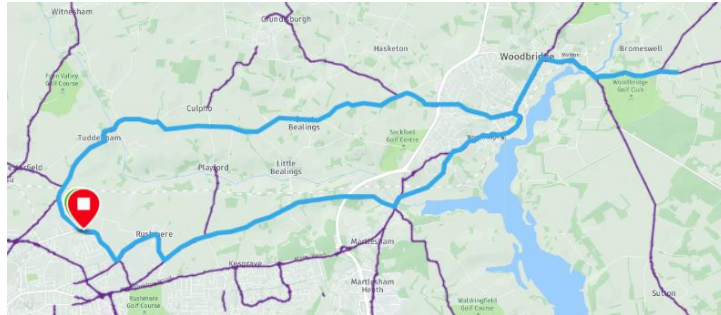


Coffee!!!

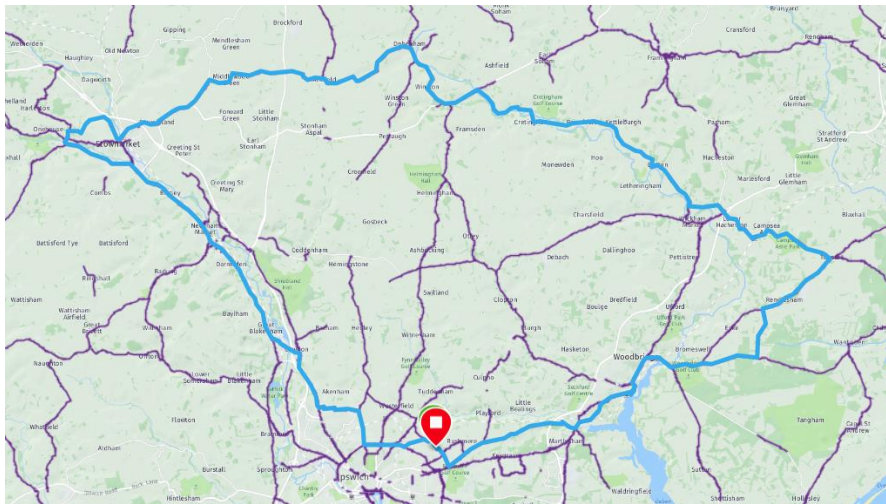
## THE ROUTES

These are the provisional route maps, all passing through glorious Suffolk countryside, primarily on country lanes and minor roads. Final route sheets and .gpx file will be provided prior to departure to all registered riders.

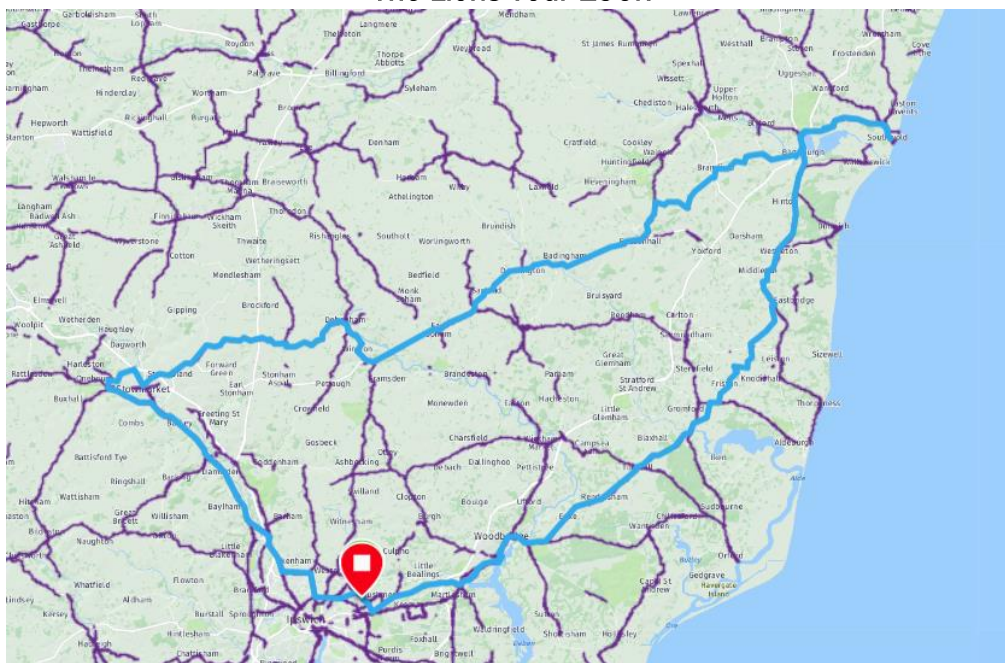
### The Premiership 30k



### The 6 Nations 90k



### The Lions Tour 150k



## THE JERSEY

You can order the limited edition 2023 Ipswich RFC Cycling Jersey to celebrate, and wear on, the bike challenge. Made for IRFC Kit by thecyclejersey.com, the Road/Cross Country Jersey is comfortable on or off the bike and features high performance 140 gram multi dry technical fabric, making this the perfect jersey for any level of cyclist. These jerseys are manufactured using advanced fit technology to provide the most comfortable riding experience.

It comes in the club's away gold colours, and features the Doddie Weir Tartan around the 152 panel on the back:

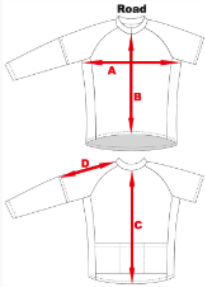


**Price:** £55 via your registration form. Limited Edition run – please order ASAP!!

**This Jersey is only available by pre-order. Please order by 21<sup>st</sup> May 2023. Can be ordered by registered and non-registered event riders.**

**Size Guide (cm's) – NB 3XL and 4XL versions with extra girth also available!**

### UNISEX ROAD

	XS	S	M	L	XL	2XL
A = ½ Chest	40	44	48	52	56	60
B = Front Length	57.5	59.5	61.5	63.5	65.5	67.5
C = Centre Back	68	70	72	74	76	78
D = Sleeve SS ( collar to sleeve end )	35	36	37	38	39	42
LS ( collar to sleeve end )	65	68.5	71.5	74.5	78	83

*Ipswich RFC reserve the right to alter or cancel the event at short notice.*

For more information see [www.ipswichrugby.com](http://www.ipswichrugby.com). All enquiries to [club@ipswichrugby.com](mailto:club@ipswichrugby.com)