



# NICK SANDERS LONDON - CAPE TOWN

## London to Cape Town - Application Form

Name.....Age.....

Address.....

.....Post Code.....

Occupation.....

Telephone..... Email.....

Why do you want to be part of the 1<sup>st</sup> London – Cape Town Expedition?

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This journey is going to be enjoyable but quite tough in parts. I'd like your impressions about this, just so we can be clear about what you think it's all about. Are you up for an expedition?

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You will be averaging 300 mile days on good roads, sometimes up to 350 miles to cover distance to get across Europe in wintry conditions, 250 mile days when we want to slow down and maybe less in the desert or if we are occasionally off-road. Do you feel capable of this? What preparations do you think you will need to undertake to do this successfully?

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What do you think will be the most challenging aspect of the journey?

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Most, if not all of the riding is during the day, but we might get caught out and some night riding may be necessary, will this be a problem for you?

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Have you ever traveled abroad alone and where?

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Most of the hotels are very good quality, but sometimes we will be camping (20%) in fantastic locations in the desert (Nubian, Namibian) where there are few hotels. The camping will be basic and with your own equipment. What are your views on this?

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For reasons of parts interchangeability and also lightness of bike plus supreme reliability, the project may be run exclusively on Yamaha Tenere's. A sole branded project may even assist you should you wish to seek any sponsorship / charitable support. They can be purchased second hand, but these must be checked for reliability or purchased new at a heavily discounted price. You may choose your local Yamaha dealer or from the dealer who sponsors me, Alf England Motorcycles in Bedworth. They will give an excellent discount. I hope you understand the reasoning behind this and please offer your views below.

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Certain plans may need to change at the last minute. An essential part of traveling outside of Europe is the need to be completely flexible. Do you accept this?

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What motorcycle riding experience do you have?

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How many miles did you ride in the last 12 months?.....

What is the longest distance you have ridden and where in a single day / 24 hour period?

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How often do you ride each month? (please circle)

- Every day
- Once a week In all weather conditions In all traffic conditions
- Never in the rain

Please estimate your total lifetime distance ridden (please circle)

- Less than 10 000 miles
- 10 000 to 25 000 miles
- 25 000 to 50 000 miles
- 50 000 to 100 000 miles
- 100 000 to 150 000 miles
- over 150 000 miles



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How many years have you been riding bikes?.....

Have you had any accidents in the previous 12 months? Yes / No

Have you ever been refused vehicle insurance in the previous 12 months? Yes / No

Do you have any driving or criminal convictions that stop you participating on this journey?

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Would you be available for a short evening chat on the phone? Yes / No

How would you describe your general fitness and general health?

Good / Medium / Poor

There are the following additional costs, please tick the box so we know you are aware of them.

### **Fuel costs**

These are increasing but have been as low as 50p a litre (2011) in Africa.

### **Border Fees**

Some nominal bribes are occasionally required but wouldn't exceed £100 in the whole journey.

### **3<sup>rd</sup> Party Motoring Insurance**

Insurance for some countries in Africa can be bought at the borders. Expect this to cost a total of around £250 but could change at short notice and could be less. Some countries do not offer insurance but we will help you source it if it can be bought. If it cannot be bought we have no option to ride safely with no insurance.

### **Medical & Repatriation Insurance**

This is readily available and not expensive and is the responsibility of the rider. Proof of which will need to be presented before the start.

In the case of an accident, do you have any medical history that would prevent treatment – allergies to penicillin, mosquito repellent etc? A letter outlining your medical fitness will be required from your GP whilst a full private medical consultation is mandatory and will be carried out by our Expedition Doctor, Caroline Taylor.

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If you have any questions please list them below and indicate a suitable time for me to give you a ring to try and answer them.

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## **Declaration**

I confirm that I have filled in the above to the best of my knowledge and have read the terms and conditions and agree to be bound by these conditions.

**Signed by the Applicant** .....

Please send this application form to:

**Nick Sanders Expedition Centre**

**Tyn Twll**

**Abercegir**

**Machynlleth**

**Powys**

**SY20 8NR**

Nick Sanders Expedition Centre  
Tyn Twll, Abercegir, Powys SY20 8NR

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