

The Suffolk Historic Churches Trust was founded in 1973, and makes grants to churches and chapels of all denominations towards repairs, improvements and restoration. Since its inception it has raised more than £5 million to make grants to more than 700 churches.

THE ANNUAL SPONSORED RIDE AND STRIDE

Cyclists and walkers are invited to seek sponsors who will agree to pay a sum of money either per church visited or a lump sum for the cyclist or walker taking part. The money raised by each participant is divided equally between the nominated church and SHCT. Over 600 churches and chapels will be open in Suffolk, together with countless more in adjoining counties.

If any taxpayer would like their contribution to be a Gift Aid donation, we will be able to claim 25p for every pound donated. The sponsor’s full details must be completed and the sponsor must tick the Gift Aid column. Gift Aid recovery goes straight to the Grants Committee.

INSTRUCTIONS TO PARTICIPANTS

Please complete the back of this form before you start. Make sure your Local Organiser knows you are taking part. After the Ride, collect your sponsor money and give it to your Local Organiser by the end of October. Please make cheques payable to Suffolk Historic Churches Trust or pay online to 40-52-40 00035164 with name of your church as reference.

Use JustGiving (see our website www.shct.org.uk). Please remember to indicate your nominated church.

Lists of churches open are available on our website or from your Local Organiser. Cars may be used to get to and from your starting and finishing church.

Disclaimer:

It is a condition of entry that, save to the extent required by law, the Organisers and the Trustees of Suffolk Historic Churches Trust accept no liability in respect of death or injury sustained by any participant in the Suffolk Churches Ride and Stride.

ALWAYS REMEMBER – SAFETY FIRST

- Read and follow the bicycling section of the Highway Code.
- Ensure your bike is roadworthy by checking everything, particularly the brakes.
- Ride with care and consideration at all times, remembering particularly that it might be safer to dismount and walk with your bike across the road.
- Ride in single file and not in large groups. Use high visibility clothing.
- Adults must remember they are responsible for the safety of children in their charge.
- Routes should be planned so that stamina is not over-reached and safety jeopardised.

Organisers of the Ride and Stride in Suffolk

Chairman	Simon Ronan	01473 736735
Treasurer	David Gould	01473 253838
Printing	Jill Taylor	01449 740258

NAME (eg Mr John Smith):		If you are under 16, please obtain the signature of an adult (parent or guardian)
EMAIL ADDRESS:		
ADDRESS:	Postcode:	Tel:
Name and address of church or chapel you wish to receive half of your sponsorship money:		
Name and address of your Local Organiser (to whom this form and all money collected should be returned by the end of October) – cheques to be made payable to Suffolk Historic Churches Trust:		
By signing this form I give my permission for the Suffolk Historic Churches Trust to hold the above details and to contact me by email or post with further communications.		
Signature:.....		
PLEASE HELP US UNDERSTAND OUR SUPPORTERS BETTER		
How many years have you participated? <input type="text"/>		Did you walk rather than cycle? <input type="text"/>
Did you ride as a family? <input type="text"/>		If so, how many children rode? <input type="text"/>
Your ages please; Under 16 <input type="text"/>		16-40 <input type="text"/>
40-60 <input type="text"/>		60-80 <input type="text"/>
80+ <input type="text"/>		

CHURCHES AND CHAPELS VISITED

To be completed by an official at each church or chapel visited

CHURCH/CHAPEL	Time	Initials	CHURCH/CHAPEL	Time	Initials

SPONSORSHIP FORM



SUFFOLK CHURCHES
RIDE AND STRIDE

IMPORTANT: Please complete the entry page details before you start the Ride and Stride

Suffolk Historic Churches Trust

Registered charity No. 267047

FULL NAME AND TITLE OF SPONSOR (e g MR JOHN SMITH, NOT J. SMITH)	HOME ADDRESS OF SPONSOR, <u>INCLUDING POSTCODE</u>		PLEASE TICK IF THIS IS A GIFT AID DONATION	SPONSORSHIP FOR EACH CHURCH OR CHAPEL VISITED OR DONATION	TOTAL
MR JOHN SMITH	8 THE CLOSE, BURES		✓	DONATION	£25
	POSTCODE: CO8 5XW				
	POSTCODE:				
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Please make cheques payable to Suffolk Historic Churches Trust and hand to Local Organiser by the end of October. If you do not know how to contact your Local Organiser, please email shct@btconnect.com	EXTRA FORMS ARE AVAILABLE FROM LOCAL ORGANISER	TOTAL MONEY RAISED: