

SPONSORSHIP FORM

SUFFOLK CHURCHES
RIDE AND STRIDE

14 SEPTEMBER 2019

9am to 5pm

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 38th 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. During the past five years, the following amounts have been raised:

2018: £139,103; 2017: £145,212; 2016: £135,775; 2015: £137,570; 2014: £141,819

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.

Use JustGiving (see our website). 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	Patrick Grieve	01728 663510
Treasurer	David Gould	01473 253838
Printing	Mike Kiely	07806 605826

