Gift Aid: The Sussex Historic Churches trust may currently reclaim the tax at the rate of 25p for every pound you subscribe provided that you certify, by giving a full name, address and ticking below, that you will pay more income / capital gains tax in this financial year than the amount we claim on your behalf.

Participants: Please send any BR4 forms which list a Gift Aid contributor to the treasurer with your BR8 form.

SPONSORS (Please complete legibly in BLOCK CAPITALS)						
Name	Address	Post Code	I wish this to be treated as Gift Aid (see note above) **Please Tick**	Date given	Amount per church visited	Donations/ Total
SAMPLE ENTRY MR J. BLOGGS	211 NEW CHURCH ROAD, HOVE	BN3 4ED	✓	12/06/10	£1	
Total Money Raised						£

Ask your parish organiser if you need another sheet.

IMPORTANT: to be completed by all participants

Name	Age (if under 16)
Address	
Please tick Rider ☐ Walker ☐	
Name and address of church or chapel to receive half your money	

Return this form to your parish organiser by 23rd October. Cheques should be made payable to *Sussex Historic Churches Trust*.

Churches and Chapels Visited

(To be completed at each church or chapel visited. If unmanned log visit anyway. Please insert star rating – see places open list BR3)

Church	Time	Stars	Initials

Church	Time	Stars	Initials
Total Stars			

Ask your parish organiser if you need another sheet.

SPONSORED RIDE & STRIDE

IN AID OF HISTORIC CHURCHES & CHAPELS

Cycle or walk to raise money for the church or chapel of your choice as well as for the Sussex Historic Churches Trust on

Saturday 11 September 2010

between

9am and 6pm

Sussex Historic Churches Trust, Diocesan Church House, 211 New Church Road, Hove BN3 4ED
Registered Charity No. 282159

About the Historic Churches Trust: This was founded in 1956, and gives grants or interest-free loans to churches and chapels of all Christian denominations of architectural or historic interest throughout Sussex for essential repairs and restoration. Over the years we have helped more than 470 churches.

The Sponsored Ride & Stride: Created in 1982 there are now 31 County Trusts raising £1.5 million annually. Our Trust raised over £60,000 in 2007 but with the introduction of online donating it is hoped this will increase significantly. The money raised will be shared equally between the Trust and the church or chapel nominated by each participant. In Sussex over 600 buildings will be taking part, and some of them providing refreshments**.**

Advice to riders and walkers

1. It is a condition of entry that the SHCT, save to the extent required by law, accepts no responsibility in respect of death, injury or damage caused by or to any participant during the sponsored event. All entrants under 16 must have their parents' consent.
2. Police advise all cyclists to ride in single file. If any group contains more than six riders, please leave a suitable gap between the groups of six in order not to inconvenience motorists. Please study the bicycling section of the Highway Code, and make sure your machine is roadworthy before setting out. Brakes and tyres are particularly important. If possible, wear bright clothing with a fluorescent band and safety helmets.
3. When you leave your bicycle, for whatever reason, please lock it for safety.
4. Any Horse riders must have their own personal Insurance.

Ride & Stride Contacts

e-mail: **contact@rideandstride.info**
website: **www.rideandstride.info**
telephone: **(01243) 788265**

Did you know that you can also raise money online? Head to our website for details.