THE FRIENDS OF ESSEX CHURCHES TRUST - SUPPORTING CHURCHES IN ESSEX AND EAST LONDON

FECT, founded in 1951, makes grants to churches and chapels of all Christian denominations towards repair, restoration and improvement to sustain church buildings for worship and for wider community purposes.

HOW THE SPONSORED BIKE RIDE & STRIDE WORKS

Riders and walkers are invited to find sponsors who will pay an agreed sum for each church/chapel visited on Saturday, 12th September 2026 between 9am and 5pm. Alternatively, you may make a single donation for participating. The money raised by each participant will go to the FECT General Fund.
This is a national event, so you can cross into neighbouring counties and get your form signed in the usual way.

BEFORE THE DAY, PLEASE

- Complete Section A on the front of this form.
- Find your sponsors and **encourage all tax paying sponsors to contribute further by ticking the Gift Aid column.**
- Plan your route to visit as many churches/chapels as possible. See www.friendsofessexchurches.org.uk/ride-stride for a list of open churches and www.achurchnearyou.com and www.dioceseofbrentwood.net are very useful web sites.
- Create an online fundraising page at www.justgiving.com/foect, if you wish.

AT EACH CHURCH OR CHAPEL VISITED

- Get a steward (if available) to sign Section B on the front of this form.
- If the building is not open or is unmanned, record its name, the time and *'Not open'*, then continue.
- **Your visit counts even if the building is not open.**

AFTER THE EVENT

- **PLEASE SEND THIS FORM TO Ride & Stride Treasurer. FECT WILL NOT BE ABLE TO CLAIM TAX BACK ON GIFT AID CONTRIBUTIONS WITHOUT THIS SPONSORSHIP FORM.**
- Cheques should be made payable to *Friends of Essex Churches Ride & Stride*, but BACS payment is preferred, see front page for details.
- We are grateful to receive your sponsorship forms and money at any time, but the sooner the better after the event would be very helpful to us.

VARIATIONS

- Walking and other forms of transport are acceptable, including e-bikes, exercise bikes and even sailing.
- **MOTOR TRANSPORT IS BANNED** except to get participants to a starting point or to collect them later.
- If you cannot take part on the day, or between 9-5, you can choose other times, provided your sponsors agree.

ALWAYS REMEMBER: SAFETY FIRST

- **ENSURE YOUR BICYCLE IS ROADWORTHY, PARTICULARLY THE BRAKES.**
- **WEAR A SAFETY HELMET.**
- **CONCENTRATE ON SAFETY, NOT SPEED – DO NOT RACE.**
- **RIDE IN SINGLE FILE, NOT IN LARGE GROUPS.**
- **OBSERVE THE CYCLING SECTION IN THE HIGHWAY CODE.**
- **WALK WHEREVER CYCLING IS DIFFICULT OR DANGEROUS.**

PLEASE NOTE that it is a condition of participation that, save to the extent required by law, the Executive Committee of the Friends of Essex Churches Trust accept no liability in respect of death or injury sustained or caused by any participant in the Ride & Stride.

COUNTY TREASURER: Ride & Stride Treasurer
email: rideandstridetreasurer@friendsofessexchurches.org.uk
Rockhills Farm, Willingale, Essex CM5 0QG
Tel: 07988 088670

Charity Reg. No. 236033

FRIENDS OF ESSEX CHURCHES TRUST

RIDE+STRIDE

FRIENDS OF ESSEX CHURCHES TRUST

Individual Cycle Challenge

Saturday, 12th September 2026

A Please add your details here

Your title, name and address:

Postcode: **email:**

Send this form, and any cheques, as soon as possible to:

Ride & Stride Treasurer, Rockhills Farm, Willingale, Essex CM5 0QG

BACS payment preferred to:

Account name - Friends of Essex Churches Ride & Stride

Sort code 20-19-95 **Account number 20427853** **Reference YOUR SURNAME**

B List of churches and chapels you visit

Please ask the Steward to complete this section

Church/Chapel	Time	Initial	Church/Chapel	Time	Initial

To create an on-line fundraising page go to www.justgiving.com/foect

TO ALL SPONSORS

Thank you for sponsoring a rider, walker or steward, or making a donation, thereby contributing to local church funds and the work of Friends of Essex Churches Trust. If you are a taxpayer and the following declaration applies to you, please tick the Gift Aid column below so that Friends of Essex Churches Trust can claim an extra 25p for each £1 given. All Gift Aid tax reclaimed will be credited to the Friends of Essex Churches general fund for grants. **PLEASE WRITE LEGIBLY.**

GIFT AID DECLARATION

I wish Gift Aid to apply to the donation detailed below and I confirm I am a UK taxpayer. If I pay less Income Tax and/or Capital Gains Tax than the total Gift Aid claimed by charities and CASCs on all my donations (25p for each £1 given) in the current tax year (6 April to 5 April) I understand it will be my responsibility to pay the difference to the tax authority.

PLEASE PRINT TITLE, FULL NAME, HOME ADDRESS AND POSTCODE AS BELOW			Gift Aid ✓	Sponsorship per church/chapel visited	Donations or Total Given
Title & Name	Home Address	Postcode			
ANDREW WALKER	24 CYCLE WAY, LITTLE LEIGHS, CHELMSFORD	CM3 5AS	✓	50p	£10.00
				TOTAL	£