

IMPORTANT: to be completed IN BLOCK CAPITALS

Participant's Name: Title	Forename	Surname
Full Address (please include postcode):		
Email address:		
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 RS3)

Church	Initials	Church	Initials

Ask your parish organiser if you need another sheet.



Sussex Historic Churches Trust

www.sussexhistoricchurchestrust.org.uk

Saturday 12th September 2026
9am to 5pm

Raise money for the church or chapel of your choice as well as for the Sussex Historic Churches Trust.

Thank you for taking part.

This form is for all those visiting Churches/Chapels to record their sponsorship information. Don't forget you can also create a JustGiving sponsorship page.

About the Historic Churches Trust: Founded in 1956, it gives grants for essential repairs and restoration of places of worship of architectural and historic interest throughout Sussex.

Ride & Stride: A UK-wide event raising £1.5 million annually that is shared equally between the Trust and the church or chapel nominated by each participant. In Sussex hundreds of buildings will take part.

Safety information for all participants

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.
4. Any horse riders must have their own personal insurance.

Ride & Stride Contacts

e-mail: contact@sussexhistoricchurchestrust.org.uk

telephone: **07973 162782**

website: www.sussexhistoricchurchestrust.org.uk