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

The Friends of Essex Churches Trust, founded in 1951, makes grants to historic churches and chapels of all Christian denominations towards repair and restoration costs. Last year the Friends made grants of over £194,000 to churches and chapels in Essex and East London.

HOW THE SPONSORED BIKE RIDE & WALK WORKS

Riders and walkers are invited to find sponsors who will pay an agreed sum for each church/chapel visited on Saturday 12th September, 2009 between 10am and 6pm (or such other times as they wish). The money raised by each participant will be shared equally between FECT and the church/chapel nominated by the participant. This year over 30 counties are holding sponsored rides on the same day, so you can cross into neighbouring counties and get your form signed in the same way.

RIDERS and WALKERS – THANK YOU FOR AGREEING TO RIDE OR WALK

BEFORE THE DAY, PLEASE

- Complete Section A on the front of this form.
- Tell your Local Organiser you are taking part.
- Find your sponsors and **encourage all tax paying sponsors to contribute further by ticking the Gift Aid column.** For those of you wishing to handle sponsorship on-line, please go to www.justgiving.com/foect
- Plan your route, making use of the list of *Churches and Chapels in Essex and East London,* obtainable from your Local Organiser.

ALWAYS REMEMBER : SAFETY FIRST

- ENSURE YOUR BICYCLE IS ROADWORTHY, PARTICULARLY THE BRAKES.
- WEAR THE OFFICIAL BIKE RIDE STICKER AND 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.

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 RIDE & WALK

- **YOU MUST HAND IN THIS FORM TO YOUR LOCAL ORGANISER. 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 Trust.*
- We are grateful to receive your sponsorship forms and money at any time, but it would be very helpful to us if they could be handed to your Local Organiser as soon as possible.

VARIATIONS

- Walking and other forms of unmotorised transport are acceptable, including exercise bikes and even sailing.
- **MOTOR TRANSPORT IS BANNED** except to get participants to a starting point or to collect them later. **Horse riding is not covered by the event's insurance.**
- If you cannot take part on the day, or between 10-6, you can choose other times, provided your sponsors agree.

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

COUNTY TREASURER: Mr Ray Clements,
8 Duffield Road, Great Baddow, Chelmsford
CM2 9RY. Tel: (01245) 601298

www.foect.org.uk

Charity Reg. No. 236033

Sponsorship Form

Saturday 12th September, 2009

REMEMBER SAFETY FIRST

A Please complete before you start

Your name and address:

Name and address of Local Organiser, to whom this form and all money should be returned as soon as possible (Cheques made payable to Friends of Essex Churches Trust)

Name and address of church/chapel to receive half of the sponsorship money you raise:

B List of churches and chapels you visit
Please ask the Steward to complete this section

Church/Chapel	Time	Initial	Church/Chapel	Time	Initial

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TO ALL SPONSORS
Thank you for sponsoring a rider, walker or steward, thereby contributing to local church funds and the work of Friends of Essex Churches Trust. Last year this event raised over **£106,000**. If you are a taxpayer, please tick the Gift Aid column below so that we can claim an extra 28p per £1 from the Inland Revenue.

GIFT AID DECLARATION FORM
The persons, who have given their names and addresses below, and who have ticked the box entitled "Gift Aid ✓ ", want Friends of Essex Churches Trust to reclaim tax on the donations detailed below. They understand that each of them must pay income tax or capital gains tax equal to the tax reclaimed by FECT on the donation. **ALL TAX RECLAIMED WILL BE CREDITED TO THE FECT FUND FOR GRANTS.**

PLEASE PRINT NAME, HOME ADDRESS & POSTCODE AS BELOW

Name	Home Address	Postcode	Gift Aid ✓	Sponsorship per Church/Chapel visited	Donations or Total Given
A. WALKER	24 CYCLE WAY, LITTLE LEIGHS, CHELMSFORD	CM3 5AS	✓	50p	£10.00