





Suffolk  
Historic Churches  
Trust

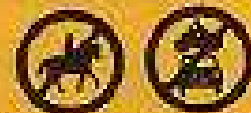


**28th**  
**SPONSORED**  
**BICYCLE RIDE**  
**12th September 2009**

9.00 am — 5.00 pm

**SPONSOR FORM FOR CYCLISTS and WALKERS**

Raise money for your own church or chapel and for  
the Suffolk Historic Churches Trust  
(proceeds divided equally with the Trust paying the expenses)  
by cycling or walking - choosing your own route - to as many  
churches and chapels as you wish



No Horses, Ponies or Motor Vehicles

A non-denominational Trust helping to preserve Suffolk's historic churches and  
chapels - please give us your support

Registered Charity no. 267047

**SUPPORTED BY THE ROYAL BANK OF SCOTLAND**

## ABOUT THE SUFFOLK HISTORIC CHURCHES TRUST

The Suffolk Historic Churches Trust was founded in 1974, and makes grants to historic churches and chapels of all denominations towards repair and restoration costs. Since its inception the Trust has raised money to make grants to more than 450 different churches and chapels totalling over £3 million.

## THE 26th SPONSORED BICYCLE RIDE

Cyclists of all denominations are again invited to seek sponsors who will undertake to pay an agreed sum of money for each place of worship visited by the cyclist on Saturday 12th September (9.00 am - 5.00 pm). The money raised by each participant is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the cyclist. About 730 places of worship in Suffolk will be open. This year at least 33 counties, including those adjoining Suffolk, are organising sponsored bicycle rides on the same day, and places of worship in any of these counties can be visited by cyclists wishing to cross county borders. Non-cyclists are welcome to walk between places of worship if they wish.

## INFORMATION FOR SPONSORS

Thank you for agreeing to sponsor a cyclist or walker in the Sponsored Bicycle Ride on September 12th, 2009. The money you pay to the cyclist will be divided equally between the Suffolk Historic Churches Trust and the Christian place of worship chosen by the cyclist. Proceeds from Suffolk Sponsored Bicycle Rides have been:

1982: £ 60,000	1983: £ 72,000	1984: £ 76,000	1985: £ 79,000	1988: £ 90,000
1987: £ 91,000	1988: £107,000	1989: £109,000	1990: £115,000	1991: £130,000
1992: £126,000	1993: £126,000	1994: £126,000	1996: £123,000	1998: £132,000
1997: £136,000	1998: £127,000	1999: £140,000	2000: £146,000	2001: £145,000
2002: £147,000	2003: £151,894	2004: £154,978	2005: £155,639	2006: £178,631
2007: £169,990	2008: £173,146			

## RULES FOR GIFT AID

If any sponsor would like his or her contribution to be treated as a Gift Aid donation, SHCT will be able to reclaim an additional 28 pence for every £1 donated. So that SHCT can reclaim the 28 pence tax, the sponsors full details must be completed and the sponsor must date and sign in the column headed Gift Aid. All sponsors who gift aid must pay an amount of UK income tax or capital gains tax during this financial year at least equal to the tax reclaimed. Tax reclaimed will be retained by the SHCT to be distributed by the Trusts Grants Committee.

Please encourage all sponsors who are taxpayers to contribute by way of Gift Aid.

## INSTRUCTIONS TO CYCLISTS

Please complete the back of this form before starting the Sponsored Bicycle Ride. If you are not starting from your own place of worship, please make sure that your local organiser knows that you are taking part. After the ride, please collect your sponsorship money and hand it to your local organiser by **13th October 2009**. Cheques should be made payable to the Suffolk Historic Churches Trust. Lists of places of worship open are available from your local organiser. Cyclists and their bicycles may be taken by car to their first church, chapel etc., and picked up again at their last.

## ALWAYS REMEMBER — SAFETY FIRST

Suffolk Police advise:-

1. READ AND FOLLOW THE BICYCLING SECTION OF THE HIGHWAY CODE.
2. ENSURE YOUR BIKE IS ROADWORTHY BY CHECKING EVERYTHING AND PARTICULARLY THE BRAKES.
3. RIDE WITH CARE AND CONSIDERATION AT ALL TIMES REMEMBERING PARTICULARLY AT JUNCTIONS IT MIGHT BE SAFER TO DISMOUNT AND WALK YOUR BIKE ACROSS THE ROAD.
4. RIDE IN SINGLE FILE AND NOT IN LARGE GROUPS AND USE HIGH VISIBILITY CLOTHING.
5. PARENTS MUST REMEMBER THAT THEY ARE RESPONSIBLE FOR THE SAFETY OF CHILDREN IN THEIR CHARGE.
6. ROUTES SHOULD BE PLANNED SO THAT STAMINA IS NOT OVERREACHED AND SAFETY JEOPARDIZED.

For cycling information visit [www.suffolkcc.gov.uk](http://www.suffolkcc.gov.uk) get cycling in Suffolk.

There is also a free cycling leaflet from tourist info or libraries.





