

RIDE and STRIDE: 12th September 2026: 9.00am - 5.00pm

In aid of The Suffolk Historic Churches Trust

There are 4 ways that you can get involved in this important annual event:

1. Ask your friends to sponsor you, as you ride or stride to as many churches as you can manage.

There are special sponsorship forms in every church for you.

2. Agree to 'sit' in church for an hour to sign-in those who are going from church to church. You can collect sponsorship for your 'sitting'. Speak to your church organiser:

BUCKLESHAM
FALKENHAM

HEMLEY
KIRTON

LEVINGTON
NACTON

NEWBOURNE
WALDRINGFIELD

Ms. E. Fern
Mrs J. Shaw

Mrs M. Walker
Mrs A. Clarke

Mrs M. A. Angus
Mrs J. Liggett

Mr & Mrs S. Pattinson
Mrs M. Parkinson

e.fern@hotmail.com
jolshaw@icloud.com

meg.walker1@hotmail.co.uk
clarkeanne@sky.com

maa@angi.me.uk
liggett1@yahoo.co.uk
ericapattinson@hotmail.com
maparko@btinternet.com

3. Join 'Pedal and Drive Car Rally' with your classic car. Details at: shct.org.uk/ride and stride

4. Sponsor the 'Riders', 'Striders' and 'Sitters'. We have 'Royalty' riding for us this year and they are going to all the churches in our Benefice. You can sponsor them by giving to your individual church's Bike Ride fund. (Just donate to your church, quoting 'Royalty') Half the money goes to the Suffolk Historic Churches Trust (SHCT) and half to your church.