

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. We have special sponsorship forms in every church for you and can also supply useful route maps.
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'.
3. Join **'Pedal and Drive Car Rally'** with your classic car. Details at: [shct.org.uk/ride and stride](http://shct.org.uk/ride-and-stride)
4. **Sponsor** the 'Riders', 'Striders' and 'Sitters'. We have 'Royalty' riding for us this year and I have the Sponsorship Form for them, so you could sponsor them.

(Half the money goes to SHCT and half to The Friends of St Peter's, Levington)

Please contact: Ian Angus (01473 659249 or iha@angi.me.uk)