



# BIKE RIDE AND WALK

9th September 2017

9am – 5pm

## Sponsor/Donation Form

Raise money for your own Church and for The Norfolk Churches Trust, through this form or Just Giving at [www.justgiving.com/norfolkchurchestrust](http://www.justgiving.com/norfolkchurchestrust)

Choose your own route, visit as many Churches and Chapels as you wish, by bicycle, horse, car or on foot. For inspiration go to [www.norfolkchurchestrust.org.uk/sponsored-bike-ride](http://www.norfolkchurchestrust.org.uk/sponsored-bike-ride):

- Enter the photographic competition
- Plan your route
- Compete for the Prince of Wales's certificate or to join the Wall of Fame
- Download children's activity sheets

Norfolk Churches Trust Bike Ride and Walk  
12 Hillside Close, Thorpe St Andrew, Norwich NR7 0QJ

*Norfolk Churches Trust Registered Charity No. 271176*

Supported by the **Eastern Daily Press**

Sponsored by



## INFORMATION FOR PARTICIPANTS

### ABOUT THE NORFOLK CHURCHES TRUST

The Norfolk Churches Trust was founded in 1976, and makes grants to 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 600 different Churches and Chapels totalling over £6 million.

### HOW THE SPONSORED BIKE RIDE & WALK WILL WORK

Participants are invited to seek sponsors who will pay an agreed sum of money for each place of worship visited. Alternatively, a single donation would enable you to take part.

The money raised by each participant is shared between the Norfolk Churches Trust and the place of worship nominated by the cyclist. About 600 places of worship in Norfolk will be open (including some interesting ruined churches). This year at least 32 counties, including those adjoining Norfolk, 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, ride or drive between places of worship if they wish.

### INFORMATION FOR SPONSORS

Thank you for agreeing to sponsor a cyclist or walker in the Sponsored Bike Ride and Walk on 9th September, 2017. The money you pay to the participants will be divided between the Norfolk Churches Trust and the Christian place of worship chosen by the participants. Proceeds from the Norfolk Bike Ride last year were more than **£100,000**.

### JustGiving

This is an easy-to-use online method of sponsorship letting friends and family know that you are taking part in the Bike Ride and Walk. They will be able to sponsor you and pay The Norfolk Churches Trust directly. Please make it clear which place of worship you would like to benefit. Go to [www.justgiving.com/norfolkchurchestrust](http://www.justgiving.com/norfolkchurchestrust).

### GIFT AID

If any sponsor would like his/her contribution to be treated as a Gift Aid donation, the Norfolk Churches Trust will be able to reclaim an additional 25 pence for every £1 he/she gives. The only qualification is that he/she must be a UK tax payer. Please encourage all eligible sponsors to date and tick the column headed "Gift Aid" so that we can claim this tax benefit and enhance your sponsorship, and also ensure first name, surname, full address and postcode is included. **This information must be clear and legible.**

### INSTRUCTIONS TO PARTICIPANTS

Please complete the back of this form before starting. After the ride, please collect your sponsorship money as soon as possible and hand it to your local organiser or send it to The Norfolk Churches Trust (to whom cheques should be made payable). Lists of places of worship open are available online.

### SAFETY

1. READ and FOLLOW the bicycling section of the HIGHWAY CODE.
2. Ensure your BICYCLE IS ROADWORTHY and check 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 and wear helmets.
5. Parents are responsible for the safety of children in their charge.
6. For more on safety, go to:  
[www.norfolkchurchestrust.org.uk/sponsorship-bike-ride](http://www.norfolkchurchestrust.org.uk/sponsorship-bike-ride).

# Sponsorship/Donation and Gift Aid Declaration Form

*giftaid it*

Please sponsor me (name) \_\_\_\_\_

To take part in the Sponsored Bike Ride and Walk in aid of The Norfolk Churches Trust

If I have ticked the box headed 'Gift Aid? ✓', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember: Full name + Home address + Postcode + Tick the Gift Aid box ✓ *giftaid it*

Full Name First name and surname	Home address (please include postcode if you are Gift Aiding your donation)	Postcode	Amount per Church £	Total Amount £	Gift Aid? ✓	Date paid
<b>As an alternative to sponsorship, please make a donation</b>				£		
<b>How did you hear about the Bike Ride and Walk?</b>			<b>Total donation received</b>		£	
			<b>Total Gift Aid donation</b>		£	



The NORFOLK CHURCHES TRUST

**Organisers of the Sponsored Bike Ride and Walk in Norfolk**

County Co-ordinator Charles Inglis charles.inglis@holefarm.co.uk  
 Treasurer Rachael Dawson membership@norfolkchurchestrust.org.uk

**Area Co-ordinators 2017**

Blofield	Mr John Ley	01603 270158
Great Yarmouth	Mrs Linda Wallace	01692 670168
Ingworth	Thea Charmley	01603 278258
Norwich (North)	Norfolk Churches Trust	01379 677272
Norwich (South)	Jenny Holcombe	01603 452429
Norwich (East)	Bridgid Everitt	01603 621020
Repps	Camilla MacAdam	01263 513559
Sparham	Gill Page	01362 688379
St. Benets (Tunstead)	Mr Chris Sherman	01692 402802
St. Benets (Waxham)	Eiler Mellerup	01692 651393
Depwade	Mrs Linda Taylor	01508 471175
Dereham in Mitford	Janet Guy	01603 880853
Humbleyard	Mr Hugh Redington	01603 811136
Loddon	Mr Brian Webb	01508 528996
Redenhall	Mrs Jennifer Vere	01379 687679
Thetford & Rockland	Norfolk Churches Trust	01379 677272
Breckland	Mrs Carole Haggett	01953 483526
Burnham & Walsingham	Mr Dean Ellis	
Heacham & Rising	Norfolk Churches Trust	01379 677272
Holt	Mrs Rose Carver	01263 577306
Lynn	Mrs Heather Bolt	01553 773819
Feltwell	Elaine Taylor	07770 896607
Fincham	Mrs Sheila Smith	01366 858165
Lynn Marshland	Elaine Taylor	07770 896607
Litcham (area 19)	Mr J. Birkbeck	01328 701389

**It is a condition of entry, save to the extent required by law, that the Trustees of the Norfolk Churches Trust accept no liability in respect of death or injury sustained by any participant in the Sponsored Bike Ride and Walk.**

**Other Counties will have their Ride on the same day.**

If you wish to cross into Suffolk you will not need a different sponsor form but you might like to obtain the appropriate 'Churches Open' list by contacting:  
 the Norfolk Churches Trust office – 01379 677272

Bedfordshire, Berkshire, Buckinghamshire, Cambridgeshire, Cheshire, Cornwall, Derbyshire, Devon, Dorset, Essex, Hampshire, Hereford, Hertfordshire, Gloucestershire, Kent, Leicestershire, Lincolnshire, Northampton, Nottinghamshire, Oxfordshire, Rutland, Staffordshire, Shropshire, Suffolk, Sussex, Warwickshire, Wiltshire, Worcestershire, Yorkshire.

**IMPORTANT: Please complete before you start the Sponsored Bike Ride and Walk on the 9th September 2017**

NAME:		Tel:
ADDRESS:		
		Mode of transport:
Email:		
Name & Address of Church or Chapel you wish to receive the share of your sponsorship money:		
Name/Address of Local Organiser to whom this form and all money should be returned by 01.11.17 (or please send cheques to be made payable to The Norfolk Churches Trust).		

**PLACES OF WORSHIP VISITED**

*To be completed by an official at each Place of Worship visited*

CHURCH/CHAPEL	Time	Initials	CHURCH/CHAPEL	Time	Initials
TOTAL NUMBER OF CHURCHES/CHAPELS VISITED					