

**Ride and Stride**  
**Saturday 9<sup>th</sup> September 2023**

**ADVICE FOR PARTICIPANTS**

We are delighted that you are going out to visit our wonderful churches and hopefully have lots of sponsors. The 2023 Open Churches list shows all the churches in Northamptonshire taking part this year but, like last year, there may be some last-minute changes.

Churches may not be open but you will hopefully find a register in the porch. If no register, or the church is not taking part, maybe take a photo for your sponsors. Many churches are planning to welcome people, provide refreshments, and have a toilet available, but some may have to be closed at short notice. The churches are listed in Deaneries but remember there may be churches very near each other in different Deaneries. And, of course, you can also cross into other counties. See list below.

**Before the day**, obtain **sponsorship** from family and friends. **A signature is not required for Gift Aid**. Encourage them, if they are taxpayers, to let you fill in the **Gift Aid** section (name, home address, postcode, tick box and date) as this allows us to claim from the Government's Gift Aid scheme and costs the sponsor nothing. Please complete the section on the front with your details (required for sponsors' Gift Aid).

***Take care!** Please cycle responsibly and carefully especially if cycling in a group. We strongly recommend you study all the relevant sections of the Highway Code. Make sure that your bike is roadworthy. Wear helmet and hi vis clothing. Walkers - take care on country roads.*

Some of the churches you visit may not be open, however at each one you visit, please, if there is a helper, ask them to fill in or initial your entry on the back of your form. If the building is closed or no one is about, complete the back of the form yourself.

**After the event**, collect your sponsorship money and hand it, with the sponsorship form, to your Local Organiser. The money collected will be divided equally between the Northamptonshire Historic Churches Trust and the church or chapel of your choice. **Cheques payable to NHCT please.**

**INSURANCE LIABILITY**

*The trustees of the Northamptonshire Historic Churches Trust accept no liability in respect of personal injury or damage sustained by any person in relation to the Ride and Stride, save where this is caused by the negligence of the trustees. Any horse riders taking part must have public liability insurance. If a participant wishes to have personal insurance, he/she must make their own arrangements.*

**ADJACENT COUNTIES**

Information about Ride and Stride can be obtained from the following websites

Bucks: [www.bucks-historic-churches.org](http://www.bucks-historic-churches.org)

Cambridgeshire: [www.camhct.uk](http://www.camhct.uk)

Bedfordshire & Hertfordshire: [www.b-n-h.co.uk](http://www.b-n-h.co.uk)

Leicestershire: [www.lhct.org.uk](http://www.lhct.org.uk)

Lincolnshire: [www.lincolnshirechurchestrust.org.uk](http://www.lincolnshirechurchestrust.org.uk) Only have info on 2022 at the moment (9<sup>th</sup> July 2023)

Oxfordshire: [www.ohct.org.uk](http://www.ohct.org.uk)

Rutland: [www.rhcpt.co.uk](http://www.rhcpt.co.uk)

Warwickshire: [www.warwickshirechurches.org.uk](http://www.warwickshirechurches.org.uk) Only mentions 2021

**Copies available on website [www.nhct.org.uk](http://www.nhct.org.uk)**