

# RIDE + STRIDES

## 2015 Results

**£74,364 raised**

**Friends of Essex Churches Trust  
Supporting churches in Essex and East London**

**2016  
Ride  
& Stride  
Saturday  
10th  
September**

"It was a perfect autumn day, warm and sunny" for the 2015 Ride & Stride, despite some rain showers during the day and, even if some churches reported that visitor numbers were disappointingly low, there is no doubt that "a nicer group of people you could not wish to meet". This year "every little helps" really does seem to have made a difference because overall, at the time of going to print, we had raised **£74,364**, which is up on last year. So thank you for all your efforts.

### Some rides and strides

Congratulations to Richard from St Nicholas, Rawreth who visited 15 churches and two chapels of ease and covered 47.7 miles in 5 hours and 50 minutes, recording his journey with times, distance and photos at each church. I will try and upload this record to our website for further Ride & Stride suggested routes. Congratulations also to the server from St James the Less, Hadleigh who cycled from Canvey Island, via Chelmsford Cathedral, to St Peter on the Wall at Bradwell and back, just over 100 miles; and to Alex Watts who found nearly 70 churches to visit on his route from St James, Brightlingsea to St James, Little Clacton via Colchester. I would also like to mention Christine from St Mary's Wix who had the aim of doing a wheelchair tour with her mother of 13 churches in Braintree but was curtailed by the rain. We wish her better luck next year.

### Comments

Every year a number of you write comments on the back of your Remittance Forms. Thank you for your feedback and suggestions. In answer to some of your comments:

#### **Could the sponsorship form be redesigned so that there is more room to write churches visited and the time?**

We are delighted that some of you visit so many churches during the day that you find it difficult to find space on your sponsorship form to record all your visits. We have struggled to fit everything on the form over the years and would prefer to keep it the size it is currently. So can we suggest that those who need more room, take two or more forms with them.

#### **Could the sheet of Churches and Chapels in Essex and East London be distributed?**

We stopped printing the sheet of Churches and Chapels a few years ago to save costs and because it is unlikely that anyone needs a list of all the churches and chapels in the county.

Instead, the list is available on our website [www.foect.org.uk](http://www.foect.org.uk) and can be printed out by area. If anyone has trouble accessing or printing out this list, please get in contact.

#### **Can the event be moved an hour earlier, i.e. 9am to 5pm? Suffolk do this. People are reluctant to man their church (often on their own) until 6pm and it can be quite dark for cycling back on an overcast evening in September.**

Yes, we will indeed move the event an hour earlier and we hope this helps in your efforts to find people to act as stewards and welcome participants to your church.

### New organiser

Finally, after 8 years in the role of County Organiser for the Essex and East London Ride & Stride, I am standing down and handing the reins over to John Pickthorn, who details are given below. John spent his career working for banks in the City of London. He comes from Woodbridge in Suffolk, but has lived with his wife Sarah in Saffron Walden since 2012. An enthusiast of the rich variety of East Anglian churches, he is keen that we should preserve our rich cultural heritage. It has been a pleasure to have been involved in this historic and very worthwhile event and my thanks go to all the Area Organisers and especially our Treasurer, Ray Clements and his wife Beryl. I wish John all the best in his efforts to encourage and improve participation in the event throughout Essex and East London.

Thank you for all your support.

Best wishes.  
Fiona Nelmes



County Organiser  
John Pickthorn  
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[jepickthorn@gmail.com](mailto:jepickthorn@gmail.com)

**For photos of the 2015 Ride & Stride visit <https://www.facebook.com/foect>**

<b>BARKING</b>		£
Becontree West	St Thomas	425.00
Barkingside	St Cedd	185.00
		<b>610.00</b>

## 2016 Ride & Stride

### Saturday 10th September

<b>EPPING FOREST</b>		£
Coopersale	St Albans	97.00
Epping	St John	275.00
Stapleford Abbots	St Mary	245.00
Stapleford Tawney	St Mary	315.00
Stondon Massey	SS Peter/Paul	127.00
The Lavers and Matching		863.00
Theydon Garnon	All Saints	310.00
Willingale	St Christopher	170.00
		<b>2,402.00</b>

#### Stondon Massey, St Peter & St Paul

Disappointing in that we saw few people in the area participating. But an achievement in that not having been on our bikes since the ride in 2013, we managed 11 churches and nearly 17 miles (not bad for two OAPs).

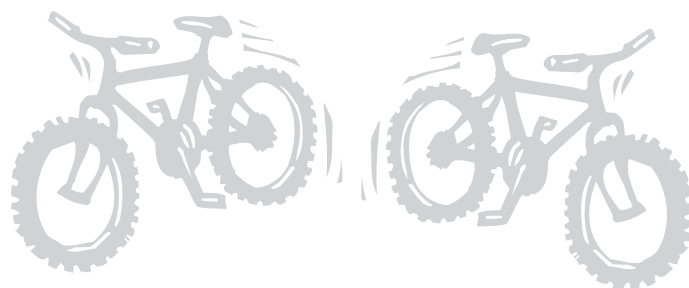
#### Norton Mandeville, All Saints

We are a very small rural and remote church set in a farmyard, so only get a few visitors each year. However, we are proud to report that the church was open and manned all day by members of the friends of All Saints.

<b>HARLOW</b>		£
Harlow	Assumption of our Lady	674.00
Harlow	Baptist	36.00
Harlow	St Mary-at-Latton	50.00
Hatfield Broad Oak	Our Lady of Lourds	337.00
Hatfield Heath	Holy Trinity	120.00
Hatfield Heath	URC	200.00
Little Hallingbury	St Mary Virgin	10.00
		<b>1,427.00</b>

#### Harlow, Assumption of our Lady

It was a perfect autumn day, warm and sunny, so it was sad that no cyclists visited our church. As so often happens, most churches in Harlow were closed, but those few that were open were welcoming.



<b>HAVERING</b>		£
North Ockendon	St Mary Magdalene	255.00
Romford	Trinity Methodist	30.00
Upminster	St Laurence	1,006.00
		<b>1,291.00</b>

#### Upminster, St Laurence

Six walkers visited 25 churches in Hadleigh, Leigh on Sea and Westcliff and an excellent day was enjoyed, a variety of churches visited and many of the churches were open and most welcoming.

<b>NEWHAM</b>		£
Plaistow	Divine Compassion	263.00
		<b>263.00</b>

<b>REDBRIDGE</b>		£
Goodmayes	St Pauls	158.00
Great Ilford	St Mary	225.00
Ilford	St Margaret	105.00
		<b>488.00</b>



<b>WALTHAM FOREST</b>		£
Leytonstone	St John Baptist	429.50
Leytonstone	St Margarets	392.00
		<b>821.50</b>

#### Leytonstone, St John the Baptist

Our veteran rider was on holiday on the Isle of Wight for the Ride & Stride this year – so borrowed a bike and toured churches all over the north of the island. Before he started, he hadn't realised quite how hilly the route was, or quite what an uncomfortable saddle the borrowed bike had! This year our vicar and a mum from our congregation took a group of their children for a cycle round local churches. They were sponsored as a group and raised £84.



BRENTWOOD		£
Bentley Common	St Paul	265.00
Brentwood	St George the Martyr	190.00
Brentwood	St Thomas	1,590.00
Buttsbury	St Mary	200.00
Fryerning	St Mary	745.00
Great Warley	St Mary	285.00
Hutton	All Saints/St Peter	605.00
Ingatestone	St Edmund/St Mary	654.00
Ingatestone	SS John/Erconwald	947.00
Kelvedon Hatch	St Nicholas	1,172.00
Little Warley	St Peter	35.00
Shenfield	St Mary Virgin	515.00
South Weald	St Peter	40.00
		<b>7,243.00</b>

BASILDON		£
Billericay	St John Outwood/C	140.00
Bowers Gifford	St Margaret	100.00
		<b>240.00</b>

CHELMSFORD NORTH		£
Broomfield	SS Mary/Leonard	255.00
Chelmsford	All Saint/Ascension	340.72
Chelmsford	Cathedral	1,011.50
Chelmsford	St Andrew	228.00
Chelmsford	Trinity Methodist	145.00
Great Leighs	St Mary	10.00
Great Waltham	SS Mary/Lawrence	155.00
Little Leighs	St John	500.00
Roxwell	St Michael	145.00
Springfield	All Saints	60.00
Writtle	All Saints	1,086.50
		<b>3,936.72</b>

CHELMSFORD SOUTH		£
Boreham	St Andrew	350.00
Danbury	St John Baptist	304.00
Great Baddow	St Mary	1,444.00
Little Baddow	St Mary Virgin	416.00
Little Baddow	URC	120.00
Moulsham	St John Baptist	205.00
Ramsden Bellhouse	St Mary	289.00
Sandon	St Andrew	603.00
South Hanningfield	St Peter	118.00
Stock	Our Lady/St Joseph	50.00
Widford	St Mary/Holy Spirit	60.00
Woodham Ferrers	Congregational	102.00
		<b>4,061.00</b>

**Buttsbury, St Mary**  
We again had a good number of visitors to our little church and provided them with drinks and biscuits and the usual breakfast muffins (made by our treasurer's wife).



**RIDE + STRIDE**

**Little Leighs, St John**  
We enjoyed a ploughman's lunch at the beautiful flower festival at Little Waltham. At Great Waltham the W.I. was celebrating its centenary: magnificent flower arrangements there too and a real bonus, some mums from Felsted Prep School playing in a steel band.

**2016 Ride & Stride**  
**Saturday 10th September**

**Chelmsford, St Andrew**  
Once again I was disappointed in the small number of cyclists who visited St Andrews. But this time we had some new faces, so this is encouraging. Only one cyclist from our church and he managed to get a puncture halfway round his planned journey.

**Danbury, St John the Baptist**  
It was lovely to find coffee mornings at so many churches. Cheese scones at Hatfield Peverel Methodist Church, cakes, scones and Tiptree jam at St Nicholas, Witham, where I signed in with 6 men who greatly appreciated the refreshments, which definitely increased the pedal power!

**Little Baddow, URC**  
The dog enjoyed the ride in the basket on the bicycle!

**Boreham, St Andrew**  
Although our number of visitors was up on last year, it was still considerably down from some past years. One of the riders had brought their small dog with them, safely fixed in a basket and surveying all around the area as it patiently waited for his mistress to sign the visitor's sheet! Everyone who came was very pleased to have the warm welcome that was given to them with juice and biscuits.

**Widford, St Mary**  
We held a cream tea at St Mary on the afternoon of Ride & Stride day. It was a popular and friendly occasion.



# RIDE + STRIDES

MALDON & DENGIE		£
Althorne	St Andrews	250.00
Heybridge Basin	St George	54.00
Maldon	Methodist	311.50
Maldon/Mundon	St Mary	205.00
Maldon	URC	145.00
Mayland	St Barnabas	218.00
Purleigh	All Saints	269.50
Southminster	St Leonards	110.00
Steeple	St Laurence/All Saints	444.75
Tillingham	St Nicholas	249.00
Woodham Mortimer	St Margaret	260.00
Woodham Walter	St Michael	212.00
		<b>2,728.75</b>

## Althorne, St Andrew

We were so pleased to have 11 cyclists this year and hope we are entering an upward trend in participation. As usual we were open all day for tea, cake and books and had quite a few visitors for that and always good to talk. Keep up the good work. It's a great organisation and much needed.

## Tillingham, St Nicholas

The weather was just right for a long ride of 23 miles. We had a warm welcome at Burnham Baptist Church, Southminster St Leonards, with parish lunch available, Burnham St Mary's had an art exhibition and St Andrews Althorne had a book sale and lunch available, and refreshments at Mayland. A very enjoyable day.

## Southminster, St Leonards

On the day of Ride & Stride we held a fine arts and crafts exhibition with the whole nave filled with fine pictures and many examples of beautiful craft work. As well as many outside and local visitors, we were able to give Ride & Stride attendees fine food, comfort and a great exhibition with no charge for entry.

## Maldon, URC

Maldon URC was open to receive and provide refreshments throughout the day. A total of 22 travellers signed in, most of these came from within 8 miles of Maldon. It was a joy to meet so many enthusiastic folk, adults and some youths.

## 2016 Ride & Stride Saturday 10th September

HADLEIGH		£
Eastwood	St Laurence/All Saints	357.00
Hadleigh	St James the Less	417.10
Leigh-on-Sea	St Clements	90.00
Leigh-on-Sea	St James the Great	375.00
South Benfleet	St Mary	350.00
		<b>1,589.10</b>

## Hadleigh, St James the Less

The parish church of St James the Less gave us a very warm welcome. Here we also met other Ride & Striders and there was time to enjoy the art display, the refreshments, home-made cake and jams etc. This is a very fine old church in an old churchyard. I noticed medieval wall painting and other significant fabric features, four original windows and a weather-boarded belfry of the 15th century. This church has had financial support from the Friends and it was good to see that they were well organised with a welcoming team for the Ride & Stride visitors.

SOUTHEND		£
Thorpe Bay	St Augustine	300.00
Westcliff-on-Sea	Bridgewater Drive Church	100.00
Westcliff-on-Sea	St Alban	101.00
		<b>501.00</b>

THURROCK		£
Aveley	SS Michael/Stephen	449.00
Bulphan	St Mary Virgin	85.35
Corringham	SS Mary/John	274.00
Horndon on the Hill	SS Peter/Paul	209.00
Little Thurrock	St Mary	110.00
North Stifford	St Mary	170.41
		<b>1,297.76</b>



## Little Thurrock, St Mary

As usual, and to our disappointment, we had no visitors. But it was a lovely day and we enjoyed our walk.

ROCHFORD		£
Ashington	St Andrew	870.00
Barling Magna/ Lt Waker	All Saints/St Mary	392.00
Battlesbridge	Free Church	145.00
Canewdon	St Nicholas	55.00
Great Wakering	St Nicholas	190.00
Paglesham	St Peters	150.00
Rawreth	St Nicholas	227.50
Rayleigh	Christchurch URC	225.00
Rettendon	All Saints	741.00
Stambridge	St Mary/All Saints	135.00
		<b>3,130.50</b>

#### Paglesham, St Peter

The Friends have been very good to our little parish (population of 250 approx). You helped us with our tower restoration in 2012, so I like to help out by doing my bit. I've beaten my past record with 15 sponsors and raising £150.



WITHAM		£
East Mersea	St Edmunds	570.00
Feering	All Saints	200.00
Great Totham	St Peter	351.50
Great Wigborough	St Stephen	170.00
Hatfield Peverel	St Andrew	355.00
Kelvedon	St Mary Virgin	628.00
Kelvedon	URC	313.00
Layer Breton	St Mary	10.00
Little Totham	All Saints	100.00
Messing	All Saints	20.00
Peldon	St Mary	200.00
Rowhedge (East Donyland)	St Lawrence	230.00
Tiptree	URC	163.00
Tollesbury	St Mary	60.00
Witham	Holy Family/All Saints	640.00
Witham	URC	547.00
		<b>4,557.50</b>

#### East Mersea, St Edmund

Two stalwarts set off from East Mersea in a heavy shower. Not to be deterred, the two (both in their 70's) pedalled off the island and visited 23 churches as far away as Marks Tey who laid on excellent hospitality. Their final call was for a welcome pint in the Dog & Pheasant and a well earned rest.



# RIDE + STRIDES



# 2016

## Saturday 10th September

HINCKFORD		£
Alphamstone	St Barnabas	395.00
Belchamp St Otten	All Saints/St Ethelbert	360.00
Belchamp St Paul	St Andrews	115.00
Belchamp Walter	St Mary	50.00
Bulmer	St Andrew	162.00
Castle Hedingham	St Nicholas	50.00
Colne Engaine	St Andrew	272.00
Earls Colne	St Andrew	200.00
Foxearth	SS Peter/Paul	25.00
Gestingthorpe	St Mary	90.00
Great Maplestead	St Giles	218.00
Halstead	URC	109.00
Little Maplestead	St John	110.00
Middleton	All Saints	55.00
Pebmarsh	St John the Baptist	60.00
Ridgewell	St Lawrence	60.00
Sible Hedingham	Baptist	120.00
Steeple Bumpstead	St Mary	250.00
Twinstead	St John Evangelist	100.00
White Colne	St Andrew	50.00
Wickham St Paul	All Saints	108.00
		<b>2,959.00</b>

#### Alphamstone, St Barnabas

A disappointingly small number of visitors, but a nicer group of people you could not wish to meet.

#### Belchamp St Otten, St Ethelbert

I thoroughly enjoyed my day, the weather was perfect. I cycled from 9.00 until 6.45, covering 25 miles, 35 churches, met some very welcoming people in the churches, ate rather a lot of biscuits – what a splendid day!

#### Borley, Parish Church

Sadly, no Riders or Striders but we manned the church all day and provided hot and cold drinks and biscuits and had more people visiting this year than in 2014.

#### Bulmer, St Andrew

This is the smallest number of visitors I can remember. It was a bit windy. There do seem to be a lot of other charity bike rides around here in Essex and over the border in Suffolk.

#### Castle Hedingham, St Nicholas

Very pleasant ride on my son's (electric) bike along the country lanes in the late summer sunshine to some of the outlying parishes in North Essex, the Belchamps (where I'm told they still have lions and tigers), lonely, lovely little Ovingham, sadly locked, and then to Tilbury Juxta Clare. Pedal assist let the battery last 18 miles, and all the open churches provided a warm welcome, plus cheese rolls and coffee – all really enjoyable.

#### Gestingthorpe, St Mary the Virgin

Sadly the number of visitors to our church was well down on previous years – and no young ones. Is it time to re-think the event? It was a lovely day – such a shame more people weren't out and about.

#### Earls Colne, St Andrew

When I cycled round Halsted on the Saturday morning, of the eight churches in the town, only one was open and manned. What a contrast with Sudbury and Long Melford. Sudbury, particularly, was buzzing with Riders and Striders and each church had recorded dozens of visitors.

#### Twinstead, St John the Evangelist

Our cyclists said that they had had a great day's cycling and really enjoyed chatting to the people manning their churches. They noted that significantly fewer people were participating as can be seen by the significant reduction in visitor numbers to our church. A great shame.



**RIDE + STRIDES**



**2016**

**Saturday 10th September**

Reg. Charity No. 236033

**Why not join the Friends of Essex Churches Trust, for a small annual sum**

Contact our membership secretary:

Keith Gardner, Pink Cottage, Curtis Mill Green, Stapleford Tawney, RM4 1RT. Email: keith@thegreenwood.me.uk

BRAINTREE		£
Bocking	St Mary Magdelene	420.00
Braintree	Christchurch	329.00
Braintree	St Paul	82.00
Finchingfield	St John	100.00
Rayne	All Saints	142.00
		<b>1,073.00</b>

# 2016 Ride & Stride

## Saturday 10th September

COLCHESTER		£
Aldham	St Margarets	356.00
Colchester	SS Anne/Andrew/Matthew	365.50
Colchester	St Barnabas	200.00
Colchester	St Botolph	160.00
Colchester	St James the Less/Helen	31.50
Colchester	St Stephen	262.00
Eight Ash Green	Methodist	183.00
Great Horkesley	All Saints/St John	527.00
Langham	St Mary Virgin	163.00
Lexden	St Leonard	175.00
Little Horkesley	SS Peter/Paul	310.00
Marks Tey	St Andrew	100.00
Mount Bures	St John Baptist	290.00
Shrub End	All Saints	40.00
Stanway	St Allbrights	382.00
West Bergolt	St Mary Virgin	100.00
West Mersea	SS Peter/Paul	1,081.00
Wormingford	St Andrew	447.00
		<b>5,173.00</b>

### Colchester, St Barnabas

Sadly I could not get anyone else to take part this year. So the amount is only small but every little helps. However, after having two hip replacements in the last 15 months and accompanied by my husband, I was very pleased to take part against this year.



DUNMOW/STANSTED		£
Barnston	Mission	60.00
Barnston	St Andrew	130.00
Broxted	St Mary	492.00
Farnham	St Mary Virgin	220.00
Felsted	Holy Cross	125.00
Great Bardfield	St Mary's	329.00
Great Dunmow	St Anne Line	753.00
Great Dunmow	URC New street	270.00
Great & Little Saling	SSS James/Peter/Paul	190.00
High Easter	St Mary	80.00
Lindsell	St Mary Virgin	600.00
Stansted Mount Fitchet	St John	205.00
Stansted	St Theresa	10.00
Stansted	Quaker Meeting House	125.00
Stebbing	St Mary's	555.00
Tilty	St Mary's	461.00
		<b>4,605.00</b>

### Broxted, St Mary

This was the first time I'd ridden a bike in over 10 years and it was because the person who normally did the Ride & Stride was unable to do so, that I stepped into the breach at the last minute. A short cycle round the garden convinced me that myself and, more importantly, the bike might be capable of doing this. 16 churches, 26 miles and 5 hours later, both the bike and I successfully completed the route. No rain, glorious weather and no punctures resulted in a lovely day's cycle and it has left me wanting to go out cycling more.

### Dunmow, St Anne Line

This year we had a very successful, first ever, flower festival, the theme being celebrations. The Dunmow Broadcast attended and did a good write-up with photos and exhibits and learnt what Ride & Stride was all about.

### High Easter, St Mary

My husband and I cycled 55 miles and covered 20 churches. We had a fabulous day but noticed that less and less people took part. Although I love the event and enjoyed meeting so many people, I feel it is "old hat" and something else needs to replace it.

### Stansted Mountfichet, St Theresa

This year we encouraged parishioners to take part but the event clashed with others notably Magna Carta themed in the village. We had a BBQ in the afternoon which attracted some interest and we shall have a BBQ next year to coincide with the Ride & Stride. Hopefully we may have greater success.



HARWICH		£
Ardleigh	St Mary	135.00
Bradfield	St Lawrence	210.00
Dovercourt	All Saints	620.00
Dovercourt	Central	168.00
Elmstead Market	St Anne/Laurence	344.00
Great Bromley	St George	902.50
Harwich	St Nicholas	537.00
Harwich and Dovercourt	Our Lady Queen of Heav	250.00
Lawford	St Mary Virgin	327.00
Ramsey/Little Oakley	St Michael/All Angels	100.00
Wix	St Mary Virgin	210.00
Wrabness	All Saints	190.00
		<b>3,993.50</b>

## 2016 Ride & Stride Saturday 10th September

SAFFRON WALDEN		£
Debden	St Mary Virgin/All Saints	156.00
Duddenhoe End	Hamlet Church	218.00
Great Chesterford	All Saints	180.00
Great Sampford	St Michael	417.50
Hadstock	St Botolphs	165.00
Little Chishill	St Nicholas	50.00
Saffron Walden	St Mary	972.00
Saffron Walden	URC	215.00
Thaxted	English Martyrs	82.50
Thaxted	Parish Church	481.00
Thaxted	URC	544.00
Ugley	St Peter	200.00
WendenAmbo	St Mary	290.00
Widdington	St Mary Virgin	670.00
		<b>4,641.00</b>

ST OSYTH		£
Brightlingsea	All Saints/St James	280.00
Clacton-on-Sea	St James	214.00
Clacton-on-Sea	St Paul	317.00
Frinton-on-Sea	St Mary	1,650.00
Great Holland	All Saints	25.00
Holland-on-Sea	St Bartholomew	330.50
Little Clacton	St James	610.00
St Osyth	St Peter/Paul	510.00
Walton-on-the-Naze	Parish/All Saints	360.00
		<b>4,296.50</b>

### Wix, St Mary

This year I tried something a little different, mostly because I thought my Mum would enjoy a wheelchair tour of the churches in her area. In order to achieve this I had to make an early start and so Polly the dog and I set off at a cracking pace, walked about 6 miles and visited 8 churches in the Colchester area. Then home to jump on my bike and cover a few miles to include 5 more churches. Finally off to Mum in Braintree, by which time it was raining cats and dogs and, although Mum is a hardy soul, we only managed 2 churches. Mum had anticipated 13 churches so was a bit disappointed with the outcome but she still enjoyed her adventure and clearly I must make amends next year.

### Ramsey, St Michael

We did a Ride & Stride & Drive this year as our old limbs ache a bit after 20 miles, and we were determined to visit Lanford, Mistley, Bradfield and our favourite Wrabness. What a welcome, what a feast (even sandwiches of various fillings) and a true Christian message from their helpers and encouragement to keep cycling as long as we can. We were given sponsorship money without having to ask and when we see how it is used at Little Bromley church, we are both pleased to help them as much as possible.

### Dovercourt, All Saints

It was that time of year again: autumn, back to school and the Ride & Stride. Our grateful thanks go to all the people who manned the check-ins and refreshments at All Saints and the twenty one other places of worship we visited.

### Thaxted, St John the Baptist

The sponsored steward was accompanied throughout the day by various people. Tea and coffee was on the go all day and we were able to do a few odd jobs around the church.

### Saffron Walden, St Mary the Virgin

I cycled from St Peter on the Wall, Bradwell on Sea to Saffron Walden. A fabulous trip on a bright sunny day with a very friendly and cake-filled welcome at St Mary's Little Baddow. I've done lots of rides for the Friends and this year's welcome at Little Baddow was the best ever.

### Great Sampford, St Michael

We were disappointed to have fewer visitors this year, but we had 4 children aged 8, 9, 11 and 13 riding for us, this seems hopeful for the future.

### Hadstock, St Botolph

A lovely sunny day. Hips and haws shone red in the bushes as we enjoyed the open, rolling, subtly changing views of the Icknield Way. At Great Chesterford church the bunting was out for a teddy bear's picnic and parachute jump.

