



***FRIENDS OF KENT  
CHURCHES  
RIDE AND STRIDE***

**Saturday 09 September 2023**

**10.00 am to 6.00 pm  
CYCLE OR WALK AROUND KENT  
CHURCHES**

Sponsorship Forms available to download from:

[www.kentrideandstride.co.uk](http://www.kentrideandstride.co.uk) or

Jane Jordan on

[jnm.jordan@btinternet.com](mailto:jnm.jordan@btinternet.com) or call 07973 817 883

or Hamish Urquhart on

[hamish.urquhart@gmail.com](mailto:hamish.urquhart@gmail.com) or call 07803 987 909