ST MARY’S 10K CHALLENGE

**May Day Bank Holiday – Monday 1st May 2017**

St Mary’s Church, South Benfleet invites you to walk, run or even cycle our parish boundary taking part in our annual challenge on May Bank Holiday, Monday 1st May. The route is challenging for runners and a very pleasant ramble for walkers taking you through the beautiful countryside which surrounds Benfleet. The boundary runs through ancient woodlands, where bluebells should be in flower, and continues over the downs to offer magnificent estuary views finishing in the church, a grade 1 listed building.

It is 10 kilometres (just over 6 miles) over a varied terrain, hilly in places rising to 70 metres, but can be strolled in around 3 hours (a mornings walk). It is sign posted and a map and written instructions are provided

The walk starts at 10am on the Green adjacent to Hall Farm Close and ends for refreshments, a certificate and a goody bag at St Mary’s Church.

All participants will receive:

* A map and route guide
* A bottle of water
* A goody bag and certificate of achievement (at the end of the walk}

To enter, simply complete the form below, cut along the dotted lines and return to:

Diana Hawkins, St Mary’s 10K Challenge,31 Gifford Road, Benfleet, SS7 5XX along with the entrance fee of £10.00 (or £5.00 if you are running for charity) and a stamped addressed envelope (A4). Children under 16 are free. An adult must accompany children under 14. Cheques made payable to St Mary the Virgin Church.

# YOUR ENTRY FEE WILL HELP PRESERVE ST MARY’S CHURCH

# FOR FUTURE GENERATIONS

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May Bank Holiday – Monday 1st May 2017

Name……………………………………………………………………..Under 16 d.o.b…………….

Address…………………………………………………………………………………

…………………………………………………………………Post Code…………….

Email………………………………………………………….Phone…………………

For charity reduced rate please state who you are supporting

……………………………………………………………………………………….

I will be running /walking/cycling. *(Please delete as appropriate*)

Declaration:

I wish to take part in St Mary’s 10K Challenge, a walk, ride or run round the parish boundary of St Mary the Virgin Church, South Benfleet on Monday 1st May 2017 and will do so at my own risk. I understand there will be first aid cover available.

Signature……………………………………………………………..Date……………

(under 16 to be signed by parent or guardian)

Sponsored by T. Cribb & Sons, Funeral Directors

For further information email [diana.hawkins@btinternet.com](mailto:diana.hawkins@btinternet.com) or telephone 0797 3551216