

'POUND THE BOUNDS'

ON THE 10th ANNIVERSARY 2nd MAY 2010

And meet the storyteller on route!

On 2nd May 2010 the folks of Rock will be organizing the 10th year of Pounding the Bounds. This local walk, in the most beautiful of Worcestershire countryside, has re-established an ancient tradition of Beating the Bounds that used to be performed annually to remind locals of their parish boundary. Our updated version 'Pound the Bounds' has introduced a range of walks so that everyone, whatever their walking ability, can participate in this increasingly popular event. Experienced walkers can tackle the entire parish boundary of 25miles, while we also offer walks of 18miles, 12miles, 6miles (guided and independent) and even a 3 mile treasure trail for the youngsters.

Maps and instructions are provided for every walker and each route is thoroughly way marked for extra guidance. Walkers on the longer routes are checked through a series of marshalling points and, for additional safety, every walker is provided with an emergency telephone number should they need to be recovered.

A growing feature of this event is the superb hospitality available along these walks, and this year we shall have Mike Forbes the story teller at the Heightington Hall marshal point who will be telling tales of this ancient pastime. Not only do marshalling stations carry fresh drinking water, but two stations also provide hot drinks and home made cakes. The Rock Cross Inn, our registration point also offers bacon butties to give walkers a hearty start to the day and superb value meals to welcome them home with. What a great way to enjoy Sunday morning! We will give everyone a certificate to congratulate them on the walking achievement.

Please join us and help us raise funds for our local village hall through your entrance fee. The building was completed in 2007 using entirely environmental principles. We now need funds to equip and to improve the landscaping surrounding the hall. You are welcome to raise money for your own charity at the same time. Registration fee is £5 or £2.50 for under 14's payable on the day. Registration and sponsorship forms can be down loaded from our web site www.rockvillagehall.co.uk any other enquires see below.

DATE: Sunday 2nd May
TIME: Registration point open from 08.00 to 20.00. Guided walk leaves at 11am
PLACE: Rock Cross Inn, Rock, Nr Kidderminster, Worcestershire. DY14 9SD
Just 1 mile off the main A456. (OS *Pathfinder*: SO67/77)
CONTACT: Henk Buzink on 01299 832496 or email: hands.buzink@btinternet.com

We shall look forward to seeing you