

The 2021 Flamathon

WALK A MARATHON IN FLAMSTEAD FOR 3 GREAT CAUSES!

2020 has been an incredibly challenging year for our village organisations and charities with many of the events that we normally run to raise money cancelled due to Covid-19. We have joined forces with three Flamstead organisations that have been hit especially hard by the cancellation of The Wish Tree Charity's Music Festival, FoSL's Scarecrow Festival and Friends of Flamstead School social events.

We are planning a sponsored walk - a 'Flamathon' - in which you and your families can raise money for these good causes and improve your fitness at the same time. The goal? To walk a whole Marathon by the end of lockdown!

That might sound really tough but the good news is that you don't have to do the whole distance in one go. We ask that you plan your own walks, complete them and record each distance until it adds up to 26.2 miles. If you choose to only walk on weekends in February, that would be just 3.3 miles per day – easy! If you are walking with a young family, you can choose to walk half marathon instead. Similarly, you can walk further than 26.2 miles - the more the better!

In order to keep to social distancing we are asking for you to start and finish your walks in or close to the village and to only walk with members of your own household. You can share your progress, routes and give each other encouragement on the 'Flamstead Events' Facebook page. Who knows, maybe you will learn some new walks in the area!

Fitness apps and watches will be very handy for recording the distance you walk for this challenge. You can either confirm the distance back to us after each walk and we will record your progress, or just let us know at the end how far you have managed.

This could be the perfect half term activity...

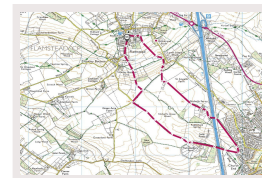
The Flamathon is in aid of three of the village's great causes:

Friends of Flamstead School – helping to support our local school enrich the lives of its pupils

Friends of St Leonards – supporting the heritage of our village by preserving the long-term future of our oldest building at the heart of the village

The Wish Tree Charity – supporting people in the village in moments of need or crisis

WHOEVER RAISES THE MOST MONEY WILL WIN A BOTTLE OF CHAMPAGNE!



To enter:

1. Fill in this Google form: <https://forms.gle/ZvYR5Q4jBB2Di7ZJ7> . We will confirm your entry via email.
2. Follow the Flamstead Events Facebook page for updates. You can also share walks, encouragement and progress on here: <https://www.facebook.com/flamsteadevents>
3. Get walking!
4. When you have reached 26.2 miles (or your preferred distance), let us know by emailing flamsteadevents@gmail.com . Please include evidence of distance walked.
5. Please transfer the raised amount to the FoSL bank account below. The money will be split equally between all 3 organisations.

We ask that you commit to raising a minimum sponsorship sum for our good causes in return for taking part in the walk:

£30 for each adult

£10 for each child

£35 for a couple

£40 for a family

...but we would love it if you could raise more. Any money raised will be collected by FoSL and split equally between the three charities. All you need to do is to ask your generous sponsors to send you their donations, and then you can transfer the total sum raised to:

Bank account	Friends of St Leonards
Sort Code	60-18-11
Account Number	45255032
Ref.	Flamathon

There will be a certificate for everyone who completes the challenge, as well as the priceless feeling of awesomeness for being fitter and helping good causes! We would also love you to post a picture of each entrant on our Flamstead Events page when you finish the challenge.

We hope you get involved, raise some money and most importantly, have fun!

Tim Moss and Annabel Freer

If you have any technical issues, please email us at flamsteadevents@gmail.com.