

FOUR MARKS PARISH COUNCIL Parish News - Sarah Goudie, Parish Clerk

TIME TO GET YOUR BODIES 'SUMMER READY!' "Festiwell" and the Four Marks 10k will be upon us soon. Places are still available for the 10k, but if you fancy a slightly shorter run, we have a lovely route for the 4k, entries on the day. For our younger athletes, we have a 100m dash and a 1k circuit for the slightly more competitive. All runners will receive medals, goody bags and hopefully have fun. Races will be split into age categories. Registration from 9:00am, Start at 10:00am and children's races will begin around 11.30am. Full details on the Parish Council website. There will be something for everyone, and I look forward to seeing you all there.

BOOT CAMPS/FITNESS CAMPS ON THE RECREATION GROUND. Whilst on the subject of fitness, it is great that there are now several activities available to those who want to keep fit. However, all users of the Recreation Ground and sports pitches must have had formal agreement from the Parish Council as the land owners, primarily for insurance purposes, and be paying the appropriate fee for its use. If you are running a fitness club or any kind of participation activity on the Recreation Ground, please contact the Parish Office for full details.

OAK GREEN REFURBISHMENT. Hopefully by the time you read this we will be nearing the end of the refurbishment programme. We do appreciate everyone's patience whilst there has been restricted access and reduction in car parking, and we look forward to normal service being resumed.

HERITAGE FINGER POSTS. The eagle eyed among you will have noticed that the two heritage finger posts are in various stages of refurbishment, and we can confirm that we are not painting them red! If anyone has any questions about this project or any other happenings in the village please ask. We have all the usual forms of communication.

COUNCILLOR VACANCY. It is likely there may well still be a Councillor vacancy at the time of publication of the magazine. If you have applied before or think that this is a way you can have a voice in shaping the future of the village, please contact the Parish Office for full details.

FOOTPATHS. The Parish Council are not responsible for clearing footpaths, however historically our contractors have kept them clear where possible as a gesture of goodwill. We recently lost our contractor but we should now have employed our own maintenance/grounds person whose first task will be to tackle those worst affected until HCC Rights of Way do their annual cut.

More on our new member of staff next month. See you all at Festiwell.

On 4th July 1776 Congress accepted the Declaration of Independence written by Thomas Jefferson, formally ending American links with Britain

Parish Council Meetings



Wednesday 5th July
7:30 pm Planning Committee
8:30 pm Open Space Committee
Village Hall

Wednesday 19th July
7:30 pm Full Council Meeting
Village Hall

Wednesday 26th July
7:30 pm Finance & General
Purposes Meeting
Parish Office

For Agendas and Minutes please go to the website
(or contact the Clerk - 01420 768284)

www.fourmarksvillage.co.uk

EAST HANTS DISTRICT COUNCIL

Ingrid Thomas
District Councillor

Water is definitely the subject of the month, either excessive rain (which the newly cleared ditches at Four Marks school seemed to deal with quite well), or the plans by two water companies to dig up the roads. The works by South East Water are well underway with digging planned in Boyneswood Road, Redhill and Five Ash Road that will continue for several months. The main pipes are being upgraded but there is no guarantee we will get better water pressure. We will just wait with fingers crossed.

I had an interesting conversation with the engineer who was supervising the spraying of coloured paint on the road around the Boyneswood Road junction with the A31. He was there to survey a possible route to install a sewer pipe over the railway bridge. His comment was 'the job was more complicated than expected'. It does look as if the sewer will be going over the bridge to provide service to the Friars Oak site. He explained that the sewer pipe would be laid inside a metal pipe to give it strength so that it was not damaged when lorries drove over it as they drove over the bridge. I was told that Thames water would not be back on site again until at least the 10th of July when they would again need to put traffic lights on the A31.

Whilst on the subject of Friars Oak we have had another resident's liaison meeting with Bellway homes who have now taken over the site. They have demolished Boyneswood Lodge which was done very carefully as reported by neighbours, it was lovely to hear something positive about a developer, let's hope it continues during the works that are about to begin. The next resident's liaison meeting is at 7pm on 7th August at Four Marks Village Hall.

I attended an interesting Health and Wellbeing forum to discuss rural isolation. We were looking for ideas on

CIVIC BUSINESS

how to improve the problems of loneliness. In our villages, we are very lucky to have so many enthusiastic and able groups who run lunch clubs, care groups and work very hard to help people who might otherwise be extremely lonely. Loneliness can have the same effect as smoking 15 cigarettes a day, so it really falls to us all to keep an eye on any members of our community who may be feeling isolated and alone. If you know of somebody who may be suffering in this way please do something about it. Talk to them or phone community services at East Hampshire. Nobody wants to be a busybody but we don't want anyone to suffer.

We have had a change of Leader at East Hampshire. Richard Millard is now leader of the council. He has changed how cabinet portfolios are arranged and all the departments at the council have an elected councillor who, as a portfolio holder, looks after their allocated department or group of tasks. I have become portfolio holder for affordable housing and troubled families. It was good to hear at Medstead Parish Council meeting last night that the first eight affordable homes on the Miller Homes site have been allocated to local families, 3 with a Medstead connection, 2 with a Four Marks connection and 2 with a Chawton connection. The only house that has been allocated to a family from slightly further away has gone to somebody from Grayshott. It's good to see the policy of local homes for local people in action.

My second portfolio area is to work with various enforcement sections of East Hampshire. I hope that this connection is going to be of effective use to our villages. We often hear complaints about dog fouling and litter dropping which inconvenience our residents and are antisocial activities. It is intended to expand the zero tolerance fines system already in place for littering to include fines for people who allow their dogs to foul and do not pick up the deposit. There are plenty of bins please use them or there could be a fine, something that would probably be very popular with most of the population.

Part of the enforcement brief also covers parking. There was serious disquiet about the rise in parking fees recently and I will be closely monitoring the effect that has on businesses and streets in the towns. The other aspect of the parking problem will be to look carefully at the problems caused to both our villages around the schools. The lack of consideration for the safety of others shown by some people dropping off their children at school is an increasing problem. It really is not that difficult to set off a little earlier so that due care can be taken. Please consider others. I would really like to hear your suggestions on how the situation could be improved. All ideas that might help would be very welcome so please contact me.

I have spent a considerable amount of time again this month working on the disturbances caused by the children homes that have appeared in our villages. We had a meeting for all affected residents to listen to problems that are occurring. I took the points raised to a meeting at HCC offices in Winchester, Hampshire children services. Mark Kemp Gee and myself discussed the

issues with the company involved, Benjamin UK. A major issue was rubbish. We explained carefully to the company how the rubbish collection service in our district works, including what should be recycled and what should be put in the green general rubbish bins. The company said they would try harder. Noise and behaviour were discussed but no real progress was made, Benjamin UK would like complaints to be made by email when disturbances happen so that they can tackle them. The email to use is complaints@benjaminuk.co.uk. Please could you copy ryan.gulliver@easthants.gov.uk and myself so that we can follow up any complaints made. At the residents meeting several people volunteered to come along to meet company representatives to improve communications which may help the situation. I am in the process of setting up those meetings.

It is not long until Festiwell. Please come along on Sunday 9th July between 11 and 4 to Four Marks Recreation Ground. There will be lots to try, taste, and think about - plenty of ideas on how we can all look after ourselves a little better. There are ideas for everyone covering all levels of fitness, from people who do no exercise at all to those who already train regularly. Many local activity providers and clubs will be there to show what they do.

Please enter the fun run before the day. Enter soon as places are filling up! FULL DETAILS - www.fourmarks.village.co.uk - ENTRY FORMS ARE AVAILABLE TO DOWNLOAD.

A wide range of hobbies and pastimes will be represented along with mainstream and alternative therapies so please come along and find out more. We have an inflatable assault course and bouncy castle amongst other attractions for children and why not make your own smoothie with the smoothie bike? The amount of work put in by our Parish Clerks and others to make this new event a success has been tremendous and we are looking forward to an enjoyable day.

As ever if I can be of any assistance to you or your family on any East Hampshire issue please contact me. 01420 561552 or email:

ingrid.thomas@easthants.gov.uk.

FOUR MARKS LUNCH CLUB

Audrey McMillan & Michelle Kuhn

The Club meets in the Village Hall at 1 pm on
Wednesday 19th July

To reserve your place, or if you are a regular and know you cannot attend, it is important that you call Michelle 01962 772470 or Audrey 01420 564437 in advance or 01420 562343 (Village Hall) on the day.

Absences without notice lead to waste.

Cyber Attack on Businesses Using Windows Software

In late May hackers used a loophole in Windows software to spread "ransomware" called WannaCry, (also called WanaCrypt0r 2.0, WannaCry or WCry). It was possibly delivered via emails that trick the recipient into opening attachments and releasing malware onto their system in a technique known as phishing. Once your computer has been affected, it locks up the files and encrypts them in a way that you cannot access them anymore. It then demands payment in bitcoin in order to regain access.

Security experts have warned there is no guarantee that access will be granted after payment. Some ransomware that encrypts files ups the stakes after a few days, demanding more money and threatening to delete files altogether. WannaCry exploits a vulnerability in Microsoft, which had released a patch to fix it in March. However, people don't always install updates and patches on their computers and so this means vulnerabilities can remain open a lot longer and make things easier for hackers to get in. With advanced anti-virus software, it is possible to remove the virus from a computer. It can also be done manually by putting a computer into "safe mode" and manually removing the infected files. However, prevention remains the best form of defence.

If you're concerned about the current national cyber attack, please read the latest national advice on the National Crime Agency website or Action Fraud. If you become a victim of cybercrime you are advised to report directly to Action Fraud and are encouraged not to pay the ransom demand. Reports can be made directly at actionfraud.police.uk or on 0300 123 2040.

Help reduce the risk of these attacks by:

- Making sure your security software patches are up-to-date.
- Making sure you are running anti-virus software.
- Backing-up your data in multiple locations, including offline.
- Avoiding opening unknown email attachments or clicking on links in spam emails.

More advice is available at:

- <http://www.actionfraud.police.uk/>,
- <http://www.nationalcrimeagency.gov.uk/>
- <http://www.ncsc.gov.uk>

Avoid Tears on Your Wedding Day

According to 'bridesmagazine.co.uk', in 2017 the average wedding cost spend is approximately £30,111. This will be paid out to multiple vendors, including; photographers, caterers, reception venues and travel companies, to name a few. Many of these services will require booking at least several months in advance and you may be obliged to pay a deposit or even the full balance at the time. Being aware of the potential risks and following the following prevention advice could minimise the likelihood of fraud:

Paying by Credit Card will provide you with protection under Section 75 of the Consumer Credit Act, for purchases above £100 and below £30,000. This means that even if a Company goes into liquidation before your big day, you could claim a refund through your Credit Card Company.

•Social Media - Some Companies run their businesses entirely via social media sites, offering low cost services. •Whilst many are genuine, some may not be insured or may even be fraudulent. There are a few things you can do to protect yourself;

• Ensure you obtain a physical address and contact details for the vendor and verify this information. Should you experience any problems, you will then be able to make a complaint to Trading Standards or consider pursuing via the Small Claims Court.

• Ensure you obtain a contract before paying money for services. •Make certain you fully read and understand what you are signing and note the terms of cancellation.

•Consider purchasing Wedding Insurance - Policies vary in cover and can be purchased up to two years in advance. •They can protect you from events that would not be covered under the Consumer Credit Act.

•Complete research on each vendor, ensuring you are dealing with a bona fide person or company. •Explore the internet for reviews and ratings and ask the vendor to provide details of past clients you can speak to. You should do this even if using companies recommended by a trustworthy friend or source.

•For services such as wedding photographers, beware of websites using fake images. Look for inconsistencies in style; Meet the photographer in person and ask to view sample albums. If you like an image from a wedding, ask to view the photographs taken of the whole event so you can see the overall quality. •Remember, if something appears too good to be true, it probably is!

Smishing (SMS Phishing)

It has been reported that fraudsters are targeting victims via text message, purporting to be from their credit card provider, stating a transaction has been approved on their credit card.

The text message asks for confirmation that the transaction is genuine by replying 'Y' for Yes or 'N' for No. If you reply you confirm that the mobile number is genuine enabling the fraudster to engage further by asking for credit card details, CVV number (the three digits on the back of your bank card) and/or other personal information.

Don't reply to this type of message. Instead check the validity of the text message by contacting your credit card provider using the number on the back of the card or on the credit card/bank statement. Beware of cold calls purporting to be from banks and/or credit card providers. If the phone call from the bank seems suspicious, hang up the phone and wait for 10 minutes before calling the bank back. Again, refer to the number

at the back of the card or on the bank statement in order to contact your bank.

Police Neighbourhood Team

Our PCSO for Four Marks & Medstead is Matthew Sheppard who, with PC Kelly, are our neighbourhood team to contact for advice or to report a problem.

In an emergency always ring 999

Call 101 for general enquiries, non-emergency anti-social behaviour, community safety advice, information and action or to report a crime when it is not an emergency. Also call this number to contact PC Kelly or PCSO Sheppard or email them at peter.kelly@hampshire.pnn.police.uk or matthew.sheppard@hampshire.pnn.police.uk as appropriate.

Calls cost a flat rate of 15p.

Compiled by Dennis Bignell



PRESS RELEASES

Have your say on Waste

East Hampshire residents are being encouraged to have their say on how waste and recycling, street cleaning, grounds maintenance and public toilets should be managed by contributing to a consultation that will run until Friday 14 July.

The current Joint Environmental Service Contract, provided by Biffa and Idverde on behalf of East Hampshire District Council (EHDC) and Winchester City Council (WCC), will expire in October 2019 and the councils are keen to hear residents' views on the different options.

The two councils are committed to working together on any future contract and can choose to deliver the services in a variety of ways, each of which have their own opportunities and challenges.

There is a document setting out the strengths and potential weaknesses of the four options available. Once residents have considered the options, a response can be completed online.

Paper copies of the consultation document are available from the EHDC and WCC offices.

Public responses will be taken into account before a final decision is made.

Councillor Richard Millard, Leader of EHDC, said: "Our waste contract is one of the most important contracts that the council has. By working with WCC, we have secured significant savings for both councils from the existing contract and aim to supply the best possible value for money and excellent service for our taxpayers."

To find out more about the consultation go to www.easthants.gov.uk/waste-consultation



Hampshire County Council recognises 'need for action' in response to Healthwatch Hampshire report into Care at Home services.

Healthwatch Hampshire have published an extensive report after speaking to over 850 people about their experiences of receiving Care at Home (Domiciliary care) services in Hampshire. Care at home services are designed to support and care for people in their own homes so they can live independently for as long as possible. Healthwatch Hampshire wanted to know more about the experiences of the people who receive these services to help influence decisions about the services that the County Council commissions in the future, and to influence the organisations that provide care at home services to do everything they can to meet the needs of people they care for.

Healthwatch worked with Hampshire County Council to deliver a survey to everyone in Hampshire who receives care at home services.

887 responses were collected and the report details findings including:

- Over 80% of respondents were satisfied or very satisfied of the quality of care received
- The main concerns highlighted were turnover of carers, and timing of visits (both appropriateness and consistency).
- Almost half of respondents receive extra support from friends, family or neighbours. 70% of these receive no respite care to give their carers a break; only 2% felt that adequate respite was provided for their informal carers.
- 52% of respondents are not aware of the advice and information service offered by Hampshire County Council.
- 70% of respondents did not feel adequately involved in the selection of their care provider.
- Around half said that they accepted their arrangements, rather than agreed to them, because of a lack of alternatives.

As a result, a number of recommendations have been made by Healthwatch Hampshire that have been recognised by Hampshire County Council:

"The County Council is particularly encouraged to hear that over 80% of those receiving services are satisfied or very satisfied with the quality of their care, and that overwhelmingly, respondents reported that they felt their carers were understanding, helpful and friendly".

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WATERCRESS MEDICAL GROUP

Louise Webb, Deputy Practice Manager

www.watercressmedical.co.uk

Surgery Opening Times

Monday 8am–6:30pm; Tuesday – Friday 7am–6:30pm

pre-booked appointments only

01420 562922; Fax: 01420 562923; Out of Hours 111.

Dispensary - As many patients will know, we have recently relocated our dispensary to the rear of reception. This move will eventually enable us to increase our consulting rooms for primary care services. However, the main reasons for relocating are: increased safety and security for the staff; safer medication storage and to unite the working teams to have better staff coverage (therefore fewer closures). We realise the move will take patients and staff some time to adjust, however, we feel the relocation will benefit all in the longer term.

Staff Vacancies - We are in the process of advertising for some additional members of staff. All vacancy information is available on the vacancies page on our website.

Our Appointment System - We operate a 'traffic light' appointment system. Red appointments are for urgent medical need 'on the day', amber appointments are for medical problems which need to be seen within the 10 days. Green appointments are for routine or non-urgent issues. Our Receptionists have been trained on assessing and giving the most appropriate appointment for your needs, and therefore, will ask a couple of questions to do this. Please rest assured, all information given remains confidential.

Charity Book Case - Our charity book case is very popular with our patients and is a great success in terms of fundraising. Monies raised recently include £192 for the Multiple Sclerosis Society and over £60 for the Not Forgotten Association.

Patient Participation Group - Our active Patient Group organises many interesting and relevant talks throughout the year. If you would like to become a member of the group – please contact the Chairman, Chris King-Smith at mansfieldparkppg@btinternet.com.

Training Days - Please check our website for any surgery closures for staff training.

Dementia Friendly - We are delighted to tell you that, after making several changes around the surgery, and putting several staff training sessions in place, we have now been classified as a Dementia Friendly GP Surgery.

Repeat Medication Orders - Please note, under NHS guidelines, we are now only able to dispense one month's supply of medication per order.

Consult Doctors Online - We are now offering a new e-consulting and self-help web service. This enables patients to use our website to gain advice about a specific problem or condition, understand what symptoms mean, receive general advice, request test results and sick notes as well as consult with a GP online should it be deemed appropriate.



Festiwell, a joint venture between EHDC, Four Marks PC and the Festival Committee will be held for the first time this summer on **Sunday 9th July** at Four Marks Recreation Ground, from 11am to 4pm

The aim of the event is to encourage us all to live healthier lives, to stay fitter for longer and reduce avoidable medical treatments. There are many schemes to encourage us to be more active - but which to try? This event is designed to help us to choose which types of activity may be most interesting to us - not all activity involves running and jumping!

At **Festiwell** there will be a run organised by Alton runners with sponsorship from Alton Sports. There are several distances to choose from but please enter early. Walk to Health are involved - a great activity for people who like sociable walking.

Archery, Football, Tennis, Cricket and Rugby are all planning to be involved. There is outdoor gym equipment to try and many events on the multi-use sports space. The Putting Club have an activity planned and we are expecting Alton Men's Shed to be there.

Horticultural, WI, Scouts, Allotments and other societies will be in attendance. There will be a quiet tent for reflection, and other mindful activities. Medical and dental advice and alternative therapies will be involved. Radian will be bringing their health wagon to test blood pressure and perform other health checks.

Animals play a big part in our wellbeing so EHDC Animal Welfare Team will be on hand to give advice. Local school children will be performing a demonstration. There will be a Bouncy Castle and Assault Course with a climbing wall and RAPP. So, plenty for children to be involved in.

The event will be part of Hampshire Food Festival so we are expecting many local food producers to bring produce for us to taste and buy. The Smoothie Bike will be present so you will be able to pedal your way to making your favourite smoothies. Eating healthily is such a big part of healthier lifestyles and there will be lots of ideas on display. More ideas, activities and participants are being added each week so please make a note in your diaries and come along.

On 19th July 1545 King Henry VIII looks on as his newly refitted flagship the Mary Rose sinks in the Solent, off England's south coast, with the loss of 700 lives.

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FOUR MARKS CARE
Bob Ridley, Publicity
www.fourmarkscare.org.uk



Our 42nd Annual General Meeting

A few weeks ago we enjoyed another pleasant get-together! This time we attended our 42nd AGM at the Benian's Pavilion. The meeting was chaired by Rod Rymer, our chairman, and attended by 6 committee members, and other members. Rod announced that our driving had been more active over the year. We drove 12,006 miles in service to our clients, an increase of 2,339 miles over last year. That's a 24% increase! The average distance travelled per task was 17.8 miles compared with 15.0 miles the previous year. Our great thanks to our volunteer drivers who managed to meet all client requests, and we were also pleased to welcome 4 new drivers over the year to join our team.

Rod expressed his appreciation for advice and support provided by the Committee in his first year as Chair. Indeed we were all very pleased with Rod's service as our Chairman and with the work of all Committee members. Carol Barlow, our Treasurer, presented a detailed report on our accounts, which Carol carefully managed in accordance with the official charity regulations. Our financial situation remained stable. Much appreciated donations from our clients and other individuals closely matched our various expenses. Rod told us there is a proposal in this coming year to purchase equipment and software to involve more reliance on digital technology, for example to manage the client bookings by Coordinators. These purchases will of course consume some of our reserves.

Election of the new Committee was then undertaken. Rod was unanimously re-elected to be our Chair. Rod thanked Chris King-Smith, who was now standing down, for his 6 years service on our Committee. Chris will now apply his time to his new role as Chairman of the Mansfield Park Patient Participation Group. All other current committee members were unanimously re-elected en bloc! Mike Hughes was proposed and elected to join our Committee.

We gratefully acknowledged the thorough work of the Committee throughout the year, and the meeting closed with an enthusiastic round of applause for Rod and his Committee.

We look forward to hearing from Four Marks residents who would like to seek our help, and we are always keen to invite more volunteer drivers to help transport locals in-need to non-emergency medical appointments. Once authorised to drive with us, volunteer drivers determine their own availability, and use their own cars to provide the service, then receive a monthly reimbursement of their travel expenses. Our own website provides much more information, and if you have a particular enquiry, please email us at: info@fourmarkscare.org.uk. If you would like to talk to someone, our Duty Coordinator can be contacted on: 01420 564435. So let's hear from you!



ROTARY NOTES
Roy Roberts



New Facilities for Medstead Pupils

Medstead Primary School's new sensory art room has been officially opened by the Rev. Canon Ed Pruen, who said it was a wonderful addition to the school's facilities.

It has been a major project for Four Marks and Medstead Rotary, funded by the club and by grants from the Rotary organisation and from other charities, from East Hampshire District Council, and



from a number of local business partners. Much of the work was done by individual Rotary members. The school has a specialist unit for pupils with impaired hearing and the new facility will also be used by pupils with other special needs.

The room is designed to provide these pupils with alternative teaching methods using interactive sensory equipment such as a bubble tower, and infinity LED wall



mirror, sensory light toys, light strings and UV lighting. There's a magnetic art wall board that includes a snakes-and-ladders game painted by Rotary member Tom Yendell, who is a mouth and foot painting artist. The room can also be used as a quiet learning room.

The project was co-ordinated by Mike 'Sparks' Saunders, who said there had been superb support and sponsorship from a number of local companies and organisations who had been enthusiastic in their backing for this development.

The heads of the specialist unit, Lucy Bush and David Watkins, said their pupils would benefit hugely from this development, which would provide a stimulating fun space for children with additional needs and an engaging space to enjoy individual and group learning. They thanked the local Rotary club for making this development possible.

National Recognition for Local Pupils

Two hundred and fifty local entries were received for this year's Four Marks and Medstead Rotary Young Writer and Young Photographer competitions – and the two local winners went on to success at the Wessex district level of the competitions and were entered for the national finals. The children were from four primary schools – Chawton, Four Marks, Medstead and St Mary's Bent-

COMMUNITY NOTICE BOARD

worth – and the theme of the competitions was 'Reflection'. More than a hundred attended an awards ceremony hosted at Four Marks School, to receive their award certificates. The Young Writer entries were commended by the judges for their vivid imagery and imagination.

The winner was 8-year-old Mary Vitoria from Chawton School, whose entry was then placed first at the Wessex district level of the competition. Competition organiser Lisa Hillan said this was the fourth time in six years that a local winner had gone on to win at district level. She added, "Such consistent success speaks highly of the calibre of writing and teaching in our local primary schools, and for the talent spotting by the competition judges."

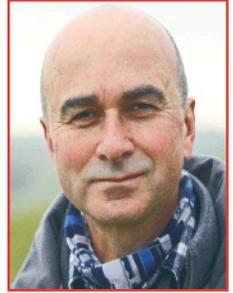
More than sixty entries were received for the Young Photographer competition, again on the theme of 'Reflection', which was organised by Rotary member Mike Sanders. He said the quality of the entries was outstanding, and thanked one of the judges, Tom Yendell, and Jondo UK for professionally mounting the winning entries as prizes and for display.

The Young Photographer winner was Charlie Elford-Pond from Four Marks, whose portfolio of three photo-

graphs went on to win at the Wessex district level and was a highly-commended third place at the national level of the competition.

'End Industrial Farming'

An impassioned plea to end industrial farming was the message at a recent meeting of Four Marks and Medstead Rotary. The speaker was Philip Lymbery, the chief executive of Compassion in World Farming (CiWF). CiWF is an international charity, which was founded by a Hampshire farmer fifty years ago, and is based locally. Mr Lymbery said that factory farming and industrialised agriculture was destroying wildlife through the loss of hedgerows in order to create larger fields to facilitate large-scale crop production. He said that rearing animals industrially in pens indoors involved a wasteful use of crops to produce cheap meat. He attacked supermarkets for over-charging for organic food, and urged all to move to a diet containing less meat.



"FOUR MARKS 10K"

Including 4k, 1k & 100m FAMILY FUN RUNS

In association with

ALTON RUNNERS

SUNDAY 9TH JULY 2017
Registration from 9.00am

Four Marks Recreation Ground, Uplands Lane, Four Marks GU34 5AF
10k and 4k multiterrain, 1k and 100 metre dash at the Recreation Ground
as part of the FestiWell event

- Minimum age 16 years for 10K
- Prizes 1st – 3rd for all age categories in 10k
- Prizes 1st – 3rd for male and female in 4k
- Medals for all finishers
- The multiterrain course is not suitable for wheelchairs athletes
- **Entry Fees:** 10k £11.00 in advance, £13.00 on the day; 4k £5.00, 1k £2.00 and 100m dash £1.00 on the day
- **Timings:** Registration from 09.00am, 10k 10.00am; 4k 10.15am, 1k from 11.00, 100m from 12.00 am



Enter online at www.eventbrite.co.uk

Telephone: 01420 768284, email: clerk@fourmarkspc.co.uk

Visit: www.fourmarksvillage.co.uk and www.altonrunners.co.uk