

SPONSOR A HEREFORDIAN IN HIS 90TH YEAR.



PLEASE HELP OLD HEREFORDIAN ALAN
BLAKE AS HE FOLLOWS THE EXAMPLE SET
BY CAPTAIN SIR TOM MOORE

Alan aims to navigate a walk that starts at his family home in Hampton Park Road, Hereford and meanders via the local churches – but all without leaving his own garden. Alan will be raising money for Parkinson's, Rotary and the Parish Church of Burghill.

Alan will be climbing around the bank of his steep riverside garden to complete the same amount of steps as it would take to walk from Hereford to Lyde, to Moreton on Lugg, Burghill, Tillington, Stretton Sugwas and back to his family home in Hampton Park.

To complete this 15-mile challenge Alan will need to navigate the circular hike around his 120 garden steps 458 times. He is aiming to try for 3 laps a day.

Alan has been a member of the City of Hereford Rotary Club for more than 50 years and has also been supporting and caring for his wife who has had Parkinson's for over two decades.

PARKINSON'S^{UK}
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If you would like to make a donation and help support his determination to take on something this energetic for his 90th year then please go to

https://www.justgiving.com/crowdfunding/louise-blake-1?utm_term=9ZDNY38Y7