

ROGATION-TIDE WALK or RUN

to 'Beat the Bounds' around the Ancient Parish of Exning

Saturday 17th May 2025

10am start

beginning & ending at

St Martin's Parish Church

Church Lane, Exning, Newmarket CB8 7HF

Dear Walker/Runner/Supporter,

Thank you for wanting to be involved in this is our fifth consecutive year; we particularly welcome runners from Newmarket Joggers some of whom have again nobly assisted with preparations and waymarking.

The detailed itinerary for the day is on the attached sheet and map, a maximum of 13.36 miles, with a shorter 10.2 mile variation this year for the return leg to Exning from Landwade. There are some points on the route where you might need to look out for a black arrow on a yellow background marker. You also need to take extra care with traffic where the route crosses major roads or railway bridges; marshalls will be on hand to assist at those points.

The 'loo stops' are at Exning Church & Community Hall (ECCH) by St Martin's Parish Church Exning (cars may be parked at Wests Garage on Church St, by kind permission, then walk back through the churchyard), St Agnes Church, Bury Road Newmarket, and Snailwell George & Dragon, by kind permission.

St Mary's Newmarket, St Peters Snailwell, and St Nicholas Landwade (all en route) will be open to visit, the latter by kind permission of the Exning Estate; Snailwell are again kindly offering tea/coffee, soft drinks, and lunchtime food (for which a donation is kindly requested). The route cannot of course exactly follow the ecclesiastical parish boundary but is safely 'do-able' and fulfils the idea of 'beating the bounds' (see footnote)

People who simply wish to walk or run part of the route are of course free to do so, but we would be greatly helped by the completion of the Registration Form please (see below); we hope everyone will start at Exning St Martin's where coffee will be available from 9.30am ahead of a welcome by Revd Liam Beadle, the Vicar of Exning, who will bless us on our way at 10am.

Each person has their own itinerary (see attached) and marks it up as they go round, and so we:-

- 'beat the bounds' of all three contemporary parishes in two Suffolk benefices:- Exning w Landwade, & St Agnes Exning; St Mary Newmarket; also in the Ely (Cambs.) Diocese, St Peter's Snailwell, one of five parishes in the Three Rivers Benefice.
- have an enjoyable and healthy-exercise day, drawing our communities together



- honour the eve of Christian Aid Week with any sponsorship or donations for their work, or that of the Disasters Emergency Committee (DEC) and in particular their Myanmar Earthquake Appeal (card-reader available in St Martin's Exning)

Things you ought to bring include:-

- Strong shoes (trainers should be ok for this largely road and track walk)
- Waterproofs and/or sun-block and sun-hat depending on the weather forecast
- Best not to wear jeans, and do think about wearing a hi-vis top.
- Carry your own food and water (after St Mary's Newmarket we pass the shops on Newmarket High St), then coffee/tea at St Agnes Bury Road Newmarket, with Snailwell Church offering drinks and lunch, and water and chocolate biscuits at St Nicholas Landwade
- Treatment for any blisters if you are prone to them (eg 'Compede'), and any other first aid.
- Dog-leads and poo-bags for those with 4-legged friends

The marshalls and their support vehicles are indicated on the map, who will be available should anyone need help or emergency supplies, notably water.

We look forward to seeing you on 17th May at St Martin's from 9.30am for a prompt 10am start, and we would like everyone to re-gather back at St Martin's from 4pm [for tea and cake], giving thanks for the day, which might also continue at The White Horse in Exning, where some may well convene

Please don't forget to fill-in and return to Mark the REGISTRATION FORM so we have knowledge of those who are intending to walk all, or just some sections of, the route. Thank you.

Marshalls:

Glyn Price tel. 07850 613868 *Wadebridge Farm railway bridge, and then North End*

Christine Pearce tel. 07754 667663 *Landwade St Nicholas*

Rosemary & Paul Grover tel. 07764 934547 *Snailwell St Peter, and Halfway House (Burwell Road)*

A note to explain the Beating of the Bounds.....

Many years ago, when maps were rare, local people would gather to walk the parish boundaries on Ascension Day or during Rogation week. The parish priest, churchwardens and parochial officials would lead a group of local boys (as witnesses) to beat the parish boundary markers with wooden sticks, usually birch or willow. Without maps it was important that living knowledge of the parish boundaries is handed down so that matters of payment of liabilities e.g. chancel (church) repairs, or the right to be buried within the churchyard were not disputed. Accompanying clergy would ask (Latin *rogare*) for divine blessing upon the parish lands for the ensuing harvest, and often **Psalm 103** and **104** were recited, and the priest would say such sentences as "*Cursed is he who transgresseth the bounds or doles of his neighbour*". It all reaffirms the importance and theology of 'place' in our lives, and a sense of belongingness to the land, and to acknowledge the blessings of all human occupation and enterprise.

Mark

Jan

Revd Canon Mark Haworth (07932 160 009) and **Jan Lovegrove** (07471 942 696)



REGISTRATION FORM

I intend joining the Rogationtide Walk on Saturday 17th May 2025.

I have read the above notes and understand that I am participating at my own risk.

Signed:

NAME:

Parish/Church (if any):

Dated:

Starting Point (if not St Martin's Exning):

Intended finishing point:

Mobile telephone number (if possible):

Before the day please ensure this slip is lodged with:-

Revd Canon Mark Haworth

Email mhaworth50@hotmail.com

Tel. 07932 160 009

Thank you

