



## British Military Fitness 5K and 10K March, Saturday 13

Be part of the BMF 5K and 10K series with Stop it Now! Wales, the Welsh child sexual abuse prevention charity campaign.

The race is suitable for all and the course located in Usk involves trees, hills, mud, water and obstacles...excitement guaranteed! You have the option to either run the 5K or 10K for more adventurous!

Stop it Now! Wales has a few special guaranteed places in this event and we'd love you to join our team. We ask all our runners to raise a minimum sponsorship of £200, which will go towards our child sexual abuse prevention programme for parents in Wales.

**As a thank you, we will give you:**

**A Stop it Now! Wales running vest to wear**

**Help with setting up a fundraising page online**

**A dedicated local fundraiser, on hand to help, support and advise**

**Support on the day – cheering you on!**

Join us now by contacting Rebecca Wasinski, National Campaign Manager for Stop it Now! Wales on [wales@stopitnow.org.uk](mailto:wales@stopitnow.org.uk) or on 07989 378220. For more information on the Stop it Now! campaign visit [www.stopitnow.org.uk](http://www.stopitnow.org.uk)

**We look forward to seeing you at the finish line!**