

the Cross Bay



Cross Bay Challenge - Half Marathon

Cross Bay Walk (approx 6 miles)

in aid of CancerCare, the local charity dedicated to the support of people with cancer, their families and their carers. www.cancercare.org.uk

Sunday 6th June 2010

Want an adventure to remember? The Cross Bay half marathon will not disappoint! Crossing Morecambe Bay from Cumbria to Lancashire amidst the breathtaking scenery of the Bay and South Lakes, this unique course is flat but challenging leading you across the notorious bay sands and through the River Kent with the help of expert guides... expect to get wet, very wet! Minimum age 17.

For those who prefer to take things at a calmer pace, the family-friendly Cross Bay walk leads you from Silverdale out into the middle of the Bay before finishing at Hest Bank in time to cheer the runners across the finish line.

Race Starts - 13.15 from Flookburgh (Cark Airfield)

Walk Starts - 11.00 from Silverdale (shore)

Enter on-line at www.crossbayrun.org.uk or www.runnersworld.co.uk or fill in the details on the reverse and return your form to: Cross Bay Challenge, CancerCare, Slynedales, Slyne Road, Lancaster, LA2 6ST



Under UK Athletics rules - Licence no. 2010-100450



Cross Bay Entry Form

Please Indicate Run Walk

Surname

First Name

Date of Birth

Age on race day

Address 1

Town/City

Postcode

Sex

T-shirt size S M L XL

Telephone

Club (if applicable)

Email

Est. finish time

Declaration: A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. Closing date for Entries: 30/05/10. No half marathon entries will be taken on race day.

Signature

Date

Coach Transport (please tick your requirements)

Runners : Transport required from Hest Bank to Flookburgh for the race start? Yes No

Walkers: Transport required from Hest Bank to Silverdale? For the start At the end Neither

Payment (as this is a fundraising event for CancerCare, participants are kindly requested to try to raise sponsorship)

Please enclose a cheque/postal order payable to 'CancerCare' for the following (please tick) and return to CancerCare, Slynedales, Slyne Road, Lancaster, LA2 6ST

£10 - Cross Bay Walk (includes return transport)

£23 - Half Marathon affiliated (AAA) club runners AAA reg. No.

£25 - Half Marathon unattached (includes £2 no EAA levy)



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