

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 16th August 2009

Why not experience this unique Half Marathon? The race crosses Morecambe Bay from Flookburgh in Cumbria to Hest Bank in Lancashire taking in the breathtaking scenery of the Bay and South Lakes. Run mainly on sands, this unique race crosses the River Kent and yes you will get wet, very wet! A flat but challenging run that gives you something very different from your usual half marathon! Minimum age 17 years.

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

Race Starts - 2.30pm from Flookburgh (Cark Airfield)

Walk Starts - 1.30pm from Silverdale (shore)



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

(T-shirts are available for runners only)

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: 03/08/09. No 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 (runners are also requested to raise a minimum of £30 sponsorship please)

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)

£20 - Half Marathon affiliated (AAA) club runners AAA reg. No.

£22 - Half Marathon unattached (includes £2 no EAA levy)



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