

the Cross Bay



Cross Bay - Half Marathon including Cross Bay - Walk (approx 8 miles)

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

You will also be running to support local charity CancerCare, which provides cancer support to people with cancer, their families and their carers. www.cancercare.org.uk

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 - 12.45pm from Flookburgh - Lakeland Leisure Park

Coaches depart Hest Bank, TheShore Café at 11 to 11.30am

Supporters why not experience the unique guided Cross Bay Walk (approx 8 miles)

Walk Starts - 12.30pm from Silverdale (shore)

Walkers will be able to get coaches back to Silverdale or Hest Bank



Starts 12.45pm Sunday 10th August 2008



Slynedales, Slyne Road, Lancaster, LA2 6ST 01524 381820

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Entry Form

Details

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

Coach transport to start from Hest Bank (runners)

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: 11/07/08. No entries will be taken on race day.

Signature

Date

Payment

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

£10 - Cross Bay Walk (includes return transport)

£20 - Half Marathon affiliated (AAA) club runners

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



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registered charity no. 1120048