



WORKINGTON/KESWICK CHARITY WALK

President : JOS NAYLOR, MBE

The Thirty Third Annual Workington to Keswick Charity Walk will take place on Sunday, 21 March, 2010. It will start between 7.30 am and 8.30 am from the Royal British Legion Club, Workington and will follow a route via Loweswater, Crummock, Buttermere and Borrowdale to KESWICK 32 miles.

Our aims are to raise money for local charities and to further interest in walking. Tremendous interest has been shown in the walk since its inauguration 33 years ago and in that time over 7000 people have taken part and thousands of pounds raised for local charities. The Organisers are hoping for good support again in this year's walk which is to benefit the following:-

**HOSPICE AT HOME WEST CUMBRIA
MARYPORT INSHORE LIFEBOAT
SEATON SCOUTS**

Entries are invited from anyone over the age of 16. Both walkers and joggers are welcome but the Organisers would like to emphasise that the event is not a race and although each individual's total time is noted, the main aim is to complete the course. As a new incentive this year we are entering teams into the walk as an extra challenge!

Will anyone wishing to take part, please complete the form below and return it to:-

Val Wilson
50 Mason Street
WORKINGTON
CA14 3EQ
Tel 01900 870389

Red Cross Shop
16 Murray Road
WORKINGTON
Cumbria
Tel 01900 65093

J Canfield
21 Salterbeck Road
Salterbeck
WORKINGTON
Tel 01946 831626

**PLEASE NOTE REFRESHMENTS AND SNACKS ARE AVAILABLE AT EVERY CHECKPOINT;
PIES & SOUP AVAILABLE AT KESWICK CHECKPOINT - ALL FREE OF CHARGE.**

******* FINISHING POINT KESWICK *******

WORKINGTON/KESWICK CHARITY WALK 2010

ENTRY FORM

Name: Mr/Mrs/Miss.....

Address:

Post Code:

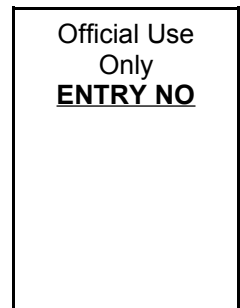
Team Name (if applicable/ see further details)

E-Mail Address:

Age Group : Under 21 21 - 40 Over 40 Tel No :

Further details required: YES / NO

(Rules, route, description, etc., intended mainly for those who have not participated before)



The aim of the walk is to raise money for local charities, and whilst expenses for refreshments are kept to a minimum, these costs need to be met. For people entering on the morning of the walk a minimum sponsorship or donation of £20 is required.

I agree that all sponsorship money raised will be paid to the Walk Treasurer for distribution to the nominated charities.

Signature:

A limited bus service will be provided from Keswick to Workington for participants, at a donation of £1 per person, departing 1630hrs and 1900hrs