



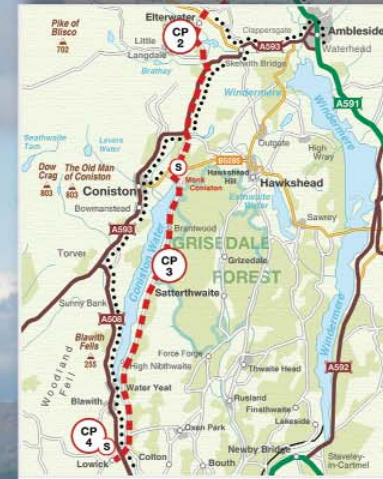
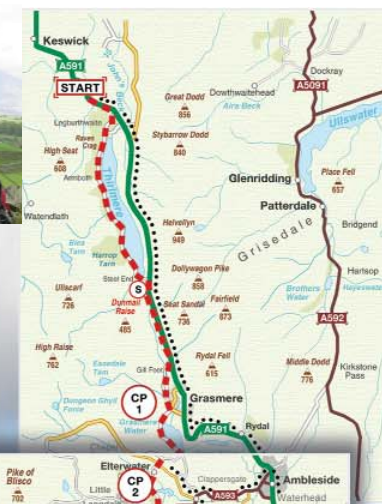
Keswick to Barrow 40-mile Challenge

Saturday 8th May 2010

Enjoy the atmosphere of the Keswick to Barrow Challenge - 40 miles of scenic splendour to relish whilst strolling through some of our finest Cumbrian landscapes to raise money for charities.

Take part in the 44th Keswick to Barrow Walk and nominate your own charity to benefit from your efforts!

- All participants finishing will have the use of changing facilities and showers and free refreshments at Hawcoat Park Sports and Social Club.
- Free burgers and sandwiches provided at the half-way point.
- Participants are in teams of between six and twelve (walking or running); optimum number for trophies is ten.
- A sponsored walk: over 40 years 51,000 participants have covered over 2 million miles, raising over £1,670,000 for charities.
- In 2009, £128k was donated to local charities with a further £72k donated nationally, a total of £200k. In addition to this fantastic amount, a further £33,000 can be claimed in Gift Aid providing an overall charity benefit of £233,000.
- BAE Systems Submarine Solutions (ex-Vickers) teams continue to compete against Royal Navy teams for the Resolution Cup as they have done every year since the 60s.
- Safety support by St. John Ambulance, BAE Systems First Aid Corps and Mountain Rescue Teams.
- Many other team and individual trophies. Medal awarded to all participants and Certificate to all finishers, plus Special Achievement Awards.
- An open challenge to teams from any kind of company, organisation, club, etc. Great Team Building opportunity!
- Childrens attractions at Hawcoat Park Sports and Social Club.



The Secretary

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