

## Cross Bay Challenge 2010 – Sunday 6<sup>th</sup> June

### In aid of CancerCare

#### A record breaker!

The fifth annual Cross Bay Challenge took place on Sunday 6<sup>th</sup> June leading runners through two counties and two rivers in the only race in the world to cross a tidal bay. Following the success of last year's event, participant numbers in this stunningly scenic race jumped by almost 60% in 2010. A further 350 people, many of whom were friends and family of the runners, took part in the 6 mile Cross Bay walk that arrives in the same place as the half marathon in time to cheer the runners across the finish line. The combined total of well over 700 people made this year's event not only the biggest Cross Bay Challenge to date but also one of the biggest events ever to take place on the notorious sands of Morecambe Bay.

Runners gathered in excited anticipation on the shore at Flookburgh, Cumbria, ready to take on the flat but challenging sands under the expert supervision of bay guide, Alan Sledmore, and his team. The race lives up to its title of a challenge for many reasons, not least the waist-deep water crossings, the terrain which can change from hard-packed tidal ridges, to powder to jelly in the space of a few strides and the disorienting nature of twisting and turning in this incredible wilderness.

With cool, overcast conditions and a fantastic turnout of enthusiastic supporters to cheer them on their way, the runners entered the sands into the care of the bay guides whose vigilance, humour and expertise keep the runners on course, both physically and mentally.

First across the waist-deep Kent Channel at 7 miles was last year's winner, Paul Muller of Horwich RMI Harriers, who maintained his lead to come steaming across the finish line in 1:22.44, minutes ahead of the 2<sup>nd</sup> placed runner, Paul Singleton of Ambleside AC who finished in 1:25.18. 3<sup>rd</sup> place went to Dave Walmsley of Manchester Harriers at 1:27.45.

The first female finisher was Tara Stott of Lancaster University AC who came in at 1:43.29, 2<sup>nd</sup> place went to Sally Ford who completed the course in 1:43.40 and 3<sup>rd</sup> place went to Shirley Staveley of Burnden Road Runners in 1:47.07.

In total there were 375 finishers, one of whom sandwiched the race into the middle of a barefoot run from Ulverston to Lancaster, doubling the distance of that completed by the other runners, and the oldest competitor, who has taken part in Cross Bay Challenge for the last 4 years, was an impressive 76 years.

Nicki Hearne, who organises Cross Bay Challenge to raise funds for CancerCare, said "this is such an exciting event to be a part of and I'm delighted with the way it is progressing year on year. The crowd of cheering supporters at the finish line this year was amazing! We know we've got a really special race here and it seems the word is spreading. As a charity, we are heavily reliant on the help of our volunteers and business supporters to make this event happen and I can't thank them all enough".

Keep an eye on [www.crossbayrun.org.uk](http://www.crossbayrun.org.uk) for more photographs of the event or register early to guarantee your place in The Cross Bay Challenge 2011 which will take place on Sunday 24<sup>th</sup> July.