



£10 ENTRY  
(UNDER 16s GO  
FREE) -INCLUDES  
T-SHIRT AND  
GOODY BAG!

# BELFAST LOUGH AUTUMN WALK

STAND UP TO CANCER BY JOINING US ON SATURDAY 4  
NOVEMBER WHEN WE'LL WALK 5KM ALONG THE SHORES OF  
BELFAST LOUGH TO RAISE MONEY AND BEAT CANCER SOONER.

The walk starts at 11am from Crawfordsburn Country Park  
in Bangor. A goody bag and refreshments is provided for all  
participants on completion of the walk!

Register now by visiting [CRUK.org/BelfastLoughAutumnWalk](http://CRUK.org/BelfastLoughAutumnWalk)

All proceeds from this Autumn Walk will go towards funding the  
life-saving work of Cancer Research UK's Stand Up To Cancer.

For further information, please call **02891 465 556** or email  
[andydunnangall@yahoo.co.uk](mailto:andydunnangall@yahoo.co.uk)



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