

# CancerCare

Registered Charity Number: 1120048

**Coffee & Cake 10k**  
**Wednesday 17th July 2024**  
**6.30pm**



**Lancaster & Morecambe AC**  
**Clubhouse, Salt Ayre LA1 5JS**

**Enjoy a scenic summer's**  
**evening 10k**  
**and support a local charity at**  
**the same time.**

**Medal & coffee/tea & cake to all**  
**finishers**

Please note:  
we have a NO REFUNDS, SWAPS OR DEFERRALS policy