



Cross At The Prom

Sunday 6th November 2011

10.30am – 16.30pm

COME AND TRY CYCLO - CROSS

Fun Off-Road Cycling

Coaching Available For Beginners Of All Ages

**Races for Under 16's, Beginners and Experienced Riders
as well as a Team Relay Race.**

Entry Fees:

Under 16's - £5 Pre-entry / £7 on the day

Adults - £10 Pre-entry / £12 on the day

Team Relay (Teams of 4 Riders) - £20 per team

**We are raising money for the
Cystic Fibrosis Trust.**



Registered Charity No. 1079049

This event has been supported by Maldon District Council

This event has been kindly sponsored by:

**Mike Riglin Nursing, Tri & Tri Again, Greenwells Garage,
The Ice Box and Blackwater Clinic**

For more information about the event and how to enter go to:

<http://www.madcc.org.uk/> or call Kevin Bunton (Organiser) 07902 184705