

Kick-start 2018 and sign up to Race for Life in Wirral



Wirral women are being encouraged to kick-start the New Year by signing up now to Cancer Research UK's Race for Life.

Every day, 110 people in the North West are diagnosed with cancer. That's why the charity is urging women of all shapes, sizes, ages and abilities to choose their event – Race for Life 5K, 10K or Pretty Muddy – and pledge to take part across the North West.

Cancer Research UK's Race for Life, in partnership with Tesco, is an inspiring women-only series of 5K, 10K, Pretty Muddy, Half Marathon and Hiking events which raise millions of pounds every year to help beat cancer sooner by funding crucial research.

By signing up to Race for Life right now, women in Wirral will make a real difference in the fight against cancer. Money raised will help Cancer Research UK scientists find new ways to prevent, diagnose and treat the disease, helping save more lives.

Polly O'Gorman, Cancer Research UK's Event Manager, said: "For those who need some extra encouragement to get moving, Race for Life offers the ultimate motivation. That's because by taking part and raising money, participants will be helping to fund vital cancer research."

Polly added: "Race for Life events are non-competitive and participants can choose to walk, jog or run around the course. Whether they're planning a 5K stroll, a 10K sprint or a muddy splash around the Pretty Muddy course, every step women take will help to support life-saving research."

The Wirral has also been chosen to host Race for Life Pretty Muddy Kids for the first time at Birkenhead Park on Saturday 30 June. Pretty Muddy Kids is a new exciting obstacle course designed just for children – with added mud, thrills and spills. From scramble nets and space hoppers to mud chutes and muddy pools, children will face a range of fun and muddy obstacles to crawl under, clamber over and charge through. By taking part in Pretty Muddy Kids, children in Wirral can have fun with friends and help raise valuable funds to beat cancer sooner at the same time. Money raised will help Cancer Research UK scientists find new ways to prevent, diagnose and treat the disease, helping save more lives.

One in two people in the UK will be diagnosed with cancer at some stage in their lives, but the good news is that more people are surviving the disease now than ever before. Cancer survival in the UK has doubled since the early 1970s and Cancer Research UK's work has been at the heart of that progress.

Cancer Research UK's life-saving work relies on the support of the public. Thanks to the generosity of its supporters, the charity was able to spend over £28 million last year in the North West on some of the UK's leading scientific and clinical research – helping more men, women and children to survive.

**To enter Race for Life today visit raceforlife.org
or call 0300 123 0770.**



TONY'S BARBER SHOP

EST. 1970



Modern and Traditional Gents Barbers

ALL WELCOME



Tony's Barbers shop supports
the charity Checkmads.

checkmads.com
Your life in your hands

242A Telegraph Road, Heswall CH60 7SG

OPEN TUESDAY – SATURDAY

R&J TRAVEL

THE TRAVEL SPECIALISTS



16 – 33 SEATERS

We are a family run organisation with a reputation built on providing an efficient, friendly, safe and reliable service. We pride ourselves on our excellent safety and maintenance record.

- Day Trips
- Theatre
- Bowling
- School Days Out
- School Contracts
- Sports Trips
- Pensioners groups
- Weddings
- Golf Outings
- Day at the Races
- Holiday Feeders
- And more...

Telephone: 0151 648 4206

Email: Jane-jenkins@sky.com • Website: www.randjtravelwirral.co.uk
R&J Travel, Unit 10 Arrowe Commercial Park, Arrowe Brook Road, Wirral, CH49 1SX