

Please return completed form to:

Mr Stan Taylor  
Bryn Annas  
Panorama Hill Road  
Barmouth  
Gwynedd  
LL42 1DX



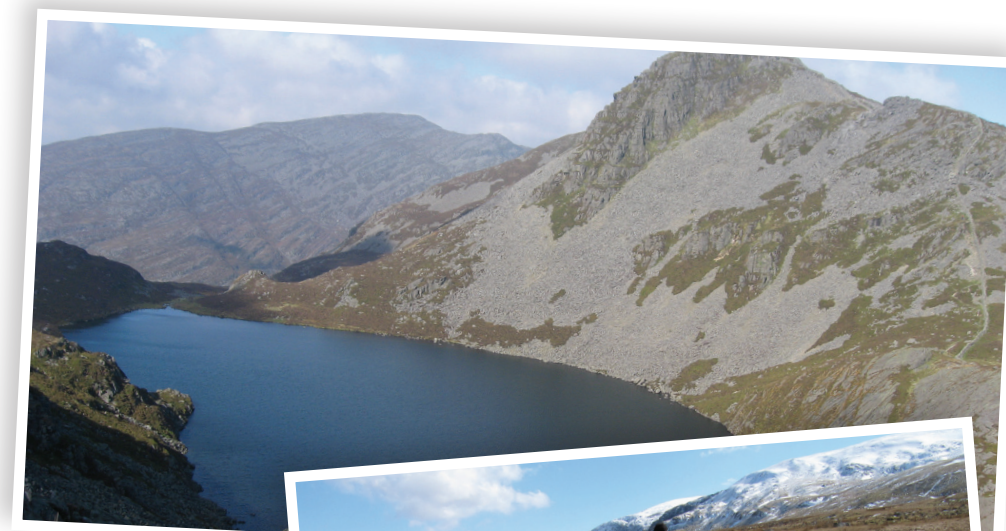
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# The 20th Barmouth 20 Mile Sponsored Walk

Saturday 12th October 2013

Start 8:30 am from the Ysgethin Inn, Tal-Y-Bont.

Circuit of Foel Ddu, Cwm Nantcol, Llyn Hywel, Moelfre, Pont Scethin and Llyn Erddyn, Gwynedd, North Wales. Take part in walking 5,10,15 or complete the 20 miles.



Believe in  
children  
 Barnardo's  
Cymru

Photograph(s) supplied by H.Thomas, Craftxt

## The 20th Barmouth 20 Mile Sponsored Walk In Aid of Barnardo's Cymru on Saturday 12th October 2013

Starting at 8:30am from the Ysgethin Inn, Tal-Y-Bont, the walk is a circuit of Foel Ddu Cwm Nantcol, Llyn Hywel, Moelfre, Pont Scethin and Llyn Erddyn, Gwynedd, North Wales.

To register please complete the form and return it to:

**Mr Stan Taylor**  
**Bryn Annas, Panorama Hill Road**  
**Barmouth, Gwynedd LL42 1DX**  
**Tel: 01341 280 153**  
**Mobile 07787 135 274**  
**E-mail christinetaylor7@btinternet.com**



### Taking part in the Barmouth Walk means:

Enjoying a great walk, along a very picturesque route with magnificent views of all round the circuit.

Getting to eat delicious homemade cakes and drink tea and coffee free of charge at three of our rest stations courtesy of The Ladies from Barmouth Barnardo's Helper Group.

Receive a certificate issued to all walkers for the number of miles walked.

### Health and safety advice

All walkers are advised to carry suitable waterproofs, warm clothing and wear sensible footwear (preferably walking boots), a small first aid kit and to carry drinks and food for personal requirements between rest stations.

In the interest of safety, walkers will be issued with route details and a map together with four numbered coloured discs (these discs have to be handed in to marshals at the three rest stations and on completion of the walk). Route details, maps and discs will be issued to walkers between 7pm and 9.30pm on Friday evening at the LAST INN, BARMOUTH or on the Saturday morning prior to the walk at the Ysgethin Inn, Tal y bont.

Barnardo's and local newspapers will be taking photographs at the event and these images may be published in the local newspapers and used to publicise Barnardo's fundraising events.

Photograph(s) supplied by H. Thomas, Crafftxt

## Registration form

### The 20th Barmouth 20 Mile Sponsored Walk in Aid of Barnardo's Cymru

Please complete in BLOCK CAPITAL and return to the address marked overleaf.

Surname

Forenames  Age

Address

Postcode

Mobile no.  Telephone no.

Email

Distance to be walked (Please tick the appropriate box)

5 miles  10 miles  15 miles  20 miles

I can confirm that to the best of my knowledge my general health and fitness is good and that I take full responsibility for myself whilst on the Barmouth Walk.

Signed

Counter signature of parent/guardian if participant is under 18 years.  
(Anybody under the age of 18 should be accompanied by an adult).

Parent/guardian

Date

Believe in  
children  
 Barnardo's  
Cymru

 give with confidence

Barnardo's adheres to the Fundraising Promise and  
Fundraising Standards Board guidelines.  
Barnardo's Registered Charity Nos 216250 and SC037605

This registration was downloaded from your website