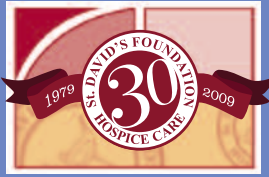
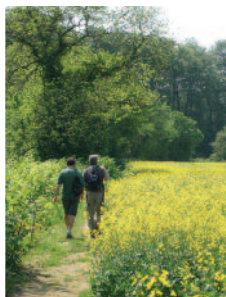


St. DAVID'S FOUNDATION HOSPICE CARE



Rhymney River Walk



A tranquil river walk through the Lower Rhymney Valley
Sunday 20 September 2009

For further information, please call 01633 271364,
email fundraising@stdaidsfoundation.co.uk or visit www.stdaidsfoundation.co.uk

Registration form - Rhymney River Walk 2009

The Rhymney River circular walk is a 9.5 mile circular walk around the Lower Rhymney Valley. The short climbs through dappled woodland will reward you with panoramic views of the valley floor and the archaeological heritage of the area.

- > The walk is designed for all levels of fitness and can be taken at your own pace with an estimated walk time 3.5 - 5 hours.
- > On receipt of this entry form St. David's Foundation will issue sponsor forms.
- > If you are interested, please complete the registration form below, and return it to: Fundraising Department, St. David's Foundation Hospice Care, Cambrian House, St. Johns Road, Newport. NP19 8GR
- > If you require any further information, please contact us on **01633 271364**, email fundraising@stdaidsfoundation.co.uk or visit our website www.stdaidsfoundation.co.uk.
- > If a child is under 14 years of age, they need to be accompanied by an adult.
- > **We have not specified an age limit for this event. If an individual is younger than 16 years, please ensure a parent or guardian signs the disclaimer below.**



Sponsor online: www.justgiving.com/sdf/raisemoney

Participant: <small>Mr/Mrs/Miss/Ms</small>	First Name	Surname
Address		
Postcode		
Telephone	Mobile	
Email		

Please read and sign: I understand that this is a sponsored event and will endeavour to raise sponsorship to support the work of St. David's Foundation. I certify that I release St. David's Foundation Hospice Care, and their agents, officials and volunteers for any injury / loss caused through my participation in this event. I take part entirely at my own risk. I agree that I should seek medical advice from my general practitioner if I am in any doubt as to my physical ability to participate in this event.

Participant

Signed:	Date: / / 2009
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Parent / Guardian if child is under 16

Signed:	Date: / / 2009
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Where did you hear about this event?

Donor No.
for internal use only

Going for Gold No.
