

100 AR Y COPA
PUM LUMON FAWR
CONCRO CEREDIGION 2020



Taith Gerdded Noddedig i godi arian tuag at gronfeydd
lleol ar gyfer Eisteddfod Genedlaethol Cymru 2020
Charity Walk to raise money for your local fundraising
committee for Eisteddfod Genedlaethol Ceredigion
2020

19/04/2020

Dringo mynydd uchaf Climbing the highest
Ceredigion er budd Peak in Ceredigion for

Eisteddfod 2020

Dydd Sul 19eg o Ebrill 2020/Sunday 19th of Ebrill 2020

10 y.b./a.m.

Cwrdd wrth wal Cronfa Ddŵr Nant y Moch Ponterwyd/Meet Nant y Moch dam wall Ponterwyd

Conditions of entry

- If you would like to participate in this guided walk challenge organised by the Walkers are Welcome communities of **Lampeter, Llandysul, Devil's Bridge and Tregaron**, please complete this form an return to the local contact for your WAW community by 15th of October 2019 - **no late entrants please.**
- The guided challenge walk will be led by members of the above WAW communities. Leaders will be in constant communication via a walkie-talkie system.
- The aim is to get 100 fundraising walkers to the summit of the highest peak in Ceredigion, **Pumlumon Fawr 2468ft** above sea level using the Pig Trail.
- The walk is exactly **6** miles and therefore a suitable level of fitness will be required.
- Participants must follow the Leaders instructions at all times.
- Participants must have appropriate hill walking equipment for the walk:
Whistle/Mobile phone Food and drink First aid kit Waterproof/Warm clothing
Waterproof boots Hats and gloves
- All under 16 year olds must be accompanied by an adult.
- All participants are requested to observe the Countryside Code.
- Entry fee of **£10** will be charged, payable to '**CLWB CERDDED CRWYDRO CARON**' sent with your entry form
- The challenge has a **limited entry of 25 from each WAW community** so please think carefully about entering and complete your entry form in good time. Minimum sponsorship for each walker is **£20.00** and the person raising the most money will be awarded a 2020 special meal for two at Y Talbot Tregaron (arranged with support of owners Mick and Nia. Award winners will agree with Mick and Nia on the date of this meal which includes two people, eating a restaurant meal with £20 each off per person!!!)
- Following the challenge walk we will return to the Hafod Hotel in Devil's Bridge.

Further information available from

Dafydd Wyn Morgan 01974 298150

*Persons entering do so at their own risk. The leaders will not be held responsible for any accident or loss incurred as a result of attending this walk.

Ffurflen swyddogol / Official entry form

Carwn gofrestru ar gyfer/I wish to enter The 'Cant ar Y Copa - Concro Ceredigion' Walk.

Amgaeaf daliad o £10 ar gyfer y daith/I enclosed payment of £10 for this walk.

Cytunaf i godi o leiaf £20 o nawdd/I agree to raise a minimum of £20 for my local fund.

Danfoner ffurflen nawdd atoch maes o law/ A sponsor form will be posted out to you soon.

Sieciau i/Cheques payable to: 'CLWB CERDDED CRWYDRO CARON'

Byddaf yn codi arian tuag at gronfa/I will be raising funds and walking for the WAW community of:

Llanbedr Pont Steffan

Llandysul

Pontarfynach

Tregaron

Enw/Name _____

Cyfeiriad/Address _____

Ebost/Email _____

Tel No. _____ Mobile _____

LLOFNOD/SIGNATURE _____ Dyddiad/Date _____

Rwy'n caniatáu i'm llun gael ei dynnu a'i ddefyddio ar gyfer cyhoeddusrwydd.

I agree to my photo/image being taken and used for publicity purposes.

Dychwelwch y ffurflen at / Return completed entry form to :

CIG Bro Tregaron WAW Dafydd Wyn Morgan Werndeg Lôn Groes Tregaron SY25 6JN

Erbyn/by **15/10/2019** **01974 298150**

Bydd eich manylion yn cael ei storio'n ddiogel ar gyfrifiadur ac yn cael ei ddileu wedi'r daith.

Your details will be kept safely on a password protected computer and deleted after the walk.

Sieciau yn daliadwy i /All cheques payable to: 'CLWB CERDDED CRWYDRO CARON'