

Let's take steps together

Every day 822 people in the UK are told they have cancer. Macmillan's ambition is to reach and improve the lives of every one of these people and the two million already living with the disease. We will do this by providing them with the medical, emotional, practical and financial support they need. It's a big ambition but something you can help us to do.

Simply join us for our walk and get sponsored for your efforts. Every penny you raise will fund more of our vital services and help us develop new ways to change lives.

We are all affected by cancer. We can all help. We are Macmillan.

supported by



Please return form to:
Macmillan Cancer Support
Gorseinon Hospital
Brynawel Road
Gorseinon
Swansea
SA4 4UU

01792 540 079
gowermacmarathon
@macmillan.org.uk



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MAC12675_DL

All details are correct at time of going to print, but Macmillan Cancer Support reserves the right to make changes in the case of unforeseen circumstances.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

WALK WITH US

**WE ARE
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CANCER SUPPORT**

**Gower Macmarathon
Walk
Saturday 11
September 2010**

Join us for this popular scenic walk along the beautiful coastal paths and beaches of the Gower Peninsula.

supported by



About our walk

There are 2 routes available, a 22 mile walk from Rhossili to Bracelet Bay, Mumbles that starts at 9.45 am and a shorter 14 mile route from Port Eynon to Mumbles which starts at 11.45 am.

This is a challenging walk that follows the cliff paths, which are fairly steep in some places so is not suitable for small children or people with walking difficulties.

This is a terrific way to have fun with friends and family and support people affected by cancer at the same time. Either register as an individual or family, or rope in a team of friends and colleagues and take part together.

Registration fee is £6.00 and all we ask is you raise a minimum of £25.00 in sponsorship to support the work of Macmillan. There's free car parking for walkers at Bracelet Bay and a free coach to transport walkers to either start point.

T-shirts are available for a suggested donation of £7.50. Please indicate on the registration form the quantity and your size requirements.

To register, simply go online at www.macmillan.org.uk/gowermacmarathon or return this form with your payment to the address overleaf.

Register now

Title: Miss Mrs Mr Other
First name: Surname:.....
Company/group name:
Address:
Town: Postcode:
County: Phone:
Email:

So that you can find out about our fundraising and charitable activities, we may contact you. We may also pass your details to our associated trading companies, eg Macmillan Cancer Support Sales Ltd might send you our Christmas catalogue. We will not disclose your data to any other person or organisation.

Please tick this box if you **do not** wish to receive further communications.

Additional walkers (continue on separate sheet if necessary)

Name 1: Age (if under 16):
Address
.....
.....

Route options, please tick

22 mile route 14 mile route

How many places on the coach do you require? ____

T-shirt size, please state quantity required

S ____ M ____ L ____ XL ____

Payment details

I enclose a cheque for £.....

(payable to Macmillan Cancer Support)

Please debit my credit/debit card to the amount of

£ (we regret we cannot accept Visa Electron)

Name:

Billing address:

Postcode:

Signature:

Card number:

Security code: Exp: __/__/ Start: __/__/ Issue no: ____

By signing this form, I acknowledge that Macmillan Cancer Support does not accept any responsibility for any injury, loss or damage to me or my property incurred during participation in the above event unless Macmillan Cancer Support, its employees or agents cause injury or damage by their negligence. Any participant who has any concern about his or her physical condition is advised to consult their doctor before taking part in the event.

Full name:

Date:

Signed: