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VELINDRE
CANCER CENTRE
Fundraising

Velindre's Victory Over Cancer TREK

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LLANELLI 2026

Event Pack 2026

Welcome from #TeamVelindre!

Welcome to your Victory Over Cancer Trek - Llanelli Coastal Path Event Pack!

The very first Victory Over Cancer Trek is here!

This is a brand-new event, designed to include people of all ages and abilities. If you are ready to take on an exciting brand-new challenge, you've opted for our 21km route - a trek designed to take your walking to the next level. If you are ready to enjoy a gentler challenge, you've signed up for our 5km family-friendly route.

Whether you're walking or trekking, we're delighted to have you on #TeamVelindre - welcome aboard!

By taking part, you're helping raise vital funds for Velindre, the Hospital of Hope, supporting lifechanging care, research, and support for patients and families across South East Wales and beyond. Every step you take and every penny you raise will help make a real difference.

Inside this pack, you'll find everything you need to feel confident and prepared for the big day, so please take time to read through it carefully.

We'd like to wish you the best of luck with your training and fundraising!

We cannot wait to welcome you to the starting line. Let's soak up the sun, enjoy the sea air, and take a step together towards Victory Over Cancer.

If you need any further support, please don't hesitate to contact the Velindre Cancer Charity Team via:

✉ info@velindrefundraising.com
✆ 02920 316211

Entry Information

Ticket prices
The 2026 entry fees are:

5km

Adults: £15
Children (under 15 years): £5

21km

General Entry (11+ years): £30

How we support you
You can buy our Victory Over Velindre Trek t-shirts on our online shop now, and they will also be available to purchase on our merchanise stands on the day of the event. All walkers can collect a 'Walking For' bib to display their motivation for walking on the day. All walkers will receive a finishers medal on the day.

Refunds
Entries are non-refundable. If you are no longer able to attend the event, please notify Velindre by email: info@velindrefundraising.com as soon as possible. Your entry fee will be donated to Velindre Charity and your entry will be resold.

Deferrals and Transfers
Unfortunately, there will not be an option to defer your place for a 2027 event. Similarly, walkers are not permitted to resell or transfer their place to another person. For health and safety reasons, the event organisers must have the registration details of every participant which will include emergency contact details and medical details. Those who wish to enter must enter through the general sale or join the waiting list.

Entry Conditions
5km: Under 16s must be accompanied by a parent or guardian at all times.
21km: Ages 11+ & see above.

By entering, you agree to comply with all terms and arrangements detailed in the Event Pack. You also accept that you are physically fit to enter this event and are walking entirely at your own risk.

We are happy to welcome well-behaved dogs on the walk, as long as they are kept on a short lead and under close control at all times. Owners are kindly asked to clean up after their dogs and dispose of any waste responsibly.

You can view Velindre Cancer Charity's full Event Terms and Conditions **here**.

Who will you be walking for?

#TeamVelindre
#TimVelindre

Fundraising

5km Target = £50
21km Target = £100
We kindly ask that you fundraise for the charity as an individual, group, or family. Every penny raised will help Velindre Cancer Charity to further support the incredible staff, patients, and families at Velindre Cancer Service. All walkers who hit their target can collect a free pair of exclusive Velindre socks on the day!

We have a team of experienced fundraisers who are more than happy to offer you help. Please do not hesitate to contact us if you need support with hitting your fundraising target.

Collecting donations:
To collect online donations, we ask that you use our exclusive Just Giving platform to create your page.

Scan to get started:

If you prefer to fundraise offline, you can request paper sponsorship forms by contacting our team on 029 2031 6211 or info@velindrefundraising.com

The difference you make...

Here at Velindre Cancer Charity, we are proud to support the life-changing work of Velindre Cancer Services. Thanks to the incredible generosity of our donors, fundraisers and supporters, we are investing in impactful projects and services that go beyond NHS funding.

As the Hospital of Hope, our staff are at the heart of what we do. Your support allows us to invest in their growth, providing opportunities, specialist roles and innovative projects that drive excellence in cancer care. By funding research roles, professorships and study opportunities, we equip our staff with the latest techniques to lead ground-breaking research and service improvements that directly benefit patients. Together, we are empowering Velindre's staff to become future leaders in cancer care and ensuring the best possible outcomes for patients and their families.

Some of the roles you help fund:

- 50% of all Clinical Nurse Specialists at Velindre
- Supportive Care Lead Nurse, Michele Pengelly
- Patient Information Support Manager, Leigh Porter
- Welfare Rights Advice roles
- The Velindre Oncology Academy team, partly funded for 3 years to deliver the launch of the educational programme
- Clinical research roles and professorships
- 3 PhD roles in healthcare research and 1 PhD role in lung cancer research.
- The Arts in Health Coordinator, Sally Thelwell.

On The Day

Start and Finish
The event will start and finish at the **Gateway Caravan Park, Gateway Resort, Millennium Coast, Bynea, Carmarthenshire, SA14 9SN**

Car Parking
There is free Onsite parking is available within the resort, immediately inside the main entrance.

The Routes
Both the 5km and 21km routes are flat with breathtaking views of the beautiful Llanelli coast. Our 5km route is suitable for prams and wheelchairs. Our 21km is a more challenging walk for those looking to push themselves.

Registration
Registration will begin from 7am. Please allow plenty of time to register, as there may be a queue and you will need to fill in your details on your bib before the warm up.

Warm Up
A 5-minute warm up will take place 10 minutes before the start of each route, ensuring each walker is warmed up and ready to go! Following the warm up there will also be a health and safety briefing and some words of encouragement.

Water
Water will be provided by event sponsor Brecon Carreg and available for all runners at the start and finish lines.

Staggered Start Times
Due to health and safety regulations, there will be staggered start times as follows:

21km Trek - 8am
5km Walk - 11am

This staggered start will allow for the majority of walkers to finish at the same time, which will be from 12pm to 2pm.

Litter
Walkers must not litter the route. Please ensure that any rubbish you produce is placed into public/provided bins or taken away with you.

Toilets
There will be a number of portaloo toilets at the event. Please arrive in plenty of time before your start time to use the toilets, as queues grow considerable nearer the start of the event.

Weather
The event is planned to continue come rain or shine. 24 hours before the event, we will review weather forecasts with participant safety as a main focus. You will be contacted by email with any important updates.

Finish Time
The event will not finish until the last walker has crossed the finish line, which is estimated to be around 2pm. We encourage friends and family to attend the event to cheer you on at the start and finish line!

Health and Safety

Llanelli Coastal Path is a public space, and the paths will remain open throughout the event. Please help us keep the event safe and enjoyable for everyone by:

- Being aware of other park users, including runners, cyclists, families, and dogs
- Listening to marshal instructions at all times
- Giving plenty of space to children, older people, and mobility-aid users
- All of our marshals are volunteers, please be respectful at all times.

Before You Run

- Make sure you feel well enough to take part
- Wear appropriate footwear and clothing for the weather
- Stay hydrated, but avoid over-drinking immediately before the start
- If you have any medical conditions, write them on the back of your bib

On the Course

- Follow the marked route and stay within designated areas
- Be cautious at narrow paths, bridges, and shared-use sections
- Overtake only when it is safe to do so
- If you need to stop, move to the side of the path
- Report any hazards or incidents to the nearest marshal
- If you feel unwell, stop and seek help immediately

Cyclists and Dogs

- Cyclists may be using the paths, please give them space
- Some dogs who are not part of the event may be off-lead. Slow down if needed and pass calmly.
- Avoid wearing headphones so you can hear what's happening around you

Medical Support

- Professional medical staff will be on site throughout the event.
- If you or another walker needs help, alert a marshal immediately letting them know where you are
- In an emergency, call 999 and then inform event staff or marshals

After You Finish

- Move away from the finish line to avoid crowding
- Collect your medal and water
- Use the cool-down area to stretch and recover
- If you feel faint or unwell, seek medical support straight away by alerting a marshal
- Tag us in your photos and celebrate with us online using #VictoryOverCancerTrek!

conveyLAW
CONVEYANCING LAWYERS

Our bespoke finishers medal and Victory Over Cancer Trek t-shirts have been generously sponsored by Convey Law!

"Velindre's work touches so many lives, and it's a privilege for us at Convey Law to be part of something that brings people together in support of such an important cause. We hope this contribution helps recognise the effort and commitment of everyone taking part."

Please take lots of photos in your t-shirts, and wear your medal with pride - and don't forget to tag us in any of your photos from the big day!

Thank you/Diolch!

Thank you for signing up to be part of our very first Victory Over Cancer Trek - Llanelli Coastal Path 2026. Whether you're walking, trekking, donating, sponsoring, or volunteering, your support is already making a powerful difference at Velindre.

By coming together for this event, you're helping raise vital funds to support world-class care, life-changing research, and hope for patients and families across South East Wales and beyond.

This event is more than a walk or trek. Each conversation shared along the way represents the unification of families, friends, communities, and colleagues. Each kilometre completed represents your strength, positivity, and determination to make a difference.

Every step taken, every pound raised, and every hour volunteered will help us continue our mission to achieve Victory Over Cancer.

Thank you for being part of it. Thank you for showing up. Thank you for helping us achieve Victory Over Cancer!

For any updates, make sure to follow our socials to keep up to date with any new info - and don't forget to tag us in your photos and videos as you fundraise, train, and get excited for the 27th September!

We can't wait to see you there!