



Show your support for  
**Brecon Mountain Rescue**

Enter a team of up to four people  
and help raise much needed funds.

**Saturday 19th May 2012**  
**Canal 200 Cycle Ride**

Local businesses organising the cycle ride hope the event will see 200 cyclists wheeling along the historic waterway using their pedal power to raise funds for Brecon Mountain Rescue Team, a registered charity serving Mid & South Wales.

**Join the ride from one of three start points.**

**14 Locks Centre Newport, 10am-11:30am** Raise sponsorship of £25pp

**Church Road Gilwern, 12pm-1pm** Raise sponsorship of £25pp

Cyclists riding from these locations will receive a Bun, Beer and Banana at The Coach & Horses, Llangynidr, plus a BBQ at Brecon Canal basin

**Henderson Hall Talybont-on-Usk, 2pm-3pm**

A family cycle – raise sponsorship of £10pp

Ends at Brecon Canal Basin with a free BBQ

**This event is part of the Monmouthshire & Brecon Canal's 200th anniversary which is one of the longest and most beautiful cycle routes in the Brecon Beacons National Park.**

There will be spot prizes for cyclists including two Macpac hydration back packs and a Macpac backpack courtesy of Green Dragon Activities.

For entry and sponsorship forms go to:

**[www.greendragonactivities.co.uk](http://www.greendragonactivities.co.uk)**  
or call 01591 610508

