



Ymunwch â ni wrth i ni uno i
anrhydeddu Goroeswyr cancer, dathlu
blwyddyn o godi arian anhygoel, cofio
am bawb o'r rheini a effeithir gan
ganser â'n seremoni Cannwyll Gobaith
arbennig a dangos **gyda'n gilydd**
rydym yn curo cancer.

Cofrestrwch yn
cruk.org/relay

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REGULATOR



Relay For Life is organised by volunteers from a Relay For Life Committee on behalf of Cancer Research UK. Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Also operating in Northern Ireland. The Cancer Research UK name and logo is a registered trademark of Cancer Research UK and the Relay For Life name and logo is a registered trademark of the American Cancer Society.

What is Relay For Life?

Cancer Research UK's Relay For Life celebrates the power of community fundraising in the fight to beat cancer. Teams of friends and family fundraise for life-saving research then unite as a community to honour everyone affected by cancer and celebrate the progress made in research.

**Celebrate.
Remember.
Fight Back.**

What happens at Relay?

- We unite for a family festival to celebrate a year of fundraising.
- Teams take it in turns to complete an activity, such as laps of a track.
- We start by honouring Survivors of cancer, our special guests.
- Enjoy games and music from local performers – there's something for the whole family to enjoy.
- Hear about Cancer Research UK's breakthroughs.
- A Candle of Hope ceremony gives us a moment to reflect and honour everyone affected by cancer.
- A closing ceremony celebrates our progress and inspires us all to continue our efforts to beat cancer.
- Your local volunteer Committee will keep you updated with plans for your event.

How can you join our Relay Heroes?

By starting or joining a Relay For Life team, you're helping fund research and make discoveries. We want to bring about a world where everybody lives longer, better lives free from the fear of cancer. To make breakthroughs tomorrow, we need your help today.



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**Together we are
beating cancer**