

WE PROUDLY PRESENT

# THE TAFF THOMAS TREK

*A fundraising journey for  
Wales 5s Wheelchair Rugby*

**From Barry to Tenby, Wales  
183 miles of beautiful Welsh coastal path**

**Saturday 20<sup>th</sup> June 2026 - Thursday 25<sup>th</sup> June 2026**

Join us on an incredible fundraising journey across the beautiful Welsh coastline, raising vital funds for Wales 5s wheelchair rugby.

# JOIN THE JOURNEY!

**SUPPORT WALES 5S WHEELCHAIR RUGBY!**

**Be part of The Taff Thomas Trek!  
Whether you donate, sponsor a mile, or cheer us on  
from Barry to Tenby, your support helps grow  
wheelchair rugby across Wales. Every contribution  
makes a difference for our athletes.**

Check out Taff's full daily plan on  
<https://www.wales5swheelchairrugbyunion.co.uk/calendar/taff-thomas-trek>

You will be able to follow Taff on Welsh Fury facebook  
and TikTok pages.

Link to gofundme

<https://gofund.me/518cb84f1>

gofundme



Scan to donate to Addriana's fundraiser  
"The Taff Thomas Trek raising funds for Wales  
5s"