

ABCD

Argyll Beats Cardiovascular Disease

10K Race

With 1K Fun Run for children.

Sunday 20st May 2017 at 1pm

Starting from Lorn and Islands Hospital

Application Form

Send completed application form to Alfie macKenzie, Greenhills,

53 Nant Drive, Oban. Tel: 01631 562171.

Adults £5 Children £1

(Cheques payable to ABCD)

Name_____ **Age (if under 17)**_____

Address_____

Tick here if veteran class (50+)_____

I declare that I am medically fit to take part and am participating at my own risk. I agree that no liability will be placed on ABCD for any injuries sustained, or for any loss or damage to my personal property during the course of the event.

Signed_____

I enclose a cheque/cash for £_____

Size for T shirt (S/M/L/XL)_____