

Borders Fun Run

All money raised goes to the Borders



Run starts at 1pm, All welcome,

Route suitable for Wheelchairs, Mobility Scooters &

Pushchairs, 5km (3miles),

Fancy dress entrants welcome, Barbeque and face painting,

Route well sign posted, Walk or Run for fun

SPECIAL PRIZES FOR MOST SPONSORSHIP RAISED

Applications should be sent to:-

J S Crawford 3rd Generation Ltd, Priorwood, Melrose, TD6 9EG

Cheques **must** be made out to:- 'MS Society Scotland – Borders Branch'
Please do **not** send cash in the post.

T-shirts / running vests in XS, S, M, L, XL will be provided free to all participants, please indicate preferred size.

Entries are also welcome on the day before 12.30pm.

If you are unable to participate on the Day but would like to

donate, please send donations as above to J S Crawford 3rd Generation Ltd.

If you have any queries regarding this Fun Run please

phone 01896 822030 or check the web page www.js Crawford.co.uk

