

**Many thanks for all your support  
I am running the Kirkcaldy Half Marathon on  
31st August to raise funds for two fantastic  
charities:**

**Medical Aid for Palestinians**

**<https://www.justgiving.com/page/ruth-forrest-25...>**

**Linda's Fund (in memory of my mum - provides  
bursaries for students in Malawi to go on to  
further education). Donations link:**

**<https://cafdonate.cafonline.org/16376#!/DonationDetails>**

**I'd be very grateful if you'd consider  
sponsoring me on behalf of either or both  
causes.**

**Thank you!  
Ruth**