

**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