GALLOP & GRIND

The person carrying this form has pledged to "Give Up" their Saturday to raise money for Cancer Care In The Highlands (Reg. Charity No:- SCO4O321). **Please lend your support**.

This is the official sponsor form for the Gallop & Grind that will be held in Fort William on the 25th of September 2010. Participants will be asked to complete a three and a half mile run, jog, walk around the Cow Hill and a ten mile bike ride in Glen Nevis

***Gift Aid** is tax relief on money donated to UK charities – by ticking the gift aid box, if you pay UK income tax, this allows us to reclaim tax on each donation thus increasing the amount donated. **Please ensure you document your name and address ()including postcode and tick the gift aid box.**

Name & DOB	Address inc. postcode	Amount	Gift aid *

Please forward all sponsorship, together with this form, to: Frances MacIntyre, 17 Glenview, Dalmally, PA33 1BE