

THE RED DRESS WALK AND RUN



**Sunday 20th September from
Beau Sejour Leisure Centre at 11.00 am**

Wear a red dress, or something red because

**HEART DISEASE DOESN'T CARE
WHAT YOU WEAR**

**Two hilly courses to get your heart pumping –
Run 3½ miles or walk 2½ miles
Cost of entry £5 – entry forms available from Fletcher
Sports and Beau Sejour
Prizes for best dressed teams, etc**

**All money raised by the
RED DRESS RUN
will be used by the
Guernsey Cardiac Action Group
to ensure healthier hearts in Guernsey.**

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