Sat 8th Sept 2012

The **Monadhliath Heartbeat Challenge** is an annual event held in the Highlands. We welcome participants aged 12 and over to take part, have fun, get fit and raise funds that will benefit cardiac care. To date the Challenge has raised over £55,000 for our beneficiaries, including the **Cardiology Department at Raigmore Hospital, Inverness.**

The population of the Highlands is continuing to grow and the demands on Raigmore are increasing daily. In Scotland we have the highest incidence of heart disease in Western Europe which makes the funds raised by this challenge all the more important.

Many charities raising money in the Highlands send the funds to central offices outwith the Highlands. We ensure that **all** funds raised locally are spent locally. We would like to thank the owners of both Nairnside and Moy Estates for their most generous help.

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Cheques should be made payable to "Heartbeat Challenge" at Heartbeat Challenge c/o 36 Longman Drive, Inverness IV1 1SU. All funds should be submitted to the above address as soon as possible after 8th September 2012. Please use a separate sheet if required or use our online donations at http://www.charitygiving.co.uk/ to create your own web page increase your total.

Name	Address	Post Code	Donation	Gift Aid*

*By ticking this box you are agreeing for your donation to the Heartbeat Association and any other donations you have made to the charity in the tax year 2012/2013 or in the previous four tax years and any donations that you make in future years (unless you notify us otherwise to be treated as Gift Aid. To allow us to claim Gift Aid on your donation (s), you must pay or have paid in respect of the relevant tax year, income tax or capital gains tax at least equal to the amount of tax we recover on your donation(s). We could claim £2.50 on every £10.00 donated!

Thank you for your support.

www.heartbeatchallenge.co.uk