

Argyll Beats
Cardiovascular Disease



10K Fun Run Oban

(with shorter Fun Run for children)

Sunday May 6, 2007

Starting from Lorn and Islands Hospital 1pm

Entry £5 adults and £1 children

Application Forms and Training

Programme from Betty Graham,

Lorn & Islands District General Hospital, Oban

The **Lancaster** Hotel
Esplanade, Oban

Swimming Pool



Sauna • Jacuzzi • Steam room

Tel 01631 562587

Opening times 8 til 8



Beaver Timber COMPANY

www.beavertimber.co.uk

Barcaldine, by Oban

email: info@beavertimber.co.uk

Telephone: 01631 720 353



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