



Take on a Challenge for Woodlands!

THE WOODLANDS HOSPICE 10 IN 10 CHALLENGE!

TEN
in
TEN

Are you up for the 10 in 10
challenge?!!
10k a week for 10 weeks?

£10 Registration Fee plus
£10 Sponsorship target for each
10k and you'll get an *amazing*
medal, t-shirt and certificate!!!

How does it work?

Simply register with us, it's open
to all ages and abilities, individuals
or groups! You can run, walk or
jog the distance - it's your choice!

Submit your evidence weekly and move on to the next weeks' challenge and at the end of your 10 weeks, the **MOST AMAZING** medal will be on its way to you! You can then sit back and smugly know that you raised money for a fantastic cause and challenged yourself at the same time! If you're interested in taking part, please contact us today.

Call: 0151 529 8193

or email woodlands.events@aintree.nhs.uk

www.woodlandshospice.org

Tel: 0151 529 2299

Charity No. 1048934 Company No. 3063721

[/woodlandshospice](https://www.facebook.com/woodlandshospice) [@wearewoodlands](https://www.instagram.com/wearewoodlands) [wearewoodlands](https://www.instagram.com/wearewoodlands)



Registered with
**FUNDRAISING
REGULATOR**