

# I'm running a 10km!

## Guess my time...!

0:40:00	0:42:00	0:44:00	0:46:00	0:48:00
0:50:00	0:52:00	0:54:00	0:56:00	0:58:00
1:00:00	1:01:00	1:02:00	1:03:00	1:04:00
1:05:00	1:06:00	1:07:00	1:08:00	1:09:00
1:10:00	1:11:00	1:12:00	1:13:00	1:14:00
1:15:00	1:16:00	1:17:00	1:18:00	1:19:00
0:20:00	0:21:00	0:22:00	0:23:00	0:24:00
0:25:00	0:26:00	0:27:00	0:28:00	0:29:00
0:30:00	0:31:00	0:32:00	0:33:00	0:34:00
0:35:00	1:36:00	1:37:00	1:38:00	1:39:00
1:40:00	1:41:00	1:42:00	1:43:00	1:44:00
1:45:00	1:46:00	1:48:00	1:50:00	1:52:00
1:54:00	1:56:00	1:58:00	2:00:00	2:02:00

I'm running \_\_\_\_\_

Suggested donation £ \_\_\_\_\_

# Thank you!

Please send your final donations to: Southampton Hospital Charity, Mailpoint 135,  
Southampton General Hospital, Southampton, SO16 6YD