

## LINDSEY LODGE HOSPICE



# SUNDAY 22 DECEMBER 2019

Join us on our 3K Elf Yourself Run, your mission will be to help Santa get all his presents back to his sleigh, as well as picking up some special clues along the way!

#### 1PM START

Waves will set off every 10 minutes, select your wave when booking

Book online: www.curlysathletes.co.uk

RUDOLPH'S REVENGE 10K FESTIVE RUN



## RUDOLPH'S REVENGE

**SUNDAY 22 DECEMBER 2019** 

**10K NIGHT TIME TRAIL RUN** 

DON'T FER

AT
NORMANBY HALL
COUNTRY PARK

£18.50

£20.50

10 1

### **4PM START**

Compulsory kit: Head torch (ages 15 plus only)

Book online: www.curlysathletes.co.uk

ELF YOURSELF RUN 3K FAMILY FUN