

# LDS Sunderland 5k run 2010

14.00 mins	14.30	15.00	15.30	16.00	16.30	17.00	17.30
18.00	18.30	19.00	19.30	20.00	20.30	21.00	21.30
22.00	22.30	23.00	23.30	24.00	24.30	25.00	25.30
26.00	26.30	27.00	27.30	28.00	28.30	29.00	29.30
30.00	30.30	31.00	31.30	32.00	32.30	33.00	33.30
34.00	34.30	35.00	35.30	36.00	36.30	37.00	37.30
38.00	38.30	39.00	39.30	40.00	40.30	41.00	41.30
42.00	42.30	43.00	43.30	44.00	44.30	45.00	45.30
46.00	46.30	47.00	47.30	48.00	48.30	49.00	49.30
50.00	50.30	51.00	51.30	52.00	52.30	53.00	53.30
54.00	54.30	55.00	55.30	56.00	56.30	57.00	57.30
58.00	58.30	59.00	59.30	60.00	60.30	61.00	61.30
62.00	62.30	63.00	63.30	64.00	64.30	65.00	65.30
66.00	66.30	67.00	67.30	68.00	68.30	69.00	69.30
70.00	70.30	71.00	71.30	72.00	72.30	73.00	73.30
74.00	74.30	75.00	75.30	76.00	76.30	77.00	77.30
78.00	78.30	79.00	79.30	80.00	80.30	81.00	81.30
82.00	82.30	83.00	83.30	84.00	84.30	85.00	85.30
86.00	86.30	87.00	87.30	88.00	88.30	89.00	89.30
90.00	90.30	91.00	91.30	92.00	92.30	93.00	93.30
94.00	94.30	95.00	95.30	96.00	96.30	97.00	97.30
98.00	98.30	99.00	99.30	100.00	100.30	101.00	101.30
102.00	102.30	103.00	103.30	104.00	104.30	105.00	105.30
106.00	106.30	107.00	107.30	108.00	108.30	109.00	109.30
110.00	110.30	111.00	111.30	112.00	112.30	113.00	113.30
114.00	114.30	115.00	115.30	116.00	116.30	117.00	117.30
118.00	118.30	119.00	119.30	120.00			

How the Sweepstake works.

1. Display this in the staff room of your place of work or any place that people gather.
2. Get everyone to write their name against the time they think you will complete the race and make a donation of £1 per guess.
3. After you have completed the race you can announce your time and who was the closest.
4. The winner receives £5 and the remaining amount goes towards your sponsorship total.

#### Rules

Only people who work on the premises where this form is displayed are eligible to enter. This sweepstakes may not be advertised outside these premises.

Once the game is over the money should be added to your sponsorship amount.