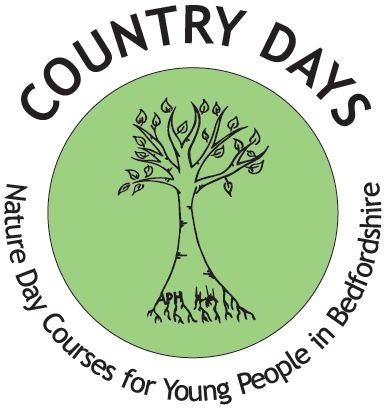
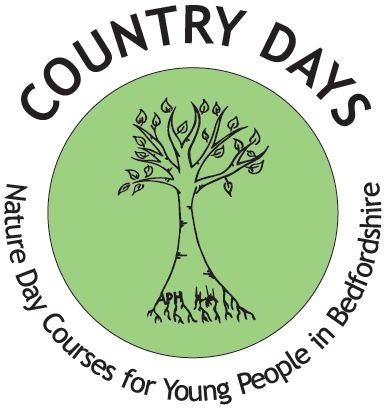
**WALK,** **JOG OR RUN 10KM FOR COUNTRY DAYS!**





**Country Days:**

**Nature day courses for young children in Bedfordshire**

Register to take part in our 10km challenge on 6th December 2020

and help us raise money for Country Days.

**REGISTRATION:**

Follow the link to our Just Giving page on our website [**www.countrydays.net**](http://www.countrydays.net/) and make a payment of £5.00 to register. Email this completed form to [**info@countrydays.net**](mailto:info@countrydays.net)

**PERSONAL INFORMATION**:

Name:

DOB:

Contact Information:

Address:

Postcode:

Mobile phone:

Email

Please tick box if you would like to have a Country Days tee-shirt to take part: Size

**S ☐**

**M ☐**

**L ☐**

**XL ☐**

We’d love to see your “Before” and “After” photos from your 10k challenge for our

fundraising page!

Please email your photos to us at: [info@countrydays.net](mailto:wjwatkinson1@doctors.org.uk)

Please ask your friends and family to sponsor you and follow our event on our social media pages on the website.

**Thank you for taking part and have fun!**