

Heads or Tails

**#10kFor
Nurses**

1. The current 10k running men's world record is held by:
Heads) Kenenisa Bekele | Tails) Mo Farah

2. How many inches are there in 10,000 metres?
Heads) 393,701 | Tails) 421,701

3. How many 51 gram Mars Bars would you need to eat to consume 10,000 calories?
Heads) 32 | Tails) 44

4. 10 litres of water weighs almost exactly 10,000 grams
Heads) True | Tails) False

5. How many minutes are there in 10,000 seconds?
Heads) 66.66 | Tails) 166.66

6. 'Ten thousand light years' is the title of an album by who?
Heads) Boney M | Tails) Bonnie Tyler

7. Which Italian city is roughly 10,000km from London?
Heads) Naples | Tails) Verona

8. Which country has a population closest to 10,000?
Heads) Tuvalu | Tails) Monaco

9. '10,000 BC' was an adventure film set in the prehistoric era, but what year was it released?
Heads) 2010 | Tails) 2008

10. How much are 10,000 Nectar points worth?
Heads) £100 | Tails) £50

Bonus Question! To the nearest second, what is the men's 10k world record time?

How to play: Heads or Tails is a quick and simple way to generate extra cash. Charge for entry and then all players stand up and have to indicate if they think the answer is heads or tails by placing their hands on their head or their bum! If you get it wrong you sit down – until the last person is standing up. The Bonus Question is there if more than one person is left at the end! Try to organise a great prize for the winner from a local business.

Answers: 1. Heads 2. Heads 3. Tails 4. Heads 5. Tails 6. Heads 7. Tails 8. Heads 9. Heads 10. Tails Bonus: 26 mins 17.53 seconds