Partial List of items to do to secure vulnerable CTF 10:

Install a light local firewall like shorewall
Fix and prevent XSS and SQL injection attacks (look in /var/www/html for php files)
Fix user and application permissions/settings
Fix weak configurations/harden services
Lessen information leaked through banners, errors
Strengthen authentication and passwords
Enable secure remote log reporting to the firewall
Other weaknesses?

Partial List of items for firewall:

Install and configure a firewall and IDS. Could be something like pfSense, Snort, Firewalld, etc.
Enable rules and settings that make sense for the web server.
Enable a secure way to view logs reported from both this machine and CTF 10.
Other things?