



The 33rd Abbots Langley Tough Ten

Sunday October 4th 2015

10k start is 10.30; 5k & 3k start at 10.00; 1k start at 9.30

Held under UK Athletic Rules. UKA Licence No. 2015-14378

Race organised to raise funds for MENCOP

The popular Abbots Langley Tough 10 is a 10k race around the pretty village of Abbots Langley. The challenging event is now in its 33rd year and continues to raise money for local beneficiaries by testing runners around the scenic and accurately measured course. Runners of all standards are welcome with medals presented by the legendary Graham Taylor. With races ranging from 10k to 1k there is a run for all the family!

****Medal to all finishers** ** Chip timing for 10k, 5k and 3k races ****

Trophies for leading men, women and vets and teams with 4 to score

Prize giving and presentations approx 60 minutes after first runner home

Venue: Manor House Grounds, Gallows Hill Lane, Abbots Langley, Hertfordshire, WD5 0AP

Chip timing, Changing, Toilets, Onsite parking, Refreshments

ENTRY FEE: 10k £17.50 5k £8.00 3k £3 1k £3

10k £20 on the day

ENTRY LIMIT: 500. Postal closing date is September 27th

Entries available on the day subject to limit not being reached.

PLEASE ENCLOSE: large SAE. **CHEQUES:** Payable to 'ALTT'

POSTAL ENTRIES TO: ALTT, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA.

Enquiries/more information: 01797 230009

ENTER ONLINE AT www.tough10.co.uk or www.nice-work.org.uk

Abbots Langley Tough 10. Please complete and return along with your cheque and a large sae.

Please enter me for the 10k [] 5k [] 3k [] 1k []

SURNAME _____ **FORENAME** _____ **DATE OF BIRTH** _____

AGE ON 04/10/2015 _____ **Sex: Male/Female (delete as applicable)**

ADDRESS _____

Post Code _____

TELEPHONE NO _____ **EMAIL ADDRESS** _____

RUNNING CLUB _____ **Affiliated Yes/No. Estimated Time** _____

I declare I will be over 15 years of age for the 10k or 11 years of age for the 5k on 04/10/15 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under the age of 18, this entry form should be signed by a parent or guardian.

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here []