



4TH OCTOBER 2026
1K RACE - 9.30AM START

Take on the 1k challenge

Help raise money for good
causes in Abbots Langley

- ▶ **Minimum age: 4 years**
- ▶ **Competing age: 4-8 years**
- ▶ **Entry fee: £3.50***

Medal for all finishers

Trophies for competing winners

Sign up today at
www.tough10.co.uk

**on the day prices may vary*



WARNER BROS.
STUDIOS LEAVESDEN



Abbots Langley
Parish Council



Manor House Grounds
Gallows Hill Lane
Abbots Langley
WD5 0DD

Charity Number: 1163519
Held under UK Athletic Rules.
UKA License obtained.


M. K. Ginder & Sons
FUNERAL DIRECTORS