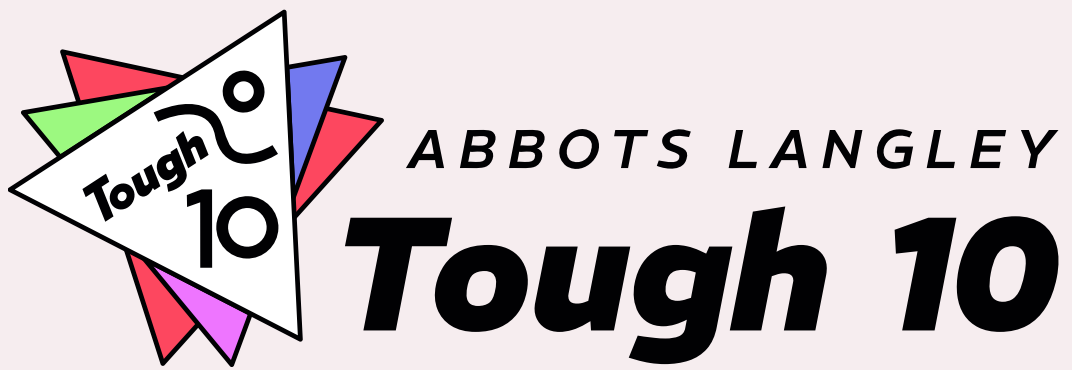




5TH OCTOBER 2025
5K RACE - 10:00AM START

Take on the 5k challenge

Help raise money for good
causes in Abbots Langley

- ▶ **Minimum age: 11 years**
- ▶ **Competing age: 11-15 years**
- ▶ **Entry fee: £14.00***

*prices vary for affiliated status and on the day entries

Medal for all finishers

Trophies for competing winners

Chip timing for all entrants

Sign up today at
tough10.co.uk



WARNER BROS.
STUDIOS LEAVESDEN



M. K. Ginder & Sons
FUNERAL DIRECTORS



Manor House Grounds
Gallows Hill Lane
Abbots Langley
WD5 0DD

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