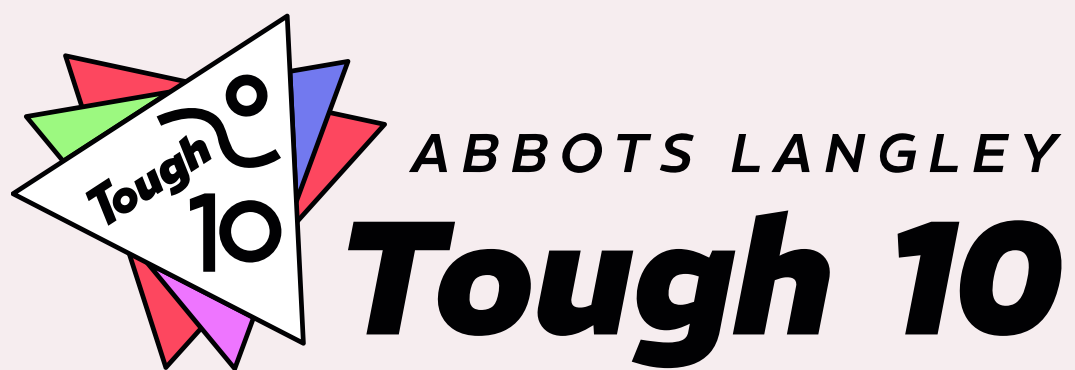




5TH OCTOBER 2025
3K RACE - 10:00AM START

Take on the 3k challenge

**Help raise money for good
causes in Abbots Langley**

- ▶ **Minimum age: 9 years**
- ▶ **Competing age: 9-10 years**
- ▶ **Entry fee: £6.00***

**prices vary for 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.