

4TH OCTOBER 2026

5K RACE - 10AM 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: £15.00***

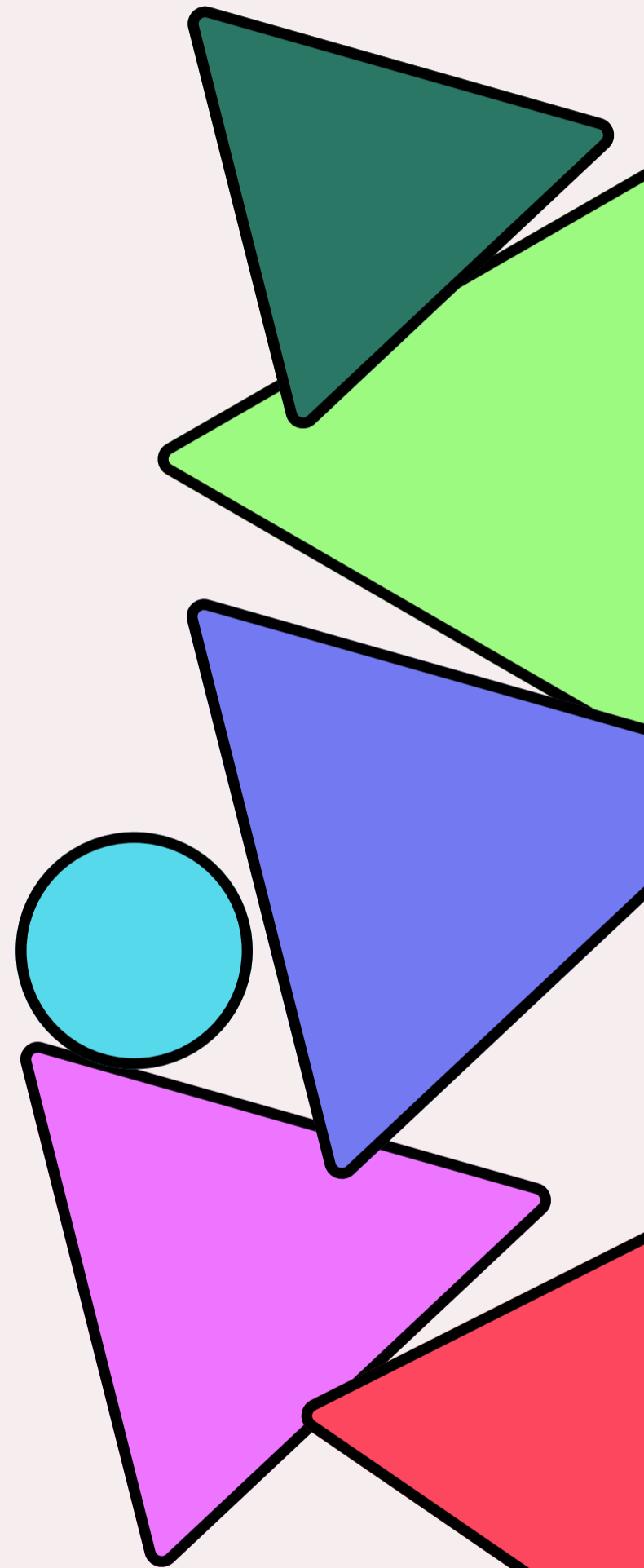
Medal for all finishers

Trophies for competing winners

Chip timing for all entrants

**Sign up today at
www.tough10.co.uk**

**prices vary on affiliated or unaffiliated status and on the day prices*



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
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