



The 37th Abbots Langley Tough Ten

Sunday October 6th 2019

10K start is 10.30am; 5K & 3K start at 10.00am;

The Park Run starts at 9.30am

Held under UK Athletic Rules. UKA Licence applied for.

Race organised to raise funds for local beneficiaries.

The popular Abbots Langley Tough 10 is a 10K race around the pretty villages of Abbots Langley, Kings Langley, and Bedmond. The challenging event is now in its 37th 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 races ranging from 10K to a 1K Park Run, there is a run for all the family!

****Medal to all finishers****

**** Chip timing for 10K, 5K and 3K races ****

10K trophies for leading men, women, fastest under 18, Vet categories and teams with 4 to score.

5K trophies to first three under 15.

Prize giving, and presentations will be at approximately midday.

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

Chip timing, Changing, Toilets, Onsite parking, Refreshments

ENTRY FEE:	10K £20.00 Affiliated	£25.0 Unaffiliated
	5k £10.00 Affiliated	£12 Unaffiliated
	3K £5.00	The Park Run £3.00
	10K £30.00 On the day	5K £15 On the day

ENTRY LIMIT: 500. Postal closing date is October 1st

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 229955 / info@nice-work.org.uk

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

Abbots Langley Tough 10. Please complete in BLOCK CAPITALS and return along with your cheque and a large sae. Please enter me for the 10k [] 5k [] 3k [] The Park Run []

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 06/10/2019 _____ Sex: Male/Female (delete as applicable)

ADDRESS _____

Post Code _____

TELEPHONE NO _____ EMAIL ADDRESS _____

RUNNING CLUB _____ SCHOOL _____

You must include your school name to be included into the School Team Trophy

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be 15 years of age or over for the 10K or 11 years of age or over for the 5K on 06/10/19 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.

Gift Aid: I am a UK tax payer and would like my entry fee to be Gift Aided (increases the value of your fee by 25% at no extra cost to you). You must pay an amount of income tax and/or Capital Gains tax in each tax year at least equal to the tax that the Charity will claim from HMRC on this Gift Aid donation. Please tick if you do **NOT** want us to claim Gift Aid

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