

ABBOTS LANGLEY TOUGH TEN RACE

2009

Online applications at www.runnersworld.co.uk

27th

**SPONSORED
CHARITY RUN**

Sponsored by MK Ginder & Sons

**MEDALS TO ALL
FINISHERS**

Medical cover by Abbots
Langley Red Cross



**Sunday
4th October**
3k & 5k run at 10am
10k at 10.30am

Venue...
Manor House Grounds
Gallows Hill Lane
Abbots Langley WD5 0AP

(Under UK Rules) Permit No. 11099 UK Athletics

ROUTE : The 10K course is BAF measured through the streets of Abbots Langley, Bedmond & Kings Langley.
(NB. Runners for the 10k race must be aged 16 or over)

5K is through the streets of Abbots Langley and runners must be aged 12 or over

3K runners must be aged 9, 10 or 11.

PRIZES : Finishers receive a medal, with prizes & trophies awarded to the leading men, women, vets. and affiliated teams (4 score)

FACILITIES : Changing facilities and refreshments in the Abbots Langley Youth & Community Centre (this may change due to refurbishment of the community centre so watch out for information on the Race day.)

ENTRIES : The 10k entry fee is £10

5K & 3K all entries £5

Cheques should be made payable to ALTT, and returned **before 25th September 2009** to the race organiser, enclosing a **STAMPED ADDRESSED ENVELOPE** for numbers and directions.

Return to : ALTT, c/o
Langley Travel, 34 High Street,
Abbots Langley,
Herts, WD5 0AR

OFFICIAL ENTRY FORM

Surname Event (10K, 5K or 3K)

First Name

Address

Post Code

Male or Female

Age (on race day)

Affiliated club (or school) if any

Are you a member of the Emergency Services?

I certify that I am fit to run and that the organisers will in no way be held responsible for any injury, loss or illness incurred to my person during or as a result of this event. The same applies to my possessions.

SIGNED (parent if under 16)

- I will be sponsored for this race - sponsor form overleaf.
- I will not be sponsored but enclose a donation of £

ALL PROCEEDS DISTRIBUTED TO LOCAL CHARITIES

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