



New Course, More Hills!

Leighton Tough 10

Sunday, 19th September 2010 at 9:00am

From Vandyke School, Leighton Buzzard



Leighton Buzzard AC are back with a 10 mile road race on a testing new course. The route takes in some picturesque villages north of Leighton Buzzard and passes through some of the most attractive countryside in Bedfordshire. Drink stations will be strategically placed on the course and the race HQ has changing facilities with showers and toilets for male and female competitors.

PRIZE CATEGORIES

First 3 Men; plus V40, V50, V60 and V70; First 3 Ladies; plus FV35, FV45, FV55 and FV65;
First Men's Team (3 to score) First Ladies Team (3 to score) First Team of 10 (Male and/or Female)
PLUS various spot prizes and discount vouchers provided by Up & Running

ENTRIES

ENTRY FEES: £12.00 (affiliated), £14.00 (unattached)
Entries accepted on the day - £14 (affiliated), £16 (unattached)

POSTAL ENTRIES: Please complete form, detach and send with a cheque payable to Leighton Buzzard A.C. along with a 9" x 4" SAE to: Leighton 10, 1 Cotefield Drive, Leighton Buzzard LU7 3DS
(Closing date Sunday 12th Sept 2010)

ONLINE ENTRIES: www.runnersworld.co.uk/..... (from 1st May 2010)



LEIGHTON TOUGH 10 RACE ENTRY FORM

Surname _____

Forename _____

Address _____

Phone No _____

Date of Birth _____

Age on Day of Race _____ Male / Female

Post Code _____

Club (if any) _____

Estimated Finish Time _____

UK Athletics Number _____

Race Permit Number 2010-0520

I agree to participate in the race under the following conditions:

I am over 17 years of age and an amateur as defined by UK Athletics. I will abide by the UK Athletics rules of the competition. I am medically fit to participate. I accept that the organisers will not be held liable for any loss, illness, or injury resulting from the event however caused.

I enclose a cheque for £.....

Signature _____

Data Protection: The race organisers use data supplied by participants to process entries, produce and classify results. All data (electronic and paper) will be stored securely. Personal data will not be supplied or distributed to any third party other than those working within the framework of the event.



Leighton Buzzard Athletic Club

www.leightonbuzzardac.co.uk

