



We Serve

Lions Club of
Weston-super-Mare

Raising funds for:



Lifeboats

Proudly present their



Easy Runner Shop
Tel: 0117 929 7787
(not for race information
see below for contact detail)

Tough Ten Challenges

Weston-super-Mare, Somerset.

(A 10 mile multi terrain race with a 2 hour time limit)

UKA Race Permit applied for.

Sunday 14th Feb 2010 Start 11.00

Plus a 1 mile Fun Run (min age 5 yrs)

Sponsors:

four fifty partnership
chartered accountants



INFORMATION

www.toughten.co.uk

Tel 01934 522147

Entries Info: EntriesSecretary@toughten.co.uk

Other enquiries: RaceDirector@toughten.co.uk

We will endeavour to reply to all enquiries within 4 working days.

**** Please note that race packs will not be posted until Friday 29th January ****

Enter online at WWW.RUNNERSWORLD.CO.UK OR WWW.ACTIVEEUROPE.COM



The 2010 Tough Ten Challenges Entry Form

FOR OFFICIAL USE ONLY

PLEASE COMPLETE IN BLOCK CAPITALS - ONE FORM PER RUNNER

SURNAME _____ ADDRESS _____

FIRST NAME _____

GENDER Male / Female DATE OF BIRTH _____

UKA AFFILIATED CLUB _____ POSTCODE _____

Age on Race Day

RACE ENTERED (please tick)

10 Mile Race

1 Mile Fun Run

CONTACT NUMBER _____

E-MAIL _____

HAVE YOU A NEWS STORY? WHY ARE YOU RUNNING?

DECLARATION I agree to abide by EA rules and accept that this event is potentially hazardous. I am medically fit to participate in the event and understand that I enter at my own risk and that the organisers shall not be held responsible for any injury or illness that may be caused to myself as a result of the event or for any property lost during the race. I also agree to notify the race organisers on 01934 522147 prior to the event if my situation changes. I will write on the reverse of my race number an emergency name and contact details for race day and any medical conditions which the race organisers should be aware of. I understand that the entry fee is non-refundable (even if the event is cancelled due to severe weather making the event unsafe or any other unforeseen reason) and that I will compete in my allocated number. If, through my non-participation, I pass my number to another runner I will advise the organisers by the submission of an entry form duly completed by my replacement. I hereby give permission for the organisers and their associates to use any recorded materials from this event.

SIGNED _____ DATE _____
(If the runner is aged under 16 then a parent / guardian / responsible adult must sign on their behalf)

I enclose a cheque (payable to "Tough Ten") for £ _____ (post & packing for race pack included in entry fee!)

Data protection. If you do not wish any details to be passed on to a third party, including the press, tick this box

Please return your form and cheque to: Tough Ten Race Secretary, PO Box 431,
Weston-super-Mare, BS22 9WZ (Cashing of cheque indicates acceptance of entry)

The 2010 Tough Ten Challenge

The 19th Tough Ten Multi Terrain Race



The event has earned an enviable reputation for its excellent facilities - both for competitors and spectators. In the race HQ there is a cafeteria and plenty of seating, along with hot showers for the runners. Out on the course there will be abundant marshals, two drinks stations, plenty of first aid support and a traffic free running course!

Designed to be within the capabilities of any normally fit runner or jogger. The 10 mile course uses sections of (closed) tarmac road along the seafront and coast, a section of the Promenade, woodland paths and trails within Worlebury Woods, and a little of the beach. In parts it is flat and fast; in others there are short climbs and long down hill sections. Most compete in ordinary running shoes.

The Tough Ten Challenge is to complete the course! Remember, the aim is to both finish and to enjoy it. If necessary, walk the hard bits..... others will!

Start:	11.00 am	Entry fees:	Affiliated Runners:	£12.50
Time Limit:	2 Hours		Unaffiliated Runners:	£14.50 (incl £2.00 levy)
Age Limit:	16+ years	Entries on the Day:		Strictly none!

Memento: Given to all finishers

Prizes - Easy Runner will present an engraved glass trophy to the winner of both the Men's and Women's races plus prizes to the following:

Men First 10 overall, plus first three aged 40-44 & aged 45-49, first two aged 50-54 & aged 55-59, first aged 60-64, first aged 65-69 & first aged 70+.

Women First 5 overall, first three aged 40-44, first aged 45-49, first aged 50-54, first aged 55-59 & first aged 60+.

N.B. Individuals are eligible to win both Open and Age Category Prizes. There will be no cash awards.

Results These will be published on our internet site, www.toughten.co.uk, by midday on Wednesday 17th February. There will be no results by post.

**** Please note that race packs will not be posted until Friday 29th January ****

The four fifty partnership chartered accountants 1 mile Fun Run

The 1 mile Fun Run has been growing in popularity year by year and is open to anyone aged 5 years or over. The course is totally safe and traffic free being primarily on firm sand on the beach and using parts of the promenade. An adult must accompany youngsters aged 5 - 10 yrs inclusive. **These adults must officially enter the event and display their running number throughout the run.** This is **NOT** a race – it is simply about taking part; no times will be taken. However, to encourage younger athletes to participate we will issue a prize to the first male and female participants aged 15 or under.

Start:	11.15 am	Entry fees:	Adults (16+) £3.50	Children (5 to 15)	£2.50
Min Age Limit:	5 years		Adult accompanying child aged 5 -10 yrs		£2.50
Memento:	Given to all finishers	Entries on the day?	Yes with a £1 surcharge and only if the entry is made 30 mins before the run starts i.e. 10.45 am.		



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Virgin London Marathon 2010

WRP are organising their 21st tour to this great event. Brochures available now by post or see full details and booking form on our website - www.wrptours.co.uk or tel: 01934 629911. Please do not contact WRP for Tough Ten information as they will be unable to help!