



We meet in Irchester Country Park

After a warm up, participants follow a 2 mile course over and under obstacles, up and down hills. This group is ideal for people who are looking for something a bit different in their exercise programme.

Due to the physical nature of the course participants must be over 13 (under 18's accompanied by a parent) and all participants must be able to handle physical exertion (tough on knees as well).

All participants need to complete a brief health questionnaire.

for more details and to register

Contact Pete Bizgrove pc-bisgrove@tiscali.co.uk or Matt Croxon matt.croxon@gmail.com

