

The ultimate challenge...



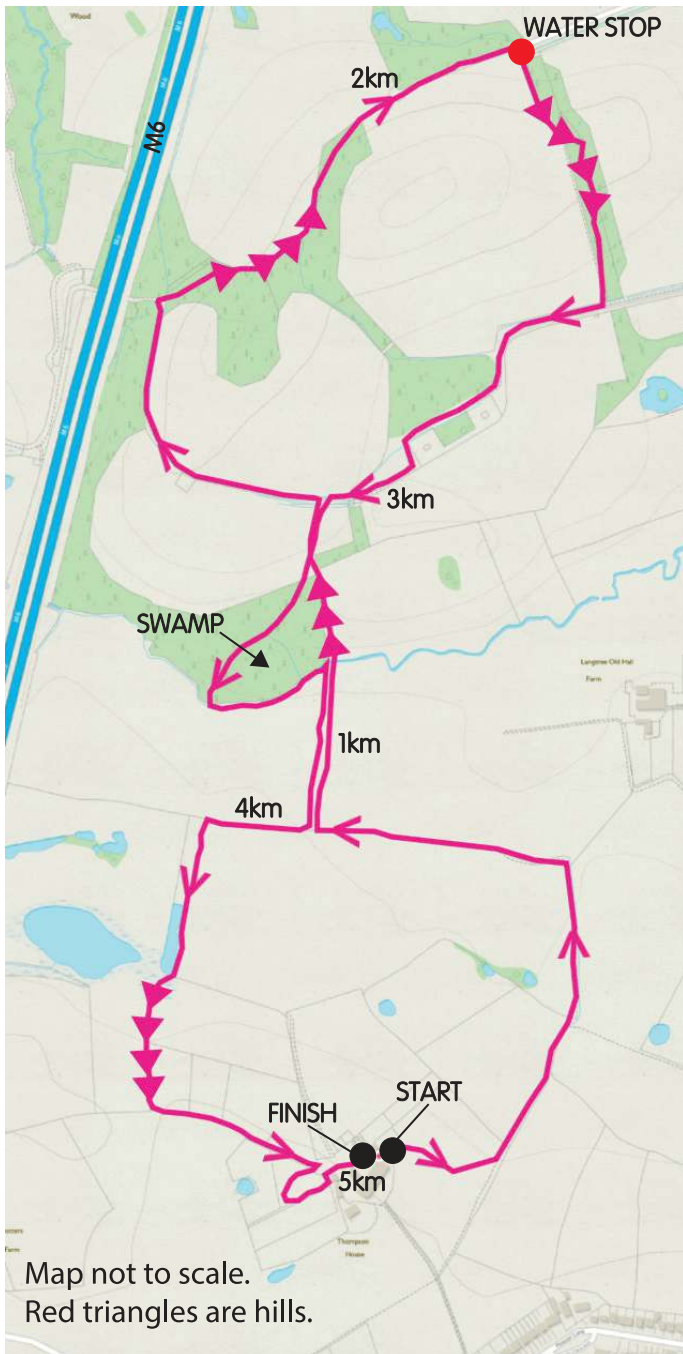
MyLife

TOUGH SWAMPY

5k family fun run - Saturday, 25 March 2017

Tough Swampy has it all - mud, swap, streams, obstacles, plus beautiful countryside.

Just £10 per adult, £5 for children aged 8 and over. To register, phone **01257 472900** or email info@my-life.org.uk



START and FINISH at
Thompson House
Equestrian Centre,
off Pepper Lane, Standish,
Wigan, WN6 0PP

9am

Pre-registered competitors
check-in and receive their
wristband

9.45am

Warm up

10am

Race starts
Time limit 3 hours

- Signposted route, with first aiders
- Water stop half way
- Volunteers will be marshalling the course
- Fancy dress optional
- Remember to bring a change of clothes and footwear
- Hot food and drinks available at the end of the course
- Medals for those who complete the course
- Free parking

It's not called 'Tough Swampy' for nothing!