



WALESBY MUDDER



11 – 13 May 2018

Have you ever taken part in a Mudder Event?

If not now is your chance to take part in the **ALL NEW** Walesby Mudder.

This is the only Mudder Event solely for the Scout and Guide Associations.

Who can take part?

The event is open to Scouts, Guides, Explorers, Senior Section, Network and Leaders. We have a minimum age of 14 but no maximum ages. The event is open to all levels of fitness but you should look for the average times to get an idea of the actual fitness levels required. Needless to say the events will feel much easier if you have done some training before hand and you should always get checked out by your GP to make sure that you are 'fit enough'



Can you handle the 5k course around Walesby Forest going around an obstacle course and of course getting muddy and wet.

What facilities will there be?

We will have food and drinks on site along with toilets and changing facilities. Showers will be available so come prepared. Be prepared to get dirty ... this isn't a road races so bring a change of clothing with you!

What should I wear?

The majority will be off road and we therefore recommend off road clothing and footwear. There will be also be lots of additional challenges. You will be best off in trainers for these (PLEASE DON'T WEAR SPIKES DUE TO SOME OF THE OBSTACLES). We suggest long sleeved tops and leggings to cover those knees. Gloves will also be a good idea.

Why should I do it?

The idea is that you run to raise money for your chosen charity or group.

How do I enter?

Attached is our flyer giving details of the entry fee which includes 2 nights camping, camping only(for those not taking part in the Mudder) and catering options.

Return the completed form with your deposit to us to register for the event.

