



GO
NUTTS
WITH

5K+
10K

MUD MAYHEM WEEKEND

16-17TH AUGUST '19

BOOK BY WEDNESDAY 31ST JULY
5K & 10K £18 KIDS 1K £8

MARSHALLSTOWN RD, CARRICKFERGUS BT38 9DE
FORESTFITNESSNI.COM f 

KIDS 1K OVER
INFLATABLE
NINJA WARRIOR COURSE