

****Competition Giveaway****– Thanks to the very popular ‘SuperFit Bootcamp’, they are kindly giving away, a six week early morning fitness class (worth £149.99), run by British Tri Finalist Jason Briley <https://www.jasonbrileypt.com/>. To be in with a chance of winning this 'super' amazing prize, just enter either the adult 5k or 10k at <http://www.stepup4good.co.uk/>. We will draw a random name and the lucky winner will be announced on social media 9th October.

T&C’s apply* (The prize is valid for SuperFit 04 – 05/11/18 - 14/12/18 or SuperFit 05 - 07/01/19 - 15/02/19, 6:15am or 7am class only. The winner must be over 16 years of age to attend SuperFit Bootcamp in Newbury and be fit enough to attempt six weeks of high intensity exercise, as per their disclaimer. This prize is not transferable)