



**SATURDAY 15<sup>TH</sup> JUNE 2:00PM**

**MILITARY ASSAULT COURSE — HENFOLD LAKES, DORKING**

**ARE YOU LOOKING TO SET YOURSELF A FITNESS AND ENDURANCE GOAL FOR 2019?**

**The Samson Centre for MS is excited to announce its second Military Assault Course Challenge. If you enjoy wading through mud, climbing over tyres, swinging on ropes and scrambling through tunnels, then this is the event for you. Entry is £30 plus a minimum of £50 sponsorship to see you suffer! Picnic provided afterwards for refueling purposes!**



**The course is home to the famous NUTS CHALLENGE!**

**Previous participants include individuals from SOCCER AM, SPORTS RELIEF AND the CHRIS EVANS RADIO SHOW!**

**TAKE PART WITH YOUR FRIENDS AND RACE THEM TO THE FINISH LINE!**



**SAMSON CENTRE FOR MS**

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