



All standards fitness challenge

RAF Coningsby's Logistics Squadron

BOSTON SLOG 2018



Events

Iron Man/Woman Event – Cycle to Boston and run back to RAF Coningsby

Cycle Event– Cycle to Boston and back to RAF Coningsby

Fun Run – Run one way from Boston to RAF Coningsby

Team Event – Any organisation must compete in each of the 4 categories to achieve the quickest combined overall time

£10 entry fee per person. Pre-registration encouraged!!!

Registration on the day by 10:30

(100% of proceeds go to charity)



Make That Change The Ben Glean Trust



www.makethatchangetrust.co.uk

Thursday 4th Oct 2018

First leg leave's Coningsby at 11:00

Return leg leave's Boston at 13:00

For more information and to register, please ring

GPTN 95721 Ext 7102 or email:

RAFconingsbybostonslog@outlook.com