



Halo Sports Massage Therapy

We will be offering pre/post massage treatments on the day at a small charge of £5.00 for 10 minutes (payable on the day). We are advising competitors to pre-book a slot to avoid disappointment. Please drop an email to haletfitness18@gmail.com or contact Hayley (07971 573444) or Louise (07779 016745) prior to the event. Slots will be available from 09:00am up until the race begins, and then until 14:00pm after the race.

What to expect?

The advantage of a pre-event massage: *"A quick & stimulating massage to warm up the superficial tissue, increasing blood flow to deeper muscles. This will leave you feeling prepared & inspired for athletic competition."*

The advantage of a post-event massage: *"Flushes out the lactic acid build up, decreasing muscle soreness and/or cramping which aids a faster recovery, as well as a psychological boost."*

We look forward to seeing you on the day!

