

To help with training and post event recovery, the ESO Clinic is offering reduced price osteopathic consultations to all those taking part.

Information about registering can be found on the Heart of Kent Hospice website. We'll also be there on the day, providing FREE post event leg massages. We'll see you at the finish line!

Find out more: eso.ac.uk/clinic 01622 685989

After just three sessions, and some very effective deep tissue work, I was back on track with my training GK, Maidstone Harriers 2017



