



Join the Tangent team at "Tough Guy". Billed as the hardest one day race in the world, Tough Guy is a daunting challenge for anyone.

An event that includes swimming in freezing cold water, jumping through fire, and avoiding electric shocks, as you circumnavigate a 15KM assault course, it is not for the faint hearted. Tangent will be entering a sizeable team again and hoping that many come to support them. The team will be running in the name of one our chosen charities 'Little Havens' children's hospice and will welcome anyone that wants to make a donation via our just giving page, or indeed join in.