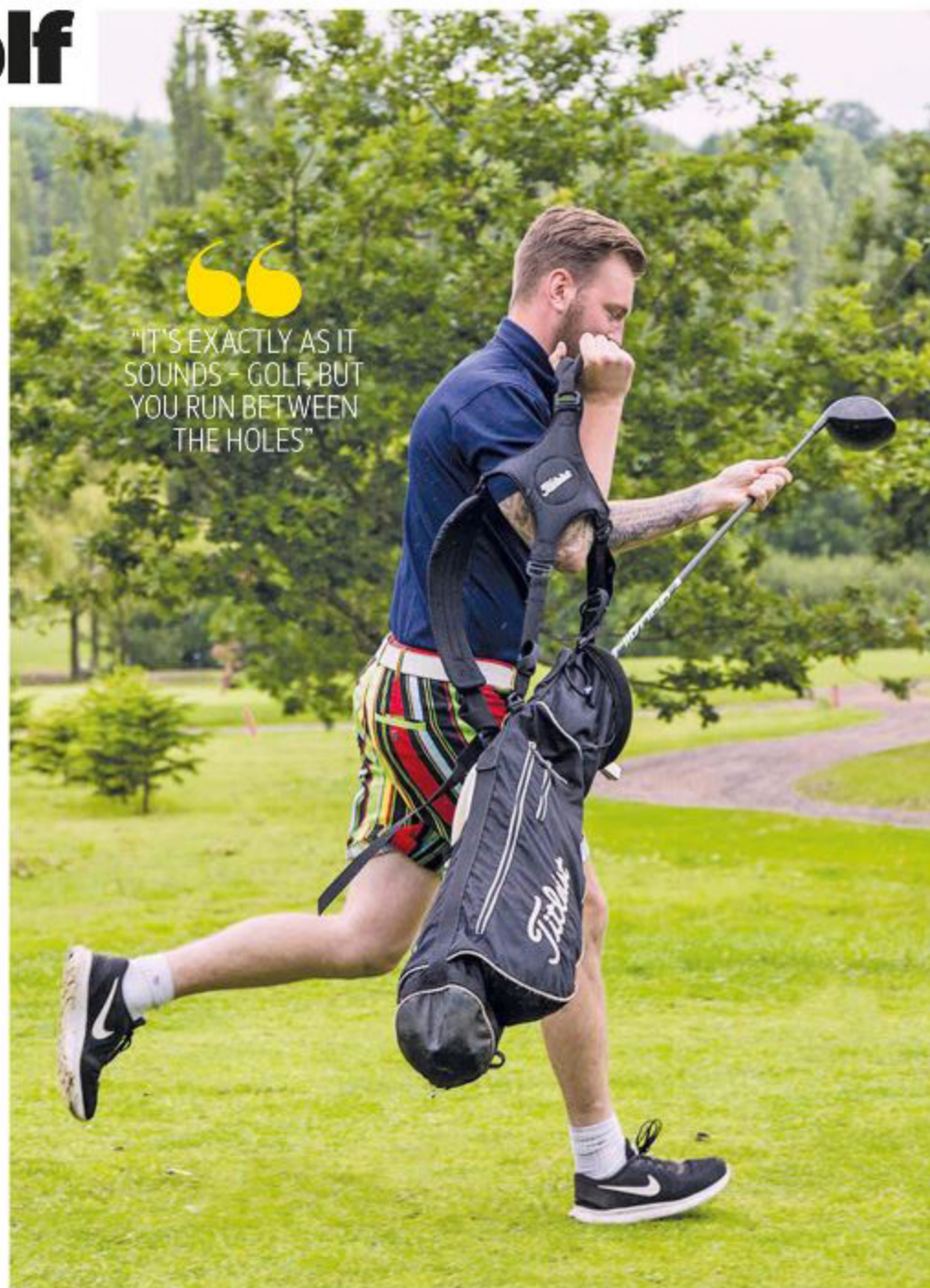


TRY SOMETHING NEW

Speed golf

If you've ever wanted to try golf but found it too intimidating, we've found a way round it – get your running shoes on and get out there!



“IT'S EXACTLY AS IT SOUNDS - GOLF, BUT YOU RUN BETWEEN THE HOLES”

On a rainy day last month, OF joined American Golf and George Boxall, leading British speed golfer, for a crash course in the sport. It's exactly as it sounds – golf, but you run between holes. George set some tips for the total beginners, which included: Don't rush, play strokes at normal speed; don't go off too fast and run out of steam; and always watch the ball. Despite the rain, we thoroughly enjoyed the day, and all our preconceived stuffiness of golf simply washed away. You can play as an individual or in a pair; we were in a pair and had MUCH more fun than solo players! It's just finding its feet in the UK at the moment, but find out more at britishspeedgolf.co.uk.

