

BROUGH PARK

LEISURE CENTRE

PROMISING ATHLETE PROGRAMME MEMBERSHIP BIO

JASON BURGESS

45

Specialisation / Sport

Obstacle Course Racing – OCR

Most notable achievement

In 2017 / 2018 I won a number of races including the European Championships and World Championships.

Goals and future aspirations

A further world title in OCR and to make it back to the top of the rankings.



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PROMISING ATHLETE PROGRAMME

JASON BURGESS

STAFFORDSHIRE MOORLANDS

Jason, 45, from Staffordshire is a high performance athlete competing at the very top level in his sport. The sport, however, may not be one that you have heard of.

Obstacle Course Racing is a sport in which a competitor, traveling on foot, must overcome various physical challenges in the form of obstacles. Races vary from mostly obstacles such as obstacle courses like Ninja Warrior *Ninja Races*, to track races, to urban and cross country events.

Jason used to compete in road racing however the transition came from the need to test himself physically and mentally.

The Staffordshire Moorlands provide the perfect setting for Jason to train with its hilly routes tough of the body. Nevertheless, gym and cardio work undertaken at Brough Park Leisure Centre, combined with the classes put on by the centre ensure Jason has all the tools he needs to be in the best possible condition to compete at the highest level.

Jason is extremely proud of where he's from:

I strive to give something back to those who encouraged and supported me in my training and racing. Without this support, I would not have reached the pinnacle of my chosen sport. Those involved at Brough Park Leisure Centre have been there from the start. I aim to inspire others who attend the centre with what I have achieved.

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moorlands
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