

Where there's muck, there's **MARRIAGE**



When Nina Clarke, 30, from London, found herself knee-deep in a bog, she also bagged herself a buff bloke...

Caked in mud and frozen to the bone, I staggered to the finish line and collapsed.

"Get up, you wimp!" barked the instructor. I rolled my eyes.

"Hit the deck and give me 20 press-ups!" he shouted. "Now!"

Exhausted and panting, I got down on all fours, my arms almost buckling beneath me.

I'd signed up to a British Military fitness class in a park in the middle of winter.

The classes promise to whip lazy city-dwellers into shape – army style.

Yes – I'd actually paid money for a burly bloke to order me over six-foot walls and through smelly bogs.

To be honest, my motivation wasn't entirely exercise-related.

Me and my mate, Franny, were single and fed up.

We'd heard these classes were popular with muscle-bound men – proper blokes – and we

were holding out for a hero.

Mud-encrusted trainers were a small price to pay if it gave us access to a gallery of fit fellas.

We joined a group according to our fitness level, and as usual ended up with the novices.

"Shame," I sighed. "All the best blokes are in the top group."

Training in the park



Leo – my real-life Rambo

"As there aren't many of us," said the instructor. "The top and bottom group will join together."

I nudged Franny with delight.

By the end, I was splattered with muck and soaked through.

Then the men began changing out of their muddy clothes.

"Corr!" I whispered to Franny.

We didn't know where to look. Well, no...that's a lie.

"Anyone fancy a drink?" said one lovely-looking lad.

I winked at Franny.

He was a fine specimen. Tall, toned, and really cute. Could my own Officer and a Gentleman have landed in my lap?

"OK," I said.

In the pub, he introduced himself as Leo Govan, who worked in finance.

Leo and I flirted like mad and before long, Franny left us to it.

After that, Leo and I started dating and soon became close.

Not only was Leo a real-life Rambo, but he was lovely.

Two years on, in 2007, Leo proposed and we're now planning our wedding.

It just goes to show what you can achieve if you're willing to get down and dirty.

● See britmilfit.com for classes near you.