

PENTABUS

Press Release 19th March 2025
20th.

EMBARGOED UNTIL 7am March

PENTABUS RELEASE FOLKLORE AND FITNESS TO CELEBRATE THE SPRING EQUINOX

- Written by acclaimed playwright Tim Foley, it is a gloriously silly celebration of the start of spring, freely available [here](#).
- Foley's play *Driftwood* is about to finish a UK tour, in a Pentabus/ThickSkin co-production.

Images from the current tour of Driftwood are available [here](#).

[Pentabus](#) are re-releasing acclaimed playwright [Tim Foley](#)'s gloriously silly *Folklore and Fitness* with Carole Vegan to celebrate the Spring Equinox, which falls on 20th March.

The short audio piece, described by The Stage as, "*Sheer silliness...It's funny, it's funky and it's only five minutes long*" on its original release, takes the form of a calisthenics class, led by athlete and academic Carole Vegan, hunting the mythical Equine Ox.

Folklore and Fitness follows in the footsteps of *Monty Python*, *Spike Milligan*, and *What We Do In The Shadows*, in that it is joyously draft. It's written and performed by Foley with infectious enthusiasm.

This release also celebrates [Village Halls Week](#), which runs from the 17 – 23rd March, and this year shines a light on the efforts of volunteers who keep England's 10,000+ village halls running.

Writer and performer Tim Foley has a long relationship with Pentabus. Foley was Pentabus' Channel 4 Writer-in-Residence in 2016, has led Pentabus Young Writers and National Young Writers, and his play [Driftwood](#) was commissioned by the company, toured rural venues in 2023, and is currently on a mid-scale tour of the country, playing sold out houses from coast to coast. Both tours were co-produced with ThickSkin.

Tim Foley commented, "*Pentabus Theatre Company have made me the playwright I am today. They unabashedly supported me and my weird scribbles through thick and thin, and I'm not the only artist to benefit from their nurturing and encouragement. The theatre industry still feels like it's on fire in places, but I truly believe that it's companies like this one who will help quell the flames.*"

I'm delighted Pentabus are celebrating Village Halls Week by remembering the Equine Ox, first sighted on this merry plane of existence four years ago today. Mr C. Vegan would like to inform his audiences that he's doing very well, he now runs a yoga retreat for cryptids in Wigan."

Listen to Folklore and Fitness with Carole Vegan here:

<https://pentabus.co.uk/live/folklore-and-fitness-carole-vegan>

ENDS.

Notes to editors:

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Please contact Tom at press@pentabus.co.uk with any queries.

Images from Pentabus/ThickSkin's current tour of *Driftwood*, also written by Tim Foley, available:

www.dropbox.com/scl/fo/lqgnzsgjzwea2pqdi911/APQnjWpsDOixu1eSCedTYLU?rlkey=xu1ar9a649k6xipc47hgw1my5&e=2&st=kb0c0c0i&dl=0 Further images and release in multiple formats available here:
<https://drive.google.com/drive/folders/1SSzeOPDFQ6xqGZHUOW7O-BOs66zt2Zlk?usp=sharing>

Pentabus on social media – please tag us!

Facebook: www.facebook.com/pentabustheatre/

Instagram: www.instagram.com/pentabustheatrecompany/

Bluesky: <https://bsky.app/profile/pentabustheatre.bsky.social>

Threads: www.threads.net/@pentabustheatrecompany

TikTok: www.tiktok.com/@pentabustheatrecompany

LinkedIn: <https://uk.linkedin.com/company/pentabus-theatre-company>

Access Information

A visualization of the audio short has been created using waveform and captions have been added to enhance accessibility and engagement.

Original Release

Folklore and Fitness was originally commissioned for Spring's Calling 2021, a series of online events co-ordinated by the West Midlands Culture Response Unit during the coronavirus pandemic, and is now re-released to mark Village Halls Week and the Spring Equinox.

Village Halls Week

Village Halls Week is an annual initiative from national charity ACRE that shines a spotlight on the contribution England's 10,000+ village halls make to rural communities. This year it runs from the 17 – 23 March, with a focus on celebrating, encouraging and supporting the efforts of volunteers who keep these important rural community buildings open

Further information available here: <https://acre.org.uk/village-halls-week-2025/>

Tim Foley (he/him) – Writer and Performer

Tim Foley is an award-winning writer for theatre and audio drama based in Manchester. He was Pentabus' Channel 4 Writer-in-Residence in 2016, when he wrote *Electric Rosary* (winner of the 2017 Bruntwood Prize Judges' Award; premiered at the Royal Exchange Theatre, Manchester, in 2022). Other theatre credits include *Astronauts of Hartlepool* (2017 VAULT Festival, winner of the VAULT Origins Award for Outstanding New Work); *The Dogs of War* (Old Red Lion Theatre, 2015). He won the 2016 OffWestEnd award for Most Promising New Playwright.

Tim also writes audio drama set in the worlds of *Doctor Who* for Big Finish Productions. His original podcast, *North West Footwear Database*, was featured on BBC Radio 4 Extra.

Driftwood tour information: <https://pentabus.co.uk/driftwood>

About Pentabus

'... One of British theatre's unsung treasures.'

The Guardian

Pentabus is the nation's rural theatre company, based in Shropshire. We are the only rural touring company that is committed to producing new work and tours to communities across the UK and beyond.

Our work brings communities and young people together, bringing outstanding contemporary productions with sector leading creative teams, directly to isolated rural communities, as well as platforming rural stories in urban settings.

Over five decades we've produced over 300 new plays, supported 120 playwrights and reached over half a million audience members. We've won awards and created lasting relationships with artists, venues and audiences across the country, and were the first to live stream from a village hall.

We excel at finding and nurturing new talent and have hosted Writers in Residences since 2014. These playwrights have gone on to be commissioned by the Birmingham Rep, Bristol Old Vic, Hampstead Theatre, HighTide, Manchester Royal Exchange, Nottingham Playhouse, Royal Court, The Bush, and the National Theatre.

We champion people of all ages to explore their creativity with particular emphasis on creating pathways into careers in the creative industries for those underrepresented, and people who live rurally under 30. Pentabus Young Company is our initiative offering playwriting workshops in schools, further and higher education, work experience and mentorships. As well as the opportunity to join our Young Writers' Programme, which celebrates its 10th year, and has catapulted many writers into careers in the arts, with recent graduate credits including Radio 4, BBC One, and Bristol Old Vic, as well as Tinniswood and Olivier Award nominations.

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