

HEALTHY LIVING LONDON
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Top 6 London Mud Run and Obstacle Races For 2015

January 13, 2015 by [Eliza Flynn](#) 1 Comment

Whether you are an experienced Mud Run or Obstacle Racer that is looking for a new and fun fitness challenge this year, there's lots of events around London for you to try out.

From jumping in the River Thames to throwing a spear at Spartan Race, you'll do things you never expected that will leave you craving for more.

Without further ado here are our top six races that are based in/around London.

For more events, 250 of them nationwide, or to visit our London page go to muddyrace.co.uk.

Get Wet At London River Rat Race



Image Credit: Rat Race

London River Rat Race at the ExCel center is by far the wettest, wildest and most action packed 10k Obstacle Race in the UK. River Rat Race will put every body part to the test through running, jumping, splashing, crawling and swimming.

Join thousands of other racers to challenge body, mind and soul with a combination of water and shore based activities around the Docklands. River Rat Race is for water-lovers so not for you if you're not a confident swimmer!

Also, Rat Race has teamed up with charity, Shelter, and every ticket sold £10 will go to families fighting homelessness in Britain.

When: Saturday, July 25th, 2015

Where: ExCel Centre, 1 Western Gateway, Royal Victoria Dock, London E16 1XL

Distance: 10km

Muddy Race Tough Rating: Beginner

Entry Price: £55-£75 (Save 10% with code MUDDYRACE10)

Event Website: <http://www.londonriverratrace.com/>

Overcome Fears At London West Tough Mudder



Image Credit: Tough Mudder

If you haven't heard of Tough Mudder you've probably been living in a dark cave somewhere. This world famous event has 100,000's of participants globally, are you Tough enough for the challenge?

The 12 miles with 20+ obstacles will test your strength, fears, stamina and teamwork. The untimed course is more about the journey rather than the time it took to complete it making it one of the friendliest and fun obstacle based events in the world. Complete strangers will help fellow Mudders tackle walls and other large obstacles to create the camaraderie that's makes it so popular.

Although fun, Tough Mudder is not for the faint hearted, with obstacles such as a huge water slide, electricity and a water jump. Make sure you are mentally prepared to hit your fears front on.

When: Saturday 2nd and Sunday 3rd May, 2015

Where: Fawley, Henley on Thames RG9 3AP

Distance: 10-12 miles

Muddy Race Rating: Fairly Tough

Entry Price: £109 Early Bird – £140 Weekend Entry

Event Website: <https://toughmudder.co.uk/>

Be a Spartan at London Spartan Race – Allianz Games



Image Credit: Spartan Race

At the legendary Spartan Race you will achieve many things, you will crawl under barbed wire, climb up a rope like your life depended on it, jump water, climb walls and face countless burpees for failed obstacles.

Spartan Race hold a 5km 'Sprint' race which gives newbies a shot at the crown or simply to find out what all the fuss is about. Their first event in 2015 is going to be held in the iconic rugby stadium in Barnet and will include a trail run as well as a stadium finish!

When: Saturday, May 16th, 2015

Where: Allianz Park, Greenlands Lane, NW4 1RL

Distance: 5km

Muddy Race Tough Rating: Beginner

Entry: £50-£85

Event Website: <http://spartanraceuk.uk/>

Run Round Wembley At London's Men's Health Survival



Image Credit: Men's Health

Men's Health London is one of the largest and most successful urban obstacle courses in the UK and located at stunning locations. London's Men's Health Survival Of The Fittest is no different, and set at iconic Wembley park, directly opposite Wembley Stadium . Expect to crawl, jump, plunge in skips full of water and climb some very large obstacles. You will not be alone with 10,000 fellow survivors and lots of celebrating to be had afterwards in the gigantic beer tent the size of a football pitch. Oh and you can even get a free haircut!

When: Saturday, November 21st, 2015

Where: Wembley Park, London, HA9 0WS

Distance: 10km

Entry: £55-£75 (Save 10% with code MUDDYRACE10)

Event Website: <http://www.mhsurvival.co.uk/>

Muddy Race Rating: Beginner

Get Muddy at Essex Scramble Mud Run



Don't get your legs in a scramble at Scramble Mud Run, with some of the toughest and most challenging terrain in the South East, with seriously extreme climbing and water obstacles thrown in. The course has been designed by the armed forces and will really put you through your paces. The Scramble Mud Run is for those looking for a challenge and for the more experienced runner.

When: Saturday, March 21st, 2015

Where: Arena Essex Raceway, Purfleet RM19 1AE

Distance: 5km/10km/15km

Muddy Race Tough Rating: Beginner 5km, Fairy Tough 10/15km

Entry: £35-£50

Event Website: <http://mud.themilkrun.net/>

Discover The Inner Gladiator At London Gauntlet Games



Image Credit: The Gauntlet Games

The Gauntlet Games is an obstacle race like no other and mantra is all about having fun. Expect the most inventive and wacky obstacles that will make you laugh and smile all the way round the 5-10km course. Don't be fooled by Gauntlet Games 'fun' description as each zone you pass through are manned by Gladiators that will make it their mission to turn up the heat!

Expect to come across, the craziest inflatable obstacles you have ever seen, dodge paint guns, get your blood pumping down the giant slippery slide and avoid getting muddy when making your way across the muddy bogs on balancing beams, all whilst Gladiators are ready to stop you. Let the Games Commence!

When: Saturday, September 5th, 2015

Where: Woodhall Park, Herts, SG14 3NE

Distance: 5km/10km

Muddy Race Tough Rating: Beginners

Entry: £29-43 (Save 10% with code HLL15)

Event Website: <http://thegauntletgames.co.uk/>

Are you ready for your next challenge? You can find more obstacle races and mud runs at Muddy Race here www.muddyrace.co.uk/london-assault-courses/

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