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GLOBAL WELLNESS NEWS

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## The UK's First Obstacle Race With A Female-Friendly Edge!



By [Lauren Armes](#) on May 12, 2015 [Fitness](#)

*The growth of obstacle races in the UK, starting with [Tough Mudder](#), has hit an all time high and much of the advertising reflects the pain and terror that every participant should expect. However, it was this that prompted Sarah King to design something for a different audience; one that would be up for a challenge, but probably didn't fancy being electrocuted. Something more about fun, and less about fear.*

So The Gauntlet Games was born. A fun, hilarious, purpose-built adult playground of an obstacle course set over 5km or 10km specifically aimed at adults looking for a fun and very different type of fitness! And it's happening this month.



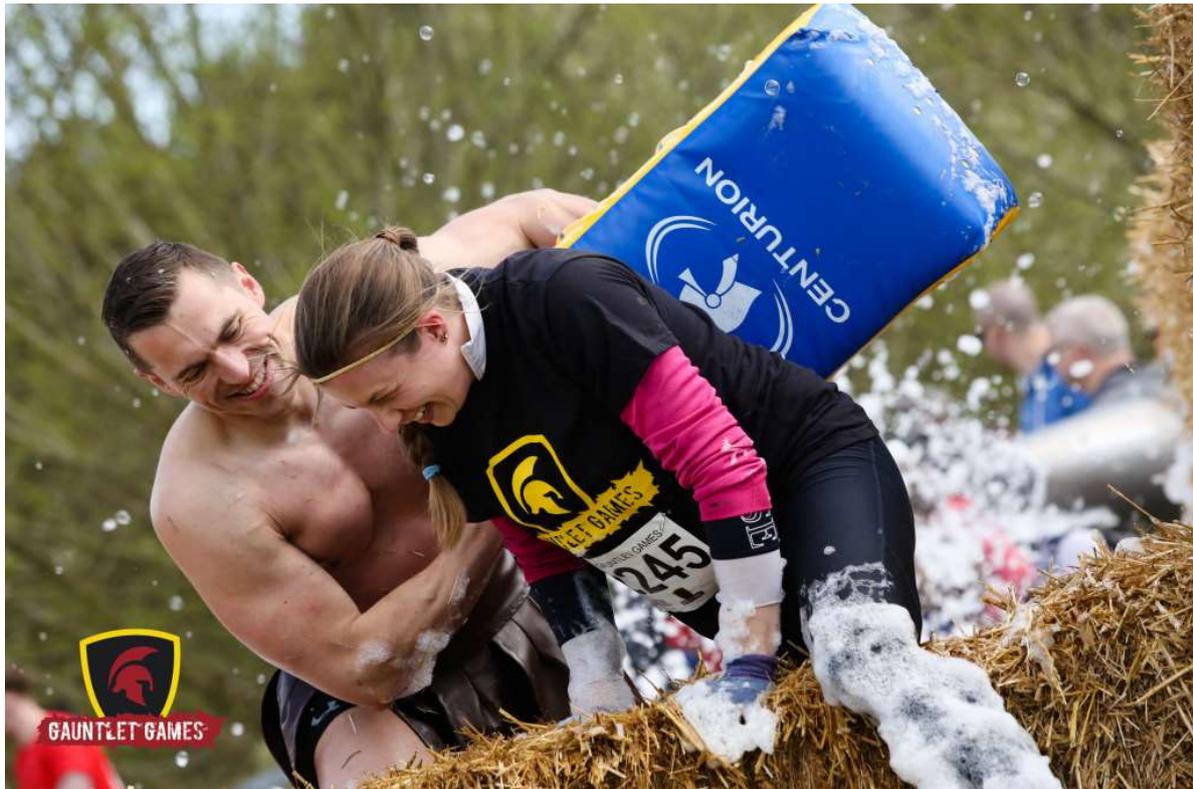
"I really wanted it to be more achievable," says Sarah – who knew that the prospect of coming face-to-face with tear gas (as in other obstacle type events), just didn't appeal to some people!

"I created the Gauntlet Games because I felt that many obstacle races were intimidating for those who have never taken part in one before – and particularly to women. I am really passionate about fitness and the outdoors, and I want to share this with as many people as possible. I think that everyone, regardless of their ability, can find an activity that they genuinely enjoy, making fitness a fun and sociable experience," says Sarah.

"So I wanted to create an experience that was a bit like a playground for adults! Our obstacles include a giant slippery slide, a huge ball pool, foam pits, mud and inflatables. All the obstacles also involve getting past a real Gladiator in some form – whether through dodging the paint guns, barging past an inflatable pugil stick or sliding through foam!" she adds.

When it comes to organising a race like this, Sarah says she genuinely enjoys it. Although incredibly hard work to put an event together on this sort of scale, she says "seeing your creation come to life and seeing so many happy runners, is one of those unbeatable feelings."

Having proven successful in 2014, the Gauntlet Games are set to become bigger and better this year... with Sarah's favourite element, a giant slide, doubling in length to 50m... complete with a Gladiators armed with foamy water (of course!).



“I’m always keeping a close eye on the fitness industry and trying the latest activity,” says Sarah.

“At the moment I keep fit with a combination of off-road running, Pilates, HIIT sessions, cycling and swimming. I’ve also set myself the challenge of completing my first half-Ironman within the next year.”

When Sarah realised that many Londoners without access to a car found it difficult to get involved in obstacle races because of the location, she decided to hold The Gauntlet Games in Trent Park, which is just 5 minutes from Cockfosters tube station.

“We also think that Londoners will love the alternative and tongue-in-cheek nature of this event. And we have to mention that as well as the fun obstacles, there is the added appeal of our scantily clad Gladiator girls and boys that our runners will meet on their way!”

Whilst Tough Mudder is definitely for girls (don’t get us wrong), it’s a fair old slog and has certainly left more than just us feeling apprehensive. So where Sarah adds value, is definitely in the obstacle race market for a more newby-dominant crowd. Plus, scantily glad Gladiator boys as pictured? Ahhhmm... we know where we’ll be on the 30th May.

*[There is still time to visit www.thegauntletgames.co.uk](http://www.thegauntletgames.co.uk) and get your ticket for the London event on Saturday 30th May 2015.*

*Follow Sarah’s creation, The Gauntlet Games on [Facebook](#), [Twitter](#) and [Instagram](#).*

Source: <http://www.welltodolondon.com/the-gauntlet-games-uks-first-obstacle-race-with-a-female-friendly-edge/>