# The Gauntlet Fitness Race

The Gauntlet Fitness Race is coming to the Utilita Arena on 4 July, and whether you're watching a friend, a partner, or a complete stranger dig deeper than they ever thought possible, one thing is guaranteed, you won't be able to look away.

Competitors take on a brutal multi-zone course combining running, sled pushes, sled pulls, rowing, skiing, cycling, kettlebell carries and burpee broad jumps all under one roof, all in front of you.  There are no shortcuts, no easy stations.  Every athlete on that floor has to earn every single metre.

What makes it special?  This isn't just an elite competition.  Competitors range from first-timers taking on the challenge of their lives to seasoned athletes chasing podium glory and everyone runs the same course.

You'll see people gritting their teeth through a 175kg sled push, lunging the length of the arena floor, and sprinting for the finish line with everything they have left.

The categories span age groups from 16 to 50+, with solo, same-sex pairs and mixed pairs all competing so the drama never stops.

The atmosphere is loud, passionate and deeply personal.

These are real people achieving real things, and the crowd is part of it.

Your cheer at the right moment might be exactly what gets someone over the line.

Tickets are £10.80

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