

Spartan September

Are you tough enough to take on our Spartan challenges?

Get Spartan fit

Be brave and sign up for a challenge this September. Take on an obstacle course, a run, a swim, or a mammoth cycle ride for ARUK and get Spartan fit at the same time. For a list of upcoming events in your area please contact Alzheimer's Research UK.

A Spartan never cries

Have an onion chopping contest and see which challenger can chop for the longest before the water works set in. Charge a small entry fee or place bets on the challengers.

Sprint showdown

Challenge other companies or colleagues to a sprint showdown on your local high street. Hold a few races and wear ARUK T-shirts to raise awareness. Charge to enter or place bets.

Yucky foods contest

Anchovies in custard anybody? Put your stomachs of steel to the test by holding a yucky foods contest. Draw up a list of increasingly disgusting foods with a price next to each one. Select some brave challengers - once their colleagues raise the cost of each tasty item the challengers have to eat it!

Adopt a warrior's diet

Adopt a warrior's diet and get sponsored to go without treats for a month. Can you last 30 days without chocolate, cake and crisps?

Shield making competition

A Spartan's pride is his shield, so why not hold a shield making competition? Charge a small entry fee and give a prize to the winner.



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