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.

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!

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.

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.