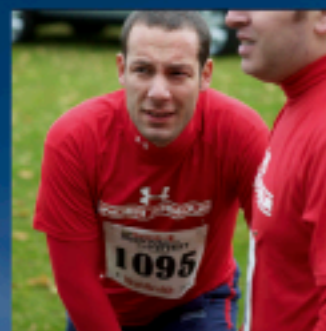




# Mud, Sweat and Gears

From army assault course to freezing river crossing, *Men's Health's Survival of the Fittest*, sponsored by Land Rover, draws a thick, muddy line between the men and the boys

MH's first Survival of the Fittest race, sponsored by Land Rover, pushed competitors to their limit and beyond. The sell-out event in Nottingham featured obstacles over a 12km course, ranging from an army assault course to a sprint up and down the terraces at Nottingham Forest's City Ground, with the daunting 9ft MH Wall blocking the final furlong.



## Survival of the Fittest

As I claw my way up the bank and emerge, shivering from the water, I wonder what Charles Darwin would have made of this. An icy river in Nottingham, an exacting army assault course, and a rapidly escalating case of nipple burn, seem about as far from the sun-drenched Galapagos Islands as is conceivably possible. But I know where I'd rather be – and it isn't studying turtles.

MH's inaugural adventure race, named after Darwin's famous theory, was hard, it was wet, but it was also a genuine personal triumph for all of us who crossed that sweet finishing line. Over 12 kilometres of gruelling challenges from parkour course to hay bale scramble, archery to that treacherous margarine-coated wall, meant every one of the 1,000 competitors had to push themselves to the limit and, in the true spirit of the event's main sponsor, Land Rover, "Go Beyond". – JT

**"It was hard, it was wet – but it was also a genuine personal triumph for all of us."**  
– MH's Jonathan Thompson



## The Land Rover G4 Challenge

Land Rover, of course, is no stranger to events like this, being the organiser of one of the toughest global adventure races on the planet: The Land Rover G4 Challenge. Since its inception in 2003, the race has aimed to push the boundaries of adventure to their limits, through combining off-road driving with orienteering, mountain biking, climbing, abseiling and kayaking. Teams of two – a man and a woman – from competing nations are pushed to the extreme in some of the world's most unforgiving environments, through exacting tests of physical fitness, teamwork and strategic thinking.



## Out to Mongolia

This year's Land Rover G4 Challenge – which aims to raise up to £1m for the International Federation of Red Cross and Red Crescent Societies – will culminate in a gruelling three weeks of finals across the vast untamed steppes, mountains and deserts of Mongolia – the most sparsely populated country in the world. Here, in some of the most extreme climates on Earth, the hand-picked British team will battle against 17 other countries for the ultimate adventure racing prize. The UK final team selection takes place this Spring. Fasten your seatbelt and tune into the adventure at [landroverG4challenge.com](http://landroverG4challenge.com).



## WIN THE ULTIMATE ENGLAND RUGBY EXPERIENCE\*

It shouldn't come as a surprise that Land Rover is the official vehicle of England Rugby. Both, after all, share a combination of power, determination and a true "go beyond" spirit. Land Rover would like to offer England Rugby fans an experience that literally goes beyond anything you've ever experienced before. The winners get two tickets to watch England play at Twickenham. You'll be chauffeur-driven there in a Land Rover, and enjoy the official Twickenham hospitality. For your chance to win this money-can't-buy experience, visit [landrover.co.uk/rugby](http://landrover.co.uk/rugby)



\*There are 6 prizes each comprising a pair of tickets to a specified England home international game, including transport & pre-match lunch. There will be 6 separate draws 1 for each game, the 1st draw will be on 07/11/08 & the last on 13/03/09. The closing date for each draw is 9 days before the date of the associated game, the final closing date for the final draw is 12/03/09. Winners will be drawn & notified within 24 hours of each closing date. Unsuccessful entrants will automatically be entered into subsequent game draws. Entrants must be UK residents at the time of the relevant draw & 18yrs or over. Prizes are non-transferable. Promoter: Land Rover, Banbury Road, Gaydon, Warwick, CV35 9EF. For full terms & conditions see website identified above.

