



Gearing Up for Glory: Conquering the Gelt Gladiator

One of our ambitious young men recently expressed an interest in taking on an obstacle assault course—and we were thrilled to support him in making it happen.

With encouragement from his keyworker, they explored local opportunities and found the perfect challenge: the **Gelt Gladiator**, Cumbria's largest mass participation sporting event. Known for its muddy mayhem and adrenaline-fueled obstacles, it was just the kind of adventure he was looking for.

Teaming up with a dedicated member of staff, the young person began training in earnest. Over the following weeks, they committed to early morning runs in the local park, steadily building fitness, determination, and confidence.

The big day finally arrived, featuring a brand-new 2025 course—packed with more mud, more obstacles, and more Gladiator glory than ever. The course included a variety of challenges that required participants to go over, under, and through multiple muddy sections.

Our young person not only tackled the full 6K obstacle course with enthusiasm—he enjoyed it so much that he chose to complete it **twice**, trudging through an incredible **12K of muddy obstacles** in total!

Well done, **G**, for your outstanding commitment and for taking on the challenge with such enthusiasm—and for keeping a big smile on your face the entire day. You've inspired us all!





