

# Can Edinburgh retain the Men's Health Survival of the Fittest crown?

☒ Men's Health will once again host the **Survival of the Fittest** 2011 Tri-Nations Series challenge, returning to Scotland's capital, Edinburgh this weekend on 16 October 2011.

**Men's Health Survival of the Fittest**, (which they say is powered by Land Rover!), has become one of the most eagerly anticipated events on the adventure racing calendar. This year, more than 10,000 places are up for grabs across the three original Tri-Nations Series races – Cardiff, Nottingham and Edinburgh – over consecutive weekends in October. In addition, **Men's Health** is launching the first-ever London event at Battersea Power Station in November.

Scotland ran away with the fastest nation title in 2010 and Edinburgh will be determined to hang onto its hard-fought crown.

From a base centrally located in Princes Street Gardens, the Edinburgh route is a hilly one that takes runners up and down in front of the historical castle. The race also starts on the Royal Mile which is an unusual precedent for the Scottish Survival.

From the drama of the volcanic skyline and the stunning city centre parks, to the old and eery cityscape of the Medieval Old Town, this is an adventure at the very core of Auld Reekie and a route that will catapult runners along a roller coaster ☒ of 1,000 years of proud Scottish history.

The race will take place over a specially designed 10 kilometre course through the heart of the city, with 10 major obstacles placed en route. From the hay bale scramble at the start line to the merciless eight foot **Men's Health** Wall at the finish, **Survival of the Fittest** takes no prisoners. It is competition, achievement and endurance in all of its

muddy glory: and that's what makes the cocktail of victory at the finish line all the sweeter.

In addition, the fastest competitor through the Tissot Assault Course Challenge will win a Tissot Racing-Touch watch.

**Men's Health** Marketing Director, Claire Matthews says: "**Men's Health** readers are a motivated bunch of active guys with a passion for making the most of themselves and their lives. Now in its fourth year, **Survival of the Fittest** takes the **Men's Health** philosophy out of the pages of the magazine and website and on to the streets of the UK. We want to promote the benefits of exercise, keeping a healthy body and mind and prove that you can have a ton of fun along the way."

**Men's Health Survival of the Fittest** Tri-Nations 2011 series started in Cardiff on 2 October, then Nottingham on 8 October and takes place in Edinburgh on 16 October. The London Survival event will take place on 12 November.

Entry to each Tri-Nations Series race costs £39 – including a free Asics tech T-shirt worth £20, plus official goodie bag bulging with gifts and a post-race recovery zone. London Survival costs £49, plus Asics tech tee and after party.

**For more details, or to enter Men's Health Survival of the Fittest, visit [www.mhsurvival.co.uk](http://www.mhsurvival.co.uk)**