Are you tough enough for Tough Mudder?

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Just in case you think you're not the global event series now includes some easier options. For 2016 the UK events will include Tough Mudder half in the Midlands and also at Drumlanrig Castle in Dumfries and Galloway on 26 June 2016.

The new event will be raced over five miles with a dozen obstacles. But even though the distance is halved, the usual Tough Mudder type of experience is promised!



Those taking part in the new event will receive a unique Tough Mudder Half headband, a custom Merrell Tough Mudder Half finisher T shirt and a Kingston Press cider to start the celebrations.

Walk the Plank which means leaping from a 12 feet high platform into muddy water and the Kiss of Mud which involves crawling underneath barbed wire and Everest which is a test of teamwork running up a quarter pipe are all set to challenge you. Tickets are now on sale at £35 each.

Tough Mudder Inc. and outdoor pioneer Merrell®, a division of Wolverine Worldwide, have announced a multi-year partnership, introducing Merrell as the presenting partner for global Tough Mudder events.

The partnership includes the presenting sponsorship of 60+ global events in 2016, connecting the more than two million Tough Mudder participants with Merrell's industry-leading and innovative outdoor footwear and apparel that inspires people to seek outdoor challenges and enjoy the outside every day.

In 2016, Merrell will present 60+ Tough Mudder events in six countries. Each event features a 10+ mile course with world-class obstacles designed to test both physical and mental strength. Courses will include brand new and updated obstacles developed by Tough Mudder's Obstacle Innovation Team with features designed to test Merrell's world-class trail and outdoor gear.

If you took part last year and would like to share your team photos with us then click here. We would love to see them!

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For more information on the 2016 Tough Mudder season, visit www.toughmudder.co.uk. Participant and spectator registrations are now open for more than 30 events, with more to open in the coming weeks.

To join the conversation, follow Tough Mudder on Facebook at facebook.com/toughmudderuk, on Twitter GToughMudder, and on Instagram GTough_Mudder.

To pick up the latest gear from Merrell, visit www.merrell.com.