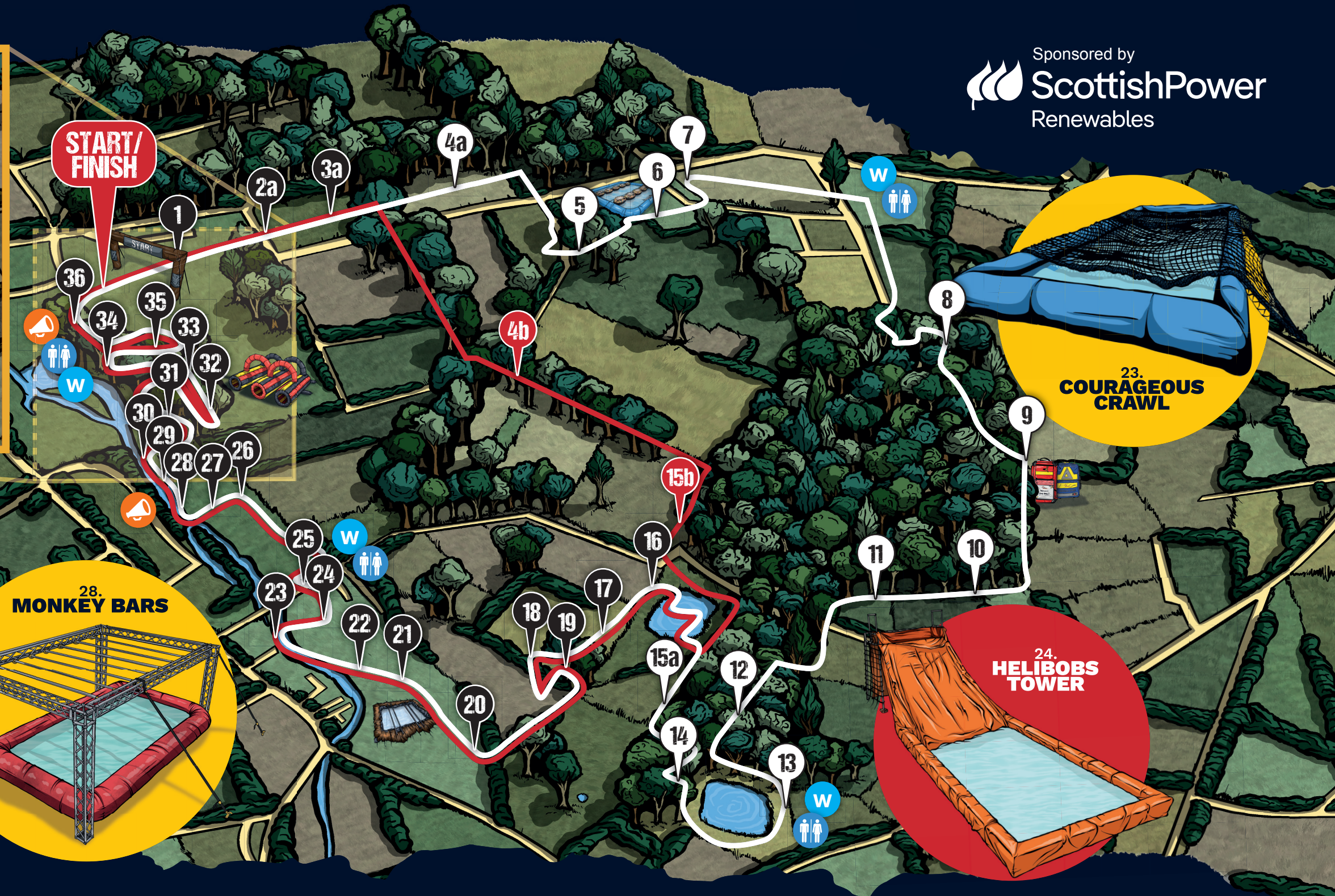
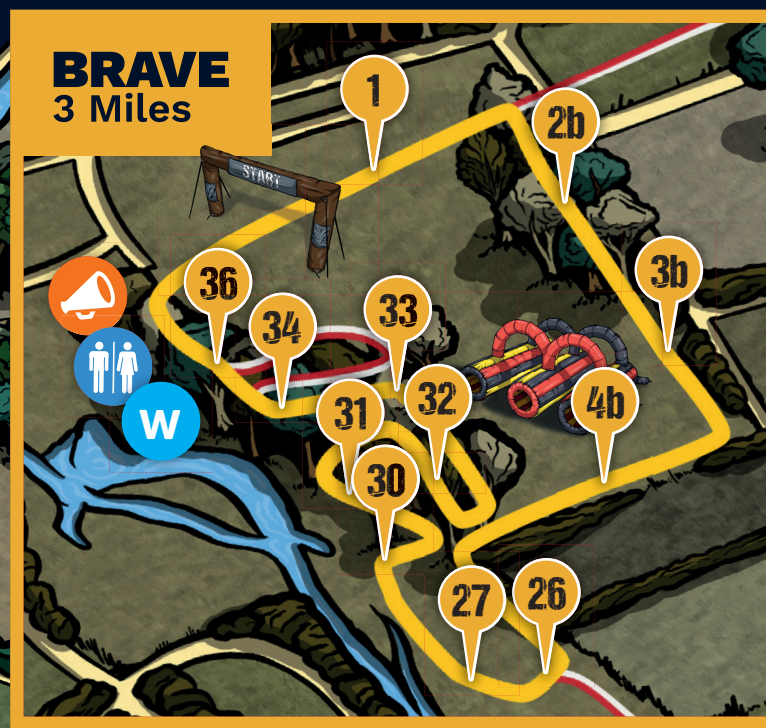




East Anglian Air Ambulance's
ONLY THE BRAVE
2026 OBSTACLE LIST

W **S** **T**
WATER **SPECTATORS** **TOILETS**

BRAVE
3 Miles

1. Giant Hurdles • 2b. Web of Chaos • 3b. Cargo Warrior • 4b. Water Pistols • 26. Commando Tunnels • 27. Tangled Shower • 30. Wall of Thanks • 31. The Maze • 32. Tunnel Jeopardy • 32a. Flume of Doom • 33. Wobbly Bridge • 34. Treacherous Tunnels • 36. Dive to Victory

BRAVER
6 Miles

1. Giant Hurdles • 2a. Straw Bale Scramble • 3a. Straw Bale Tunnels • 4b. Straw Hurdles • 15b. Crew Crawler • 16. Slippery Slide • 17. Giant Web • 18. Cargo Net Climb • 19. Trench Run • 20. Tunnel Jeopardy • 21. Balance Beams • 22. Doom of Mud • 23. Courageous Crawl • 24. Helibobs Tower • 25. Sloth Crossing • 26. Commando Tunnels • 27. Tangled Shower • 28. Monkey Bars • 29. Muddy Squeeze • 30. Wall of Thanks • 31. The Maze • 32. Tunnel Jeopardy • 33. Wobbly Bridge • 34. Treacherous Tunnels • 35. Heli Splash • 36. Dive to Victory

BRAVEST
10 Miles

1. Giant Hurdles • 2a. Straw Bale Scramble • 3a. Straw Bale Tunnels • 4a. Straw Hurdles • 5. Lifeboat Crossing • 6. Rotor Walk • 7. Tyre Turbulence • 8. Rotor Scramble • 9. First Aid Bag Carry • 10. Cargo Wall • 11. Flooded Cage Crawl • 12. Toe the Line • 13. Hill Sprints • 14. Muddy Mission • 15a. Crew Crawler • 16. Slippery Slide • 17. Giant Web • 18. Cargo Net Climb • 19. Trench Run • 20. Tunnel Jeopardy • 21. Balance Beams • 22. Doom of Mud • 23. Courageous Crawl • 24. Helibobs Tower • 25. Sloth Crossing • 26. Commando Tunnels • 27. Tangled Shower • 28. Monkey Bars • 29. Muddy Squeeze • 30. Wall of Thanks • 31. The Maze • 32. Tunnel Jeopardy • 33. Wobbly Bridge • 34. Treacherous Tunnels • 35. Heli Splash • 36. Dive to Victory