

Ninja Warrior UK: Race for Glory

Press Pack

Rochelle Humes – Presenter

How excited are you for the return of Ninja Warrior UK after a three-year hiatus?

So excited! It's been three years, but coming back, it honestly feels like we haven't been anywhere. After having a couple of years of lockdown, it's so nice to be able to do the show bigger and better than ever and have an audience back in. It's been so great so far.

What has it been like to team up with Ben and Chris again?

We always call ourselves a band and I love this band that I'm in. We have such a good relationship. We've all missed working with each other so much, so we share equal enthusiasm for being back together.

There have been quite a few changes for this series. What can fans expect?

The new changes have added so much excitement. The fans can expect an elite level of athlete, it's really ramped up the quality of the Ninjas that we've got competing. You can expect fireworks. Some of the races are so full on that I struggle to keep up with running alongside them on the floor.

We're looking for two winners this time and have a male and female competition. The same gruelling obstacles, but they race at different times. That way, we see two champions, which I'm super excited about.

Have you had a chance to meet the Elite Ninjas yet?

I actually know a lot of the faces because some of them are previous contestants! They're so good, it's a joke. They make it look like it's not hard. I'm sure it's frustrating for our contestants.

What do the Elite Ninjas bring to the series that's special?

It brings that human element to the Ninjas. Before now, they've been covered up and mysterious, so it's nice to put a face to them.

With a new format, does the show still have that family friendly and fun feel?

It's so family friendly and fun. No matter how good the person is, if someone falls in the water, we all love to see it! The child in me can't help but laugh at that. As much as the elite level has gone up, it's still got the same laughs and everything we love about the show.

There's a lot of new obstacles this series. Are there any in particular that would fill you with dread?

All of them! I stand up there introducing the contestants and think I could probably do this, but I definitely couldn't. I don't know who I'm kidding.

Which obstacle are you most looking forward to seeing contestants taking on?



The Ring Toss is a good one. Meanly, we leave it to the last obstacle before the Warped Wall. When someone does it perfectly it's a beautiful thing to watch, but it can be the thing that really takes people out at the end because it's so hard.

Is there anything about the show that viewers might not get to see on screen that you find interesting?

The level of team that we have. We have a referee team, so many medics, the place is buzzing with people. I think people would be surprised how much goes into it. Some people might assume that the contestants have been able to have a practice beforehand, but they don't. They get a tour, but they don't get to stand on the course until they do it.

Of your fellow presenters, who do you think would be most likely to win in a race across the course?

As much as I'd love to back myself, I think it would be Ben. He would definitely be competing if he wasn't hosting. He had some Ninja-style training stuff put in his house. He's very active and this is so up his street.

Have any of you tried it before?

I think Ben tried it on the first series. We had two very different conversations with the producers. I said I'd do it if I don't have to take part, and he said he'd do it if he can have a go.