Leeds Tough 10 - Race Safety Information

Please read the following information to help ensure you have a safe and enjoyable event. It is also important to attend the Race Briefing on the day (15 minutes before the race starts).

Course & Signage:
- Please follow the marked course and listen to the instructions given by marshals. We will be using a mixture of blue arrows, pink flags and tape to guide you around the course. Please note, the park is still open to the general public so there is a slight risk that course equipment may be removed or changed without our knowledge. Please therefore familiarise yourself with the route map and look out for marshals along the way.
- Don’t run too close to person in front so you can see terrain you’re about to run over.
- Please be reminded that this is a tough event. The terrain is hilly, slippy and boggy in places. Please take care on the mixed terrains, weather conditions, and speak to marshals or medical on course if you need assistance.
- Please be aware of particular hazards on route and take extra care – the course includes: woodland, rocky paths, streams, steps and steep inclines and descents.
- There will be a water station at the halfway point. Energy gels are also available at the half way point; however please don’t use them unless you’ve trained with them.
- Please note that there will be a marshal in the role of backmarker for this event so we know where the final participants are on course.

Medical:
- Please ensure that your Emergency Contact Details & any medical conditions are written on the back of your running number. This is mandatory and an essential safety requirement of the event. Your number must be clearly visible throughout.
- If you have a medical incident, if possible please try to make it to nearest marshal point, who can then call for first aid.
- If you decide for any reason to drop out of the race, please let the marshals at the finish know so we know you’re no longer on the course.

Start Details:
- Please note, this event is not likely to be a personal best 10k run – it’s tough, hilly and you may even want to walk in parts of it. We are therefore estimating that this event will add an extra 10-15 minutes onto your usual 10k time.
- So if you aim to finish today’s event in 50min – 1hour 10, you line up in Group 1.
- If you aim to finish in 1 ½ hours then you will line up in Group 2.
- If you aim to finish in 2 hours or more, please line up in Group 3.

Environmental Guidelines:
- Please be aware that the terrain on route may be wet, slippery or muddy. There may still be some gusts of cool wind and low temperatures. Please therefore dress appropriately for the conditions & wear suitable footwear and layers.
- Leeds City Council have kindly given their permission to use Roundhay Park for this event. Please therefore follow the guided route and course marshal instructions. Please do not drop any litter on the course and be courteous to any general public who may also be using the park and any local residents.