

EVENT GUIDE



**Leeds Running Festival
5k, 10k & Half Marathon
Sunday 20th April 2025**



YOUR RACE EXPERIENCE



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WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

To inspire active nations through running.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



KATIE



TOM



GIAN



COL



HANNAH



**Donate
Today**



St Gemma's Hospice is proud to be the official Charity Partner for Leeds Running Festival!

St Gemma's Hospice provides the best possible care and support for local people with cancer and other life threatening illnesses.

We specialise in pain relief and symptom control to help people live as well as possible for as long as possible. This is known as palliative care.

It's a friendly, warm and safe place at the heart of the local community with a large range of expert services to support patients, their family and friends, both in the Hospice and in the community.

St Gemma's welcomes and provides care to everyone regardless of people's age, gender, disability, race, religion, sexual orientation or diagnosis. All St Gemma's services are provided completely free of charge.



**St.
Gemma's
Hospice**
Always caring

How you can help:

Fundraise for us - make your Leeds Running Festival efforts count by [setting up a fundraising page](#) for us.

Do your own thing to support St Gemma's - come and find us in the event village to chat further or contact Mia Senior on 0113 218 5197 or mia.senior@st-gemma.co.uk.

Thank you for your support. We couldn't do what we do without you.



TRAVEL

Address: Mansion Lane, Roundhay, Leeds, LS8 2HH

By Car:

Roundhay Park is situated approximately 3 miles North of Leeds City Centre off the A58 Wetherby Road at Oakwood. Alternatively, Roundhay Park is accessible from the A6120 Leeds Ring Road.

Please be aware that parking on site is limited. We recommend car sharing and the use of public transport.

Nearby car parks are marked on the map [HERE](#).

By Public Transport:

Roundhay Park can be reached by buses to and from Leeds City Centre 2 & 12.

You can find the First Bus journey planner via [THIS LINK](#).

By Foot/Bike:

The park is easily accessible by both foot and cycle. Any bikes can be left at bag drop throughout the event.



what3words

[Event Village:](#)

[///number.safe.plants](#)

RACE PACK

Start Times

HM: 9:00am
10k: 10:00am
5k: 10:00am

Race Pack Collection Times

HM: 8:00-9:00am
10k: 8:30-9:30am
5k: 8:30-9:30am



FOR ENTRIES BEFORE THE 28TH MARCH,
YOUR RACE PACK SHOULD ARRIVE BY POST

- If your pack hasn't arrived or you've entered after this date, on arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot it into your shoe laces.



[**CLICK FOR ENTRY LIST & RESULTS**](#)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.

This will help us in case of an emergency!

[**CLICK FOR FORM**](#)

Step 1



Step 2



Step 3



Step 4



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking nearby



**Spectators
Welcome**



BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



TOILETS

There will be portable toilets within the event village.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.



WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

The 5k & 10k will start together.

DURING THE RACE

We will have marshals all around the course as well as distance signs and arrows.

Please keep count of your laps during the race.

The course is on the paths in the park:

Half Marathon - mini lap + 4 laps- Yellow Mile signs 1-13

10k - 2 laps - Green KM signs 1-9

5k - 1 lap- Green KM signs 1-4

Please be aware of pedestrians, cyclists and dogs using the park footpaths. We have marshals around the course and signs but this is not a road race, you have to pay very close attention to where you are going.

Due to the nature of a lapped course we ask that you remain vigilant to other runners and keep left at all times. This will allow for anyone needing to overtake to have a clear path on the right and ensure not only your safety but allow you the best experience throughout the race.

Please also be aware that we will have a bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

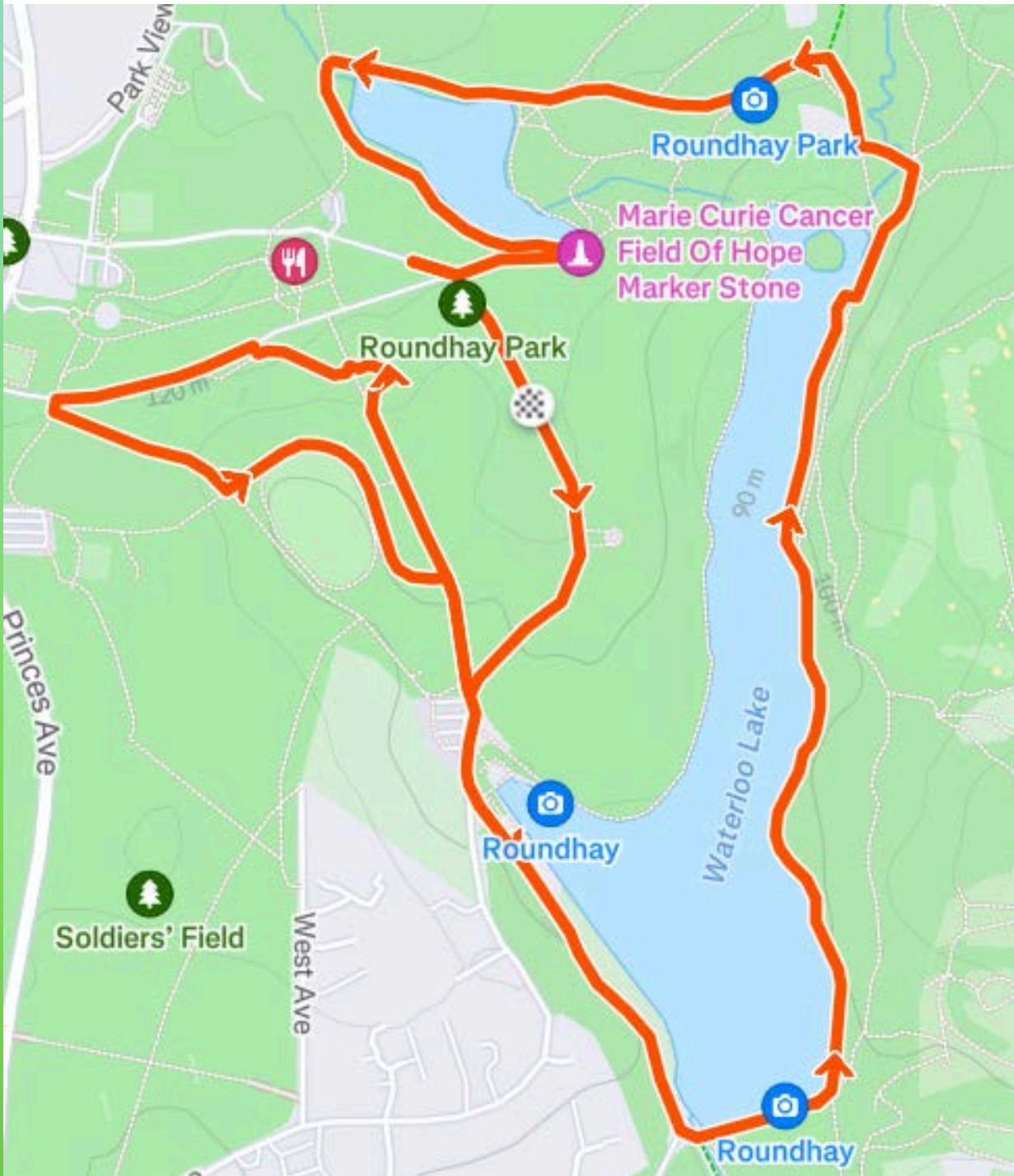
Please drain and discard all litter, gel wrappers and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass just after the water station on each lap.

A limited number of SiS gels will also be provided at the water station. If you choose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

COURSE MAP



1 lap of the course



[CLICK FOR INTERACTIVE MAP](#)

WATER STATIONS

There will be a water station on each lap of the course.

There will also be a bottle of water waiting for you at the finish line.

We recommend bringing your own water to stay hydrated in the lead up to the event.

**LOOK OUT FOR THE LITTER
ZONE SIGNAGE!**



THE FINISH LINE

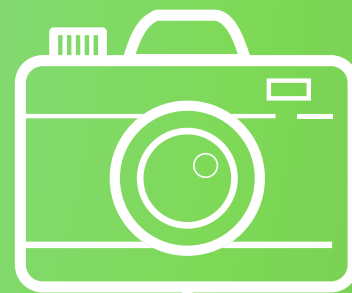
Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.



PHOTOS

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



click the camera to visit the page!



Please check out our X account @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.



If you want to talk all things running before and after the event join our RunThrough North Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughNorth on Instagram with your race day collages, the best ones will feature on our page!

click the icons to visit our pages!

Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click the QR to fill out the form with your event day shoutout requests!



**RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK**

GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

F.A.QS

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start. Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

5k-11, 10k-15, HM-17

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@runthrough.co.uk if you plan to take more than 3hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distances?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course for you to help yourself to on each lap. Please empty bottles before discarding.

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route.

Will there be a prize giving?

There will be no presentation on the day. The overall top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

5k Men's Sub 14:30, Women's Sub 16:00mins

10k Men's Sub 30:30 mins, Women's Sub 34 mins

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

Check out our podium and photo wall to get your celebratory pictures!



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*Vs non-medicated gel.

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THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



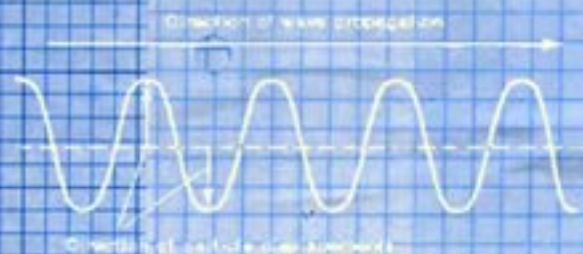
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THE PERFECT RUNNING PAIR



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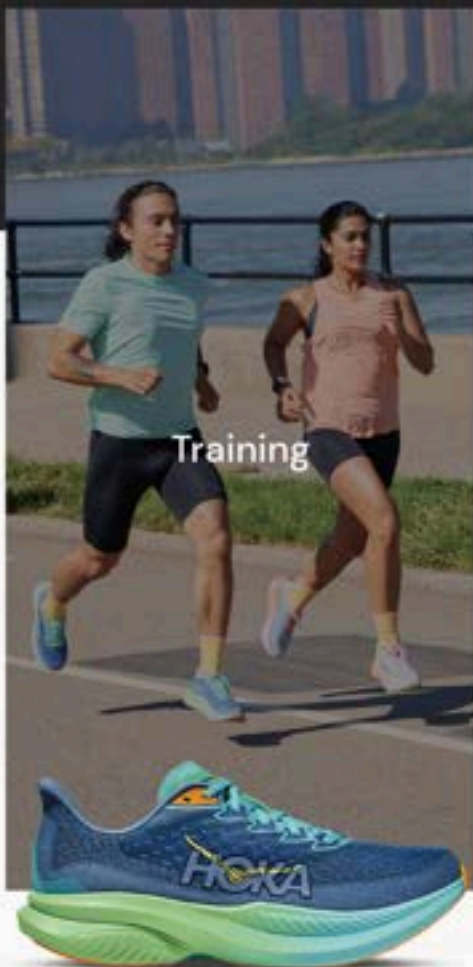

SOURCE OF
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN
BAR PARTNER OF RUNTHROUGH**

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Looking for your next running shoe?

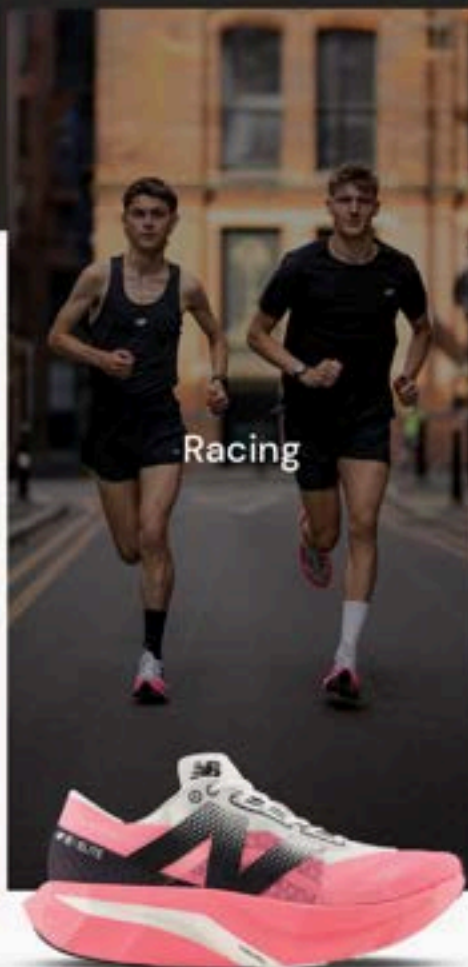
Take 15% off our latest launches*



HOKA

MACH 6

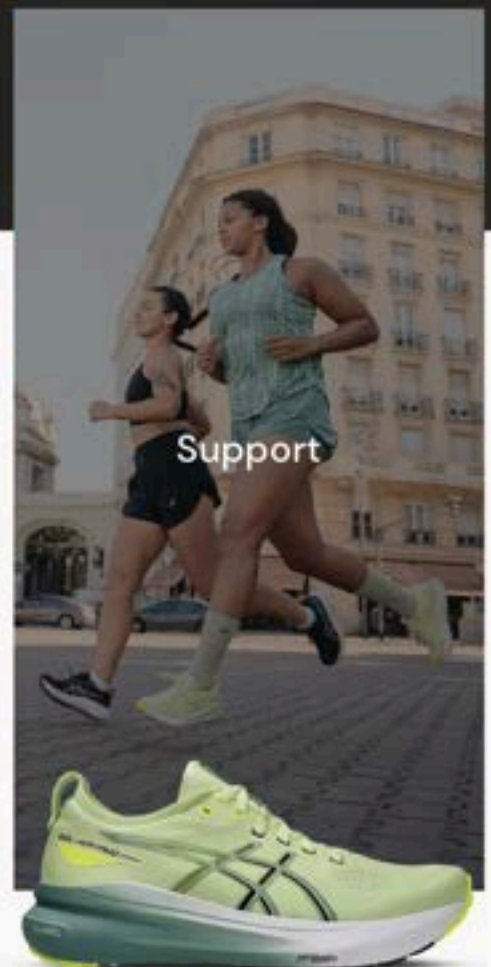
The Hoka Mach 6 is the lightest, most responsive Mach shoe to date, made for enhanced energy return. It is the perfect shoe for faster training.



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* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.

⁺nuun HYDRATION

Hydration starts here

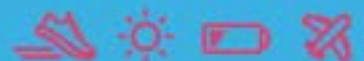


SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

ULTRA



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Hydrate your journey, embrace the challenge and make every step count!

Good Luck Runners!
You've got this with Nuun Hydration!

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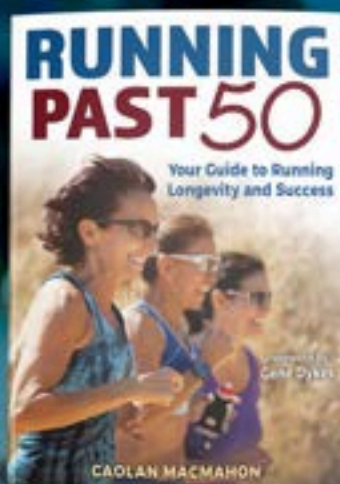
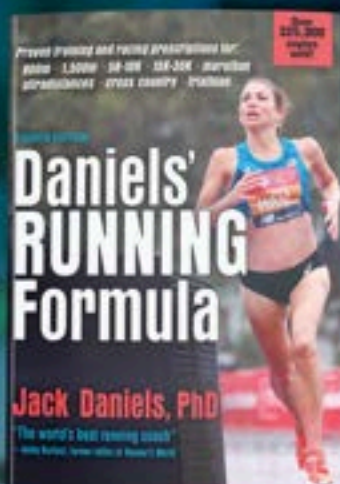
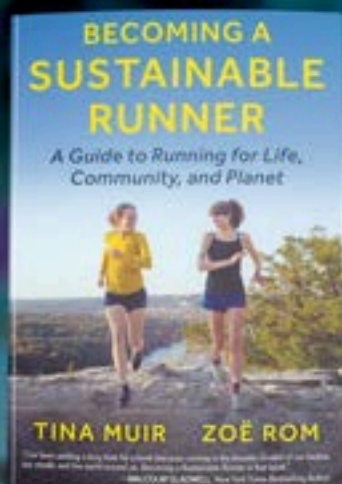
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Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com

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REAL RUNNERS.
OUR TEAM OF EXPERT
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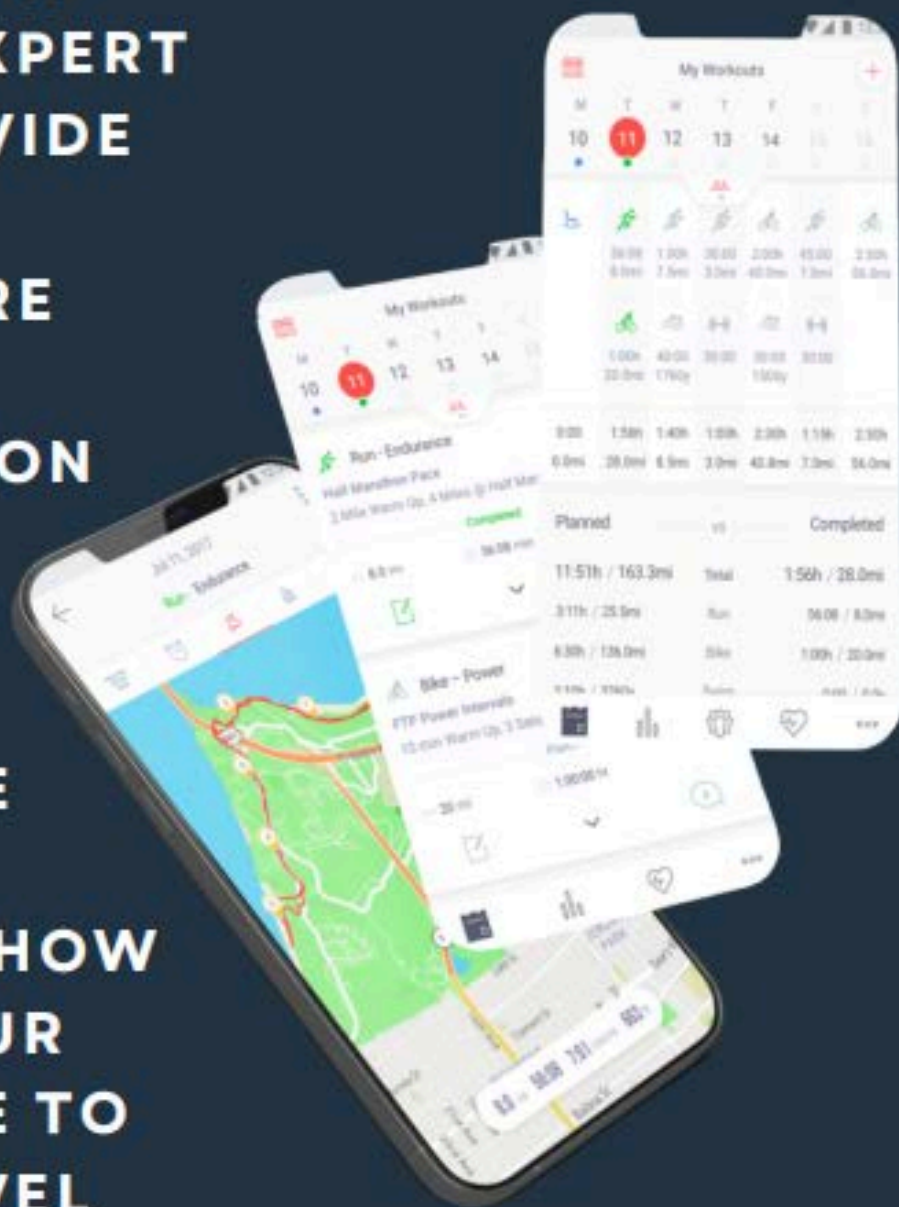
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY





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by...**



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Interested in supporting an event? email: sam.williams@runthrough.co.uk