

Reading:

Reading through the reading below and then respond to the reading comprehension questions

TOUGH MAN: a race to the limit

What is Tough Man?

Every January, more than 3,000 people take part in one of the most difficult races on Earth: the Tough Man competition in the UK. Participants run, swim and climb around the 15 km course. But this is no normal race. These runners have to crawl through tunnels, run across a field of nettles and jump over fire. What's more, the competition takes place in January, so temperatures are freezing – sometimes as low as -6 °C. People travel from all over the world to take part, with participants from South Africa, Australia and China.



Why do people take part?

The competition is quite dangerous and every year there are accidents. Injuries like broken bones and cuts are quite common. The race is very hard: one-third of participants do not finish it. Runners have to be very fit and healthy and most people train all year to prepare for the event. It is also the only race like it in the world. There are similar events, but this was the first one in the world. Many people do the competition because it is so famous. Every year the organizers change the event and add new things. This means that the competition stays exciting and challenging, so people go back year after year.

The course

The diagram shows the Tough Man course. First, participants run for 1 km along a muddy road. Next, they crawl under low nets on the ground. After the nets, the runners jump off a high platform into a lake and swim for 1 km. Then, they reach the field of fire. Here, the runners run across a field and jump over small bonfires. Next, participants must crawl through a long tunnel. The tunnel is partly under water. Finally, the runners run 2 km through nettles before they reach the finish line.



Reading Questions

Read the text again. Tap the correct words to complete the sentences.

- 1 Tough man is a very *easy* / *difficult* competition.
- 2 The event takes place when it is very *hot* / *cold*.
- 3 People from many different *countries* / *cities* take part.
- 4 Every year people *get hurt* / *leave early*.
- 5 Participants have to be very *clever* / *strong* to do the event.
- 6 People do the competition because it is *unusual* / *famous*.
- 7 The competition is *different* / *the same* every year.

Answer the following questions

1. Where does the Tough Man competition take place?
2. When does the Tough Man competition take place?
3. How long is the course?
4. How long do people train for the competition?
5. Why do people go back to the competition every year?

1	
2	
3	
4	
5	

Look through the reading and identify synonyms for the words listed below:

Runners	
Participate	
Event	
Track	
Race	