

HEINEKEN ENDURE24 LEEDS 2022 EVENT DAY BOOKLET



Brought to you by:
**THRESHOLD/
MORE IS IN YOU™**

 **HEINEKEN**
ENDURE24
LEEDS 2022

INTRODUCTION CONTENTS

INTRODUCTION

[Welcome from Threshold](#) 3

[Welcome from HEINEKEN](#) 4

[Make your miles count](#) 5

WHAT TO EXPECT ON THE DAY

[Key timings](#) 6

[Site map](#) 7

[Getting there](#) 8

[Parking](#) 9

[Registration, start waves & bag transfer](#) 10

[Supporters](#) 11

[Camping/Event Village](#) 12

[Camping/Event Village](#) 13

[The Course](#) 14

[The Race](#) 15

[Safety on the Route & Fenix](#) 16

[Results, Photos & Medals](#) 17

[Getting Home](#) 18

[Medical support & Top Tips](#) 19

[Join our Sustainability Movement](#) 20

ANYMORE QUESTIONS?

[Get in touch](#) 21

INTORUDCTION WELCOME FROM THRESHOLD

The time is nearly here when we will once again have thousands of you lining up for an unforgettable 24 hours of running, jogging, laughing, sweating and celebrating.

At Threshold Sports, we have delivered challenges of all shapes and sizes across the world before, but this is our first time taking the reins at Endure.

We know how much this event means to so many people and the best way for us to take the event from strength to strength will be by listening to you all.

It has been great working with Chris Sumner (the Endure24 Founder) to understand how we can continue to build on the experience he has created over the last 10 years. However, we always believe there is more we can do.

So please come and say hello to me and the team over the course of the weekend. We are always happy to chat over a cup of tea or something colder courtesy of HEINEKEN. You never know which of your ideas might end up in our plans for 2023...

Wishing all the teams and all the solo runners the absolute best of luck and we can't wait to see you out there.

Nick

CEO, Threshold Sports



INTRODUCTION

WELCOME FROM HEINEKEN

At HEINEKEN we're all about enjoyment of life. That's why we're proud to sponsor HEINEKEN Endure24 – a truly unique event that brings people together over an unforgettable weekend.

Our company purpose is built around the joy of bringing people together and we know happy, healthy colleagues are key to our success. This is why we're delighted that HEINEKEN colleagues will be joining at the events this summer!

We can't wait to be lining up with you for an epic HEINEKEN Endure24 and of course enjoying an ice cold beer, cider or 0.0 at the end!

Until then, from everyone at team HEINEKEN, we wish you the best of luck with your training and look forward to seeing you on the start line.



INTRODUCTION

MAKE YOUR MILES COUNT

SUPPORT OUR CHARITY PARTNER

This year you have the power to make a difference and make your miles count.

Alzheimer's Research is challenging the way people think about dementia and investing in cutting-edge research. Along with HEINEKEN Endure24, Alzheimer's Research UK believe that medical research will deliver life-changing preventions, treatments, and one day, a cure for dementia.

There are a number of ways you can get involved and support Alzheimer's Research UK.



SET UP A FUNDRAISING PAGE

Set up a fundraising page & get a free technical t-shirt or vest when you fundraise over £100.

Fundraise over £400 to be entered into a prize draw to win 2 x free entries on a Threshold Trail Series event of your choice in 2023

Set up your fundraising page [here](#).



MAKE A ONE OFF DONATION

Charities have had a challenging time throughout the pandemic and we want your miles to have a bigger impact than ever before. If you're unable to commit to a fundraising page, please still consider making a one-off donation through your MyEvents portal.

Make a one off donation [here](#).



WHAT TO EXPECT ON THE DAY

KEY TIMINGS

FRIDAY 1ST JULY

09:00	Car park and campsite opens (please read the camping and site rules carefully)
10:00	Event Village opens, including catering
11:00	Registration, Bar, Merchandise Shop & Kids Zone open in the Event Village
16:00	Yoga starts in the main Marquee (all levels)
19:00	Kids mini mile- meet at the start/finish line (free to enter- pick up your bib at registration on the day)
19:15	DJ in the main marquee and fire pit alight in the Event Village
22:00	Catering closes
23:00	Bar closes and entertainment in the main marquee stops

SATURDAY 2ND JULY

07:30	Catering opens (remains open until Sunday 14:00)
08:00	Registration & Official Merchandise Store opens in the Event Village
09:00	Pre-Event Yoga and Stretch starts in the main Marquee (2 sessions)
11:30	Registration closes
11:45	Call to the start and race briefing
12:00	Race start
19:30	Fire pit in the Event Village
20:00	Head/hand/chest torches to be carried by all runners

SUNDAY 3RD JULY

06:00	Runners may stop using head torches
10:30	Yoga – Stretch & Recover sessions starts
11:59	Runners may start final lap before 11:59:59 (there is a one-hour time limit)
12:00	Course closed at the exchange area to prevent further laps
13:00	Final runners cross the finish line
13:30	Awards at the presentation area
16:00	Event Village closes

SITE MAP

Endure24 Bramham Park - Parking & Camping



WHAT TO EXPECT ON THE DAY GETTING THERE

LOCATION

Bramham Park East Estate,
South Approach,
West Yorkshire
LS24 9NR

What3words:

/// cheat.workbench.harmless

Access to Bramham Park will be via the South Approach off the A64. There is no access to the event via the main entrance.

From Leeds, take the A64 York Road off the ring road and the entry gate is shortly before you reach the A1M Junction 44. From the A1M, use junction 44 and the A64 sign posted Leeds. The entry gate is 400m along the road on the right.

CARAVAN/CAMPERVAN

Campervans/caravans must be in the campervan area only and not in the camping zones, which means you will not be in the Team HEINEKEN camping zone. However, if one team member is in the camper van area, then other team members can choose to camp there with them instead of the camping zone. Please ensure that any tents are alongside the campervan, and not directly behind it or any other van.

Campervans and caravans must not be moved once parked. Camper vans must be parked sideways (not facing down a slope) with wheel chocks in place. Caravans must be detached from the vehicle and the vehicle parked in the main car park. Please see page 9 for all car park restrictions and open and closing times.

TRAIN

The nearest train station is Leeds. HEINEKEN will be organizing shuttles to and from the train station. Please contact HEINEKEN team at ensure24@heineken.co.uk to book your place on the shuttle

COACHES

HEINEKEN are organising a number of coaches to the event from key office locations. You can find the timetable of departures below. Please ensure you arrive 30 minutes before the departure time to ensure you do not miss the coach. Please contact HEINEKEN team at ensure24@heineken.co.uk for further enquires.

Location	Duration	Time
Tadcaster (LS24 95A)	10 mins	16:00
Manchester (M15 6LD)	2 hours	14:30
Hereford (Ledbury staff to travel) (HR4 0LE)	3 hrs 45 mins	12:40
EBP, Edinburgh (EH12 9JZ)	5 hours	12:30

CARS

Participant car parking is available at the Event Village. This is included in your solo or team runner entry. Parking for supporters is included in the Supporter Weekend Camping Pass and with a Supporter Day Parking Pass. Solos and Pairs will be able to park one vehicle in the Solos and Pairs camping areas (this could be a campervan). Car parking passes will be emailed out one week before the event and must be displayed in the car windscreen.

Blue Badge Holders - An area will be available in the main car park.

There is also a drop off area, however waiting is not allowed. It is free of charge and does not need to be booked. All cars are left at owners' risk and must be collected before the car park closes.

WHAT TO EXPECT ON THE DAY

PARKING

CAR PARK TIMETABLE

Parking area	Opening hours: Arrival	Opening hours: Departure
<ul style="list-style-type: none"> •Main Car Park •Blue Badge parking 	<ul style="list-style-type: none"> •Friday 09:00 - 22:00 •Saturday 07:00 - 22:00 •Sunday 07:00 - 17:00 	<ul style="list-style-type: none"> •Friday 09:00 - 22:00 •Saturday 07:00 - 22:00 •Sunday 07:00 onwards
Solo & Pairs Camping	<ul style="list-style-type: none"> •Friday 09:00 - 21:00 •Saturday 07:00 - 09:00 	<ul style="list-style-type: none"> •Sunday 13:30 onwards <p><i>N.B. If you would like to leave the site at any time before 13:30 on Sunday, you need to park in the main car park and carry your kit across to the solos and pairs camping area</i></p>
Campervan / caravan	<ul style="list-style-type: none"> •Friday 09:00 - 22:00 •Saturday 07:00 - 22:00 •Sunday 07:00 - 17:00 	Sunday 12:00 onwards

Please note:

- Outside of these hours the car parks will be closed, and you will not be able to move your car. Car park gates will be locked overnight but if you need to leave in an emergency, please contact Event Control (contact number on the reverse of your race number).
- Access for day visitors is from 09:00 - 22:00 on Friday, 07:00 - 22:00 on Saturday and 07:00 - 17:00 on Sunday.
- Please ensure all supporters have pre-booked either a Supporter Day Pass or a Supporter Weekend Camping Pass.
- The parking stewards are there to help manage the parking to keep everyone safe so please show patience and do as they ask. Vehicles are our number one problem so please be responsible and don't bend the rules.
- All solos and supporters will receive their unique parking permit one week prior to the event. Please ensure you print this out to display it on your dashboard on entering the site.
- **Please see our [FAQ'S](#) for more information on Parking.**

WHAT TO EXPECT ON THE DAY

REGISTRATION & START

REGISTRATION

You will not receive anything from us in the post ahead of the event. Please collect the items below from the registration desk in the Event Village from 11:00am on Friday:

- **Race numbers** - worn on the front of your t-shirt (please fill in your medical information on the back). Race numbers are unique to each runner. Please ensure you wear the correct one.
- **Timing chips**- worn on ankle (please do NOT swap chips as they are unique to each runner. If you swap you will receive the wrong split times).
- **Exchange wristbands** (pairs and teams only) to pass to your next runner. A live camera feed will show a scrolling list of approaching runners.
- **Wristbands** - to gain entry to the Event Village.
- **Team HEINEKEN T-Shirts** - we will give you the size you ordered when registering. We may be able to swap sizes at the registration desk but only after the start of the race.
- **Team HEINEKEN Wristband** - to redeem drinks at the HEINEKEN bar.
- **Team HEINEKEN Food Vouchers** – to redeem your meals at the catering marquee.

Packs are prepared per team. A team representative can register on behalf of the whole team. It is not necessary for all team members to come to the registration desk on the day, so please just nominate one member of your team to do this to avoid looking for packs which have already been picked up.

The team representative will need to know the team name.

Any registration changes must be made two weeks prior to the event as once the race packs are produced the entry system changes are closed.

It is the Team Captain's responsibility to ensure all team members are aware of the event health and safety rules.

START TIMES

You can start anytime from 12:00pm on Saturday. The route remains open for 24 hours.

Runners may start a final lap before 11:59:59am on Sunday. Please note there is a one-hour time limit for the final lap and runners must complete this lap by 12:59:59pm. Any laps completed after this time will **not** be counted.

FINAL CHECKS

- Check the [Kit List](#) to ensure you have everything you need!
- This includes mandatory kit to take part in the challenge, i.e. a head torch, you camping mat, and sleeping bag (even if you're hiring a tent!).
- You will also need to bring a portable charging pack as there are not charging facilities at the event.
- If needed, update emergency contact information via your [MyEvents Portal](#).
- Don't forget to book a [Supporter Pass](#) if you have friends and family coming to cheer you on!

WHAT TO EXPECT ON THE DAY

SUPPORTERS

SUPPORTERS

Supporters are very welcome at HEINEKEN Endure24!

Supporters who wish to camp must purchase a **Supporter Weekend Pass**. This pass includes parking. Any day visitors who wish to park (but not camp) must purchase as **Support Day Parking Pass** in advance via the [HEINEKEN Endure24 registration link](#).

Car parking passes will be emailed out prior to the event. Please make sure this is printed off and displayed in your windscreen.

Upon arrival, supporters should collect their wristbands from the registration desk in the Event Village to allow them access to the event.

All supporters who are not camping must please leave the Event Village site by 22.00 when the car park will close.

KIDS MINI MILE REGISTRATION

Registration for Kids Mini Mile will take place at the registration desk in the Event Village from 11:00am on Friday.

At the registration desk, Mini Mile participants will be given a race bib to wear and safety pins. On the reverse of the bib there will be space for parents/guardians to complete emergency contact and essential medical information. This must be completed before the child can take part in the event.

All children taking part will receive their own Mini Mile medal!



WHAT TO EXPECT ON THE DAY

CAMPING/EVENT VILLAGE

CAMPING ETIQUETTE

Please do not tape off large areas of space in the camping zone to take recreational space or to attempt to exclude others from camping close by – there simply isn't room! If you want to hold space for your team members then please do so by placing the tent on the ground in the space it is going to be erected rather than tape off a large area that might not get filled. Advance team members can bring tents for later arrivals.

Please do not leave any camping equipment in the camping areas when you leave and put all rubbish and any unwanted items in the waste containers. There are large containers around the site for you to use. We will also be recycling as much as possible, so please help the environment by separating your waste into the correct recycling categories where feasible.

Generators and open fires are not permitted at the event. Only BBQ's that are off the ground are allowed. **IT IS ESSENTIAL THAT YOU DO NOT PUT HOT ASH IN THE GENERAL BINS.** There will be separate small metal bins for this which will be clearly marked.

There is a general buzz around the campsite for the whole event and throughout the night so we expect people to have fun. However, we kindly ask that respect is shown for other campers at all times. If you prefer quiet camping, please avoid the area close to the Event Village.

If you have used one of our trolleys or wheelbarrows to help move your kit from the parking area to the camp area, then **PLEASE** return it as soon as you have unloaded. Please do **NOT** keep it until the Sunday for your return journey to the car park as this system will only work if everybody abides by this rule.

The camping zones are marked out with stakes and rope. Please only camp in the marked-out bays.

Please find the location of your nearest fire point once you have set up. You do not need our permission to use any fire fighting equipment but please let us know if you do use it and call Event Control in the event of a fire. We have a dedicated fire fighting team on site.

After having set up your camping area, please take a couple of minutes to look around and think about any risks to the health and safety of others.

COOKING

Carbon monoxide (CO) is a colourless, odourless, poisonous gas which can kill swiftly.

- Never take a BBQ into a tent, awning, caravan or motorhome. Even a cooling barbeque gives off CO.
- Never use a fuel-burning appliance to heat your tent or awning. Stoves and BBQs are designed for indoor cooking not space heating.
- Never run a gas, petrol or diesel-powered generator inside a caravan, motorhome, tent or awning.
- Do not cook or use any other gas, charcoal, liquid or solid fuel appliances inside your tent or awning.

WHAT TO EXPECT ON THE DAY

CAMPING/EVENT VILLAGE

GLAMPING

The glamping campsite will be open from 10:00 on Friday to 16:00 on Sunday. Shower and toilet facilities are the same for everyone and can be found near to the Event Village. There is no separate glamping car park so please use the main parking areas.

Check in for your glamping tent is at the registration desk in the glamping zone.

CHILDREN AND ANIMALS

We gladly welcome children to the event and want them to have as much fun as possible, but please remember that we are on a working farm and temporary campsite. There are water hazards, trip hazards and barbed wire fences to name a few, so please supervise children at all times.

There will also be a Kids Zone in the Event Village with some games, colouring & arts and crafts etc that will be available for you to use to entertain your children. Please do not leave children unaccompanied.

If possible, we would rather you didn't bring your dog to the event. But if you need to, then please ensure your dog is on a lead at all times and please be a responsible dog owner and clean up after them.

EVENT VILLAGE WELFARE

There is one main area with hand wash stations, standpipes, toilet trailers, showers and a men's urinal. Elsewhere there are portable toilets.

- **Showers:** Hot showers are available but expect to queue at peak times, particularly Sunday morning.
- **Toilets:** Around the event village there are portable toilets, we have servicing staff to replenish and clean but it is always wise to

bring a personal loo roll.

- **Drinking water:** There are tap stands and standpipes connected directly to mains water. These are located in the main welfare area. Please do not take water from anywhere else.
- **First aid:** There is a first aid post in the central Event Village. This is open from Friday 09:00 until Sunday 14:00.
- **Control Room:** This is located in the Event Village and is open throughout the event and overnight, please report any issues to the staff on duty. The Event Control phone numbers will be on your race bibs.
- **Massages:** We have a great team of highly qualified soft tissue therapists / sports therapists to look after your tired limbs. They will be available on Friday until late and then again on Saturday morning for the duration of the event. Simply turn up and sign in. Fees apply.

CATERING

Team HEINEKEN can redeem a variety of hot food and drinks in the dining marquee with the food vouchers in your registration pack. There are other concessions on site which you are welcome to purchase additional food and drinks from. These include:

- Craft & Crust – Wood fired pizzeria
- Nicky's Little Crepes – A variety of sweet treats including crepes and waffles
- Yorkshire Cheese Grill – Cheesy street food e.g., Toasties
- Smart Coffee
- Mayfield Coffee
- Whippy Ices

ENTERTAINMENT

- Main marquee: Friday night DJ
- Yoga/Stretching
- Kids Zone
- Kids Mini Mile

WHAT TO EXPECT ON THE DAY THE COURSE

COURSE INFORMATION

Endure24 is a trail race so while we aim to check and improve the route as much as possible, please remember it is multi-terrain, uneven, narrow in places and there are tree roots and trip hazards.

Runners should adjust their speed and effort levels according to weather conditions, number of laps they are running, terrain, and natural light available.

Slower moving runners should stick to the left-hand side and allow faster runners to pass on the right. Please be aware that there are technical sections that are narrow and twisty.

The first lap in particular will be crowded, but after the first couple of laps it will settle down. Don't be tempted to run your first lap at full race pace, keep it steady!

Only registered runners who have entered the race are permitted on the course. Un-registered, support, or second team members on the course will result in disqualification.

It is essential that you are wearing a head torch or carrying a hand torch after 20:00 on Saturday through to 06:00 on Sunday.

TIMING

Times will be published online after the event by Results Base. Timings are based on chip time.

You do not have to start when the course opens. Solos in particular may wish to wait and start a little later. You can choose to start running at any time after the course opens and your chip will register your start time.

NAVIGATIONAL DEVICES

Our route distances are gathered by a navigational expert using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS running computers, the position on the trail and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

WATER STATION

The water station is approximately at the half-way point on the course. Water and some SOS sports hydration will be available.

In order to help the environment, we are not providing single use plastic cups so please bring a collapsible cup, water bottle or something similar for water to be poured into. Crew and volunteers will be on hand to help you.

LITTER

We ask all participants to keep hold of their rubbish until they are back at the Event Village where there will be plenty of bins available to dispose of this.

WHAT TO EXPECT ON THE DAY

THE RACE

SOLO RUNNERS

If you are a solo runner, you may have support from crew in the Event Village but not on the route. You can stop for rests and food when you wish. You must leave the course at the Solo Exit/Entry point or you risk the timing system missing you. Always enter the course at the exchange point or you risk disqualification.

TEAMS AND PAIRS

Endure24 is a relay. A maximum of one team member can be on the course at any given time. Each team member must complete at least one lap. You cannot substitute runners or use runners not registered to your team. You do not have to be on the route for the whole 24 hours. You can take a break and resume when you are ready. Always leave the course at the exchange point or you risk the timing system missing you. Always enter the course at the exchange point or you will risk disqualification.

LAPS AND BREAKS

You can take a break at any time but please enter/leave the course at the exchange point. You can carry on and do more than one lap or hand over to your partner or team member. Only one member of a team may be on the course at any time.

EXCHANGE AREA

The exchange area will be near to the start gantry. There is a large screen opposite the exchange area with a scrolling list of runners showing them at 100m before the finishing line. Team runners and pairs will hand their exchange wristband to the next runner and then exit the exchange area.

The exchange area is only open to runners. Please do not enter the exchange unless you are a runner waiting to exchange, this includes team members not running, team captains, friends and family supporters, and children. We will be checking this and disqualify teams ignoring this rule.

WHAT TO EXPECT ON THE DAY

SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you can complete laps as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event weekend which will go through to our central **EVENT CONTROL** team.

These will be clearly marked on the front of your race number.

- Please make sure you add these numbers to your mobile contacts list.
- If you have an accident or come across one, please use the emergency contact number to call Event Control.
- In the case of a serious medical emergency we will arrange evacuation for any participant from the course.

RUNNING/WALKING THROUGH THE NIGHT

If you are continuing on the route through the night please ensure you always have a head torch or are carrying a hand torch. It is compulsory to have a torch on between the hours of 8pm on Saturday evening to 6am on Sunday morning.

FENIX

Fenix is proud to be the official lighting sponsor for Endure24.

They know that running for any great length of time is a challenge in itself, but becomes even more so when the sun goes down. This is why

good lighting is key when taking on the Endure24 challenge.

With quality and durability baked in, their headlamps are made for runners, from casual right through to Ultra runners who demand the ultimate in outright brightness and run time performance.

Committed to giving their customers the best equipment for the job, they believe their brand motto – Lighting for Extremes – embodies everything that goes into their products.

Find out more at myfenix.co.uk

EXCLUSIVE OFFER

Fenix are giving Endure24 participants an exclusive discount on their lighting for Endure24. This isn't limited to headlamps but the whole Fenix range.

Follow the link to MyFenix.co.uk and use the code **ENDURE20** to receive 20% off your order!



WHAT TO EXPECT ON THE DAY RESULTS, PHOTOS & MEDALS

FINDING YOUR RESULTS

Timings and leader board will be shown live throughout the event from screens at the Event Village.

The feed is also live online so friends and relatives can keep up to date with your progress.

Results will be shown for each person and include split times for each lap.

OFFICIAL PHOTOS

This year we have partnered with [Sportograf](#) to capture your individual event photos. Sportograf are an expert team of sports enthusiasts who love nothing more than to capture your special event moments. They will be using a specialist facial recognition technology to capture you wherever you are, out on the course. Information about how to purchase your professional individual event photos can be found [here](#)

As part of Team HEINEKEN you will automatically be sent a link and a 100% discount code to redeem your photos free of charge after the event.



MEDALS

From 10:00am on Sunday morning, you can collect your race medal from the registration area in the Event Village once you have finished running. You will need to hand in your timing chip to get your medal.

AWARDS

- 1st, 2nd, 3rd – large teams; male, female and mixed
- 1st, 2nd, 3rd – small teams, male, female and mixed
- 1st, 2nd, 3rd – pairs; male, female, mixed
- 1st, 2nd, 3rd – solo: male and female

100 Mile Club T-shirts - for any individual completing 100 miles (over 20 laps inside 25 hours)

One trophy will be awarded to each team member of the first 3 teams in each category including solos and pairs. The award ceremony will commence at approx. 13:15 on Sunday or as soon as the results are collated.



WHAT TO EXPECT ON THE DAY GETTING HOME

TRAIN

The nearest train station is Leeds. HEINEKEN will be organizing shuttles to the train station at the end of the event on Sunday 3rd July.

Please contact HEINEKEN team at endure24@heineken.co.uk to book your place on the shuttle

COACHES

HEINEKEN are organising a number of coaches from the event on Sunday 3rd July to key office locations.

You can find the timetable of departures below.

Please ensure you arrive 30 minutes before the departure time to ensure you do not miss the coach. Please contact HEINEKEN team at ensure24@heineken.co.uk for further enquires.



Location	Time of departure	Duration
Tadcaster	2pm	10 mins
Manchester	2pm	2 hours
Hereford (Ledbury staff to travel)	2pm	3 hrs 45 mins
EBP, Edinburgh	2pm	5 hours

EXPENSES

Please note this is a work event. You'll be able to claim back any expenses incurred over the weekend as long as they're in line with HEINEKEN Travel and Expenses Policy

WHAT TO EXPECT ON THE DAY

MEDICAL SUPPORT & TOP TIPS

We will have medical teams onsite and there will be emergency medical care available for the duration of the event. Medics will be based at the Event Village and the Water Station.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. Don't overdo the energy drink or gels, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

BLISTERS

Please bring plenty of blister treatment with you. The medical teams on the event are there to treat the more serious medical cases.

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative, whilst very useful, concerns have been raised about the use of ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events.

Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems, we strongly advise avoiding NSAIDs. If you do choose to use them or are given them en route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries at the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise.

PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.

A NOTE ON PAINKILLERS

WHAT TO EXPECT ON THE DAY

JOIN OUR SUSTAINABILITY MOVEMENT

Our goal at Threshold is to integrate sustainability into every aspect of our events as we believe passionately that our events should strive to have as positive impact on the natural world as they do on the teams and individuals that participate in them.

We pride ourselves in being proactive and making committed decisions towards sustainability. Over the coming months we will be sharing information on how you can lower your impact on the planet in areas such as travel, merchandise and plastic waste. Here are some ways you can join our sustainability movement:

OFFSET YOUR CARBON:

Balance your travel emissions by making a donation to [Ecolibrium](#) through your MyEvents portal [here](#) by clicking 'Additional Purchases' and selecting 'Balance your travel emissions'.

Learn more about our partner [Ecolibrium here](#).

BYOC (Bring your own Cup)!:

We will not be providing any plastic bottles or cups at Endure24. Please ensure you bring your own cup and bottle to stay hydrated an the event!

WearThenShare™:

Donate your sportswear and clothing to WearThenShare™, a sector-first initiative from our official clothing supplier, Scimitar Sportswear. Collected apparel donated by Threshold event participants will be sent to community clubs in developing countries.

These clubs use the sport of rugby as a vehicle for running a range of education and social outreach programmes.

To get involved and donate your goods, simply look out for the WearThenShare™ branding in the Event Village and share some of your unwanted clothing.

Small and medium sizes are preferred but we'll repurpose everything donated.

OUR SUSTAINABILITY MOVEMENT:

Read the Threshold Sports [Sustainability Framework](#).



ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE CHECK OUT ONE OF THE FOLLOWING PLATFORMS

Edit your registration

You can edit your registration by logging into MyEvents portal [here](#).

Join the Community

Make sure to also join us on the [Team HEINEKEN Participant Hub](#) to meet other participants and swap advice and training tips.

Follow us on social media

Follow us on our social media channels to see the latest tips, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

Still can't find something...

If you can't find the answer you're looking for, please feel free to email us or give our team a call:

endure24@heineken.co.uk

GOOD LUCK AND REMEMBER...
MORE IS IN YOU!



Brought to you by:
**THRESHOLD/
MORE IS IN YOU™**

HEINEKEN
ENDURE²⁴
LEEDS 2022