

ENDURE24 LEEDS 2023 EVENT BOOKLET



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ENDURE24

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WELCOME FROM

THRESHOLD

It's nearing that time once again when the gates will open at Bramham Park to welcome thousands of you to the best festival of running in the UK.

Whether you're going solo and looking to break the 100-mile mark or joining us as part of an XL Fun team, the stage is set for another unforgettable 24 hours.

It's been great seeing the conversations on the forums kick in with old hands supporting newcomers about what to expect. Hopefully, this guide will help settle any nerves and answer any questions you might have.

We learned a lot from last year and have looked to simplify things where possible. We have also set up an improved call booking system to chat to us before the event.

There's also a lot we can do on the event such as tweak teams and register new people so don't worry if the usual mix of dropouts and injuries conspire to change the make-up of your team.

All of us at Threshold are wishing all the teams and all the solo runners the absolute best of luck for the final phases of training and we can't wait to welcome you back.

It's going to be a blast.

Nick

CEO, Threshold Sports



WHAT TO EXPECT ON THE DAY GETTING THERE

LOCATION

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

What3words:

[/// cheat.workbench.harmless](https://what3words.com/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.

For more detailed information on getting to the event click [here](#).

PARKING

SOLOS AND PAIRS

There is a solo and pairs camping area. **One car** per solo entry and **one car per pairs** entry will be allowed in this area. To enter this area, you will need to print out your parking permit, which will be sent via email one week prior to the event.

TEAMS

The parking area is as close to all camping areas as possible. We have not designated a specific team parking area due to the car park bordering most of the camping sites.

BLUE BADGE HOLDERS

The disabled parking area is at the front of the car park. You will be able to come and go throughout the weekend.



CAMPERVANS/CARAVANS

Campervans must be in the campervan area and must not be moved once parked. They must be parked sideways with wheel chocks in place. Caravans must be detached from the vehicle and the vehicle parked in the main car park.

For detailed information on parking, including car park timings, click [here](#).

For the car park timetable, please click [here](#).

GETTING THERE BY TRAIN

The nearest train stations are York (17 miles away) and Leeds (17.2 miles away). We recommend booking a taxi in advance.

WHAT TO EXPECT ON THE DAY

KEY TIMINGS

FRIDAY 23RD JUNE

09:00	Car park and campsite opens
10:00	Registration and Event Village open, including catering. If you're running for ARUK, visit the ARUK tent to meet other runners and collect cheering material!
11:00	Bar, Merchandise Shop & Kids Zone open in the Event Village
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 bar and fire pit alight in the Event Village
22:00	Catering closes
23:00	Bar closes and entertainment stops

SATURDAY 24TH JUNE

07:30	Catering opens and remains open until Sunday 14:00
08:00	Registration, Merchandise Shop & Kids Zone open in the Event Village
11:30	Registration closes
11:45	Call to the start and race briefing
12:00	Race start
14:00	ARUK Story time: Elmar and the Gift. See about the book here .
19:30	Fire pit in the Event Village
20:00	Head/hand/chest torches to be carried by all runners

SUNDAY 25TH JUNE

06:00	Runners may stop using head torches
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

WHAT TO EXPECT ON THE DAY REGISTRATION & START

REGISTRATION

Registration is open:

Friday: 10:00am to 10:00pm

Saturday: 07:00am to 11:00am

Please send **1** team representative to collect your registration pack containing:

- **Race numbers**
- **Timing chips**
- **T-Shirts**
- **Wristbands**

Any online registration changes must be made two weeks before the event. After this, changes can be made at the event up until 11:00 am on Saturday 24th June.

START TIMES

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

Runners may start a final lap before 11:59:59 am on Sunday and must have completed it by 12:59:59 pm. Any laps completed after this time will **not** be counted.

KIDS MINI MILE REGISTRATION

Registration for Kids Mini Mile will take place on Friday at 19:00. At the registration desk, kids will be given a race bib and safety pins. The child's essential medical information must be completed on the back of their bib before they take part.

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

SUPPORTERS

Supporters who wish to camp must purchase a 'Supporter pass including camping'. Those who are visiting for the day only must purchase a 'Supporter pass excluding camping'.

All supporters who are not camping must please leave the Event Village site by 22:00.

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



WHAT TO EXPECT ON THE DAY CAMPING/EVENT VILLAGE

CAMPING ETIQUETTE

We kindly ask that respect is shown for other campers. If you prefer quiet camping, please avoid the area close to the Event Village.

Please do not leave any camping equipment or rubbish when you leave. There are large containers around the site for you to use. Help the environment by separating your waste into the recycling categories.

GENERATORS, OPEN FIRES & BBQS

Generators and open fires are not permitted. BBQs that are off the ground are permitted. If you are bringing a disposable BBQ, please ensure you can raise it off the ground by at least 6 inches. **You must not put hot ash in the general bins.** There will be separate small metal bins for this which will be clearly marked.

SAFETY

Please find the location of your nearest fire point once you have set up. Please call Event Control in the event of a fire and let us know if you have used the fire fighting equipment.

TROLLEYS

We will have a limited number of small trolleys on-site to help those with limited mobility move their camping gear from the carpark to camp site. However, our experience is that these can rapidly disappear so we strongly recommend bringing your own if at all possible.

COOKING

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

- Never take a barbecue (even if it's cooling) into a tent, awning, caravan or motorhome.
- Never use a fuel-burning appliance to heat your tent or awning.
- 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.

CHILDREN AND ANIMALS

We gladly welcome children to the event, but please supervise them at all times.

If you need to bring your dog to the event, then please ensure it is on a lead at all times and clean up after them.



WHAT TO EXPECT ON THE DAY THE COURSE AND RACE

COURSE INFORMATION

The course is multi-terrain, un-even and narrow in places so please be aware of hazards. Runners should adjust their speed according to weather conditions, the number of laps they are running, terrain, and light. Slower runners should please stick to the left-hand side. Any unregistered, support or second team members who go on the course will result in disqualification. Please do not litter the course.

WATER STATION

The water station is approximately halfway round. To help the environment, we are not providing single-use plastic cups so please bring a collapsible cup or water bottle with you.

SOLO RUNNERS

If you are a solo runner, you may have support in the Event Village but not on the route. Please 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. You can read our '5 need to know for solos' [here](#).

TEAMS AND PAIRS

Endure24 is a relay so a maximum of one team member can be on the course at any given time. Each team member must complete at least one lap. A team member does not have to be on the route for the whole 24 hours. Always enter and leave the course at the exchange point or risk disqualification. You can read our '5 need to know for teams' [here](#).

EXCHANGE AREA

The exchange area will be near the start gantry. **It is only for runners waiting to exchange.** Opposite is a large screen with a scrolling list of runners showing them at 100m before the finishing line.

The leaderboard is as accurate as possible but please be patient for registration/team changes to appear. If there is still a problem, please see Results Base.

MEDALS & AWARDS

To receive your medal you will need to hand in your timing chip. Awards will be given to the fastest solos and teams. You can find more details on our FAQs [here](#).

There will also be 100 Mile Club T-shirts for any individual completing 100 miles!



WHAT TO EXPECT ON THE DAY SUPPORT & TOP TIPS

SAFETY

Emergency contact numbers which will go through to our **EVENT CONTROL** team. These will be marked on the front of your race number.

- Please add these numbers to your mobile contacts list and use them in an emergency.
- In the case of a serious medical emergency, we will arrange evacuation for any participant from the course.

It is compulsory to wear a head torch between 8 pm on Saturday and 6 am on Sunday.

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 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 at the event are there to treat the more serious medical cases.

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

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend paracetamol. Ibuprofen is an alternative, but concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. Whilst it is rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

NSAIDs can also cause stomach problems. If you have kidney or GI problems, we would strongly avoid using NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine becomes very dark. If in doubt, ask one of the medics who will be happy to assist you.

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



**GOOD LUCK AND REMEMBER...
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