

# ENDURE<sup>24</sup> LEEDS

28 – 30 JUNE 2024  
BRAMHAM PARK, LEEDS

BROUGHT TO YOU BY  
**THRESHOLD/**  
MORE IS IN YOU™

## EVENT GUIDE



**ENDURE<sup>24</sup>**  
**LEEDS**

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# WELCOME TO ENDURE24

## IT'S ALMOST SHOW TIME

The stage is set, the players are in the wings – it's almost time to bring the party back to Bramham Park! Whether this is your first Endure24 or your tenth, we hope you are looking forward to an unforgettable 24 hours out on the trails.

This year we have made some small changes to the Endure24 camping set-up with regards to our Solo and Pair participants. By allotting everybody an identically sized plot, we hope to ensure that the experience is fair for all. We are also delighted to be welcoming Siren Craft Brew to Endure24 Leeds, who this year will be providing thirsty participants with our very own bespoke craft beer, Lap It Up.

We hope this guide will help with any last-minute questions you may have about the event. As race weekend draws nearer, don't panic if dropouts or injuries force your team to change plans – book a call with one of the team, or come and speak to us at registration on the day, when we can tweak teams and register new entries if needs be.

Whether you are going solo and looking to break the 100-mile mark or joining us as part of an XL Fun team, we look forward to welcoming you to Bramham Park in a few short weeks.

Good luck and enjoy the journey.

**The Endure24 Team**

## EVENT PARTNERS



HARRIER  
TRAIL RUNNING



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## GOLD CHARITY PARTNERS

ALZHEIMER'S  
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vs CANCER



ENDURE24  
LEEDS

# GETTING HERE

## 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.

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

## GETTING THERE BY CAR

A new one-way system is in place for vehicles this year. **Enter via the A64 eastbound gate**, following the yellow AA signage. **Exit via gate 3** on the map, which brings you out of the **Bowcliffe Hall gate** adjacent to the A1M near junction 44 with the A64.

## GETTING THERE BY TRAIN

The nearest train stations are:

- York (17 miles away)
- Leeds (17.2 miles away)

We recommend booking a taxi in advance.



# ARRIVAL & SET-UP

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## 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.

We love seeing people go for longer distances on Endure. We have seen the interest in solos and pairs grow each year and 2024 is no exception.

### UPDATE FOR 2024

We will have a traffic management team checking solo and pairs passes and allocating you space that reflects the number of racers in your group. Each runner will be allocated a space sufficient for a smaller tent with a vehicle, gazebo or seating area **or** a campervan **or** a large family tent.

If you are in a pair or taking part with multiple solo runners who want to be close together, we can allocate several places next to one another if you bring all their registration details with you.

If you want a larger space for multiple supporters or a more social space with extended seating areas, then you are welcome in all the team camping areas. Some of these are close to the course if you arrive early on Friday morning.

## TEAMS

**One car per team** will be able to unload in the Drop Off Area, the closest area to camping, before returning to the main parking area.

To enter this area, the Team Captain will need to print out the drop off permit, which will be sent via email one week prior to the event and give it to the designated driver.

All other team members must go straight to the main Parking Area.

## 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 more detailed information on parking, please click [here](#).

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

## BLUE BADGE HOLDERS

The disabled parking area is at the top of Parking Area 1.

Disabled parking is accessible through Parking Area 1. You will be able to come and go throughout the weekend.



# KEY TIMINGS

## FRIDAY 28 JUNE

<b>09:00</b>	Car park and campsite opens
<b>10:00</b>	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!
<b>11:00</b>	Bar, merchandise shop and Kids Zone open in the Event Village
<b>17:30</b>	Adidas TERREX x Black Trail Runners shakeout run
<b>19:00</b>	Kids' Mini Mile – meet at the start line (free to enter on the day)
<b>19:15</b>	DJ in the bar and fire pit alight in Event Village
<b>22:00</b>	Catering closes
<b>23:00</b>	Bar closes and entertainment stops

## SATURDAY 29 JUNE

<b>07:30</b>	Catering opens and remains open until Sunday 14:00
<b>08:00</b>	Registration, Merchandise Shop & Kids Zone open in the Event Village
<b>11:30</b>	Registration closes
<b>11:45</b>	Call to the start and race briefing
<b>12:00</b>	Race start
<b>14:00</b>	ARUK Storytime: Elmar and the Gift. See about the book <a href="#">here</a> .
<b>19.30</b>	Fire pit in the Event Village
<b>20:00</b>	Head/hand/chest torches to be carried by all runners

## SUNDAY 30 JUNE

<b>06:00</b>	Runners may stop using torches
<b>11:59</b>	Runners may start final lap before 11:59:59 (one-hour time limit)
<b>12:00</b>	Course closed at the exchange area to prevent further laps
<b>13:00</b>	Final runners cross the finish line
<b>13:30</b>	Awards at the presentation area
<b>16:00</b>	Event Village closes



# REGISTRATION & START

## REGISTRATION

Registration is open:

**Friday:** 10:00am to 10:00pm

**Saturday:** 07:00am to 11:00am

Please send **one** 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 28th 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.



# CAMPING & EVENT VILLAGE

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## 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 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.





# THE COURSE & RACE

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## 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 knows 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 knows 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 solo runners completing 100 miles or more! To claim your t-shirt, head to the Pressio stand with your bib number once you have finished the race.



# SUPPORT & TIPS

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## 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.**

**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.**



# FOOD & BEVERAGE

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## THE RUNNER'S REST

Endure24's very own pub returns with beers, summer spritzes and soft drinks, but this year offered by our Reading brewery friends, Siren Craft Brew. Brand new for 2024, our bespoke beer on tap, Lap It Up – produced by a team of Endure24 regulars at the Siren brewery.

Friday and Saturday 10am – 11am

Sunday 10am – 2pm

## EATERY24

The one-stop café for breakfast, lunch, dinner and snacks operated by Yorkshire Event Catering and open through the night on Saturday to Sunday to keep you fuelled.

Get in here for the big breakfast menu including hot rolls, full English, porridge, yoghurts and more. For lunch and dinner, you'll find homemade and wholesome options packed with carbohydrates, ready to grab and go.

Plus, cold drinks, cakes, snack bars and sweet treats to keep you going between meals.

Friday 10am – 10pm

Saturday 7.30am – Sunday 2pm

## YORKSHIRE CHEESE GRILL

Mega grilled cheese sandwiches and cheesy fries all made using Yorkshire's finest cheese and bread. Plus 'halloumi' heaven with Yorkshire Squeaky Cheese in the form of burger, fries – or both!

## JUNK SOUL SMOTHERED

A 100% meat-free menu of the most epic hot dogs, burgers and sides.

## PROOVE PIZZA

Wood-fired, handmade pizza dough layered with your choice of toppings with options for vegan, gluten-free and vegetarian diets, and made to order in minutes.

## CALM INDIAN COW

Top-notch Indian food, including the creamy Malabar Paneer Korma, Veggie naan wraps, and their signature Hyderabad Dum Biryani

## PERSIAN GUYZ

Persian-spiced meats and veggie boxes, with rainbow salads, grilled potatoes, pilau rice and breads.

## MAYFIELD COFFEE and SMART COFFEE

Bean-to-cup, barista made coffee in the event village and the camping area.

## TONY'S ICE CREAM

Your classic 99s, ice lollies and family favourite frozen treats.



# ADDITIONAL EXTRAS

## GLAMPING

Canvas & Co. are pitching up at Endure24 Leeds again this year!

Their luxury bell tents are available to book [here](#).



## RACE PHOTOS

Race photos will be available to purchase post-event through [Sportograf](#)'s website.



## MERCHANDISE

We're proud to have teamed up with sustainable clothing brand Pressio to produce eco-friendly running gear that not only makes you look the part on the Trails, but also contributes to making the planet a greener and happier place!



Visit the Pressio shop [here](#) to purchase your official Endure24 merchandise.

## iTAB

Make your race unforgettable and personalise your medal with your name! Log in to your [MyEvents Portal](#) to purchase.



# DOING THE RIGHT THING

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## AT THRESHOLD WE BELIEVE THAT MORE IS IN YOU

Our Purpose is to help people realise their potential through world class events. We do this by:

- Supporting individuals to go beyond what they feel is possible
- Showing clients how they can fulfil their potential as responsible businesses
- Enabling charities to maximise their fundraising and supporter engagement
- Inspiring our employees to be the best versions of themselves

Fulfilling our Purpose, is only possible in the long term if sustainability is embedded in all that we do. For that reason, 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.

**THRESHOLD/  
MORE IS IN YOU™**



# OUR OTHER EVENTS

## RACE TO THE KING

- Saturday 15 June
- South Downs loop
- Follow in the footsteps of royalty along the spectacular Monarch's Way and South Downs Way in this unique and inclusive figure-of-eight ultramarathon.
- Click [here](#) to explore!

## RACE TO THE STONES

- Saturday 13 – Sunday 14 July
- Lewknor to Avebury
- Traverse the Ridgeway as you race towards the 5000-year-old Avebury Standing Stones, a UNESCO World Heritage site.
- Click [here](#) to explore!



## RIDE ACROSS BRITAIN

- Saturday 7 September – Sunday 15 September
- Land's End to John o'Groats
- 900 riders, 9 days, 980 miles. From the UK's most southern to northern point, this will be a journey you will never forget.
- Click [here](#) to explore!



# GOOD LUCK, ENJOY THE RACE!

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For any other questions, visit our [FAQs page](#) and [Participant Hub](#).

We can't wait to welcome you on the trails at Endure24!

**Good luck...**

