

# ENDURE<sup>24</sup> LEEDS

27 – 29 JUNE 2025  
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

Gather your tents, gels, shoes and inflatable mascots – the time to bring the fun to Bramham Park is upon us! Whether you're a seasoned Endure24 pro, or a first-timer, we can't wait to welcome you onto the trails to take on this incredible 24-hour challenge!

As with last year, we are asking all campers to follow the rules on fair use of space to make sure everyone can have a safe, comfortable and fun experience. This is especially important in the Solos & Pairs area where we'll be asking for all vehicles to stay in the car park unless it's your only option for sleeping.

We have also made a slight change to the registration process in 2025. As communicated by email, any team changes and registrations need to be completed by Sunday 15<sup>th</sup> June at midnight. As we approach this deadline, please don't hesitate to reach out to the team for any assistance.

Whether you're tackling the course as a Solo, or mucking in together as part of a team, we look forward to welcoming you to Bramham Park in June. Good luck and enjoy the journey!

**Team Endure24**

## EVENT PARTNERS



## GOLD CHARITY PARTNERS



## LOCAL CHARITY PARTNER



**ENDURE24**  
**LEEDS**

# GETTING HERE

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## 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 HERE 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 HERE 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 Solos and Pairs Camping Area.

**One car per Solo entry and one car per Pair entry will be allowed to drive in to the Solos and Pairs Camping Area, either to drop off kit or to stay if it is being slept in.**

We love seeing people go for longer distances on Endure. We have seen the interest in solos and pairs grow each year and 2025 is no exception.

We will have a traffic management team checking Solo and Pair 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.

As there are no vehicle movements in and out of the Solos and Pairs Camping Area once the race is underway, you will also be able to spread out into the vehicle channels during this period.

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.

## TEAMS

**One car per Team** will be able to park in Parking Area 1, the closest area to camping.

To enter this area, the Team Captain will need to print out the parking 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 park in Parking Area 2.

## 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](#).

**Please note:** It is not possible to come and go during the event or pack up and leave early from Parking Area 1 or the campervan / caravan areas. To come and go please, park in Parking Area 2.

## 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.





# CAMPING ADVICE

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## CHOOSING THE RIGHT SPACE

Camping areas closest to the Event Village are great for hustle and bustle including the music and announcements over the PA system.

If you prefer quieter camping, areas further away from the Event Village are just a few minutes extra walk but are less affected by Event Village noise.

## SOLOS AND PAIRS CAMPING AREAS

The allocated space for Solos and Pairs is planned carefully for those running the furthest and taking the shortest breaks.

These areas are only for solo or pairs runners with any essential support crew, each taking up minimal space to allow fair space use for all. If you're bringing a larger team of supporters, please use any of the teams camping areas instead.

Solo and Pair participants are permitted to have one vehicle in the Solos and Pairs Camping Area if it is being used to sleep in. All other vehicles should be parked in the car park.

Please don't keep your vehicle in the Solos and Pairs Camping Area for storage or convenience. If you will be sleeping in your vehicle, we'll ask you to be reasonable with the additional space you take up alongside to allow space for other people.

Remember, you'll need to display your Solos and Pairs parking permit to drive in to these camping areas.

The Solos and Pairs storage area on the left of the start line is for quick access to your fuelling, layers or any small items to save returning to your camping spot.

## TEAMS CAMPING

Please be respectful of other Teams when choosing your camping area and setting up to give everyone fair space and a great experience.

Please don't reserve space for other Teams who aren't arriving until later. We'll ask you to move any holding items and allocate other teams into those spaces.

The Endure24 team will patrol the site during set up on Friday and Saturday and throughout the event. They'll ask you to rearrange your camping set up where they spot any unreasonable use of space. Communal space for socialising and cooking is allowed, but please keep it to a reasonable size.

Small gazebos for shade or cooking areas are permitted, but no larger than 3m x 3m. They must be pegged and weighted according to the manufacturer's instructions. Any camping set up that is deemed to be unsafe by our team will need to be changed or removed.

As the site fills up, the Endure24 team will allocate arrivals into remaining spaces to save searching and prevent unsafe overcrowding.



# CAMPING & EVENT VILLAGE

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## LITTER

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 metal hot ash 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 any of the firefighting equipment.

## TROLLEYS & BUGGYS

We will have a limited number of buggies shuttling between parking and camping areas during Friday and Saturday morning. Priority will be given to disabled people and wait times will vary. We recommend bringing your own trolley to help move heavier kit to your camping area.

## 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 – generators are not permitted at the event
- 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 it.



# KEY TIMINGS

## FRIDAY 27 JUNE

<b>09:00</b>	Car park and campsite opens
<b>10:00</b>	Registration and Event Village open, including catering.
<b>11:00</b>	Bar, merchandise shop and Kids Zone open in the Event Village
<b>16:00</b>	Yoga at the Rotunda
<b>17:30</b>	Shakeout run lap – led by TrailFam
<b>18:00</b>	DJ in Runner’s Rest bar
<b>19:00</b>	Kids’ Mini Mile – meet at the start line
<b>19:15</b>	Fire pit alight in Event Village
<b>22:00</b>	Catering closes
<b>23:00</b>	Bar closes and entertainment stops

## SATURDAY 28 JUNE

<b>06:00</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>09:00</b>	Yoga at the Rotunda
<b>11:00</b>	Registration closes
<b>11:45</b>	Call to the start and race briefing
<b>12:00</b>	Race start
<b>18:00</b>	DJ in Runner’s Rest Bar
<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 29 JUNE

<b>06:00</b>	Runners may stop using torches
<b>11:59</b>	Runners may start a final lap before 11:59:59, but must finish before 12:59:59
<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

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## REGISTRATION

### Registration is open:

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

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

To help keep queues shorter and make service faster, please send **one** team representative to collect your registration pack containing:

**Race numbers**

**T-Shirts**

**Wristbands**

**Timing chips**

## 2025 UPDATE

**Any online registration changes must be made by Sunday 25th May at midnight.**

We have implemented this deadline to improve participant experience, reduce timing chip errors, ensure all medical forms are completed, and to reduce queues.

If you have an extenuating circumstance which requires you to make a change after this deadline, please contact [info@endure24.co.uk](mailto:info@endure24.co.uk) and the team will try their best to accommodate this.

## 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.



# 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-shirt for any Solo runners completing 100 miles!



# 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.

## 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

Check out some of the range of food and drink on offer in the event village this year with more to be announced. From ice cold refreshment to freshly made comfort food, you'll find everything you need to stay fuelled.

## 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, open through the night on Saturday to Sunday to keep you fuelled. Get in here for the big breakfast menu including hot rolls, porridge, granola and yoghurts. 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 11.30am – 10pm

Saturday 6.00am – Sunday 2pm

## YORKSHIRE CHEESE GRILL

Mega grilled cheese sandwiches and cheesy fries all made using Yorkshire's finest cheese and bread.

## JUNK SOUL SMOTHERED

Filthy vegan junk food and juicy plant-based burgers

## 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.

## THE PASTA RIG

Pasta, sauces, and toppings made fresh each day, with options for everyone, including gluten-free, vegan and vegetarian

## MAYFIELD COFFEE and SMART COFFEE

Bean-to-cup, barista-made coffee in the Event Village and the camping area.

## CROWN ICES

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

## PERSIAN DELIGHTS

Authentic wraps, rice boxes and Persian Sosis – taste tradition and joy in every bite!

## THE YORKSHIRE PUD BAKERY

Homemade bakes from the heart of Yorkshire!



# EVENT ADD-ONS

## GLAMPING

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

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



## 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!



## RACE PHOTOS

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



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 [Let's Do This Account](#) to purchase.





# WHAT'S ON AT ENDURE24

## LIVE DJ

In traditional Endure24 style, party the night away at Runner's Rest with DJ Yorkshire from 6pm-11pm on Friday night.



## GOLD CHARITY ACTIVATIONS

Look out for our Charity partners in the Event Village! Pop-ups from Alzheimer's Research UK, will be hosting a variety of games and entertainment, from photo booths to archery!



## SPORTS THERAPY & MASSAGE

Muscles starting to ache? In need of some TLC? Visit our qualified therapists for a re-charge!

**Friday 2pm-10pm**

**Saturday 7am – Sunday 1pm (open overnight)**

**£18 for 15 mins**

## PARTNER ACTIVATIONS

Our Official Eye Wear Partner **Nike Vision** will offering:

- A Saturday morning stretching session led by Peloton instructor Jeffrey.
- A pre-race warm-up in the Event Village.
- Product testing – try out some sunglasses as you take on Endure24!
- Prizes for 1<sup>st</sup> male and 1<sup>st</sup> female.

## KIDS' ZONE

Bringing the little ones? Let them go crazy in the Kids' Zone, packed with fun activities and entertainment!

## HORSEBOX ICE BATH & SAUNA

We're excited to be welcoming The Horsebox Sauna to Endure24 to help you prepare and recover from your efforts on the trails.

**Book here** to secure your spot!



**ENDURE24**  
**LEEDS**



# 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.



# OUR OTHER EVENTS

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## RACE TO THE KING

- Saturday 21 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 12 – Sunday 13 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!

Watch out for new events coming in 2026! Register online for priority access to secure your place on the start line.



# 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...**



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