

ENDURE²⁴
LEEDS

EVENT GUIDE

3 – 5 JULY 2026
BRAMHAM PARK, LEEDS



BROUGHT TO YOU BY

**THRESHOLD/
MORE IS IN YOU™**

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Welcome to ENDURE24

IT'S GO TIME.

Tents packed? Shoes laced? Gels, glow sticks and inflatable mascots at the ready? That can only mean one thing – Endure24 Leeds is back, and Bramham Park is calling!

Whether this is your first lap or your fiftieth, we're excited to welcome you to the start line for an unforgettable 24-hour adventure. From solo warriors to full teams, you'll be part of an incredible community taking on one of the UK's most unique endurance challenges.

To keep the event running smoothly for everyone, please remember to camp considerately and follow our guidelines on fair use of space. This helps ensure a safe, comfortable and enjoyable experience across the site. This is particularly important in the Solos & Pairs area, where vehicles should remain in the designated car park unless they're being used for sleeping.

There are also a few updates to the registration process for 2026. As outlined in our pre-event communications, all team changes and final registrations must be completed ahead of the published deadline. If you need any support before then, our team is here to help.

However you're tackling the challenge, we can't wait to see you out on course at Bramham Park. Embrace every lap, support one another, and make it a weekend to remember.

Good luck and enjoy every moment.

Team Endure24



Event Partners

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HIGH 5

by STRAVA
runna

TENZING®

SIREN
CRAFT BREW

profeet
SPORTS LAB

TRAILAID™
SUPPORTING ADVENTURE

Gold Charity Partners

YOUNG LIVES
vs **CANCER**

Tommy's
Together, for every baby

Parkinson's
UK

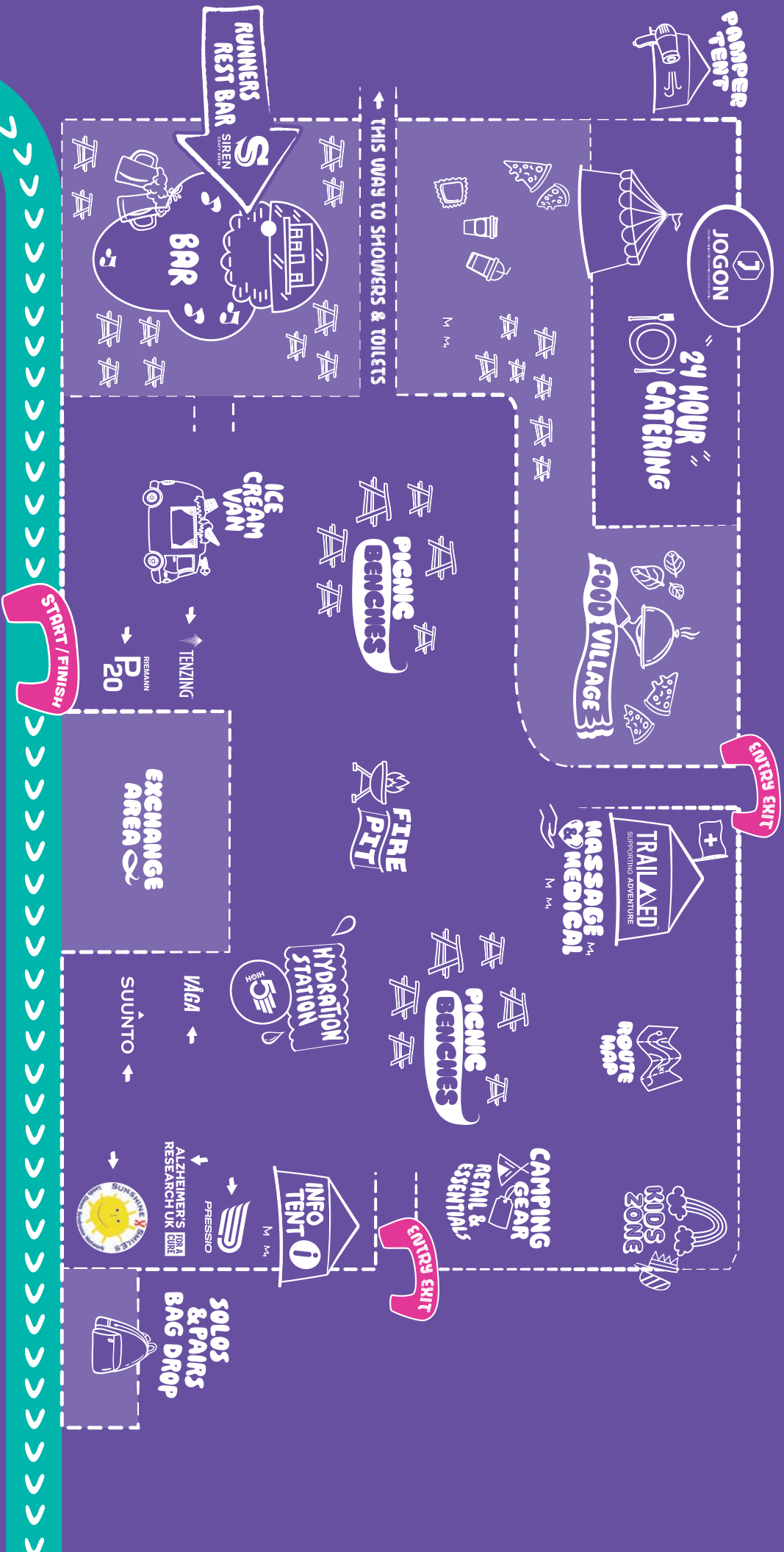
Sport
In Mind

ALZHEIMER'S
RESEARCH UK **FOR A CURE**

WE ARE
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CANCER SUPPORT

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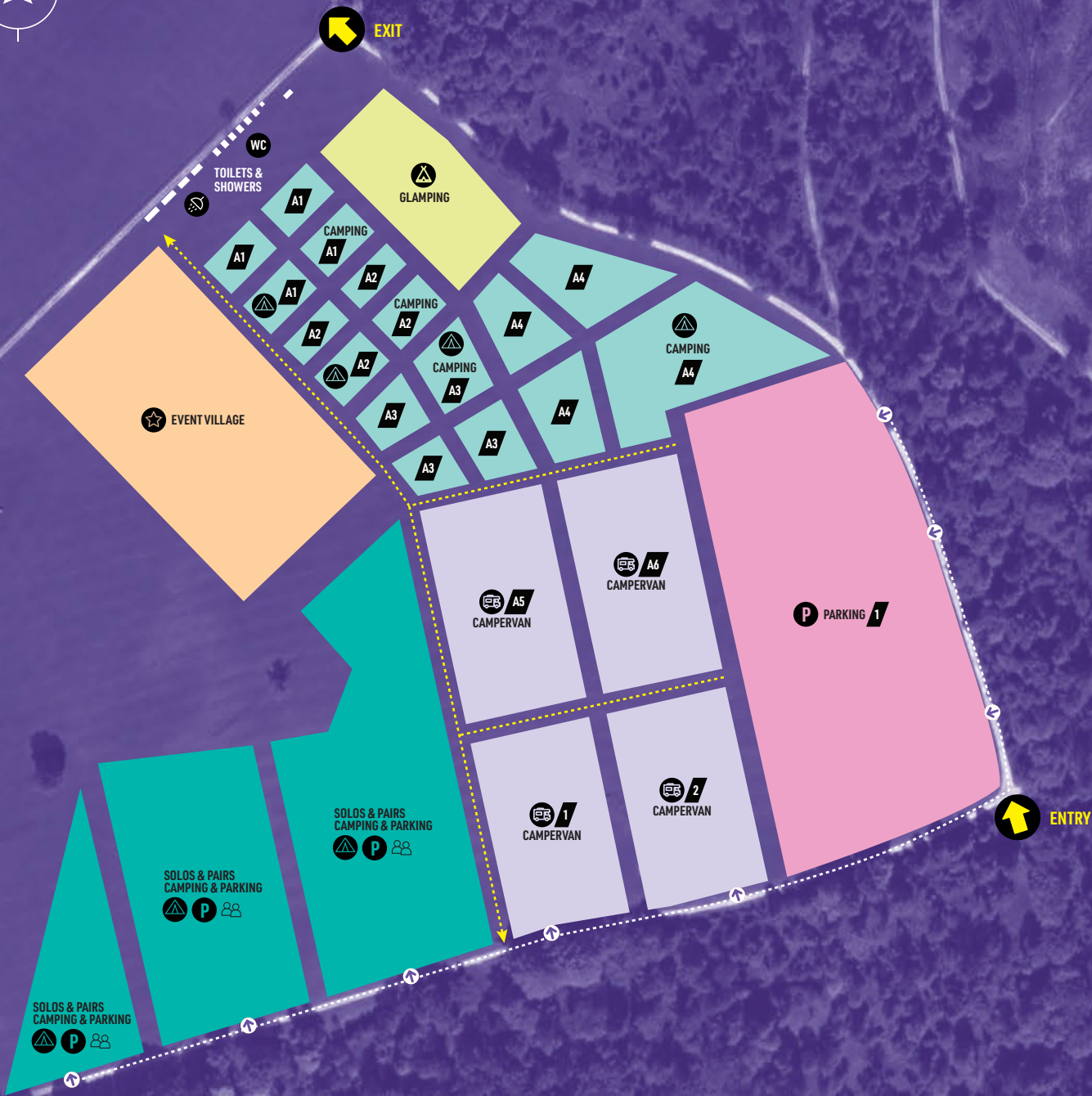
Event Village Map



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Bramham Park Parking & Camping

- > VEHICLE MOVEMENT
- - -> PEDESTRIAN ROUTES



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Getting Here

Location

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

 what3words

///bombard.tucked.switch

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.



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Arrival & Set-up

Solos & 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 2026 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

There is one car park for team members. We have not designated a specific team parking area due to the car park bordering most of the camping sites.

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.



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Camping Advice

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

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.

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.

SAFETY

Please find the location of your nearest firepoint 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 fire fighting equipment.

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.

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.

Key Timings

Friday 3 July	
09:00	Car park and campsite opens
10:00	Registration and Event Village open, including catering
11:00	Bar, merchandise shop and kids zone open in the Event Village
16:00	Yoga at the Rotunda
18:00	DJ in The Runner's Rest bar
19:00	Kids' Mini Mile – meet at the start line
19:15	Fire pit alight in Event Village
19:30	SUUNTO Shakeout Run, led by TrailFam
22:00	Catering closes
23:00	Bar closes and entertainment stops

Saturday 4 July	
06:00	Catering opens and remains open until Sunday 14:00
08:00	Registration, merchandise shop and kids zone open in the Event Village
09:00	Yoga at the Rotunda
11:00	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 5 July	
06:00	Runners may stop using torches
11:59	Runners may start a final lap before 11:59:59, but must finish before 12:59:59
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



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Registration & Start

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

Registration Deadline

Any online registration changes must be made by Sunday 21st June 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 and the team will try their best to accommodate this.

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 and must have completed it by 12:59:59pm. 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.



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The Course & Race

Course Information

The course is multi-terrain, uneven 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 & 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 Solo runners completing 100 miles!



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Support & 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 8pm on Saturday and 6am 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 drinks or gels, as they can cause nausea/diarrhea.

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.

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.

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.



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Food & Beverages

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.

Extreme Catering

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.

Flip N Fast

100% vegan and gluten-free sweet and savoury pancakes, as well as fresh smoothies.

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](#).



Race Photos

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

iTAB

Make your race unforgettable and personalise your medal with your name! Log in to your [Let's Do This Account](#) to purchase.

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.



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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**.

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)
£20 for 20 mins

Kids' Zone

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

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! We're proud to be welcoming back Sunshine

& Smiles once as our Local Charity Partner!

Partner Activations

Our event village will be buzzing all weekend with top-tier brand activations from VÅGA, Suunto, P20, Pressio, TENZING, HIGH5, Profeet and Perkier.

Expect performance kit, race-fuel favourites, recovery essentials, sun protection and cutting-edge tech – plus plenty of chances to try, taste and explore.

Whether you're between laps or soaking up the atmosphere, there's lots worth stopping for.



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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.

We're proud to team up with Jog On.

Finished with a pair of running shoes but they're not quite finished yet? Endure24 is proud to support Jog On, the UK's first running-shoe donation and recycling platform.

Jog On collects unwanted running shoes and redistributes them to people who need them, helps shoes get reused or responsibly recycled, and keeps thousands of pairs out of landfill every year.

If you've got running shoes you no longer use, bring them along and donate them at the event. Whether they've carried you through training miles or race-day highs, your shoes could help someone else take their first steps into running.



JOGON

REMOVING 1 MILLION PAIRS OF RUNNING SHOES FROM LANDFILL

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Our Other Events

RACE TO THE KING

20th June 2026 / 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

11th – 12th July 2026 / 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!

ENDURE²⁴ READING

4th – 6th June 2027 / Wasing Park, Reading

Our 8km trail features exciting landmarks and enchanting natural wonders, including the 15th century Church of St Nicholas and the mesmerising Wasing Wood. After conquering the infamous 'Heartbreak Hill', take in the stunning panoramic views of Paices Wood lake.

Click [here](#) to register interest!

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2nd – 4th July 2027 / Branham Park, Leeds

Experience 8km of scenic beauty with fellow thrill-seekers. Along the course, catch sights of landmarks like the Lead Lads Temple, Roundhouse, and the historic Bramham Park Estate. The festival atmosphere will accompany you throughout the race.

Click [here](#) to register interest!

Watch out for new events coming in 2027!
Register online for priority access to secure
your place on the start line.



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GOOD LUCK, ENJOY THE RACE

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...



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