

ENDURE²⁴
READING

EVENT GUIDE

5 – 7 JUNE 2026
WASING PARK, READING



ENDURE²⁴

BROUGHT TO YOU BY

**THRESHOLD/
MORE IS IN YOU™**

Contents

1. Welcome to Endure24
2. Getting Here
3. Arrival & Set-up
4. Camping Advice
5. Camping & Event Village
6. Key Timings
7. Registration & Start
8. The Course & Race
9. Support & Top Tips
10. Food & Beverage
11. Event Add-ons
12. What's on at Endure24
13. Sustainability
14. Our Other Events



Welcome to ENDURE24

24 HOURS. ONE CHALLENGE.

The countdown is on and the trails are calling. Wasing Park is ready once again to host 24 hours of grit, camaraderie and unforgettable moments. Whether this is your first lap or your fiftieth, we're excited to welcome you back for another Endure24 adventure.

As in previous years, we're asking all campers to follow our guidelines on fair use of space, helping everyone enjoy a safe, comfortable and sociable event. This is particularly important in the Solos & Pairs camping area, where vehicles should remain in the car park unless absolutely necessary for sleeping.

Please make sure any team changes and registrations are completed by the deadline communicated via email ahead of the event. If you have any questions or need a hand as the deadline approaches, our team will be happy to help.

Whether you're taking on the course as a Solo or working together as part of a team, we look forward to welcoming you to Wasing Park in June. Good luck, embrace the challenge and enjoy the journey!

Team Endure24



Event Partners

SUUNTO

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RIEMANN
P20

PRESSIO

JustGiving™

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

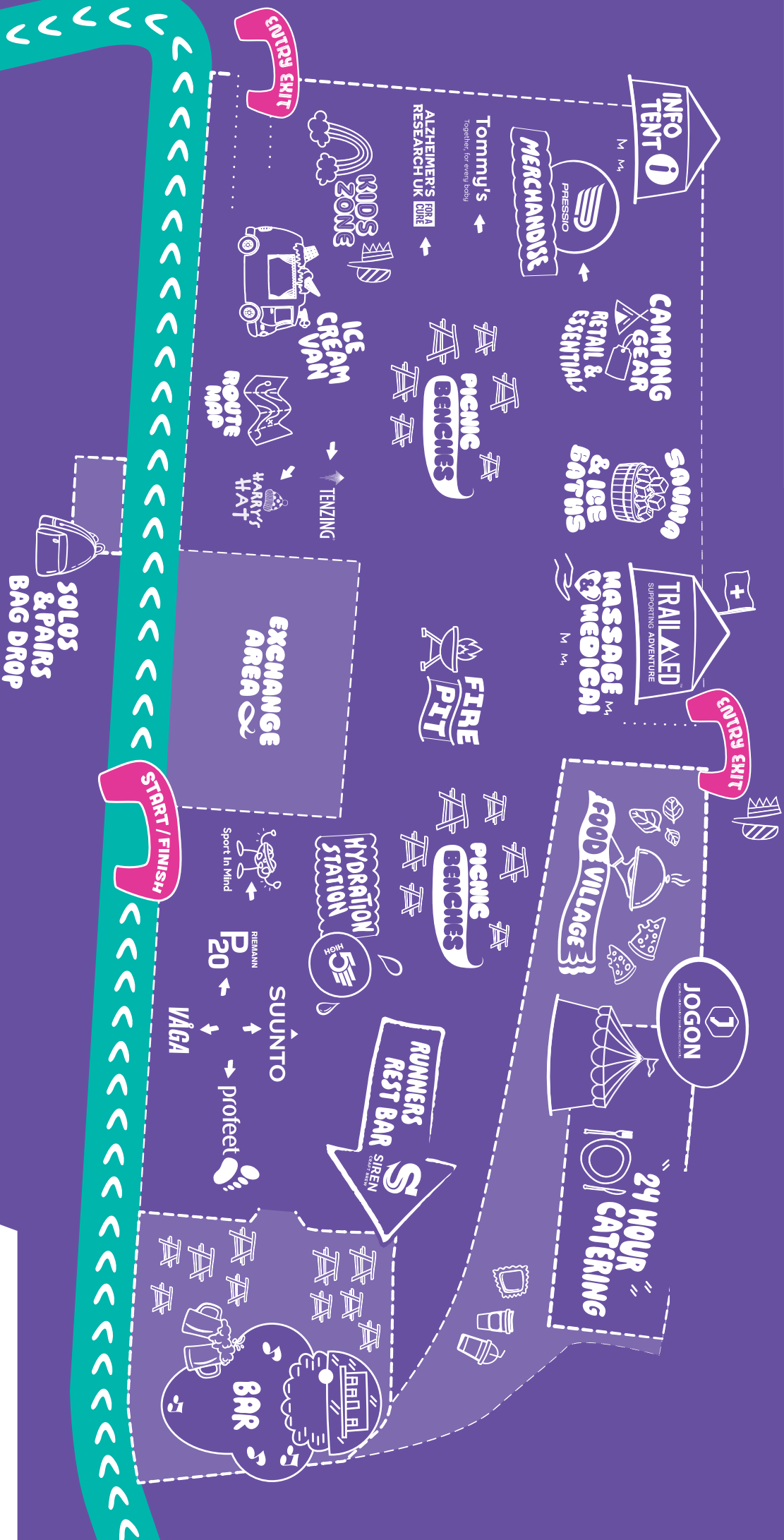
ALZHEIMER'S
RESEARCH UK **FOR A CURE**

WE ARE
MACMILLAN.
CANCER SUPPORT



ENDURE24 READING

Event Village Map




ENDURE 24
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Getting Here

Location

Wasing Park, Wasing Lane RG7 4LY

 what3words

///bombard.tucked.switch

Getting Here by Car

From the East, leave the M4 at Junction 12 and take the A4 in the direction of Theale and Padworth. Just before Padworth take the A340 to Aldermaston. At the mini-roundabout in Aldermaston take the second exit into Wasing Lane and follow the event signage.

From the West, leave the M4 at Junction 13 (Newbury) and follow the A34/A339 south to Newbury. Leave the A339 onto the A4 towards Thatcham. Continue along the Bath Road A4 to Woolhampton. At Woolhampton carry on for a further 1.5km and at Frouds Lane turn right. Carry on to the end of the lane and turn right towards Aldermaston. At the mini roundabout in Aldermaston take the second exit into Wasing Lane and follow the event signage.

From the South, head towards Basingstoke Junction 6 from the M3 and follow the ring road A339 until you reach the A340 Aldermaston Road. Follow the road to Tadley and Aldermaston is signed from here. At the mini roundabout in Aldermaston, take the first left and follow the event signage.

 The car park entrance is approximately 400m along Wasing Lane.

Getting Here by Train

The nearest railway stations:

- / **Aldermaston (2 miles)** – This station has a good footpath most of the way to the Event Village. You can join trains at Reading or Newbury for the line to Aldermaston.
- / **Midgham (2 miles)** – This station does not have a taxi rank.
- / **Theale (7.5 miles)** – We recommend booking a taxi to the event in advance.
- / **Reading (12 miles)** – Taxis wait outside and the journey is around 30 minutes.

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.

There is no vehicle movement in and out of the Solos and Pairs camping areas after 9am on Saturday. During the race all marked out vehicle and fire lanes must be maintained for emergency access 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.

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.

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.



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.

For 2026 we have extended the available camping space in Miss Mays (behind Smart Coffee), to create additional course-adjacent camping space.

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

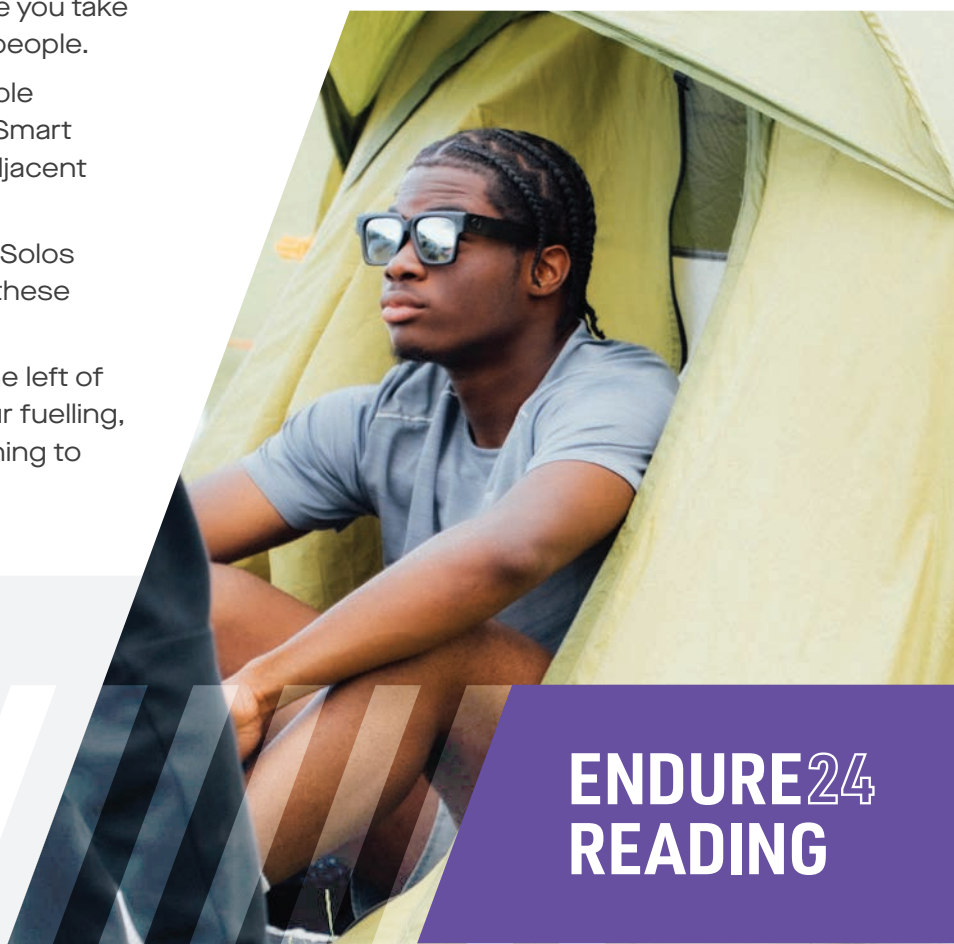
Please be respectful of other Teams when choosing your camping area and setting up to give everyone fair space and a great experience.

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.

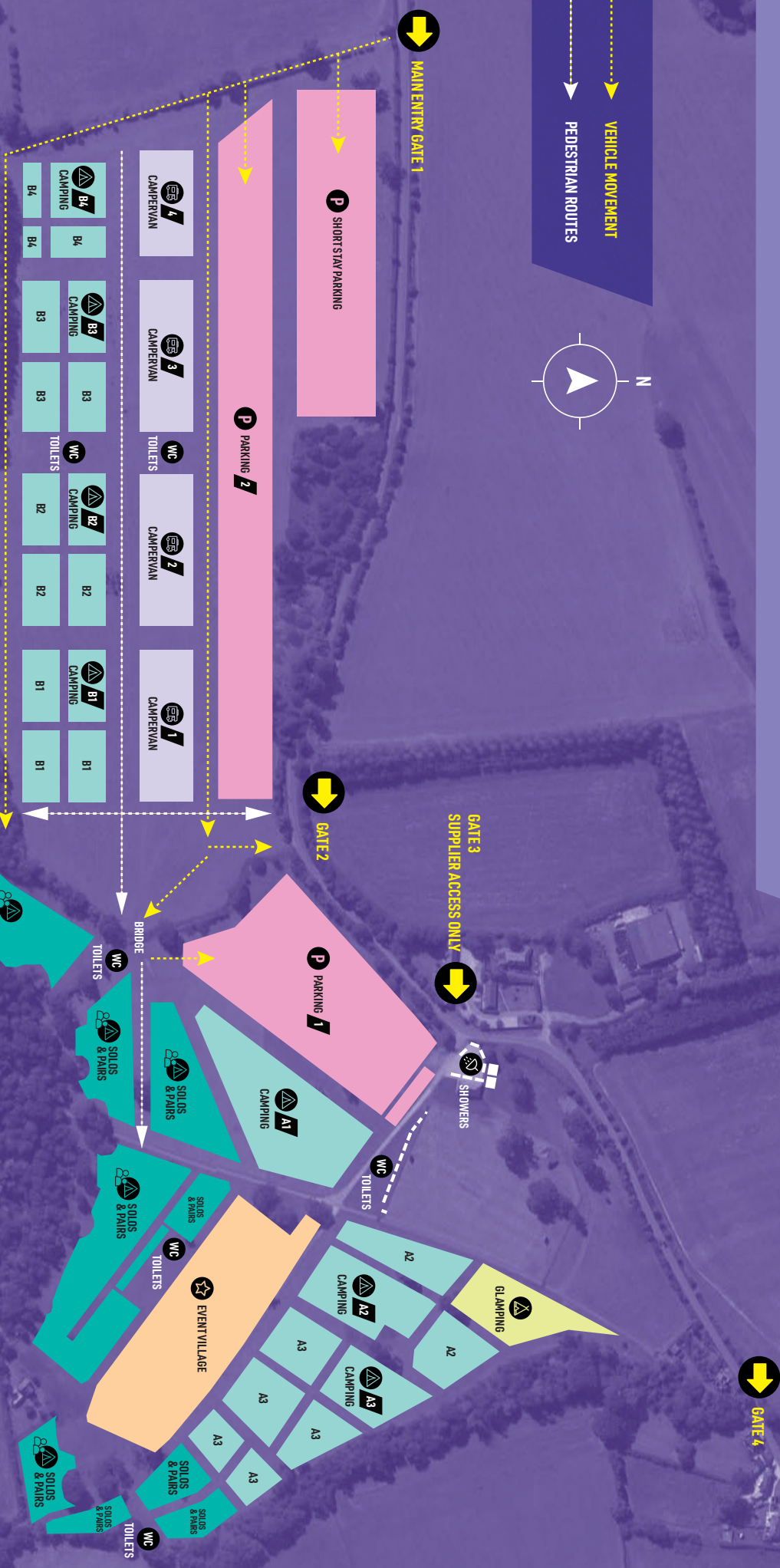
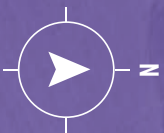
Cooking

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.

Wasing Park Parking & Camping

- VEHICLE MOVEMENT
- PEDESTRIAN ROUTES



ENDURE 24
READING

Key Timings

Friday 5 June	
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
18:00	DJ in The Runner's Rest bar
19:00	Kids' Mini Mile – meet at the start line
19:30	SUUNTO Shakeout Run
19:30	Fire pit alight in Event Village
22:00	Catering closes
23:00	Bar closes and entertainment stops

Sunday 7 June	
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

Saturday 6 June	
06:00	Catering opens and remains open until Sunday 14:00
08:00	Registration, merchandise shop and kids zone open in the Event Village
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



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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 24th 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 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 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 site by 10pm.

Those who are camping are kindly asked to make their way to their tents and to keep noise to a minimum.

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



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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 daylight / visibility. Please keep to the left-hand side and overtake on the right. Any unregistered runners, supporters 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. 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 opposite the exchange area.

Medals & Awards

To receive your medal, you will need to hand in your timing chip. Awards will be given to the top 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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READING

Support & Top Tips

Safety

The emergency and support phone numbers 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.

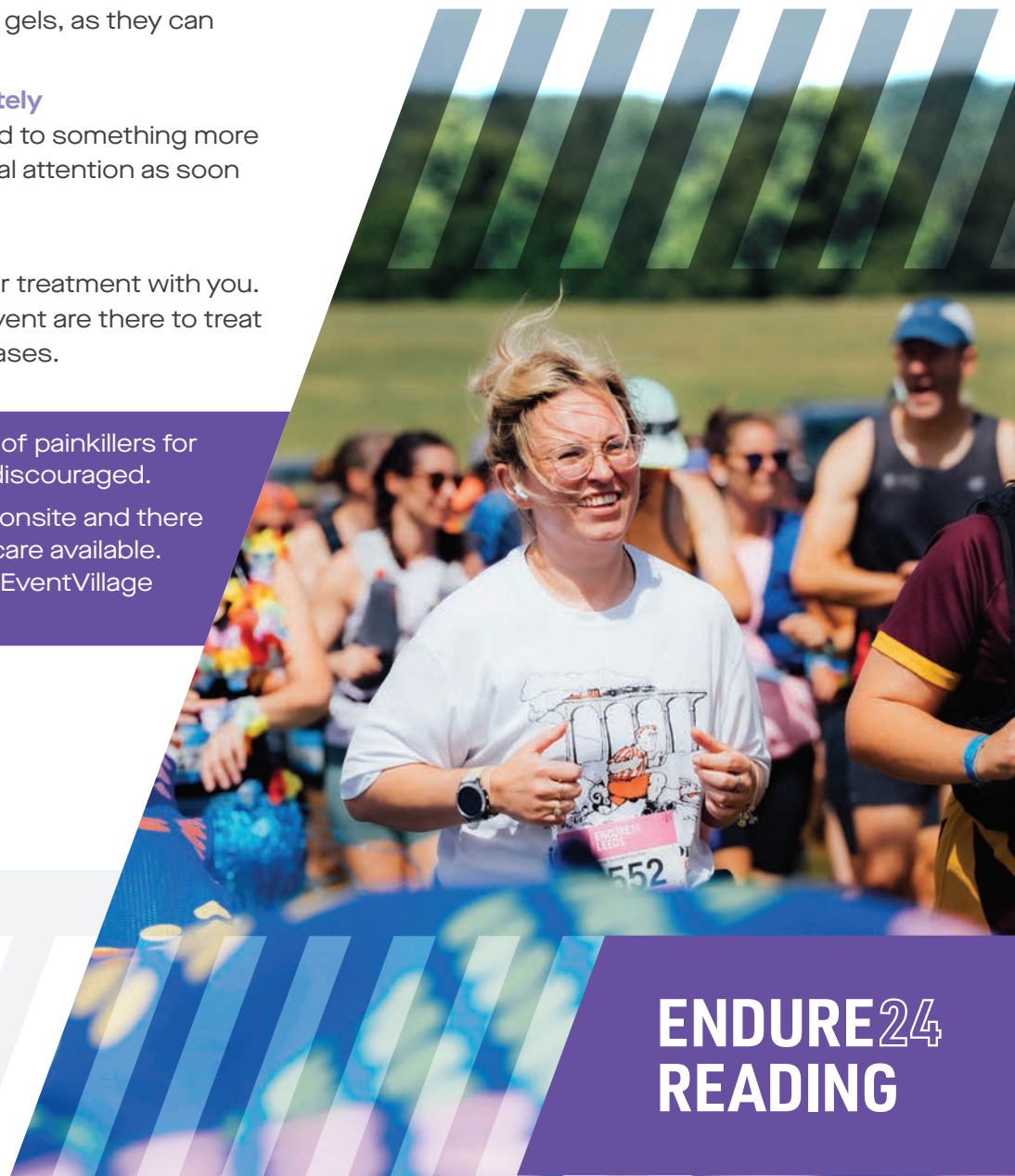
PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.

We will have medical teams onsite and there will be emergency medical care available. Medics will be based at the EventVillage 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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READING

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

Our very own pub returns with beers, summer spritzes and soft drinks offered by local brewery friends, Siren Craft Brew. Returning for a third year, our very own brand new beer on tap, Lap It Up – produced by a group of Endure24 regulars at the Siren brewery.

Friday and Saturday 10am – 11am

Sunday 10am – 2pm.

Extreme Café

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!

CrazyDayz Doughnuts

Freshly-made doughnuts available in a range of irresistible flavours!



Event Add-ons

Glamping

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

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



Wasing Open Water Swim

We've partnered up with Wasing Wellbeing to offer you the chance to cool-off with a refreshing open water swim!

Follow the link [here](#) to secure your spot!



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.

The Horse Box Sauna

Aid your recovery or take time out to relax in a 20 minute sauna session with ice baths right in the heart of the event village. Book in advance to guarantee your slot; places will only be available at the event if still available.

Book here: [Appointments 1 – The HBS](#)

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 Remit 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, Sport in Mind and Tommy's will be hosting a variety of games and entertainment, from photo booths to archery! Our Local Charity, Harry's Hat will also be running a tombola!

Partner Activations

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

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.

Further updates coming soon...



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READING

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

ENDURE²⁴ LEEDS

3rd – 5th July 2026 / Bramham 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 explore!

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!



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READING

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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