

Mizuno Endure24 – Bramham Park 28th – 30th June

[Race Information Sheet – Pick up our new event guide booklet at registration on arrival.](#)

This guide should contain all the information you need but if you do have any questions please e-mail endure24@racesolutions.co.uk We are on site building the race village from **Monday 24th June** so we may not be able to reply straight away.

Directions & Venue

Address – Bramham Park East Estate, South Approach, South Yorkshire, LS24 9NR

Endure24 access to Bramham Park will be via the South Approach off the A64 – do not use the main entrance. From Leeds take the A64 York Road off the ring road and the entry gate is shortly before you reach the A1M Junction 44.

From the A1M use junction 44 and take the A64 sign posted Leeds and the entry gate is 400m along this road on the right. Show caution when crossing the opposite carriageway.

Nearest Train Stations

The nearest railway station is in Leeds and the taxi fare from the station to Bramham Park will be between £18 and £25.

Race packs & Registration

We do not send anything out in the post. Race numbers, timing chips, exchange bands and t-shirts will be issued at the registration desk in the race village from 11.00am Friday.

A team representative can register on behalf of the whole team. It is not necessary for all team members to register individually. The team captain is responsible for ensuring team members are aware of the health and safety rules we have. To register you will need to know the name of your team.

All team changes should be made via your console by May 10th. We can accept the odd last-minute change in writing to the registration desk but we cannot guarantee this will make the results screen update over the weekend.

Race numbers - are worn on the front, they have a medical form on the back. Please fill this in to help us identify you should a medical issue arise.

Timing Chips - are worn around the ankle not the wrist. Please do not swap chips, as you will receive the wrong split times. We cannot rectify this afterwards. No chip will result in no split time.

Exchange bands - the runner on the course should be wearing the exchange band, these are handed over at the end of each lap. If you lose it, please ask for a replacement at the registration desk.

T-shirts - we will give you the sizes you ordered when registering, we may be able to swap sizes at the registration desk, please do this after the start of the race to allow us time to collect in the returns.

Event Schedule

Friday 28th June

- 10.00 – Campsite opens (please read the camping and site rules carefully).
- 11.00 – Registration opens in the race village
- 11.00 – Route open for walk through
- 11.30 – Catering and Caravan Bar opens in the Race Village
- 16.00 - Yoga & Stretch starts in the Mizuno Marquee
- 20.00 – Registration closes until Saturday morning
- 19.00 – Entertainment in the Mizuno Marquee
- 19.30 – Fire pit in the Race Village
- 19.00 - Mini Endure kid's race, meet at the start/finish line (It's free, register on the website)
- 22.00 – Catering closes, bar will close around 10.30pm
- 23.00 – Entertainment in the Mizuno Marquee stops (time to get some sleep)

Saturday 29th June

- 07.00 – Catering opens (and remains open until Sunday 2.00pm).
- 07.30 – Registration opens in the Race Village
- 09.00 - Yoga & Stretch starts in the Mizuno Marquee
- 11.30 – Registration closes
- 11.45 – Call to the start & race briefing
- 12.00 – Race start
- 19.30 – Fire pit in the Race Village (all night)
- 20.00 -Head/hand/chest torches to be carried by all runners

Sunday 30th June

- 06.00 – Runners may stop using head torches
- 10.30 - Yoga & Stretch starts in the Mizuno Marquee
- 11.00 – Warnings regarding last lap are issued
- 11.59 – Any runner may start a final lap and these will count in your results
- 12.00 – Course closed at the finish line
- 13.00 – Final runners cross the finish line
- 13.30 - Awards in the race village
- 18.00 - Campsite closes

Awards

Awards are given in the following category.

- 1/2/3 Large team male, female and mixed
- 1/2/3 Small team male, female and mixed
- 1/2/3 Pairs male, female and mixed
- 1/2/3 Solo male and female
- 100-Mile Club T-shirts

We give one trophy to each team member of the first three teams in each category, including solo and pairs.

XXL Fun teams are not eligible for awards, this is a just for fun category.

We give a special 100-mile Club t-shirt to anyone completing the 100miles (inside 25 hours)

Medals

Medals are for people competing in the race. Please do not ask for medals for people not competing. To collect your medal you will need to hand in your time chip at the help desk.

Race Village Facilities

Catering – Endure 24 cafe opens Friday lunchtime until late. They re-open Saturday morning and remain open overnight until Sunday afternoon. You are welcome to bring your own food.

Caravan Bar – Open Friday, Saturday and Sunday early till late.

Coffee2Go – Serving speciality coffee, tea, hot chocolate and chilled drinks alongside traybakes and pastries. Open 11am until late on Friday. Open 7am Saturday until close on Sunday.

Juste Nous -Serving a selection of sweet and savoury crepes (see board for opening times, not 24hours)

Pommarola Pizza – Serving wood fired pizza and a selection of salads from 11am until late on Friday. Opening Saturday morning and closing Sunday 1.30pm

See the full food guide on the website

Retail – Up & Running will be retailing on site from the Mizuno Dome

Mizuno Marquee – Friday night party and Yoga/Stretch classes. Open throughout the event for chilling out.

Race Village Welfare

Toilets – Around the race village there are portable toilets close to the camping areas, we have servicing staff but the best piece of advice you will get is to bring a personal loo roll. There is one main area with toilet trailers (Do not drink the water in these trailers), hot showers (expect to queue at peak times).

Drinking Water – there are tap stands and a standpipe connected directly to mains water. These are located in the main service area. Please do not take water from anywhere else.

Waste Management – The large containers around the race village are there for you to use, come and see us if you need black plastic sacks. Please do not leave any unwanted items when you leave **(REALLY IMPORTANT – do not put hot ashes from BBQs in these bins)**. There will be separate small metal bins for this.

First Aid – There is a first aid post in the central race village. Open Friday 10.00am until Sunday 2.00pm.

Massage – The massage team will be working on Friday. They re-open Saturday and then remain open until Sunday lunchtime. Fees apply (cash only).

Event Site Rules

Please read this, it's important for the safety of your team, family, friends and supporters

The race village, camping zones and parking areas are situated on a working farm. There are drainage ditches; streams, ponds, barbed wire fencing and vehicles moving around so please supervise your children at all times. We have fire bowls and straw bales please ask your children not to go near the fire bowls or build castles with the hay bales, sorry this sounds like health and safety over kill but we don't want any accidents.

When entering this event your team captain has agreed that the team will abide by the terms & conditions. **By agreeing to the terms and conditions you agree to move your vehicle into the parking areas.** Parking and camping are separate, this is standard practice at festivals and Endure24 has become too big to allow vehicles to be parked along-side tents.

The rule is 30 minutes dropping time and then move to the car park.

As soon as you enter the venue you are required to keep your speed to a maximum of 5MPH, slower if necessary and follow instructions from stewards controlling the parking. Parking in an access lane may slow down emergency services or limit access for our service vehicles so please do not do this other than when dropping off. **Please don't park vehicles in the roped off camping zone when dropping off your camping gear, use the access lane next to the roped off area to park in until you take your car to the car park.**

Please do not tape off large areas of space in a camping zone, it's unfair to others and will make the job of managing the camping zones difficult slowing everyone down. **The way to hold space is to place the tent on the ground in the space it's going to be erected in rather than tape of a large area that may then not get filled. Advance teams can bring tents for later arrivals.**

It is absolutely **not acceptable** to take recreational space or attempt to exclude others from camping close by. There is only enough space for camping. We will infill these areas with later arrivals.

Please do not leave any unwanted items in the camping zones. Please put all rubbish and unwanted camping equipment in the big waste containers.

Camping & Parking

Team vehicles other than camper vans can drive to the camping zones, drop your equipment and then move your vehicle to the car park. The car park is no more than 400m away. Please do this straight away; the marshals will direct you to the car park.

Drop off is open 10.00am Friday until 9.30pm Friday night.

Drop off is open 7.30am Saturday morning until 10.30am Saturday morning.

Outside these times please park in the car park and carry your equipment to the camping zone. Pick up opens at 11.00am Sunday morning.

Car park A remains open for access/egress and day visitors throughout the event.

Please do not flyer the cars anywhere on site. Bramham Park is a private estate and you may be charged for the clear- up!

Solo/Pairs Camping

Solo and pairs can take one vehicle/camper van into the solo/pairs camping area. We will be asking you to confirm that you will not move this vehicle until the end of the race at 1.00pm Sunday. If this is not possible then please drop off your camping kit and use the car parks. We are allowing this as we have a good view of this area, please don't abuse it, as it will result in us having to ban vehicles. If you are a solo or pairs runner and choose to camp in the team camping area, please move your vehicle to the car park – do not use the solo camping area for parking.

Camper Vans

We have designated camper van/camping areas where there is more space. We will be asking you to confirm that you will not move your camper van until the end of the race. There are strictly no cars or vans to be parked in these areas. Cars can drop off but then move to car park A. To be clear your team can camp with you.

We are trying to make this as simple and as reasonable as possible while keeping people safe. Please communicate these rules and timings to your team. Children should be supervised at all times, especially while people are dropping off at the camping zones.

We would like to ask everyone to help us manage the camping/parking. Please show patience with the staff managing the process. We are always happy to receive your feedback so please send this to the event management after the race; the people on the ground and in registration are just following instructions.

Camping Information

The campsite opening times are 10.00am Friday until 4.00pm Sunday. The facilities will be limited after 2.00pm Sunday.

Please bag your rubbish and ensure it all goes into the large waste containers. There are small metal bins for BBQ coals and hot ash. Generators and open fires are not permitted at Endure24. There is a general buzz around the campsite for the whole event and throughout the night, we expect people to have fun but show respect for other campers. If you prefer quieter camping please use the top end of the camping field.

Glamping

The glamping campsite opening times are 10.00am Friday until 4.00pm Sunday. Shower and toilet facilities are the same as for everyone in the race village although there will be a row of dedicated portable toilets close to this area. Parking for Pre-pitched tents is in Car Park A.

Check in is at the registration desk in the Glamping Zone. GlampIt will have staff there to help. Follow the signs to the Glamping Zone drop off, park up and then come and check in.

Children and Animals

We welcome children to Endure and they appear to have a wild time running free for the weekend. But, can we just say that children are the responsibility of their parents and you should be aware that we are on a working farm and a temporary campsite. There are water hazards, trip hazards and barbed wire fences so please supervise your children at all times. Dogs must be on a lead at all times, there are sheep grazing on the estate. Please be a responsible dog owner when it comes to cleaning up after them.

Make sure you follow a few simple guidelines to ensure your safety at this event.

- The camping zones are marked out with stakes and rope – only camp in the marked-out bays.
- You should leave adequate space between your tents when setting up to help prevent the spread of fire.
- Please remove all vehicles from the camping/drop-off area as soon as you have dropped off your equipment.
- Do not re-enter the camping fields in a vehicle before 11.00am Sunday.
- Camper vans must not be moved once parked, park sideways (not facing down a slope) with wheel chocks in place.
- Please find the location of your nearest fire point once you have set up – you do not need our permission to use this equipment but please let us know if you do.
- Having set up your camping area, take a couple of minutes to look around and think about any risks to the health and safety of others.

Cooking – Spotting the danger signs of CO poisoning

- Carbon monoxide is a colourless, odourless gas and is poisonous. In high concentrations it can kill swiftly. In smaller concentrations CO poisoning can give symptoms similar to flu or food poisoning. Look out for headaches, nausea and vomiting, dizziness, drowsiness and weakness – but the best advice is to avoid any chance of being poisoned in the first place.
- Never take a barbecue into a tent, awning, caravan or motorhome. Even a cooling barbecue gives off plenty of poisonous carbon monoxide (CO), which can kill.
- Never use a fuel-burning appliance to heat your tent or awning. Stoves and barbecues are designed for indoor cooking not space heating.
- Never run a gas, petrol or diesel-powered generator inside a caravan, motorhome, tent or awning. Generators are not permitted at Endure24.
- Don't cook inside your tent or awning
- Don't use any other gas, charcoal, liquid or solid fuel appliances inside a tent or awning. Gas- powered fridges and lamps, for example, also need plenty of ventilation to prevent them producing poisonous carbon monoxide. Tents and awnings aren't generally designed with this in mind.

Only runners who have actually entered the race are permitted on the course, un-registered, support or a second team member running alongside a competing runner will result in disqualification of the team or solo runner. No dogs are permitted to run on the course.

Solo runners

Solo runner's start with the main race at 12.00pm, they then carry on running as many laps as they can for 24 hours. They may have support from crew in the race village but not on the route. They can stop for rests and food when they wish. Solo runners must always leave the course at the solo exit/entry point or you risk the timing system missing you. Always re- enter the course at the correct point or you risk disqualification.

Pairs & Teams

Teams start with the main race at 12.00pm, they then carry on running as many laps as they can for 24 hours, each member of the team must complete at least one lap. You cannot substitute runners or use runners not registered in your team. Always leave the course at the exchange point or you risk the timing system missing you. Always enter the course at the exchange point or you risk disqualification.

Laps & Breaks

You can take a break anytime you like but always leave/enter the course at the correct point. You can carry on and do more than one lap or handover to your partner or team member. Only one member of a team must be on the course at any time. Team and solo runners do not have to have be on the route for the whole 24 hours. You can take a break and resume the race when you are ready.

If you drop out please come and let us know at the control room, if you have completed at least one lap we will have a medal for you.

Exchange

The finishing team member should pass the exchange wristband to their teammate at the exchange point. If your runner is not there (it happens) we suggest you carry on and do another lap. The exchange area is always busy but we ask you to stay off the route. There is a screen in the exchange tent, which shows the runners approaching the exchange area.

Only runners are permitted in the exchange area.

To be fair to everyone please do not enter the exchange unless you are a runner waiting to exchange, this includes team members not running, team captains, friends and family supporters, and children. We will be checking this and disqualify teams ignoring this rule because it ruins everyone else's race.

Race medals

When you have finished running you can get your race medal from the registration area in the race village. You will need to hand in your time chip to get your medal. Timing chips can be exchanged for medals at the Endure24 Marquee from 10.00ish on Sunday morning.

Race information

Categories

- Solo – Male and female
- Pairs – Male, female and mixed
- Teams 3-5 Male, female and mixed (male teams have to be all male, female team all-female)
- Teams 6-8 Male, female and mixed (male teams have to be all male, female team all-female)
- XXL FUN- Teams of 9-12 with any mix of male and female runners (non-competitive)

Results & Live screen

There will be a TV screen in the race village with live updates showing the laps completed. We aim to have the results live on the website by 10.00am Monday morning, possibly sooner.

Course

Those people who have done Endure24 before will be aware of its eccentricities, new runners may view the way we do things as a little strange or have expectations we cannot meet.

This is a trail race and while we do check and improve the route, please remember it is multi terrain, uneven, narrow in places and there are tree roots and trip hazards. Runners should adjust their speed and effort levels according to the weather conditions, number of laps they are running, terrain and the amount of natural light available. Please make sure you are wearing/carrying a head torch or hand torch or ideally both after 20.00 Saturday night until 06.00 Sunday morning.

Please show patience on the route, some runners will be moving very slowly and often walking, this is entirely normal for the solo / ultra-runners. They can seem a little "spaced out" if you are concerned stop and ask. Report it to the next marshal point if you believe they need support (that goes for any runner in trouble).

Solos and slow-moving runners (although not all solos are slow) should stick to the left-hand side and allow faster runners to pass on the right. There are technical sections that are narrow and twisty, care should be taken when passing slower runners.

The first lap in particular will be crowded, after the first couple of laps it will settle down and the spacing will be around 5 to 6 runners per 100m. Don't be tempted to run your first lap at full race pace, the result will be legs full of lactic acid and ultimately you will stiffen up to the point where you cannot run leaving your team mates to fill in for you. Keep it steady!

Water Station

This water station is not like a half marathon water station with lots of volunteers handing out water as you pass by, the water will be available in cups but runners should collect it from the bar shelf. You will notice that as time goes on lots of people will stop at the drinks station for a chat or a rest, this is completely normal.

All we are supplying at the half way feed station is water. We have limited amounts of nutritional product and gels; these may not be available all the time and they are really aimed at the solo runners although anyone in need can take them. Anyone may leave food supplies here with our volunteers for collection on the way round. There may also be occasional fun items given out on the route, this is just that "fun" it's not in any way intended to be support.

Why are we saying this? – Because it may be viewed that we ran out of food or drink if they are not available all the time and we just want to make certain that people understand we are only guaranteeing to supply.

FAQ's

Can my family, friend's camp with me and is there a cost?

The cost of entry includes camping for a supporter or partner. Families are welcome but please do not bring large numbers of non-runners as it puts pressure on the support resources around the campsite.

Can we bring a dog?

Ideally not but if there is no alternative then please keep your dog on a lead at all times, we are on a working farm and cannot risk allowing dogs to run lose.

Can we reserve space in the campsite?

Please do not do this before we open on Friday morning as it can cause bad feeling between teams. When you arrive you can tape off a reasonable amount of space for your team. We suggest early arrivals bring all the team's tents and erect them so that other teams can see your area.

Can we bring camper vans and caravans?

Yes, but you will be required to confirm you will not move it once parked while the event is in progress. There are specific areas for camper vans where they can park with their teams, please see the site plan.

Can I move a vehicle during the race?

Car park A remains open throughout the race so if you need to move your vehicle off site you can. Please do not move vehicles around the camping zones overnight or while the race is in progress.

What running equipment/kit do I need to bring with me?

We suggest you bring everything you have and buy more if you need it, prepare for every type of weather imaginable and bring plenty of spare kit. You need to change your kit regularly and have lots of warm clothing available especially at night. Even in good weather the temperature can drop rapidly at night and there is a risk of hypothermia. Bring spare running shoes and thermals, hats and gloves.

Can I make last minute changes to my team at the event?

All team changes should be made by Friday 10th May. We can accept minor and unavoidable team changes at the event, in writing at the registration desk. Any late changes will be updated over the

weekend but we cannot guarantee changes will make the results screen update over the weekend.

What food is available to purchase?

There is a reasonably priced caterer and dining area in the main race village. They have tea/coffee and cold drinks, baguettes, jacket potatoes, pasta, salads, sausage, egg and bacon rolls, fruit, snacks and cakes. There is also wood-fired pizza, crepes, ice cream, speciality coffee and pastries. There will be a bar on site open from Friday lunchtime to Sunday lunchtime. You can see the full food guide on the website

Solo runners can purchase an armband to allow them a priority service. See the caterer on arrival. What support is allowed?

Solo runners may bring a support team to cook, support and encourage but they must not accompany them on the route. We are being strict about this so please do not allow your support on the route.

Do I have to use a head, chest or hand torch?

Absolutely yes – not just for your safety but for others too.

Can I flyer at Endure24?

Please do not flyer cars in the car parks or leave flyers on tables in the race village. They blow all over the place and create a lot of extra work and mess. Wasing Park is a private estate and you may be charged for the clear-up.

Final Stuff

Ok so there are a few important rules which are all aimed at keeping people safe, but don't sweat the small stuff, you won't get disqualified for losing your wrist band. The volunteers on the helpdesk they will do their best to help you even if it takes a while to work out a solution to your problem. The information on the database was input by your team captain, if they have made a mistake, we will sort it out, if it's our mistake we will sort it out.

Really don't worry about trying to get the best camping spot, there isn't one, nowhere is too far from a loo. The further away from the race village you are the more relaxed it is.

We want everyone to have a great time and we are there to help.

Don't forget to pick up your RACE GUIDE BOOKLET at registration.