

## Mizuno Endure24 - Wasing Park 14th - 16th June 2019

[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](mailto:endure24@racesolutions.co.uk) We are on site building the race village from **Monday 10th June** so we may not be able to reply straight away.

### Directions & Venue

Address -Wasing Park, Wasing Lane, Aldermaston, Reading, Berkshire, RG7 4NG. Wasing Park is approximately half a mile from Aldermaston Village.

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 race signage.

From the south head towards Basingstoke junction 6 or 7 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 take the first left and follow the race signage.

### Nearest Train Stations

Aldermaston Station is 2 miles from Wasing Park with a good footpath most of the way to the race village. You can join trains at Reading or Newbury for the line to Aldermaston.

### 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 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 **Friday 10<sup>th</sup> May**. 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.

## MIZUNO ENDURE24 RACE INFORMATION

### Event Schedule

Basic Running, Camping & Catering Information	Yoga, Cinema & Entertainment
<b>Friday 14th June</b>	
<ul style="list-style-type: none"> <li>10.00 – Campsite &amp; Race Village opens (please read the camping and site rules carefully).</li> <li>11.00 – Registration opens in the Race Village</li> <li>11.00 – Route open for walk through</li> <li>11.30 – Catering and Caravan Bar opens in the race village</li> <li>12.00 - Massage opens</li> <li>19.00 - Registration closes until Saturday morning</li> <li>22.00 - (approx) Massage closes</li> <li>22.00 - Catering closes, bar will close around 22.30</li> </ul>	<ul style="list-style-type: none"> <li>16.00 - Yoga class in the Mizuno Marquee (open to runners and non-runners)</li> <li>16.30 for 17.00 - Secret Garden Cinema, Early Films</li> <li>19.00 – Entertainment begins in the Mizuno Marquee</li> <li>19.00 – Mini-Endure kid’s race, meet at the start/finish line (free, register online)</li> <li>19.30 for 20.00 – Secret Garden Cinema, Late Films</li> <li>19.30 - Fire Pit in the Race Village</li> <li>23.00 – Entertainment in the Mizuno Marquee stops (time to get some sleep)</li> </ul>
<b>Saturday 15th June</b>	
<ul style="list-style-type: none"> <li>07.00 – Main catering opens (and remains open until Sunday 2.00pm).</li> <li>07.00 – Massage opens</li> <li>07.30– Registration opens in the Race Village</li> <li>09.00 -Yoga &amp; Stretch starts in the Mizuno Marquee</li> <li>11.30 – Registration closes</li> <li>11.45 – Call to the start &amp; race briefing</li> <li>12.00 – Race start</li> <li>20.00 –Head/hand/chest torches to be carried by all runners</li> </ul>	<ul style="list-style-type: none"> <li>09.00 - Yoga class in the Mizuno Marquee (open to runners and non-runners)</li> <li>16.30 for 17.00 - Secret Garden Cinema, Early Films</li> <li>19.30 for 20.00 – Secret Garden Cinema, Late Films</li> <li>19.30 - Fire Pit in the Race Village (all night)</li> </ul>
<b>Sunday 16th June</b>	
<ul style="list-style-type: none"> <li>06.00 – Runners may stop using head torches</li> <li>11.00 – Warnings regarding last lap are issued</li> <li>10.00 – Exchange your timing chip for a medal at the Registration desk after your final lap</li> <li>11.59 – Any runner may start a final lap and these will count in your results</li> <li>12.00 – Course closed at the finish line</li> <li>13.00 – Final runners cross the finish line</li> <li>13.30 - Awards in the race village</li> <li>13.30 – Catering closes</li> <li>18.00 – Campsite closes</li> </ul>	<ul style="list-style-type: none"> <li>10.00 - Recovery Stretch drop-in session starts in the Mizuno Marquee</li> <li>12.30 – Recovery Stretch drop-in session finishes</li> </ul>

### 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 – [\(see the website info page for the full food guide\)](#)

Only the Endure24 Café is open for 24 hours, smaller food vendors will operate during the core trading times.

Endure 24 Cafe - open Friday at 11am until 10pm. They re-open Saturday morning at 7am and remain open overnight until Sunday afternoon. You are welcome to bring your own food. They accept cash and cards.

Monsta Pizza – Will be serving wood-fired pizza in the race village. They will be open Friday, Saturday and Sunday. Please note they will not be open for 24 hours.

No Bull Paella – will be serving the best big pan paella. They will be open Friday, Saturday and Sunday. Please note they will not be open for 24 hours.

Nicky's Little Kitchen Co – will be serving a selection of sweet and savory crepes. They will be open Friday, Saturday and Sunday. Please note they will not be open for 24 hours.

Camper Café – Will be serving specialty teas and coffees in the race village, and out in the camp site at The Bridge. They will be open Friday, Saturday and Sunday. Please note they will not be open for 24 hours.

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

### Race Village Welfare

Toilets – Around the race village there are portable toilets close to the camping areas. We have servicing staff working around the clock 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) and hot showers (expect to queue).

Drinking Water – There are tap stands and a standpipe connected directly to mains water. These are located in the main service area by the cricket pitch. [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 Medical Tent in the central race village. Open Friday 10.00am, staying open until Sunday 2.00pm. Come to the control room (see site plan) if the medical tent is unattended.

Massage – The massage team will be working on Friday, open 12 midday until c.10pm. They re-open Saturday 7am and then remain open until Sunday at c.3pm. Fees apply, cash only please.

### Race Village Entertainment

Mizuno Marquee – Friday Night Party, Talks, Yoga/Stretch classes. Open throughout the event for chilling out.

Kids Zone – Living Painting will host kids activities all weekend. Kids Mini Endure Fun Run 7.00pm Friday Night

Adventure Film Festival – Friday and Saturday night in the Secret Garden. Choose from 2 film selections, the Early Films showing at 5pm or the Late Films showing at 8pm. Find out more and book tickets on the website.

## 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.

We were surprised at the level aggression shown toward staff last year when asking people to move vehicles to the car parks. This was a small minority but it was very unpleasant for the team members involved. **It's as simple as this, anyone not moving a vehicle to the car park will be disqualified removed from the database and we will ask you to leave the event straight away.**

The rule is 30 minutes dropping time and then move to the car park. If you are leaving East Village to park in Car Park C (West Village) please exit via Gate 3 and re-enter via Gate 1. We have lost one of the car parks in East Village this year so some people will need to use Car Park C (we get this car park back next year).

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.**

All vehicles arriving on Friday should use Gate 1 and we will queue vehicles in this field until we release vehicles into the camping areas. We have campsite marshals feeding information back about the available space so we may hold vehicles while we establish what space is available in each camping zone. 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 off 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.

East Village is closed to the public as well as vehicles until 10.00am Friday. Please do not enter East Village to take camping space or attempt to register as we need to check the site is safe before we open the event. Remain in West Village until the bridge allowing access is opened at 10.00am.

### 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 parks. Car parks are no more than 400m away. Please do this straight away; the marshals will direct you to the car park.

**Tent & Kit Drop off is open 10.00am Friday until 9.30pm Friday night.** (to be clear after 9.30pm you cannot enter the camping areas by vehicle until 7.30am Saturday morning.

**Tent & Kit Drop off is open 7.30am Saturday morning until 10.30am Saturday morning.** (to be clear after 10.30am you cannot enter the camping areas by vehicle until 11.00am Sunday 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 Parks B & C remain open for access/egress throughout the event.

Day visitors should use Car Park C

**Please do not flyer cars anywhere on site or leave flyers on catering tables. Most of the flyers will end up on the floor and increase the workload of the waste disposal team.**

### 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

Camper Vans should use Gate 1 (all camper vans whatever size). We have designated camper van/camping areas in West Village 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 C. To be clear your team can camp with you in the designated areas (see site map) in West Village.

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 (and Race Village) opening times are 10.00am Friday until 6.00pm Sunday. The facilities will be limited after 3.00pm 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 western end of the West Village.

**Please do not leave any unwanted items in the camping zones, we have campsite wardens this year and we will not accept entries from any team who do this. Please put all rubbish and unwanted camping equipment in the big waste containers.**

## Glamping

Glamping opens at 10.00am Friday until 16.00 Sunday. Shower and toilet facilities are the same as for everyone in the race villages, there will be a row of dedicated portable toilets close to this area. Parking for Glampers is just behind the Glamping area (the vehicle movement restriction times apply).

Check in is at the registration desk in the Glamping Zone. Zoo Bells will have staff there to help. Follow the signs to the Glamping Zone drop off, park up and then 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. We have a number of children's activities taking place over the weekend, we will release the schedule of kids activities shortly.

Dogs are also welcome but must be on a lead at all times, please be a responsible dog owner when it comes to clearing up after them. Dogs must not run on the route.

## 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.
- There are short stay car parks with easy access to the exit gates if you are not staying for the whole event.
- 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 risk 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.

## How Endure24 works

Only runners who have actually entered the race are permitted on the course. Please ensure your race number is visible on the course at all times. The following are NOT permitted on the course:

- Un-registered, support or another team member running alongside a competing runner – this will result in disqualification of the team or solo runner.
- Dogs are not permitted to run on the course.
- Buggies are not permitted on the course.

Lat year we noticed un-registered runners on the course, this is not fair to runners taking part in the race it causes congestion. Please do not do this.

## Solo runners

Solo runner's start 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 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. 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.



## [How Endure24 works cont.](#)

### 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, it is multi terrain, un-even, narrow in places and there are tree roots and trip hazards. Runners should adjust their speed and effort levels according to the weather conditions, the number of laps they are running, the 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 8.00pm on Saturday night until 6.00am 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 (this goes for any runner in trouble).

Solos and slow-moving runners (although not all solos are slow) should stick to the left 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, around 500 people will be on the first lap, after a 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 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 water.

## 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 loose. Please also ensure you clear-up after your dog.

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 the camping space needed for your team. We suggest early arrivals bring all the team's tents and erect them so that other teams can see your area. Please do not tape off areas for recreation as there is insufficient space for this.

Why are there tents pitched in camping areas before the event opens on Friday morning?

Many of our suppliers and exhibitors also camp on site and arrive during the week ahead of the event to set-up. They also have dedicated camping areas. Glamping tents are also set up in advance.

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?

The car parks remain open throughout the race for access and egress so if you need to move your vehicle after parking use these car parks. Vehicle movement is not permitted in the camping zones overnight or after 10.30am Saturday morning.

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 regardless of how good the weather may be.

Can we make last minute team changes at the event?

All team changes should be made via your console by Friday 10<sup>th</sup> May. Minor and unavoidable team changes can be made in writing at the registration desk. Please be aware this slows the registration process down, and we can't guarantee changes will make the results screen update over the weekend. Please be patient and polite to our volunteers at the desk.

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 will be a bar on site open from Friday lunchtime to Sunday lunchtime. Monsta Pizza will be serving wood-fired pizza's, No Bull Paella will be serving big pan paella and Nicky's Little Kitchen will be serving sweet and savory crepes - Friday, Saturday and Sunday. The Camper Café will be serving specialty teas and coffees in the Race Village and camp site during the event.

## FAQ's

All suppliers have offerings for special diets. Please see the website Food Guide for more information.

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 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, West Village has more space, East Village can be cramped. Make friends with your neighbours and look out for everyone else at the event.

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.