

ENDURE²⁴ READING

7 - 9 JUNE 2024
WASING PARK, READING

BROUGHT TO YOU BY
THRESHOLD/
MORE IS IN YOU™

EVENT GUIDE



ENDURE²⁴
READING

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WELCOME TO ENDURE24

IT'S ALMOST SHOW TIME

The stage is set, the players are in the wings – it's almost time to bring the party back to Wasing Park! Whether this is your first Endure24 or your tenth, we hope you are looking forward to an unforgettable 24 hours out on the trails.

This year we have made some small changes to the Endure24 camping set-up with regards to our Solo and Pair participants. By allotting everybody an identically sized plot, we hope to ensure that the experience is fair for all. We are also delighted to be welcoming back Siren Craft Brew, who this year will be providing thirsty participants with our very own bespoke craft beer, Lap It Up.

We hope this guide will help with any last-minute questions you may have about the event. As race weekend draws nearer, don't panic if dropouts or injuries force your team to change plans – book a call with one of the team, or come and speak to us at registration on the day, when can tweak teams and register new entries if needs be.

Whether you are going solo and looking to break the 100-mile mark or joining us as part of an XL Fun team, we look forward to welcoming you to Wasing Park in a few short weeks.

Good luck and enjoy the journey.

The Endure24 Team

EVENT PARTNERS

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ENDURE24
READING

GETTING HERE

LOCATION

Wasing Park
Wasing La
RG7 4LY

What3words: ///bombard.tucked.switch

GETTING THERE 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.

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

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.



GETTING THERE 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 AND PAIRS

There is a solo and pairs camping area.

One car per solo entry and one car per pairs entry will be allowed to drive in to the Solos and Pairs camping areas, either to drop off kit or to stay if you're using it throughout.

We love seeing people go for longer distances on Endure. We have seen the interest in solos and pairs grow each year and 2024 is no exception.

UPDATE FOR 2024

We will have a traffic management team checking solo and pairs 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 solo and pairs 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.

If you want a larger space for multiple supporters or a more social space with extended seating areas, then you are welcome in all the team camping areas. Some of these are close to the course if you arrive early on Friday morning.

TEAMS

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

To enter this area, the Team Captain will need to print out the parking permit, which will be sent via email one week prior to the event and give it to the designated driver.

All other team members must park in Parking Area 2.

CAMPERVANS/CARAVANS

Campervans must be in the campervan area and must not be moved once parked. They must be parked sideways with wheel chocks in place. Caravans must be detached from the vehicle and the vehicle parked in the main car park.

For more detailed information on parking, please click [here](#).

For the car park timetable, please click [here](#).

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

BLUE BADGE HOLDERS

The disabled parking area is at the top of Parking Area 1.

Disabled parking is accessible through Parking Area 1. You will be able to come and go throughout the weekend.



KEY TIMINGS

FRIDAY 7 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
17:30	Black Trail Runners x adidas TERREX shakeout run
19:00	Kids' Mini Mile – meet at the start line*
19:15	DJ in the bar and fire pit alight in Event Village
22:00	Catering closes
23:00	Bar closes and entertainment stops

SATURDAY 8 JUNE

07:30	Catering opens and remains open until Sunday 14:00
08:00	Registration, Merchandise Shop & Kids Zone open in the Event Village
11:30	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 9 JUNE

06:00	Runners may stop using torches
11:59	Runners may start final lap before 11:59:59 (there is a one-hour time limit)
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



REGISTRATION & START

REGISTRATION

Registration is open:

Friday: 10:00am to 10:00pm

Saturday: 07:00am to 11:00am

Please send **one** team representative to collect your registration pack containing:

- Race numbers
- T-Shirts
- Wristbands
- Timing chips

Any online registration changes must be made two weeks before the event. After this, changes can be made at the event up until 11am on Saturday 8th June.



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.

CAMPING & EVENT VILLAGE

CAMPING ETIQUETTE

We kindly ask that respect is shown for other campers. If you prefer quiet camping, please avoid the areas close to the Event Village.

Please do not leave any camping equipment or rubbish when you leave. There are large containers around the site for you to use. Help the environment by separating your waste into the recycling categories.

GENERATORS, OPEN FIRES & BBQS

Generators and open fires are not permitted. BBQs that are off the ground are permitted. If you are bringing a disposable BBQ, please ensure you can raise it off the ground by at least 6 inches.

You must not put hot ash in the general bins. There will be separate metal hot ash bins for this which will be clearly marked.

SAFETY

Please find the location of your nearest fire point once you have set up. Please call Event Control in the event of a fire and let us know if you have used any of the firefighting equipment.

TROLLEYS & BUGGYS

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

COOKING

Carbon monoxide (CO) is a colourless, odourless, poisonous gas which can kill swiftly.

- Never take a barbecue (even if it's cooling) into a tent, awning, caravan or motorhome.
- Never use a fuel-burning appliance to heat your tent or awning.
- Never run a gas, petrol or diesel-powered generator inside a caravan, motorhome, tent or awning – generators are not permitted at the event
- Do not cook or use any other gas, charcoal, liquid or solid fuel appliances inside your tent or awning.

CHILDREN AND ANIMALS

We gladly welcome children to the event, but please supervise them at all times.

If you need to bring your dog to the event, then please ensure it is on a lead at all times and clean up after it.



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 in 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 knows for solos' [here](#).

TEAMS AND PAIRS

Endure24 is a relay so a maximum of one team member can be on the course at any given time. Each team member must complete at least one lap. A team member does not have to be on the route for the whole 24 hours. Always enter and leave the course at the exchange point or risk disqualification. You can read our '5 need to knows for teams' [here](#).

EXCHANGE AREA

The exchange area will be near the start gantry. **It is only for runners waiting to exchange.** Opposite is a large screen with a scrolling list of runners showing them at 100m before the finishing line.

The leaderboard is as accurate as possible but please be patient for registration/team changes to appear. If there is still a problem, please see Results Base 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 fastest solos and teams. You can find more details on our FAQs [here](#).

There will also be 100 Mile Club T-shirts for any individual completing 100 miles!



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 8 pm on Saturday and 6 am on Sunday.

TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. Don't overdo the energy drink or gels, as they can cause nausea/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.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend paracetamol. Ibuprofen is an alternative, but concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. Whilst it is rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

NSAIDs can also cause stomach problems. If you have kidney or GI problems, we would strongly avoid using NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine becomes very dark. If in doubt, ask one of the medics who will be happy to assist you.

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

We will have medical teams onsite and there will be emergency medical care available. Medics will be based at the Event Village and the Water Station.



FOOD & 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. New for 2024, our very own brand new beer on tap, Lap It Up – produced by a team of Endure24 regulars at the Siren brewery.

Friday and Saturday 10am – 11am

Sunday 10am – 2pm

Eatery24

The one-stop café for breakfast, lunch, dinner and snacks, open through the night on Saturday to Sunday to keep you fuelled. Get in here for the big breakfast menu including hot rolls, full English, porridge, granola yoghurts and more continental options. 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 10am – 10pm

Saturday 7.30am – Sunday 2pm

Yorkshire Cheese Grill

Mega grilled cheese sandwiches and cheesy fries all made using Yorkshire's finest cheese and bread. Plus 'halloumi' heaven with Yorkshire Squeaky Cheese in the form of burger, fries – or both!

The Veggie Place

A 100% meat-free menu of the most delicious hot dishes including street food style wraps and burgers, alongside bowls of nutritious greens and grains.

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.

Mayfield Coffee and Smart Coffee

Bean-to-cup, barista made coffee in the event village and the camping area.

Tony's Ice Cream

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

Keep an eye on social media to see more before the event on menus and meal deals.



ADDITIONAL EXTRAS

GLAMPING

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

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



SWIM AND SAUNA

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.

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.

iTAB

Make your race unforgettable and personalise your medal with your name! Log in to your [MyEvents Portal](#) to purchase.



ENDURE24
READING

DOING THE RIGHT THING

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.

**THRESHOLD/
MORE IS IN YOU™**



OUR OTHER EVENTS

ENDURE²⁴ LEEDS

- Saturday 29 – 30 June
- 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 explore!

RACE TO THE KING

- Saturday 15 June
- South Downs loop
- Follow in the footsteps of royalty along the spectacular Monarch's Way and South Downs Way in this unique and inclusive figure-of-eight ultramarathon.
- Click [here](#) to explore!

RACE TO THE STONES

- Saturday 13 – Sunday 14 July
- Lewknor to Avebury
- Traverse the Ridgeway as you race towards the 5000-year-old Avebury Standing Stones, a UNESCO World Heritage site.
- Click [here](#) to explore!



RIDE ACROSS BRITAIN

- Saturday 7 September – Sunday 15 September
- Land's End to John o'Groats
- 900 riders, 9 days, 980 miles. From the UK's most southern to northern point, this will be a journey you will never forget.
- Click [here](#) to explore!



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...

**THRESHOLD/
MORE IS IN YOU™**

