



Endure 24
Saturday 29th June 2019
Information
Pack

leeds:
cares

the charity dedicated to
exceptional healthcare

“ The Glastonbury of Running Events ”

The Challenge

- Teams of 3 -8 run a relay race over 24 hours
- Each lap is 5 miles
- The aim of the event is to complete as many laps of the course as you can

Costs

Registration fee: £50

Minimum sponsorship: £250

Registering

- To register you will need to complete our online registration form and pay the £50 registration fee.
- Each team must be made up of at least 3 people and no more than 8.
- There is a box on the form for you to let us know your team name

On the day

- The challenge takes place in Bramham Park, Leeds
- Camping opens from 10am, Friday 28th June
- Participant registration runs from 11am
- 7pm Friday 28th and 7am - 11pm on Saturday 29th June.
- Race starts: 12pm Saturday 29th June
- Race Finishes: 12pm Sunday 30th June (laps started before 12 can be completed)

Kit

- Camping gear will be required if you plan to rest between laps.
- Warm clothes for the evening, it may get cold and you will be tired from running.
- Head torch to see where you're going

Training

- The terrain for the event will be mixed so it's important that you've practised running off road.
- You'll need stamina to keep running through the night so it's important that your general fitness is good.
- Ideally you will be able to complete a 5 mile run comfortably

Camping & Parking

- Free parking and camping space available for all participants
- Spectators car parking available in a different area

Festival

- Friends and family are encouraged to come and spectate and cheer on the teams.
- A festival village is set up in the park with food, rides, activities and stalls.
- Leeds Cares will have a chill out area set up in the park where participants and their supporters can come to relax. Limited refreshments will be available

Further Information

If you want to chat through anything or if you have any questions about the challenge please contact the Events Team on 0113 2068620 or email fundraising@leeds-cares.org