

TOTAL WARRIOR

ACCEPT THE CHALLENGE...



TOTAL WARRIOR 6K EVENT GUIDE

BRAMHAM PARK, LEEDS

21 - 22 JUNE 2025



EVENT VILLAGE

Who's there and what to expect.



COURSE MAP

Find out what awaits you.



SCHEDULE

Arrival, wave times and the... bar!



ESSENTIAL PARTICIPANT CHECKLIST



ALL PARTICIPANTS MUST CHECK THEIR FINAL ALLOCATED WAVE TIME - DETAILS ENCLOSED



ALL COACHES ABOVE 16 SEATS MUST PRE BOOK - DETAILS ENCLOSED



ALL PARTICIPANTS MUST BRING EVENT TICKETS DISPLAYING QR CODES - SEE PAGE 3



GET IT IN YER DIARY
27th - 28th JUNE 2026



DIRECTIONS AND EVENT SCHEDULE

★ DIRECTIONS

Leave the A1(M) at junction 44 and follow the Total Warrior signs to guide you to the venue. The postcode is LS23 6LT. Please do NOT go to the main house entrance as these gate will be closed during the event weekend.

Strictly no parking on the roads leading up to and around Bramham Park. Cars parked on the road will be towed away.

★ SATURDAY 21ST JUNE

TIME

8.00 AM
8.30 AM
3.30 PM
3.40 PM
4.00PM
6.30 PM
8.00 PM

EVENT

CAR PARKS OPEN
REGISTRATION OPENS
6K STARTING AREA OPENS
6K WAVE 1 STARTS
6K WAVE 2 STARTS
LAST WARRIORS OFF COURSE
EVENT CLOSE



PLEASE READ ALL OF THIS AND PAY ATTENTION TO THE EXTRA IMPORTANT INFORMATION

★ PARKING

£7 per car or £12 per bus.

The main car park is located in the adjacent field to the Event Village. Car parking is £7 per car and £12 per bus. This year we'll be accepting contactless payment only. Please also try to car share where possible. Any bus/coach above 16 seats MUST pre-book parking. If you are planning to come in a coach, please email thechief@totalwarrior.co.uk to reserve a space. Any coaches that are not booked in advance, will not be able to park on site.

★ SUNDAY 22ND JUNE

TIME

8.00 AM
8.30 AM
12.20 PM
12.40 PM
1.20 PM
3.30 PM
5.00 PM

EVENT

CAR PARKS OPEN
REGISTRATION OPENS
6K START AREA OPENS
1ST 6K WAVE STARTING
LAST 6K WAVE STARTING
LAST WARRIORS OFF COURSE
EVENT CLOSE



PLEASE READ ALL OF THIS AND PAY ATTENTION TO THE EXTRA IMPORTANT INFORMATION



**GET IT IN YER DIARY
27th - 28th JUNE 2026**



EVENT WEEKEND



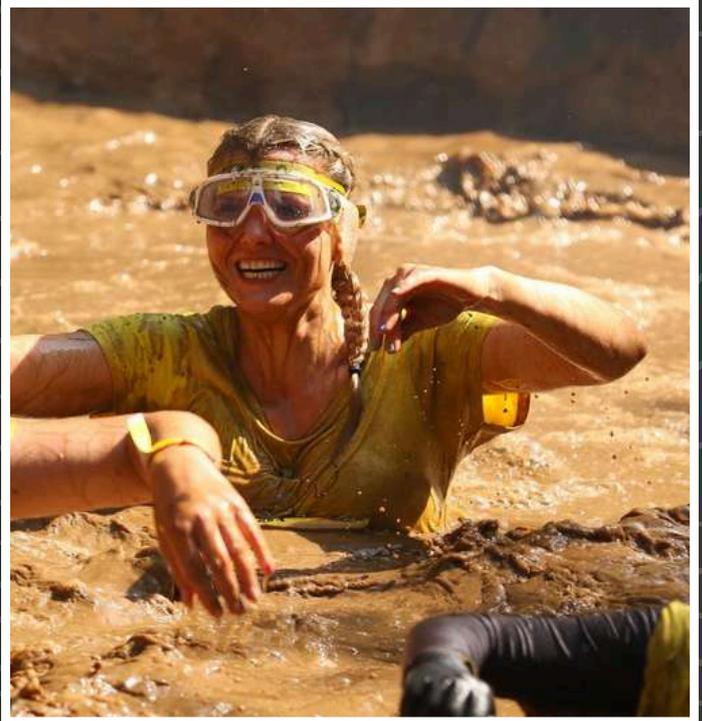
EVENT TICKET

All participants received their ticket when they signed up to the event. We will also send out a copy of this approximately one week prior to the event. Alternatively, you can find your event ticket by logging into your race space account. You must bring this to registration either electronically or as a hard copy. Bringing a QR code to register? Please screen shot electronic QR codes before arrival, as phone signal is very poor.



BIB NUMBER

At registration on the day, you will be allocated your bib number (with a tear off part to go around your wrist) and a black Total Warrior headband. Please keep hold of your headband after the event if you wish to attend the official afterparties in central Leeds.



REGISTRATION

Please head for the registration marquee no sooner than one hour before your allocated start time. We advise people to register approximately 45 minutes before their wave.



WHAT TO WEAR

Please check the weather forecast prior to the event and come prepared accordingly. Typical trail/fell running footwear is strongly advised as there are many slippery areas around the course. **For health and safety reasons, running spikes are not allowed on the course.**

Please ensure any smart watches, cameras and electrical devices are attached securely. Every year lots get claimed by the mud!



POST EVENT

It is likely, after completing the event, that you'll be cold and wet so a towel and warm change of clothes is recommended so you can enjoy your post race beers and food. Then it's into central Leeds to the Belgrave Music Hall for our official afterparty.



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27th - 28th JUNE 2026



TOTAL WARRIOR

ACCEPT THE CHALLENGE...

6K WARRIOR



- 1. Leg It
- 2. Hang Over
- 3. Grand National
- 4. Human BBQ

- 5. Mud Moguls
- 6. The Trenches
- 7. Cement Mixer
- 8. Back it Up

- 9. Bonnie Banks
- 10. Slideaway
- 11. Leap of Faith
- 12. Jail Break

- 13. The Alps
- 14. Hang Tough
- 15. Peaks of Pain

 Free Photo
THE BAR



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PROUD TO SPONSOR THIS YEAR'S
MOST DARING OBSTACLES...

Leap of
FAITH

GO **BELOW** AND
Beyond



15%
WEBSHOP
DISCOUNT

USE CODE
WARRIOR15



NORTHERNMONK.COM

This code is valid for 15% off one time purchases and does not include subscriptions. Code valid until 30/09/2025.

THE ACHING ARMS

FRESH BEER • WINE • CIDER • SPIRITS

Post Race Refreshments!



EVENT INFORMATION

★ WAVE TIME

Final wave times have been allocated. There is one 6K wave on Saturday and two on Sunday. They are available to view on the 'Event Weekend' page of the TW website. You **MUST** check the wave time you have been allocated as most waves times have moved slightly.

PLEASE NOTE YOUR WAVE TIMES ARE FINAL AND CANNOT BE CHANGED.

If members of the same team are assigned to a different start wave, the entire team is permitted to join the wave allocated to the Team Captain. Individuals and new teams who registered after Friday 6th June will not appear on the wave time links on the website. For anyone who registered after Friday 6th June, the start time you selected when registering is your official start time on the day.

If your name does not appear, please make sure you have registered your full details.

★ FANCY DRESS

We love fancy dress and will have a prize for the best costume each day. Please consider what you are wearing and the obstacles you'll be taking on!

★ BAGS AND KEYS

There will be a key drop on site charged at £3 per set of keys and there will also be limited space to leave small bags, which will be charged at £3 per bag.

You can leave both your keys and bag for £5.

This year we will be accepting contactless payments or cash. Only bags and keys can be left at bag drop. No loose items will be accepted. All keys and bags are left 100% at the owners risk.

★ START

Competitors **MUST** be in the start area no later than 10 minutes before their race time for a course safety briefing.

This is mandatory for all competitors.

After it's success again in 2024, we'll be employing a rolling start.



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EVENT INFORMATION - THE COURSE

★ SAFETY WARNING

The course is designed to be difficult and the terrain is muddy, slippery and potentially dangerous. You will be wet and muddy after the first mile. If you do not feel comfortable completing any obstacles, **DO NOT ATTEMPT IT**. Speak to a marshal and they will allow you to continue to the next obstacle.

If you have any difficulties out on course (injury or illness) please make your way to the nearest marshal.

If you can't carry on, stand or sit by the side of the course and ask one of your fellow Warriors to report to the next marshal.

DO NOT ATTEMPT TO FIND A SHORT CUT BACK TO THE EVENT VILLAGE AS IT WILL BE MORE DIFFICULT TO LOCATE YOU.



★ WATER OBSTACLES

STRICTLY NO DIVING at any of the water features. If you are not a strong swimmer, do not worry - you are allowed to go around water obstacles. Ask the nearest Marshal if you are unsure.



★ OUT ON COURSE

There will be one drink's station out on course, and another at the finish. First Aid cover is provided across the course and in the Event Village by St John Ambulance.



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EVENT INFORMATION - SPECTATORS



SPECTATORS ENTER FOR FREE!

Unlike other events, spectators are FREE and welcome! Spectators will be able to see the start and finish plus a number of obstacles within walking distance of the Event Village. Spectators can soak in the atmosphere, grab a bite, enjoy the sights and sounds of the event village and prop up the bar.



FREE ENTRY IN TO BRAMHAM PARK

- ★ A real festival vibe!
- ★ Live music
- ★ The Northern Monk Aching Arms Beer Tent
- ★ World class food stalls
- ★ Observation points at key obstacles
- ★ Seating areas in the event village



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EVENT DAY PHOTOS



Muddy Memories Worth Remembering

Our professional photography partners [MyBibNumber](#) are out on course capturing the wildest, muddiest, most unforgettable moments of your Total Warrior experience—from icy plunges and mud bath mayhem to leaps of faith and water slides.

Early Access Plus Save 10%

Sign up below and you'll be emailed the moment your gallery goes live—so you don't need to keep checking. You'll also unlock a 10% early bird discount on all photo orders.

Don't forget to round up your crew, strike a pose, and celebrate your day with a Free Finishers Photo in front of the iconic Finishers Board—professionally taken and delivered to you at no cost.

Click and sign up below to save and be notified when your gallery is live:



[Saturday Photos](#)



[Sunday Photos](#)



GET IT IN YER DIARY
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EVENT VILLAGE - WHAT TO EXPECT



CATERING

They'll be serving up delicious food and drinks including delicious Greek food, vegan curry, baked potatoes, fresh pizzas, a hot carvery with burgers & chips and ice cream



THE BAR

The bar will be open from 10am and music will be playing all day. There is a great vibe around the Event Village so it's well worth hanging around to swap stories over a few drinks. The bar on site ends at 8.00pm on Saturday and 5.00pm on Sunday. However, swap your muddy shorts for some jeans and take your headband and medals into Leeds, where the party continues with special food and drink deals for Warriors in multiple venues.



CONTACTLESS

To streamline all aspects of the event, we're prioritising contactless payments across the site.

All facilities - car parking, key drop, caterers, merchandise - will have the capacity to take payments via contactless. Please ensure you bring a card suitable for contactless payments.



LOST PROPERTY

Any items found during the event should be handed in to the Info point by the volunteer tent. This is your first point of call if you have lost items during the day. Items that remain unclaimed after event day will be taken back to the Total Warrior premises. If unclaimed after one month, items will be donated to charity.



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27th - 28th JUNE 2026

**25%
OFF**

Scan here
Code: TW25

Code expires 31.07.25 23:59



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www.lexisexcuses.co.uk

@lexisexcuses



MERCHANDISE

NEW RANGE ALERT

NEW RANGE ALERT! We've got some cracking kit available to buy both on our website and in the event village through out the weekend. Card payments are available in our merchandise tent.



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EVENT VILLAGE - WHAT TO EXPECT

★ MEET THE CHARITIES

Total Warrior participants raise tens of thousands of pounds for charity every year.

This year there are 11 official partner charities. St. Georges Crypt, the RNLI, Heel and Toe, Candlelighters, Veterans at Ease, St. Gemmas Hospice, Tobias Crowther Foundation, Leeds Mind, the Teeside Family Foundation, the Bridge Project and Alzheimer's Research UK.

They're always on the lookout for Warriors to raise funds for the amazing work that they do. Visit them in the Event Village to find out more, and get yourself signed up as a part of their team in 2026.



St. George's Crypt



Lifeboats
Proud to support



THE BRIDGE PROJECT
TADCASTER



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VOLUNTEER FOR 2026!

★ BAG YOURSELF A FREE PLACE!

- ★ Be a part of our wonderful Volunteer Team
- ★ Free entry to future event
- ★ Free VIP parking
- ★ Free t-shirt
- ★ A free beer (over 18s only)
- ★ Total Warrior headband
- ★ Refreshments and packed lunch
- ★ Full event safety briefing



JUNIOR WARRIOR
ACCEPT THE CHALLENGE...

2011

TOTAL WARRIOR

2026

ULTRA WARRIOR
ACCEPT THE CHALLENGE...

15 YEAR ANNIVERSARY

15 YEARS OF WARRIOR

THE 2026 GREAT NORTHERN MUD RUN

BRAMHAM PARK, LEEDS | 27 - 28 JUNE 2026

JUNIOR WARRIOR
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3K 15 OBSTACLES

JUNIOR WARRIOR
ACCEPT THE CHALLENGE...
6K 15 OBSTACLES

6K
WARRIOR
15 OBSTACLES

12K
WARRIOR
25 OBSTACLES

ULTRA WARRIOR
ACCEPT THE CHALLENGE...
MULTI LAP

2026 EVENT LAUNCH

12K ENTRY FROM £59.95*

OFFER ENDS MIDNIGHT WEDNESDAY 25TH JUNE

2026 FINISHER'S MEDAL

* booking fee