

15 YEARS OF  
**TOTAL WARRIOR**  
ACCEPT THE CHALLENGE...

**TOTAL WARRIOR 12K**  
**EVENT GUIDE 2026**

BRAMHAM PARK, LEEDS

27 - 28 JUNE 2026



**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**

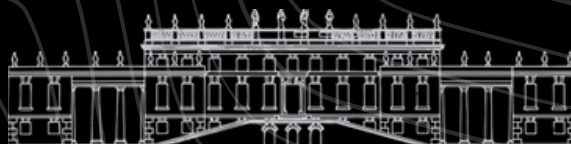


ALL PARTICIPANTS MUST CHECK THEIR FINAL ALLOCATED WAVE TIME - DETAILS ENCLOSED



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

2011



2026

BRAMHAM PARK, LEEDS



# 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 27TH JUNE

TIME	EVENT
8.00 AM	CAR PARKS OPEN
8.30 AM	REGISTRATION OPENS
FROM 9.10 AM	START AREA OPENS
9.30 AM	12K STARTING
3.40 PM	LAST 12K WAVE
6.30 PM	LAST WARRIORS OFF COURSE
8.00 PM	EVENT CLOSE



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

## ★ PARKING

£7.50 per car or £13 per bus.

The main car park is located in the field adjacent to the Event Village. This year we'll be accepting contactless payment only. Please also try to car share where possible.

Spectators do not need to buy tickets to watch the event, but the same parking charges apply to spectators and competitors.

## ★ SUNDAY 28TH JUNE

TIME	EVENT
8.00 AM	CAR PARKS OPEN
8.30 AM	REGISTRATION OPENS
9.45 AM	<b>ULTRA WARRIOR START</b> <b>DO NOT ENTER</b>
FROM 9.50 AM	ENTER THE START AREA
10.00 AM	FIRST 12K WAVE
12.20 PM	LAST 12K WAVE
5.00 PM	EVENT CLOSE



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





# EVENT WEEKEND



## EVENT TICKET

All participants received their ticket when they signed up to the event. If you can not find your ticket please login into your race space account. If unsure how to do this go to <https://help.race-space.com/en/> and type in 'find ticket' in the search bar for instructions. 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 on site.



## 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, Go Pro's and electrical devices are attached securely. Every year lots get lost in the mud, never to be seen again!



## BIB AND CHIP

At registration on the day, you will be allocated your bib number (with a tear off part to go around your wrist) and a yellow Total Warrior headband.

You will also be given a timing chip, which is to be fixed to your shoe. Make sure this is tied tightly in the laces (ties are provided and help will be given on the day if you are unsure), as the chip may fall off during the Total Warrior obstacles.

If you lose your timing chip you will NOT get a time at the end of the event so please double check your ties. You will be able to see your race time instantly onsite and also on the 'Results' page of the Total Warrior website.

For those who selected to receive their result via text message, you will receive this to your registered mobile phone number shortly after finishing.



## 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.



# 15 YEARS OF TOTAL WARRIOR

ACCEPT THE CHALLENGE...  
12K WARRIOR

EVENT VILLAGE

START

FINISH



WATER STATION

WATER STATION

SPECTATOR AREA

WATER OBSTACLE

MUD OBSTACLE

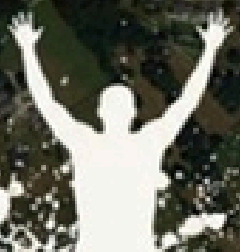
HIGHLIGHT

- |                   |                    |                   |  |
|-------------------|--------------------|-------------------|--|
| 1. Leg It         | 8. Shocker         | 15. Worm Muncher  | 22. Log it   |
| 2. The Alps       | 9. Bonnie Banks    | 16. YouTube       | 23. Hangover   |
| 3. Grand National | 10. Slideaway      | 17. Mud Bomb      | 24. Hang Tough   |
| 4. Human BBQ      | 11. Leap of Faith  | 18. Mud Mound     | 25. Peaks of Pain  |
| 5. Mud Moguls     | 12. Swing or Swim  | 19. Jail Break    |  Free Photo |
| 6. The Trenches   | 13. Sprint King    | 20. The Waterfall |  |
| 7. Cement Mixer   | 14. Below & Beyond | 21. Warrior Walls |  |

YOUR PHOTO  
FINISH

 givewheel

WARRIOR



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

*Leap of*  
**FAITH** *GO BELOW AND*  
*Beyond*



**15%**

**WEBSHOP  
DISCOUNT**

**USE CODE  
WARRIOR15**



**THE  
ACHING ARMS**

FRESH BEER • WINE • CIDER • SPIRITS

*Post Race Refreshments!*

**NORTHERNMONK.COM**

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



# EVENT INFORMATION



## WAVE TIME

Final wave times have been allocated. 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 12th June** will not appear on the wave time links on the website. For anyone who registered after **Friday 12th 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 via your Race Space account.**



## 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 2025, we'll be employing a rolling start.





# 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.**

## ★ OUT ON COURSE

There will be two drinks stations out on course, and another at the finish. First Aid is provided across the course and in the Event Village by St John Ambulance.

## ★ THE SHOCKER

This obstacle conducts a shock of 10,000 volts. Please be advised, this obstacle is dangerous if you have certain health conditions such as epilepsy or have a pacemaker.

**YOU MUST MISS THIS OBSTACLE IF YOU HAVE ANY CONCERNS.** If unsure consult your GP before attending before attending.

## ★ 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.





# EVENT INFORMATION - THE COURSE



## FINISH

The timing chip is a bespoke TW chip and is yours to keep. When you cross the finish line, you will receive a free finisher beer thanks to Northern Monk. Your 2026 post-race beer will be Faith 5.0% or Holy Faith 0.0%. Only participants who are 18+ may receive a beer.

There will be numerous food stalls and a Northern Monk bar available in the Event Village.





# BRAMHAM PARK

## ENDURE24

3rd - 5th July 2026



The North's biggest 24-hour relay running Solo, in Pairs, or Teams of up to 12, you'll have 24 hours to rack up as many laps of our stunning 8km trail course as you can.

## LEEDS FESTIVAL

27th - 30th August 2026

Featuring headliners Charli XCX, Dave, RAYE, Chase & Status, Florence + The Machine, Fontaines D.C., and a new Thursday opening headlined by Kasabian.



## AUTUMN OPEN DAYS

from the 17th October  
to 1st November 2026

## WINTER OPEN DAYS

from the 14th November  
to 24th December 2026

Please see our website and social media for updates

[BRAMHAM PARK.CO.UK](https://www.bramhampark.co.uk)

FIND US ON





# EVENT INFORMATION - SPECTATORS



## SPECTATORS ENTER FOR FREE!

Spectators do not need tickets and are welcome to come and watch! 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. PLEASE

**NOTE:** Car park charges (detailed earlier) still apply to spectators.



**FREE ENTRY IN TO THE EVENT (car park charges apply)**

- ★ 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





# EVENT VILLAGE - WHAT TO EXPECT



## CATERING

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

Please make sure you wash your hands after coming off course.



## MERCHANDISE

**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.



## 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.



## 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 8pm on Saturday and 5pm 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 (the car park is contactless only).

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





# 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.



# WARRIOR RAW



MADE IN  
UK

PROTEIN OAT BAR



UP TO 20G  
OF MUSCLE-BUILDING PROTEIN



MADE TO  
GMP STANDARDS



LOW SUGAR  
PER BAR

FREE  
SAMPLE!



WARRIOR'S WE GOT YOU!  
GET YOUR FREE PROTEIN OAT BAR  
FROM OUR TENT ON THE DAY  
whilst stocks last!

WARRIOR  
RAW  
PROTEIN OAT BAR

LOW HIGH HIGH  
SUGAR PROTEIN FIBRE

MADE IN  
UK

CHOCOLATE  
BROWNIE  
FLAVOURED



# FASTER RECOVERY!

AID YOUR RECOVERY WITH  
CREATINE + ELECTROLYTES AND CREATINE + COLLAGEN

**30% OFF**  
CREATINE PLUS RANGE

USE CODE:  
**TWARRIOR**



SCAN ME  
TO SHOP NOW



# EVENT DAY PHOTOS



## Muddy Memories Worth Remembering

Our professional photography partners Your Photo Finish 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 and are far less likely to miss the limited-time 10% early bird discount.

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](#)



TikTok





# VOLUNTEER FOR 2027!



## BAG YOURSELF A FREE PLACE!

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





# 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 10 official partner charities. Middlesbrough FC Foundation, the RNLI, Heel and Toe, Candlelighters, Veterans at Ease, Tobias Crowther Foundation, Teesside Mind, the Teesside Family Foundation, the Bridge Project and Yorkshire Dales Millennium Trust.

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 for this year or next year.



## Foundation





**TOTAL WARRIOR**  
ACCEPT THE CHALLENGE...

# 16 YEARS OF WARRIOR THE CHALLENGE CONTINUES

**BRAMHAM PARK, LEEDS | 26 - 27 JUNE 2027**

## 40% OFF ALL EVENTS OFFER ENDS MIDNIGHT 1<sup>ST</sup> JULY

**JUNIOR WARRIOR**  
ACCEPT THE CHALLENGE...

**3KM | 6KM**

**TOTAL WARRIOR**  
ACCEPT THE CHALLENGE...

**6KM | 12KM**

**ULTRA WARRIOR**  
ACCEPT THE CHALLENGE...

**MULTI LAP**