



ATHLETE GUIDE 2025



We're delighted to welcome you to the 2025 Helvellyn Triathlon!

2025 marks the second year of The Brownlee Foundation Events (TBF Events) hosting the iconic Helvellyn Triathlon.

This race is a great opportunity for athletes from all walks. Special congratulations go to all the first-timers for making it to the start line. And welcome back to those of you who have conquered this before! We hope you have a brilliant event.

Also huge thank you to those volunteers helping to make this weekend a success.

This weekend is particularly important to us as all profits raised go towards supporting the Brownlee Foundation. Founded in 2014, the Brownlee Foundation inspires children from all backgrounds to enjoy sport, providing free events across the UK for primary schools aimed at Key Stage 2 pupils, enabling them to try something new and have fun being active.

Best of luck, and see you at Helvellyn.

A handwritten signature in grey ink, appearing to read 'Alistair Brownlee', with a stylized, flowing script.

Alistair Brownlee

HELVELLYN TRIATHLON

KEY INFO

Saturday 6th September

15:00.- 18:45 Registration open

Sunday 7th September

- 06:00 – Car park opens at King George V Playing Field.
- 06:30 – 07:30 – Registration for those that couldn't make it on Saturday.
- 06:30 – Transition area opens
- 07:30 – Transition area closes
- 07:45 – Safety briefing next to transition (Mandatory attendance)
- 08:00 – Wave 1 start. Subsequent wave starts will be dependent on numbers
- 13:00 – Cut-off for leaving T2
- 14:30 – Cut-off at Red Tarn. There is a lower safe route back to the finish.

***Please note the two timing cut offs will be strictly adhered to. Timing chips will be removed.**

What to bring

- Photo ID,
- BTF Licence / Race pass - available to purchase here: www.britishtriathlon.org/events/helvellyn-triathlon_16206

Location

- Jenkins Field, Glenridding, Nr Penrith, Cumbria, CA11 0PB
- Parking - What3Words - [///lists.pizza.harnessed](http://lists.pizza.harnessed)
- The parking fee is £5 with all proceeds going to Playing Fields Charity Fund.
- **There is no car parking at the venue.**

Mandatory kit

- Full body cover (windproof jacket and trousers), foil survival blanket, whistle and suitable map of the route.
- Working Rear bike light

1.1 RACE HQ & LOCATION

Jenkins Field, Glenridding, Nr Penrith, Cumbria, CA11 0PB

Follow the directions for Ullswater Steamers, turn left after the Glenridding Hotel and the field is on your right. We will be based in the big white marquee. Please note there is no onsite parking available. Please use the main village car park or general parking in Glenridding.

1.2 CAR PARKING

Car parking will be at the King George V Playing Fields on Sunday only. This opens at 06:00. Use [What3words///lists.pizza.harnessed](https://www.what3words.com/what3words/what3words///lists.pizza.harnessed).

The car park will be signed, but follow the main road out of Glenridding towards Patterdale. The car park is just along the first lane on the right. There will be a charge of £5 per car all of which goes to the Playing Fields Charity Fund. **There is no car parking at the venue.** Please do not park in the Pier Car Park or in the Car Park in Glenridding. There is absolutely no car parking at the Glenridding Hotel for our purposes, it is strictly reserved for residents. Please observe this.

It will be a 10-minute walk from the car park to race registration and the transition area. Please allow for this on race day.

1.3 TOILETS

There will be portable toilets in the triathlon field as well as the main public toilets just over the road. There are further toilets in the main car park in Glenridding about two minutes' walk away. Please do not use the Pier Café or Glenridding Hotel toilets prior to the race start.

There are no changing facilities or showers.

1.4 ACCOMMODATION

There are very many places to stay in the Lake District. Gillside Camping is the nearest campsite, but there are others not far away. A quick online search will reveal many options. **There is no camping at the venue.** Glenridding and Patterdale have a lot of B&Bs. Keswick and Ambleside are both about 20 minutes' drive away and have many more B&Bs and other accommodation. Penrith is about 30 mins drive.

TIMETABLE FOR THE EVENT

Saturday 6th September

- 15:00 – 18:45: Race registration will take place in the marquee next to transition on Jenkins Field. No vehicles permitted on the field. **Bikes are not racked until Sunday.** If it is not possible to register on Saturday then please arrive at 06:30 for Sunday registration.
- 15:00 – 18:45: You are permitted swim in the lake while people are around, but it is entirely at your own risk.

Sunday 7th September

- 06:00 – Car park opens at King George V Playing Field.
- Use [What3words///lists.pizza.harnessed](https://what3words.com/lists/pizza/harnessed).
- **There is no other option for car parking. £5 cash on entry.**
- 06:30 – 07:30 – Registration for those that couldn't make it on Saturday.
- 06:30 – Transition area opens
- 07:30 – Transition area closes
- 07:45 – Safety briefing next to transition (Mandatory attendance)
- 08:00 – Wave 1 start. Subsequent wave starts will be dependent on numbers
- 13:00 – Cut-off for leaving T2
- 14:30 – Cut-off at Red Tarn. There is a lower safe route back to the finish.

RACE PASS

Race Pass: (previously BTF Day Licence) British Triathlon requires **all participants** (including all Relay Team Members) who enter a permitted event to become a member of the national governing body, hold a race licence and third-party public liability insurance for the race that they are taking part in.

Participants can choose to purchase an annual membership or a single use **Race Pass** for their chosen race to meet this requirement.

Please purchase your pass before race day as phone reception on site can be poor.

How to purchase your race pass

The easiest way to buy your Race Pass is from

https://www.britishtriathlon.org/events/helvellyn-triathlon_16206

Scroll to your race and select "Buy Pass"

If you have not purchased your Race Pass before the event, you will need to buy it from the British Triathlon website direct before you can register on the Saturday or the Sunday. Please allow extra time to do this. (NB Race Passes are not usually available for purchase from British Triathlon until 48 hours before the event.)

Show your receipt for your Race Pass when you register.

BTF Members: If you have a valid British Triathlon (BTF) membership, you will need to show it at registration. A digital membership card or screen shot of membership profile is acceptable. The annual membership must be in the name of the participant, at Core or Ultimate level and in date. If you do not have proof of membership with you, you will need to pay for a Race Pass which will be available to purchase on the BTF website the day before and the day of the event.

Non-BTF Members: You may have purchased a Race Pass with your entry. If so, this will be registered in the system.

ON REGISTERING YOU WILL RECEIVE

On registering you will receive:

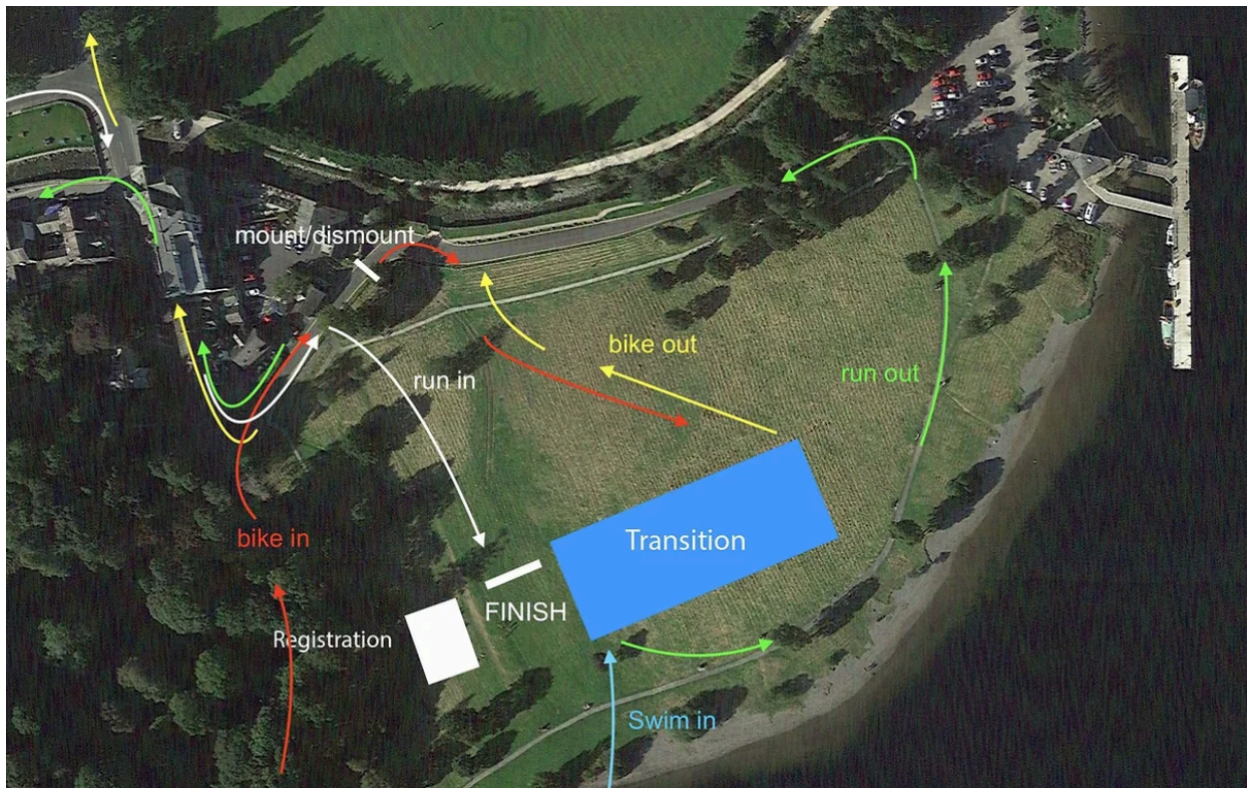
- **Race numbers** – one must be displayed on your back while cycling and one on your front while running (the easiest way to do this is to attach it to a race belt and move it from back to front when you move from the bike to the run).
 - Please write your emergency contact details on the back of your race number. If you have any medical conditions that you feel may be relevant please also write this on the back of your race number.
- **Coloured event swim hat** – this must be worn on entering the water (this can be worn over your own swim hat)
- **Stickers** for your bike and helmet. Placement instructions will be explained at registration.
- **Timing chip and strap** – must be worn around your left ankle throughout the event.
- **A numbered security wristband** – this must be worn to gain access to the transition area and worn throughout the event. At the end of the event, when you remove your bike from transition, your wristband will be cut off your wrist and you will no longer have access to transition. The numbers on your bike and helmet must match the number on the wristband.

Please avoid crossing the timing mats once the race has started, other than to record your time. Your chip will be removed very shortly after crossing the finish line. However should you manage to leave from the finish area before your chip is removed, avoid crossing any of the other timing mats.

TRANSITION & TIMINGS

The transition area is for competitors and officials only.

- Space is limited, so please only bring what is essential for the race into the transition area.
- MP3 players and similar devices are not allowed to be used in the transition area and this includes prior to, during and after the race. Infringements will incur a penalty.
- Please ensure your bike is racked correctly. Ask an official if unsure.
- There are no bag drop facilities, please avoid bringing large bags or boxes with you. Any bag **other than your required run bag** should be left with someone accompanying you or at the perimeter of the transition area.



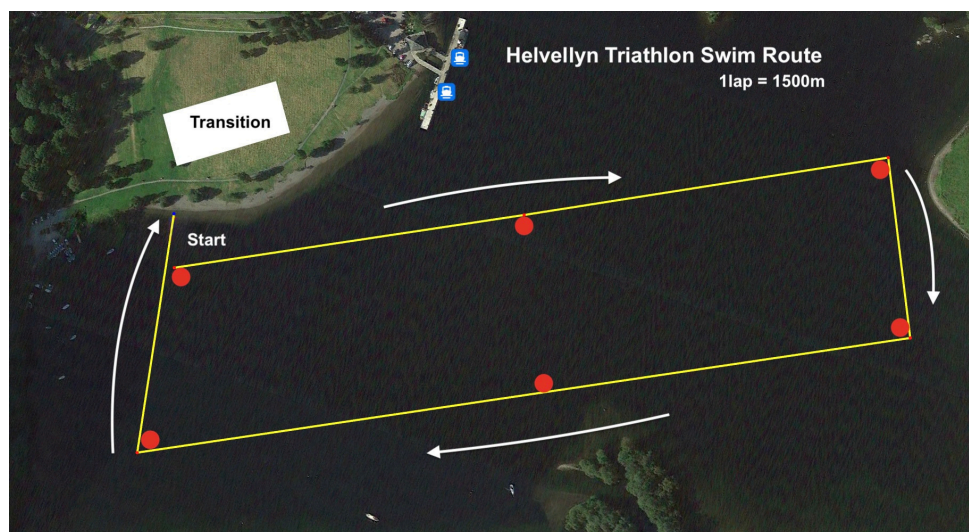
TRANSITION & TIMINGS

- 07:45 – Mandatory safety briefing by transition.
- 08:00 – Wave 1 start. Subsequent wave starts will start roughly 5 minutes apart.
- 13:00 – Cut-off for leaving T2
- 14:30 – Cut-off at Red Tarn. There is a lower safe route back to the finish.

THE SWIM

The 1500m swim course consists of one loop. Be prepared for the water to be cold but beautifully clear. Four waves are scheduled: faster swimmers in wave 1, followed by progressively slower swimmers in wave 2, 3 and 4. These waves will start roughly 5 minutes apart. Be ready by 08:00, acclimatising near the boat landings. Full water safety is provided. If you get into difficulty, signal a kayak. Wetsuits are mandatory below 14degC and optional up to 22degC. Typically Ullswater is between 15–19degC.

Please ensure any wetsuits used are clean and dry on arrival. Post race, you will also be required to wash your wetsuit in the washing facilities in transition. This is a requirement of the licence from Natural England to use the lake for a swimming event.



THE BIKE

The bike is 1 lap of 59k. It starts along the shores of Ullswater before heading North and starting to climb. The section from Troutbeck to Ambleside is rolling and quick. This route goes along the A66 which can be fast and busy. Roads will be open so please ride with care. Then it hits "The Struggle", a brutal 4.5 km stretch of road that climbs 385m at gradients of up to 24%. The route then descends the Kirkstone Pass. **Please descend safely and within your limits.** This road is very fast and will be an open road.

All the roads are open to other traffic. The Struggle climb is notionally closed, but residents and others have access so assume there will be traffic. It is your responsibility to negotiate the course safely, adhering to the Highway Code. Marshals are there to indicate the route only, they cannot stop traffic.

Please note the Struggle re-opens to traffic at 12:30. Please be aware that it will be open to traffic at 12:30 and to be extra cautious.

There will be two-way traffic lights at the bottom of the Matterdale descent, at Troutbeck, before the route meets the A66. Please observe the highway code and stop for a red light. This will be manned by a marshal. Failure to follow the lights will risk disqualification.

The bike course is **non-drafting** and is run under BTF Rules. Be sure to familiarise yourself with the rules here: <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2024.pdf>

The top part of the the Kirkstone Pass is often in cloud. It is therefore **compulsory to have a working rear bike light with sufficient power** to get round the course. Please turn this on as you leave transition. **Marshals will check rear lights when entering transition to rack your bike.**

[Riding with GPS](#) from where you can download GPX file

AQUABIKE

AquaBike Instructions

AquaBikers will start with the main race in the swim wave allocated to you at race registration. You will complete the swim and bike as above. When you return to the race site following the bike leg. Your time will stop when you cross the timing mat to enter transition after the bike leg. You will rack and leave your bike in the main transition area at your originally allocated rack position. In your own time you can then walk to the finishing chute, enter at the top by the gate and run down to the finish line to complete your race and collect your medal!

Please note, the time between you crossing the timing mat at the end of the Bike and crossing the finishing line will not be taken into account for your overall race time.

THE RUN

It's quite simple, the 15km course takes you to the top of Helvellyn and back down. It's mostly off-road on a variety of surfaces. The first part of the climb is a long section of lung bursting rocky steps. The course then takes you past Red Tarn and up Swirral Edge to get to the summit.

NB FIRST CUT-OFF: If you have not left T2 by 13:00, you will not be allowed to start the run.

NB SECOND CUT-OFF: If you have not reached Red Tarn by 14:30, you will be sent on a lower safer route back to the finish.

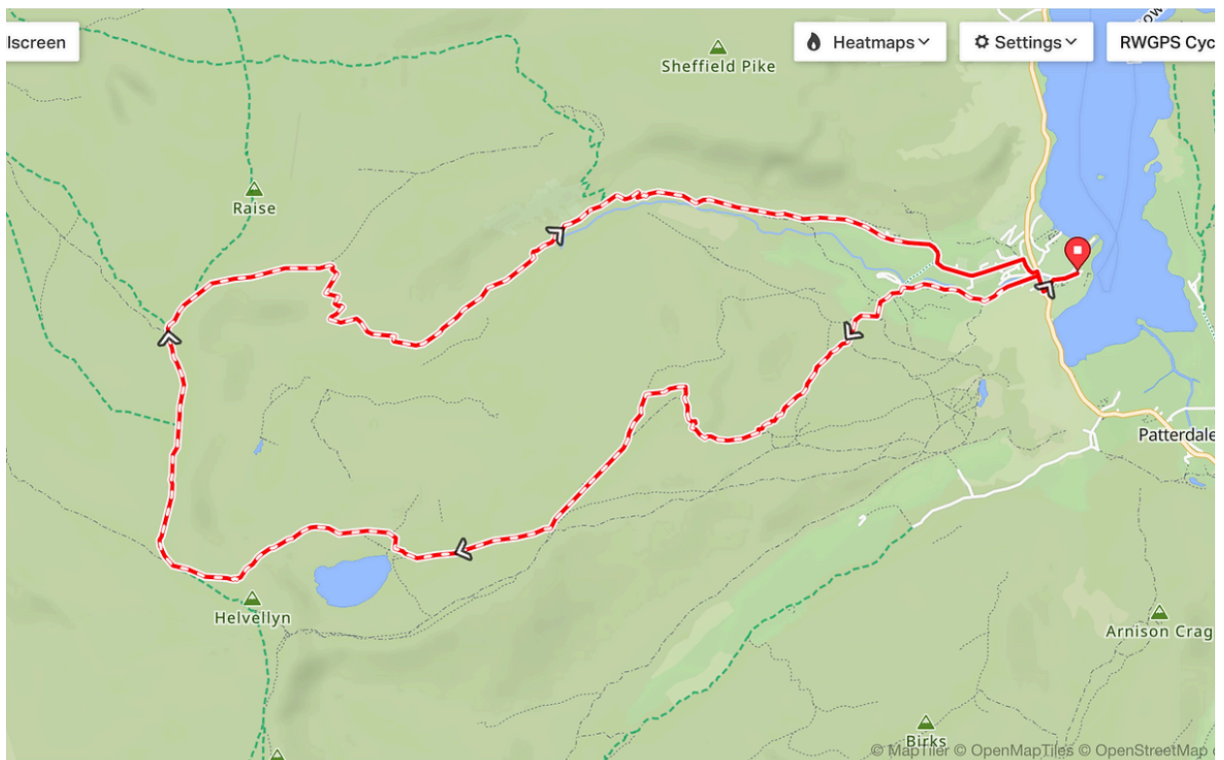
Fell running shoes are recommended. The final 200m to the top are a hands-on scramble. After a short section along the summit ridge the way back down is all on well-made tracks.

Mandatory kit. For reasons of safety or in case of injury on or around the summit, you must take with you on the run **some form of bag** containing:

- **full body cover (windproof jacket and trousers), foil survival blanket, whistle and suitable map of the route.**
- There are no feed stations on the run so you must also take **sufficient food and hydration** with you.
 - It is strongly suggested that you take **two drinks bottles** on the bike and make sure you drink them both before arriving at T2.
 - Its recommended to have a third bottle to drink in transition so that you set off on the run fully hydrated.
- You must satisfy yourself that the **map** you take on the run is suitable to navigate the route by. Maps will be available to buy at registration for £2

Marshals will check equipment on arrival to transition.

[Riding with GPS](#) from where you can download GPX file



RELAY TEAM INSTRUCTIONS

Relay Team Instructions

Note: You must tag each team member at the **RACKED** bike. Each team member has their own timing chip, and handovers take place at the racked bike in transition.

With your registration envelope you will find:

- One swim cap
- Two body numbers
- Two numbered stickers
- Three timing chips
- Three numbered security wristbands

The swim cap is to be worn by the swimmer. No race numbers worn by swimmer.

The body numbers, one is to be worn on the back of the cyclist and the other is to be worn on the front of the runner.

The two stickers are for the bike and cycle helmet. These must be placed on the bike (the long sticker around the seat post) and the front of the cycle helmet before these are taken into transition.

Each team member has their own timing chip, and handovers take place at the racked bike in transition.

Swimmer: Wear the timing chip around one ankle (either one) over your wetsuit if ankle length. You wear the swim cap. After your swim, run into transition. At the racked bike tag your cyclist

Cyclist: Wear a cycle helmet fastened on your head. Wear one body race number on your back. Wait for your swimmer at the appropriate racking position. Don't remove your bike from the rack until your swimmer has tagged you. After the cycle, you must rack your bike in its original position. Then tag your runner

Runner: Wear one body race number on your front. Wait for your cyclist at the appropriate racking position. You may start after the bike has been racked. Make sure your race number is visible on your front as you cross the finish line.

All relay team members will be allowed access to the transition area. You will each receive a numbered security wristband at registration which allows access to transition.

However, to avoid congestion in the transition area during the race, while the swimmer is swimming, only the cyclist should be in transition ready for the changeover. Then during the cycle, the swimmer should leave transition and only the runner waits at the empty transition position for the cyclist to return. Therefore there should never be three relay team members in transition at the same time during the race.

AID STATIONS

There are no aid or fuel stations on either the bike or run routes so please ensure you have adequate hydration and nutrition for your race.

Please dispose of any rubbish responsibly. Anyone seen deliberately littering will be disqualified from the race.

PHOTOGRAPHS

Race photographs are available to purchase, to share with your friends and family. Our official photographer, Two26 Photography will be positioned in various locations around the course, so make sure you give a big smile when you see the camera!

Following the event, check out your photos at **photos.two26photography.co.uk** where you will be able to view and purchase

Please see our photography policy – **[here](#)**

RESULTS

Athletes will be able to access your results from the website: www.resultsbase.net/results
Results will be uploaded at the end of each race

PRIZES

Upon finishing you will receive a finishers' medal

There will be prizes for

Individual Triathlon – 1st / 2nd/ 3rd Female & Open

Aquabike – 1st Female & Open

Relay Triathlon – 1st Relay Team

MASSAGE

There will be massage therapists available on site post race to help ease your muscles.

Slots are £10 and last 10minutes. Cash or card payable on the day.

KIT LIST

Comfort & familiarity is key. We wouldn't advise racing for the first time with any new equipment and nutrition. Ensure your bike and running shoes are comfortable and well-fitted to avoid discomfort or injury.

Here is an initial kit list with some optional extras. It may not be everything you need so please check against your own lists!

Swim:

- Wetsuit (mandatory below 14degC, optional up to 22degC)
- Goggles
- Tri suit or swimwear
- Swim cap (provided in your race pack at registration)
- Timing chip (provided in your race pack at registration)
- (optional) Body Glide or Anti-Chafe Cream to avoid chaffing
- (optional) Small towel

Bike:

- Bike
- Helmet (mandatory)
- Working Rear bike light (mandatory)
- Cycling shoes + socks
- Water bottles and hydration
- (optional) Sunglasses
- (optional) Race belt (they will be available to purchase)
- Basic mechanical kit (pump, spare inner, bike tool)

KIT LIST

Run:

- Running shoes – fell shoes recommended
- Hat or visor
- Race belt (for your race number)
- Mandatory running kit (full body cover – windproof jacket and trousers), foil survival blanket, whistle, suitable map of the route, sufficient food and hydration
- (optional) Vaseline
- (optional) Spare socks

Other recommendations:

- Crocs/ flipflops for pre-race
- Sports watch
- Suncream
- Warm clothes for post race
- Pre or post race nutrition
- Any medication (inhaler, hayfever tablets etc.)

SAFEGUARDING AND WELFARE

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements. In the event of any safeguarding concerns on the day, please report to Event Control at Race HQ which is situated on the main site.

Safeguarding Officer for the event:

Charis Palmer-Smeaton

charis@thebrownleefoundation.org

Missing child policy – [link here](#)

Event safeguarding policy (BTF) and commitment statement – [link here](#)

All athletes are expected to adhere to the British Triathlon Code of Conduct as part of the Competition Rules – <https://www.britishtriathlon.org/competitionrules>

THE RIGHT

- / GLUCOSE & FRUCTOSE
- / HIMALAYAN SALT
- / COCONUT EXTRACT
- / POTASSIUM
- / MAGNESIUM
- / H₂O



FUEL MATTERS

THE BROWNLEE FOUNDATION

After the Olympics in 2012, Alistair and Jonny Brownlee realised the positive impact they could have on inspiring people to be active.

The brothers started the Brownlee Foundation to harness and maximise this impact. To allow as many young people as possible to experience Triathlon. A sport which they are passionate about and continue to enjoy.

Brownlee Foundation events provide a fantastic vessel to expose young people to swimming, cycling, running and triathlon. The brothers would be delighted if each event inspires only a handful of people to take up regular activity. In a nut shell, this is the aim of everything the Brownlee Foundation hopes to achieve



Inspiring children from all backgrounds to enjoy sport, encouraging them to lead active lifestyles and benefit from the opportunities sport provides.

Check out the website to see how you can support the charity and inspire the next generation. Get involved by volunteering or help support by donating. Find out more [here](https://www.thebrownleefoundation.org): <https://www.thebrownleefoundation.org>



**HELVELLYN**
TRIATHLON

**SEE
YOU
THERE!**