

General Event Information

What is the Helvellyn Triathlon?

The Helvellyn Triathlon is one of the toughest triathlons in the UK. It includes a 1,500m swim in Ullswater, a 59km bike ride featuring "The Struggle" climb, and a 15km run up and down Helvellyn.

When and where does the triathlon take place?

The 2025 event is on Sunday, 7th September, based in Glenridding, Cumbria, with Race HQ located at Jenkins Field.

Who organises the Helvellyn Triathlon?

The event is organised by The Brownlee Foundation Events (TBF Events), with all profits supporting The Brownlee Foundation.

Registration and Fees

How do I register?

You can register via the official event website. Online registration closes when race capacity is reached.

What is the cost of entry?

Entry fees vary by category and include administration fees. Refund policies apply as detailed below.

Can I get a refund if I can no longer participate?

Refunds are available up to 30 days before the event, following this schedule:

- 100% refund before 7th March 2025
- 50% refund before 7th May 2025
- 25% refund before 7th August 2025

Refund protection is available at registration for additional coverage.

Can I transfer my entry to someone else or defer to another year?

Transfers to other TBF events are permitted until 12th June 2025. Deferrals are available for pregnancy under certain conditions.

Race Preparation

What kit do I need?

Mandatory kit includes:

- Swim: Wetsuit (mandatory below 14°C), goggles, swim cap (provided).
- Bike: Helmet, working rear bike light, and basic mechanical kit.
- Run: Fell running shoes, full-body cover, survival blanket, whistle, map, food, and hydration.

Is there a mandatory safety briefing?

Yes, a safety briefing takes place at 07:45 on race day near the transition area. Attendance is mandatory.

Are there cut-off times?

Yes, strict cut-off times apply:

- Leave T2 by 13:00
- Reach Red Tarn by 14:30.

Race Day Logistics

Where do I park?

Parking is at King George V Playing Fields, opening at 06:30 on race day. Parking costs £5, supporting the Playing Fields Charity Fund. There is no parking at Jenkins Field or Glenridding Hotel.

What are the toilet and changing facilities?

Portable toilets are on-site, with additional public toilets nearby. There are no changing facilities or showers.

When can I register?

Registration is open on Saturday, 6th September (15:00–18:45) and Sunday, 7th September (06:30–07:30).

Race Sections

Swim

What is the swim course?

A single 1,500m loop in Ullswater. Wetsuits are mandatory below 14°C and optional up to 22°C.

Can I practise swimming in the lake?

Yes, athletes can swim on Saturday, 6th September, during registration hours at their own risk.

Bike

What is the bike course?

The 59km course features "The Struggle," a steep climb with gradients up to 24%. A working rear light is mandatory.

Is the course closed to traffic?

The course is on open roads. Marshals will indicate the route but cannot stop traffic. The Struggle is notionally closed but may have local traffic.

Run

What is the run course?

The 15km route climbs to Helvellyn's summit via Swirral Edge and descends back to Jenkins Field. The terrain includes rocky paths and hands-on scrambling.

Are there aid stations on the run?

No, participants must carry sufficient food and hydration.

Relay Teams and Aquabike

Can relay teams participate?

Yes, relay teams are allowed. Timing chips act as batons passed between team members during transitions.

What is the Aquabike event?

Aquabike participants complete the swim and bike sections, finishing by racking their bike near the finish chute before running to the finish line.

Spectators

Can spectators attend?

Yes, spectators are welcome. Key viewing points include Jenkins Field, The Struggle, and Red Tarn.

Are there facilities for spectators?

Yes, there are public toilets, and food vendors will be present on-site.

Post-Race Information

What do I receive for finishing?

All finishers receive a medal and goodie bag. Prizes are awarded for the top athletes in individual, relay, and Aquabike categories.

When will results be available?

Results will be uploaded on the event website after each race.

Can I purchase photos from the event?

Yes, race photos will be available from Two26 Photography after the event.

Contact and Policies

How can I contact the organisers?

For any queries, email info@tbfevents.co.uk. Include "Helvellyn" in the subject line for clarity.

What happens if the event is cancelled?

In the case of unforeseen circumstances (e.g., severe weather), refunds are at the organiser's discretion.