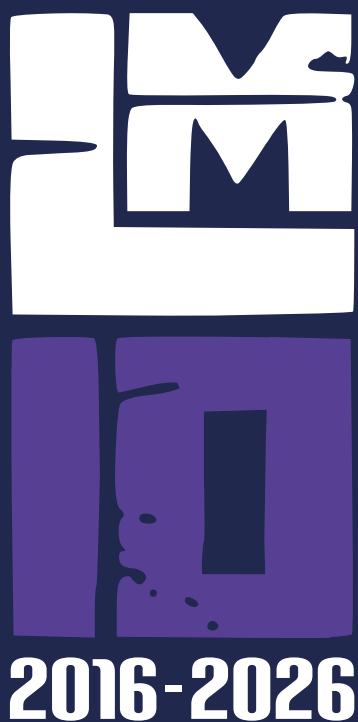




LAKESMAN

2026

OFFICIAL ATHLETE GUIDE

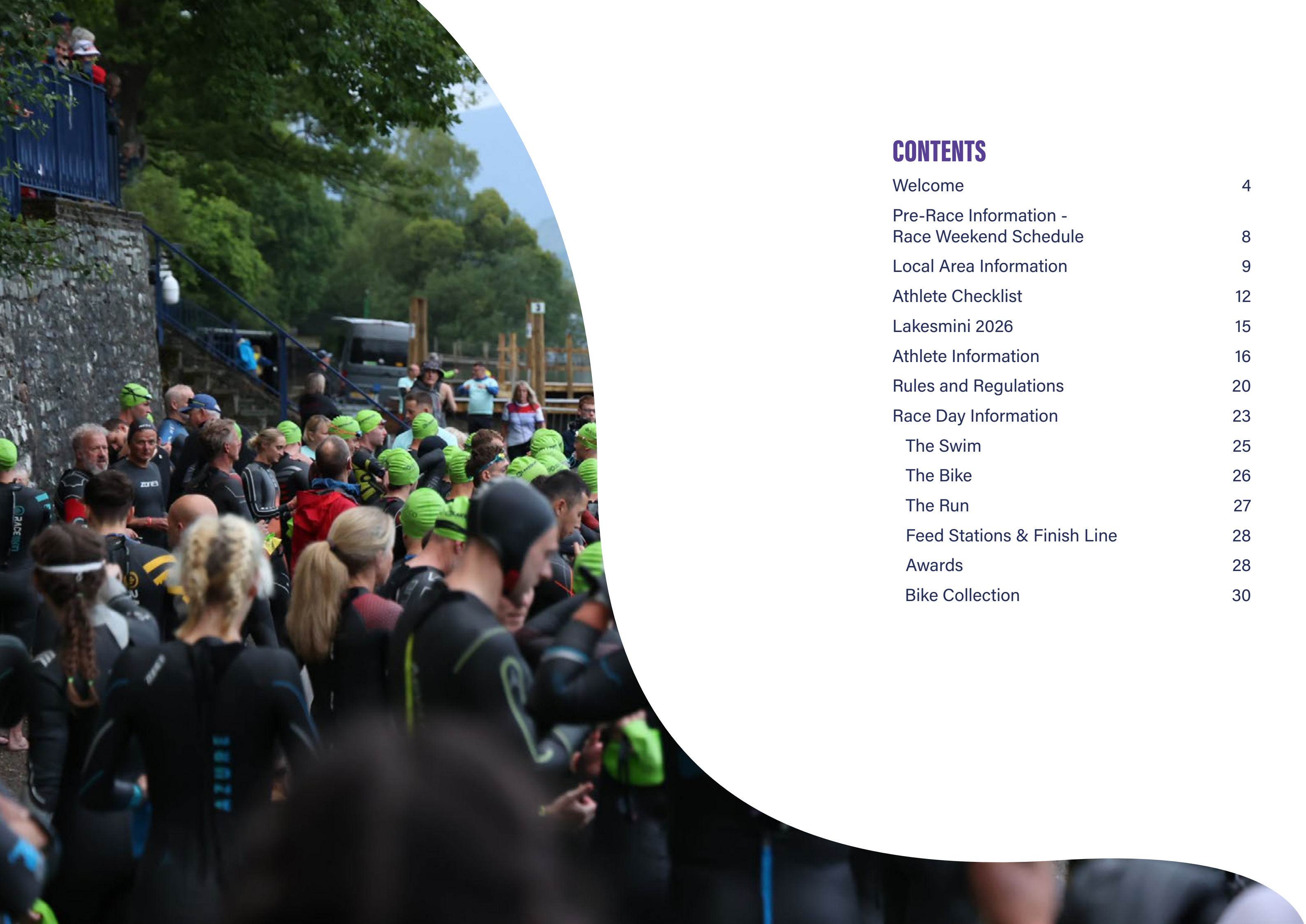


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WELCOME TO THE 2026 LAKESMAN ATHLETE GUIDE!

Welcome to the Lakesman Triathlon - and to Keswick - where you'll be racing in one of the most spectacular settings in the UK. With the stunning Lake District as your backdrop, you're about to be part of something truly special.

This year marks the 10th Lakesman, and we couldn't be prouder to reach this milestone with you. Over the past decade the event has grown into a much-loved fixture in the triathlon calendar, built on community spirit, athlete focus, and an unforgettable race experience. Whether it's your first time here or you've been with us since the early years, thank you for being part of the journey.

Whether you're chasing a personal best, ticking off a major goal, or simply soaking up every moment of race day, our commitment remains the same - to put the athlete first and

deliver an experience you'll remember long after you cross the finish line.

We're delighted to be based once again at Keswick Rugby Club, with Event HQ located in its fantastic facilities. You'll find Registration, Race Q&A, Merchandise, Athlete Hospitality and the Awards Presentation all here - plus a welcoming bar for family, friends and supporters to enjoy throughout the event.

We'd like to thank some very special organisations and people, without whom this event simply would not happen - starting with

our founder partners Cumberland Council and Better, who have supported The Lakesman from day one.

We're also grateful to our sponsors, who share our passion for delivering a top-quality event and athlete experience:

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Eddie Shimmings Ltd

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A huge thank you goes to our incredible pink army of volunteers - #TeamLakesman. Your energy, commitment and encouragement

make a real difference to every athlete on the course. This race simply would not be possible without you.

We also want to recognise our Core Team - the people who, over the last 10 years, have become The Lakesman family. Your dedication throughout race week and across the whole year keeps the event growing, improving and true to its values. Your passion and generosity never go unnoticed.

Most of all, to you - our athletes - we hope you have the race you've trained for and the day you've dreamed of. Enjoy every mile, every cheer, and every moment of the 10th Lakesman experience.

**Good luck to you all,
and Lakesman love to you all**

Marie, Phil and Matthew x



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PRE-RACE INFORMATION

Race Week Schedule

SATURDAY 20TH JUNE		
08:00	Merch Tent Open	Keswick Rugby Club
09:30 - 16:00	Registration Open	Keswick Rugby Club
10:30 - 17:00	Transition Open	Theatre by The Lake car park
12:00	Lakesmini	Keswick Rugby Club
15:00	Race Briefing 1	Bar Area, Keswick Rugby Club
16:00	Race Briefing 2	Bar Area, Keswick Rugby Club
17:00	Transition Closes <i>No admission after this time</i>	
SUNDAY 21ST JUNE		
04:30 - 06:00	Transition Open	Theatre by The Lake
06:00	Swim Start - 3 Waves (06:00 / 06:12 / 06:24)	Lakeside
07:00	Bike/Run Race Start	Theatre by The Lake car park
10:00	Merch Tent Open	Keswick Rugby Club
10:30	First Half Finishers Expected	Keswick Rugby Club
12:00	Transition open for bike collection	Theatre by The Lake car park
15:30	Race Finishes	
16:30	Awards Presentation	Keswick Rugby Club
18:00	Transition Closed <i>All bikes to be collected by this time</i>	Theatre by The Lake car park
18:00 - late	Bar open to all	Keswick Rugby Club

WELCOME TO KESWICK

Local Area Information

A bustling and vibrant market town, Keswick offers a warm welcome to all. There can be few towns with a setting as beautiful as Keswick, situated on the shores of Derwentwater and surrounded by mountains. The compact and mainly pedestrianised town centre makes wandering round the shops a relaxing and enjoyable pastime with a wide range of independent retailers and galleries as well as cafes and restaurants. There is an award winning and very popular market which operates on Saturday all year round and on Thursday (mid Feb-Dec).

For those wishing to find out more about the rich cultural and industrial heritage of the area there is the opportunity to visit museums and historic houses. Mirehouse, just outside Keswick, is a beautiful family-run historic house with strong literary connections. Discover the history of slate mining at Honister Slate Mine or visit the home of the first pencil at Derwent Pencil Museum where you can trace the history of pencil making through displays and carefully restored machinery.

Exhibitions and displays at Keswick Museum tell the story of Keswick’s landscape, history and culture. Few people come to Keswick without a visit to Castlerigg Stone Circle. It stands on a superb natural plateau to the east of the town commanding a superb 360-degree view over the surrounding fells. Find out about how real ales are brewed at Keswick Brewery. For the culturally inclined the Theatre by the Lake offers a summer season of six plays or step back in time and enjoy the red velvet seats of the traditional Keswick Alhambra Cinema.

Whether you want to learn something new, or improve your existing skills, lots of outdoor experts are on hand in Keswick with a wide range of activities for you to try. On the water you can choose from sailing, windsurfing, canoeing, kayaking, paddle-boarding or just relaxing in a rowing boat.

High adrenaline sports are in abundance in Keswick from paragliding to rock climbing to mountain biking. Up in England’s only true Mountain Forest at Whinlatter you’ll find mountain bike and walking trails.

Keswick offers a wide diversity of places to stay. Keswick Tourism Association’s website offers a large selection of accommodation in guest houses, hotels, pubs and farmhouses as well as self-catering properties. Group accommodation is also available.

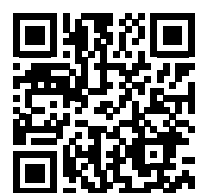
For more information on the local area please visit www.visitkeswick.com or www.visitallerdale.co.uk



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ATHLETE CHECKLIST

RACE LICENCES

Important Information for ALL Athletes

To race Lakesman, all athletes require a British Triathlon Federation Race Pass if they are not BTF members. A race pass is a license for racing and covers your public liability insurance for the day. If you're not a Core or Ultimate member of British Triathlon or your home country's federation, you must purchase a Race Pass to comply with British Triathlon Competition Rules. **Race Passes cost £8 for over 25s and £2 for under 25s.**

For those of you who do have British Triathlon Membership, we must see proof. This is to ensure that it hasn't expired which would mean effectively that you are uninsured for the event.

The Race Pass is issued to a named person and is event specific. It cannot be transferred between events, so you must ensure that you buy the correct pass for the event you are doing (i.e Half, Swim/Bike, Bike/Run).

British Triathlon have mandated that Race Passes must be purchased directly from them, therefore we have provided links for purchase in our confirmation emails to all athletes. You can also find the link here or by scanning the QR code.



[britishtriathlon.org/
events/2026-lakesman-
triathlons.16724](https://britishtriathlon.org/events/2026-lakesman-triathlons.16724)

Race Passes cannot be purchased from us unlike in previous years. You must purchase the pass online before coming to register to be eligible to race

Anyone without a Race Pass covering the event will not be able to register. Please be aware that the mobile signal in Keswick is challenging at times so please ensure you have this in place before you arrive. As you are buying the pass directly from British Triathlon

we would strongly recommend you do this before the British Triathlon offices close at 4pm on the Friday before the event, otherwise you will have difficulty contacting anybody should you have any race pass queries.

Below is a list of the items which we recommend you bring with you to the race. **The items listed in bold are mandatory.**

- ☐ **Photo ID**
- ☐ **BTF race pass**
- ☐ **Bike**
- ☐ **Bike helmet**
- ☐ **Wetsuit**
- ☐ **Running shoes**
- ☐ **Trisuit/race clothing**
- ☐ Inner tubes
- ☐ Bike tools
- ☐ Bike pump
- ☐ Bike water bottles
- ☐ Warm clothing
- ☐ Swim goggles
- ☐ Race number belt
- ☐ Safety pins
- ☐ Socks
- ☐ Hat
- ☐ Sunglasses
- ☐ Nutrition
- ☐ Sun cream
- ☐ Vaseline





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There's no 'on the day' entry so make sure you don't miss out!

LAKESMINI 2026

Lakesmini is a fun run for kids to get in the Lakesman spirit, and provides an opportunity for them to get their own Lakesmini finisher T-shirt, medal and photo on the red carpet.

There are different events as below:

- <5 years 400m
- 6 - 7 years 600m
- 8 - 9 years 800m
- 10 - 11 years 1000m
- 12 - 13 years 1200m
- >13 years 1500m

Parents can run with their children in the 400m and 600m events.

Location

Registration for Lakesmini will take place in the Merch Tent at Keswick Rugby Club from 10.30-11.30am, and the races will take place adjacent to transition at Lakeside car park starting at 12 noon. At registration the children will be given their personalised number.

It is a 10 minute walk from the Rugby

Club to the start so please make sure you allow enough time to get to the start.

PLEASE NOTE - ALL CHILDREN REMAIN THEIR PARENTS RESPONSIBILITY THROUGHOUT THE WARMUP AND THE RACE, CHILDREN SHOULD BE COLLECTED FROM THE FINISH LINE IMMEDIATELY AFTER THEIR RACE.

Medals and t-shirts can be collected at the finish line following the race.

Good luck everyone and enjoy, we can't wait to see your finisher photos!



Scan the QR code for more information and to enter.

ATHLETE INFORMATION

Race HQ

We're delighted to have our race HQ functions at Keswick Rugby Club.

You'll find:

Athlete Pre-Booked Parking	Main Car Park
Registration	Top Floor
Athlete Hospitality	Top Floor
Athlete Showers and Changing	Ground Floor
Merchandise	Car Park within Rugby Club
Race Briefings	Bar Area, Keswick Rugby Club
Awards Presentation	Bar Area, Keswick Rugby Club
Event HQ	Car Park within Rugby Club
Spectator Food and Drinks	Car Park within Rugby Club
Black Bag Collection Point on Race Day	Keswick Rugby Club

The finish line is also at Keswick Rugby Club. Transition and bike racking will be erected in the Theatre by the Lake car park adjacent to Crow Park. The finish line for the Swim/Bike will also be located here. Please be advised no parking will be available here from 9am on Friday 19th June.

Mapped directions can be found here or by scanning the QR code:



<https://ridewithgps.com/routes/43127752>

ID Wristband

Your wristband with your race number printed on it will be with your number in your registration pack. This is essential as it will ensure you gain access to the athletes' only areas. You MUST wear this wristband at all times from this point until the event ends and you have collected your bike and personal belongings. Relay Teams will be issued with three wristbands, one for each member.

Race numbers

You will be issued a sheet of stickers - these are for you to number your kit with. Your bike, your helmet and bags must have your race number stickers on them. You will also have a race number on your back for the bike and on your front for the run - you can use safety pins to attach these if you wish. However, because you need to change the position in transition it is strongly recommended that you use a race belt to display this number. This will save time and prevent you putting holes in your clothing.

Bags - Half Athletes

You will be issued with three bags at registration. Please apply your numbered stickers to these bags or write your number in the white box. If using the stickers apply them firmly before you put your gear in them. Permanent markers will be available for you to use at registration. You will get access to these bags prior to race start on Sunday morning.

Blue bike bag

This should contain all the kit you need for the bike leg, including your helmet and your race number attached to a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Red run bag

This should contain all the kit you need for the run leg. After you have used your red run bag for bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Black gear bag

This is your after race bag which will be transported to Keswick Rugby Club during the swim and will therefore not be available until you finish.

Should you withdraw from the race during the swim your bags will be in transit therefore you will need to make your own way to Keswick Rugby Club to collect your bag.

If you prefer to give your kit to your spectators, then you do not need to use this transfer service

SWIM/BIKE ATHLETES

Blue bike bag

This should contain all the kit you need for the bike leg, including your helmet and your race number attached to a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Red run bag

YOU WILL NOT NEED TO USE THIS.

Black gear bag

The swim/bike finish will be in transition so your black bag will not need to go to Keswick Rugby Club.

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. This bag should be left on your allocated peg in transition, so it is there for you when you finish the race.

If you prefer to give your kit to your spectators, then you do not need to use this bag.

BIKE/RUN ATHLETES

Blue bike bag

YOU WILL NOT NEED TO USE THIS.

Red run bag

This should contain all the kit you need for the run leg. After you have used your red run bag for bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Black gear bag

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. This bag will then be transported to the finish area at Keswick Rugby Club for you. If you would like your bag at the finish area, you must leave this bag in the designated area on Sunday morning prior to the bike start.

If you prefer to give your kit to your spectators, then you do not need to use this bag.

Do not leave valuables or overfill these bags. The Lakesman shall not be responsible for the contents of the bags.





RACKING YOUR BIKE & BAGS

You must rack your bike and red and blue kit bags in Transition on Saturday between the times stated in the race weekend schedule. Your bike, helmet and kit must have your race number stickers on them, and your corresponding wristband will also be checked. Without these, you will not gain access into Transition. Be ready before you get to the entrance to Transition. You should have your helmet on with the strap fastened and race number displayed.

Athletes are responsible for ensuring that their bike and helmet are in safe and working order. The Lakesman will not be held responsible for any bike failures. Security will be on-site overnight on Saturday and Sunday morning to ensure that bikes are not tampered with. However, you should ensure your bike and all of your equipment is fully insured. When racking your bike, take your time to familiarise yourself with the transition area. Racking will be zoned into either HALF, SWIM/BIKE, BIKE/RUN or RELAY areas. Each rail in the bike racking will be numbered, please ensure your bike is racked in the correct place when you return it otherwise you will receive a penalty.

A one-way system for entry and exit will be in operation, signs will be in place and volunteers will be on hand to help guide you.

TIMING

You will collect your AXIF timing tag at registration on Saturday. You need to wear your tag on your left ankle during the entire race. Please follow the instructions carefully on how to attach your tag.

Timing results will show your swim time, bike time, run times, finish time, transition splits, and overall position.

If you lose your tag during the race you must notify a timing official in transition. The AXIF tag can be disposed of after the race.

IMPORTANT: IF YOU DO NOT HAVE SPLIT TIMES VERIFIED BY A TIMING TAG YOU CANNOT BE GUARANTEED A PRIZE.

TRANSITION

Important information

NO BOXES will be allowed beside your bike in the transition area, however, we will allow you to have your **BIKE HELMET** and **SHOES** on your bike, although these are left at your own risk.

The finish line is at Keswick Rugby Club (except for Swim/Bike athletes who will finish in transition) and your black (dry) bags, if required will be there at the finish but **MUST** be dropped off at the collection vans on race morning. When you go back to transition to collect your bike and bags, please be aware that there will still be lots of athletes out on the course and we need you to be courteous and respectful that their race is still in progress.

Access to transition will be from Lake Road only and access will not be permitted through the back of Hope Park on the run route.

RACE BRIEFING

Race briefings are mandatory to attend. You can choose from either 3pm Saturday or 4pm Saturday. They will take place in the Keswick Rugby Club bar area, which will include important information about the race and an opportunity to ask last minute questions.

Several members of the core team will be there before and after each briefing if you have individual questions or worries you would like to discuss.

If there are any last minute changes we will email them to you and share on social media so please check these regularly.

BIKE MAINTENANCE

You must ensure your bike is road worthy before you get to the race venue. For any last-minute issues prior to the race, please report to the bike mechanics from Arragons Cycles who will be available on-site to offer assistance.

Any last minute changes will be communicated via email and social media.

WITHDRAWAL

Athletes who register but then decide not to start the race, or athletes who withdraw during the race, **MUST** inform an official either at registration, transition or the finish line and hand in their timing chip.

It is crucial that we know if you are not racing or have stopped racing, so that all athletes are accounted for, and we know you are safe. Any athlete who fails to report their withdrawal may result in suspension from future Lakesman events. Athletes who receive medical assistance from our medical team are exempt from this rule.

CUT OFFS

The following cut offs will apply on race day:

Swim 1hr 10mins after race start

Bike 5 hours after race start

Run 8hr 15mins after race start

NB - this will be from the time of day you personally started. Nobody will be permitted to start another lap of the run after 2pm.

RULES & REGULATIONS

Every sport enforces rules and regulations to ensure fair and safe competition. The Lakesman enforces a series of regulations for this very purpose. Every athlete should ensure that they are aware of and adhere to the key rules for their own safety and that of the athletes around them.

Penalties will be issued by referees and marshals on the bike course, using the card system below:

YELLOW CARD: STOP/GO PENALTY

You must report to the penalty box in the transition area.

BLUE CARD: 5 MINUTE PENALTY

You must report to the penalty box in the transition area, and serve the time penalty.

RED CARD: DISQUALIFICATION

Failure to report to the penalty box after being shown a card will result in disqualification from the race.

The penalty box will be situated in transition. If you break a rule on the course, a referee will show you a card and report your race number to the penalty box staff. When you enter transition, you must stop at the penalty box to report your number and serve the penalty as required.

Failure to report to the penalty box after being shown a card will result in disqualification from the race. The Lakesman will operate under the rules as stated by British Triathlon. The British Triathlon Rulebook can be accessed at www.britishtriathlon.org where a downloadable document will also be available. This will highlight key rules and penalties.

Please note that we will not enforce the rule stating front fastening tops and tri-suits must be fully fastened at all times. However, we would strongly recommend that zips are fastened for the finish line.

LITTERING

We are privileged to be able to hold this race in the Lake District, an area of outstanding natural beauty. We all have a responsibility to leave it unspoiled. Therefore, please ensure you do not discard litter and items including water bottles and gel packs on the courses, tracks and surrounding areas. Please use the bins provided.

Events like this in the Lake District are hard to achieve and we hope it continues year on year - therefore, we do not wish to upset local residents. Offenders put the future of the event at risk by their actions. Therefore, the Lakesman takes this offence very seriously, with zero tolerance. Athletes seen to be littering will be disqualified immediately. There will be marshals on the course to ensure this is monitored and enforced.

Please avoid spitting in any area where members of the public are near you.



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FIND OUT WHAT'S ON



RACE DAY INFORMATION

TRANSITION

We recommend that you arrive in transition with all of your kit prepared on Saturday. Please don't leave it until just before the swim starts on race day. It is better to be prepared and relaxed before the race starts than to be rushing should you arrive late.

Again, take this time to familiarise yourself with your surroundings, where your bike is located etc.

Please do not attempt to mark your bike or bags - any markings will be removed by race officials.

If you can avoid the on-site toilets as much as possible, instead using your accommodation facilities this will help keep queues to a minimum.

If you discover you have forgotten anything important... for instance, your AXIF Timing Tag, please notify an official as soon as possible. This will allow staff enough time to find you a replacement.



Good luck to every Lakesman competitor from Cumberland Council



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cumberland.gov.uk

THE SWIM - 1.9KM



[https://ridewithgps.com/
routes/42066680](https://ridewithgps.com/routes/42066680)

The course will be marked out using 1m high orange marker buoys. The three right turns will be marked with 2m high yellow buoys.

Athletes need to be in the water before the times stated below, there is only one onshore start option this year at 06:24. Swim/Bike athletes will also start in these waves.

There will be three waves:

- 06:00 Deep water mass start - for those who expect to swim sub-33 minutes
- 06:12 Deep water mass start - for those who expect to swim between 33 and 40 mins
- 06:24 Deep water mass start and walk in from shore - for those who prefer this option or who expect to swim over 50 mins

We would advise being realistic with your expected swim time and self-seed in the appropriate wave to have the most enjoyable experience possible.

A table will be located at the swim entry/exit for glasses, inhalers etc. Please place your items in a plastic bag provided and write your race number on it. Do not wear shoes to the swim start. The walk from transition will be matted where needed. Any items left at the swim start will be disposed of immediately after the swim has finished.

Athletes have 1 hour 10 minutes to complete the swim course and exit transition on the bike.

After the swim there is a short, carpeted run to transition which is adjacent to Theatre by the Lake.

NB If you are not an experienced open water swimmer, we strongly recommend that you follow the guidance below.

A. If you find yourself in trouble, lie on your back and hold an arm in the air. This will attract the attention of the safety kayaks. You may wish to hold onto the kayak whilst you catch your breath and then continue with the swim. Always follow the kayaks' instructions and, if necessary, a rescue boat will come to return you to the swim start area.

B. Always remain calm.

Swim rules

1. Where a wetsuit is mandatory, socks may also be worn providing the wetsuit comes over the top of the sock.
2. Swimmers must wear the swim cap provided.
3. No fins, paddles, snorkels or flotation devices of any kind.
4. Swimmers must follow the course; failure to stay on course may result in a penalty.
5. Wetsuits may only be removed once in the transition tent; they can be stripped to the waist at swim exit for run up to transition.
6. Nudity is not permitted on the race site. If you wish to change, please use the changing facilities provided.

BTF rules on water temps and the use of wetsuits and skins etc. can be found here:



[www.britishtriathlon.org/
competitionrules](http://www.britishtriathlon.org/competitionrules) (page 10)

Once 300 athletes have entered the water for a particular wave, no further entry will be permitted until the next wave begins.

THE BIKE - 90KM (56M)



<https://ridewithgps.com/routes/45649061>

Drafting

Drafting is when you enter someone's slipstream. The minimum distance between two athletes is 12 meters (back tyre to front and the width of the road to the side). If you enter this zone you will receive a blue card.

Athletes cannot block another athlete from passing. You have 25 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking. He/she then has 25 seconds to get back 12 meters. Failure to do this will result in a penalty if you do not drop back. The overtaken athlete is responsible for dropping back so that they are not drafting. Only once they have dropped back 12 meters can they attempt to overtake the cyclist in front of them.

Mechanical support

During race weekend there will be mechanical support available within the transition area and also in Keswick itself. This will be chargeable to the athlete.

During the race at various locations on the bike leg, cycle support will be available should it be required. However, please be aware this could be subject to a long wait.



THE RUN - 21.1KM (13.1M)



<https://ridewithgps.com/routes/44838722>

We believe the run course has everything - breathtaking views, spectator hotspots and also areas of peace and serenity. Passing through Keswick each time, gives you the lift of seeing loved ones and soaking up the atmosphere.

Athletes will now only move between Transition at the Theatre by the Lake, and Keswick Rugby Club once during the race, which will be on leaving Transition.

On entering the Rugby Club Grounds, athletes pass what will be our U Turn to start the first lap, and a welcome Aid station before heading out towards the High Street and Cumbria Way. On the approach to Portinscale the mighty Skiddaw comes into view in all its 3053ft of glory, overlooking and protecting Keswick in equal measure.

The route then utilises the fully closed A5721, the infamous "HIGHWAY to HELL", for our famous out and back section. This High Hill section is fully closed to traffic, allowing athletes the chance to keep tabs on their competitors and also enjoy support from friends and family without worrying about traffic.

Based on athletes' feedback, the run course no longer takes you back down Cumbrian Way, you will now run on the pavement past the petrol station and the Premier Inn on your way back to Keswick. Please be aware, this part of the road is open to traffic! And this can be a busy public area, so please keep to the pavement at all times.

When turning into Bridge Terrace at Biketreks Keswick, be aware of athletes running towards you, so keep left, this path leads you back onto the Club grounds and the welcome U Turn, to start your next lap. You will be given one wristband per lap and must have the required four bands before entering the finish chute and the magical red carpet finish chute where you will all hear the words that make it all worthwhile "You Are a Lakesman".

Spectator hot spots

The finish area is where your spectators can enjoy the live music and open space of the rugby club whilst seeing their runners on their laps, or our infamous Highway to Hell where every shout of encouragement is very welcome to all taking part.

FEED STATIONS

Bike course

There are three feed stations on the bike course, at the following distances into the race:

17.7miles, 32.2 miles and 41 miles

Each Feed Station will offer the following:

- PowerBar Isotonic Sports Drink
Fruit Punch and Lemon flavour
- PowerBar Energize Bar
Berry, Cookies & Cream,
Banana Punch
- PowerBar Hydro Gels
Orange, Cola, Mojito (caffeinated)
- PowerBar Ride Bars
Chocolate Caramel + Peanut Caramel
- PowerBar Power Gel Shots
Orange + Cola (caffeinated) +
Raspberry
- Water (bottled)
- Bananas

Run course

There are two Feed Stations on the run course, these will be spread evenly apart. Each Feed Station will be passed twice per lap and offer the following:

- PowerBar Isotonic Sports Drink
Lemon flavour Sports Drink
- PowerBar Hydro Gels
- Water
- Coca-Cola
- Bananas
- Savoury Snacks

All items from these Feed Stations will be placed on tables for you to collect. Cups, gels and other litter should be thrown in the bins provided – not on the ground.

PERSONAL NEEDS

There will be a personal needs zone on the run course at High Hill, Keswick.

FINISH LINE AND ATHLETE RECOVERY

If your nearest and dearest wish to run down the finish line with you, they should wait at the allocated area on the approach to the finish chute. A member of our team will then allow them safely into the race chute at the appropriate time to be able to finish with you. Access is not permitted from any other position – this is an active race and consideration must be given to all athletes on the course.

In terms of spectators, we have created a spectator zone at Keswick Rugby Club in addition to the fantastic new viewing gallery which will be open all day, as well as entertainment and music on the run course at High Hill.

BLACK BAG COLLECTION

Your black dry kit bag will have been taken to Keswick Rugby Club, near the finish line. You can collect this post race from the team by showing your wrist band and race number. Please be aware we are not responsible for any items left in the bags, so phones, wallets, car keys etc. should not be stored here. Please be patient with the team during busy periods when trying to collect your bags.

SHOWERS AND CHANGING

Showers will be available at Keswick Rugby Club. There will be a small fee of £3 per athlete, payable in the Merchandise Tent or at Registration.

ATHLETE HOSPITALITY

Athlete hospitality will be available at Keswick Rugby Club where you can enjoy a well deserved rest with some hot food. Seating will be available on the top floor (the same place as athlete registration) if you prefer some quiet time post race. You can also eat in the bar area or outside on the ample seating.

RESULTS

Confirmed results will be published as soon as possible. If you have any queries with your results after the race, please see a member of the Lakesman event team. Live tracking during the race will be via the results base website at www.resultsbase.com/lakesman

AWARDS

If you finish in the top five of any race or are shown as age group winners 1st - 3rd we would ask that you attend the Awards Ceremony at Keswick Rugby Club on Sunday 21st June at 4.30pm for the prize presentation and to collect your prize.

Prizes will be awarded as follows:

Lakesman Half- Open Category

- Overall Winner and 2nd to 5th place
- Top 3 in each age group - note, if you are in the top 5 overall you will not qualify for an age group prize

Lakesman Half- Female Category

- Overall Winner and 2nd to 5th place
- Top 3 in each age group - note, if you are in the top 5 overall you will not qualify for an age group prize

Lakesman Half Relay

- Overall Winning Team
- Overall Female Team
- Overall Open Team
- Overall Mixed Team

Swim/Bike

- Overall Winner - Female
- Overall Winner - Open
- 2nd to 5th place - Female
- 2nd to 5th place - Open

Bike Run

- Overall Winner - Female
- Overall Winner - Open
- 2nd to 5th place - Female
- 2nd to 5th place - Open

In addition, there will be some extra spot prizes for:

- Fastest Swimmer – Open and Female Categories
- Fastest Biker – Open and Female Categories
- Fastest Runner – Open and Female Categories

PRIZES WILL NOT BE POSTED UNLESS THIS IS PAID FOR AND ARRANGED AT THE MERCH TENT ON RACE DAY.

Everyone is welcome to join us at the presentation.

SOCIAL MEDIA

There will be live news feeds and updates on both X and Facebook during the race weekend. Please 'like' and share our pages with friends and family to keep updated with latest news and photographs!



BIKE COLLECTION

We would ask you very kindly to please listen and bear with the transition staff. We would ask all athletes to remember that other athletes can be out on the course so please pay close attention around transition. We aim to provide a safe, happy and enjoyable race for everyone, and this includes getting your kit at the earliest opportunity.

Transition will re-open from 12 noon. To exit transition, you will need to show your ID wristband with the corresponding number to your bike and bags. We recommend you check you have all your items before you leave transition.

Please be courteous to staff and athletes alike. We recommend you arrange to meet family and friends away from the transition area post-race.

IF YOU DO NOT COLLECT YOUR BIKE BY 6PM ON SUNDAY 21ST JUNE, IT WILL BE REMOVED TO A LOCAL COLLECTION POINT AND A £50 CHARGE WILL BE MADE FOR RELEASE.

LOST PROPERTY

Any lost property will be kept or stored at the Keswick Rugby Club. If you find any lost property, please take it to lost property so the owner can retrieve it. Items will not be posted after the event so please check you have all your belongings before you leave.

BIOSECURITY

Please be aware that you will be asked to wash your wetsuit with the buckets and brushes provided to help stop the spread of invasive species into other lakes.

N.B You should not swim in any other water course until your suit and equipment has been checked, clean and dried.



Check your equipment and clothing for live organisms - particularly in areas that are damp or hard to inspect



Clean and wash all equipment, footwear and clothing thoroughly.

If you come across any organisms, leave them at the water body where you found them.



Dry all equipment and clothing - some species can live for many days in moist conditions.

Make sure you don't transfer water elsewhere.



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Day Pass / Round Trip

Use for a 50 minute trip around the lake, or use as a day ticket – hop on and off as much as you like until you return to your point of departure.

Ticket	Price
Family (2 + 3)	£41.50
Adults (16+ years)	£16.00
Children (5-15 years)	£9.00
Children (Under 5s)	Free (max 3 per adult)

Single Fares

Single fares are available for journeys part way round the lake.

Distance	Adults 16+ years	Children 5 - 15 years
1 stage	£3.75	£1.90
2 stages	£6.95	£3.50
3 stages	£9.95	£5.00
4 stages	£12.50	£6.25
5 stages	£13.95	£6.95
Round trip	£16.00	£9.00
Children (Under 5s)	Free (max 3 per adult)	

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LAKESMAN SWIM / BIKE

ATHLETE INFORMATION

Your athlete information is the same as all athletes - all times, rules, regulations and advice is the same as the Lakesman Half event.

Transition

You will have a designated area in transition for swim/bike athletes, and this will be clearly marked, but please ask one of the marshals if you are unclear. Each rail of bike racking will be numbered - please ensure your bike is racked in the correct place when you return it otherwise you will receive a penalty.

Swim

You should start your swim in the main waves - there is NOT a separate wave for Swim/Bike athletes.

There will be three waves:

- 06:00 Deep water mass start - for those who expect to swim sub-33 minutes
- 06:12 Deep water mass start - for those who expect to swim between 33 and 40 mins
- 06:24 Deep water mass start and walk in from shore - for those who prefer this option or who expect to swim over 50 mins

Bike

The bike course is the same route as the Lakesman Half so please read the bike pages in this guide.

Finish

Your finish line will be in your designated transition area. When you arrive back at transition from the bike course, you will cross the finish line, which will be clearly marked with an inflatable arch. You will then receive your finish medal and t-shirt.

Photographs

You will have your photo taken crossing the finish line on the bike, and then if you wish to come across to the rugby club and the Lakesman half finish area, you can run down the red carpet with family or friends and get a second finisher photo.

Athlete Hospitality

Athlete hospitality will be available at Keswick Rugby Club where you can enjoy a well deserved rest with some hot food. Seating will be available on the top floor (the same place as athlete registration) if you prefer some quiet time post race. You can also eat in the bar area or outside on the ample seating.

Once 300 athletes have entered the water for a particular wave, no further entry will be permitted until the next wave begins.

LAKESMAN BIKE / RUN

ATHLETE INFORMATION

Your athlete information is the same as all athletes - rules, regulations and advice is the same as the Lakesman Half event.

Race Start

Your race will start at approx. 07:00am, setting off in waves across a timing mat. Please be mindful when entering transition that it's a live race area with bikes leaving and swimmers coming in.

You will have a designated area in transition for bike/run athletes and this will be clearly marked but please ask one of the volunteers if you are unclear. Each rail of bike racking will be numbered - please ensure your bike is racked in the correct place when you return it otherwise you will receive a penalty.

Bike and Run

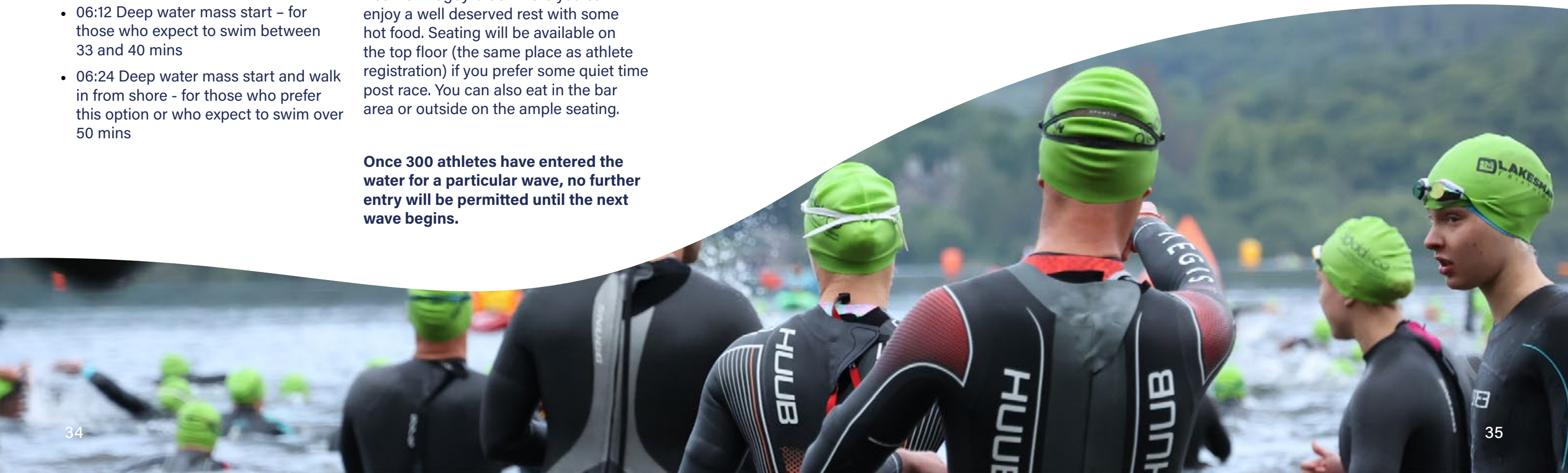
The bike and run courses are the same route as the Lakesman Half so please read the bike and run pages in this guide.

Finish

Your finish area will be at the rugby club where you will be able to cross the line with friends or family.

Athlete Hospitality

Athlete hospitality will be available at Keswick Rugby Club where you can enjoy a well deserved rest with some hot food. Seating will be available on the top floor (the same place as athlete registration) if you prefer some quiet time post race. You can also eat in the bar area or outside on the ample seating.



LAKESMAN HALF RELAY

TEAM INFORMATION

Your athlete information is the same as all athletes - all times, rules, regulations and advice is the same as individual athletes.

Transition

You will have a designated area in transition for relay athletes, and this will be clearly marked, but please ask one of the marshals if you are unclear. Each rail of bike racking will be numbered - please ensure your bike is racked in the correct place when you return it otherwise you will receive a penalty.

Timing Tag & Athlete Changeover

All team members will be issued with an AXIF tag at registration. These should be worn on your left ankle and can be disposed of after the race is over. Athlete changeover will be beside your cyclists bike in transition. It is your responsibility to ensure you are in transition in plenty of time. Racking will be numbered so you can identify your changeover location

Swim

You should start your swim in the main waves – there is NOT a separate wave for Swim/Bike athletes.

There will be three waves:

- 06:00 Deep water mass start – for those who expect to swim sub-33 minutes
- 06:12 Deep water mass start – for those who expect to swim between 33 and 40 mins
- 06:24 Deep water mass start and walk in from shore - for those who prefer this option or who expect to swim over 50 mins

After the swim you should follow the route to transition and head to the relay area where your cyclist will be waiting.

Bike

The relay cyclist should be waiting beside their bike with their helmet fastened. The cyclist can only depart transition and head out onto the course when their swimmer is at the racking location.

The bike and run courses are the same route as the Lakesman Half so please read the bike and run pages in this guide.

Run

When the bike element is complete, the runner should be waiting at the area where the bike will be racked. The runner can head out onto the run course, only when the bike is returned to its racking location.

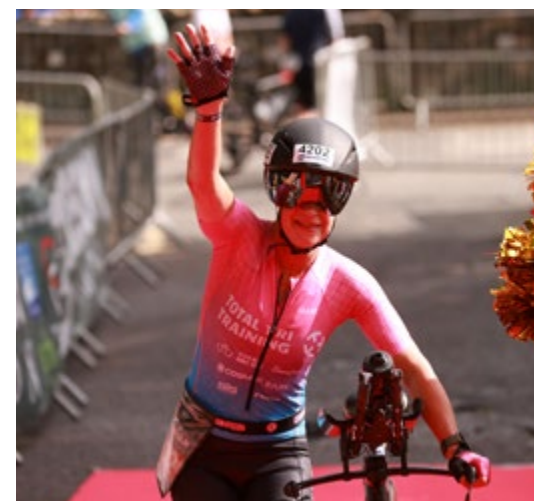
Finish

The relay finish area will be at the Rugby Club and the swimmer and cyclist should wait in the holding area at the start of the finish chute so you can all run down the red carpet together for your finisher photo.

Athlete Hospitality

Athlete hospitality will be available at Keswick Rugby Club where you can enjoy a well deserved rest with some hot food. Seating will be available on the top floor (the same place as athlete registration) if you prefer some quiet time post race. You can also eat in the bar area or outside on the ample seating.

Once 300 athletes have entered the water for a particular wave, no further entry will be permitted until the next wave begins.





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