



THE ROC

WINDERMERE | SCAFELL PIKE | CUMBRIA
FACE UP TO THE MOUNTAIN

ENGLAND



RACE MANUAL

THE ROC ENGLAND: SATURDAY 6TH SEPTEMBER 2025





FACE UP TO THE MOUNTAIN

**THE ROC ENGLAND IS A UNIQUE RACE,
WITH THE ASCENT AND DESCENT OF
SCAFELL PIKE'S 3,209FT PEAK AT ITS
HEART.**

Welcome to THE ROC ENGLAND 2025. This is the 5th year of the race and it remains as tough and rewarding as ever. THE ROC community is thriving with genuinely great individuals and likeminded athletes who want to push themselves to achieve great things!

Starting with a 1.5km swim in the captivating waters of Windermere, the race heads off on a 46.5km bike route full of dramatic, exhilarating sections and plenty of hills before reaching T2 at Stool End Farm at the foot of the Langdale Pikes.

The race then heads off on foot via Mickleden up England's

highest and most prominent mountain with over 3,000 feet of formidable ascent to the summit of Scafell Pike and a 17.5km total round route up and down. The race returns on bike back to Lakeside ending with a 1km trail run to the finish line by Windermere.

Please read the following information carefully in preparation for your race on Saturday 6th September. If you have any questions then please email us at info@theroc.com and we will get back to you as soon as we can.

#FACEUPTOTHEMOUNTAIN



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ROC SAFETY

With a lake swim, 93km on the road and the highest mountain in England at the heart of THE ROC, reading this Event Manual needs to be at the heart of your race preparations!

COMPETITOR SAFETY BRIEFING

This will be made available to you 3 days in advance of the event in video format. You must watch the video in full.

Any additional important race information will be provided to you by text message and will also be on display at Race Control, as well as announced over the event PA on the day.

A thorough Q&A page is available to minimise the need for questions on the day. This can be found at www.theroc.com/faq/

COLLECTION OF RACE ASSETS

You will need to pick up all your race assets from Race Control in the Stoller Campus at the YMCA Lakeside (South Camp). Collection time is 5pm - 9pm on Friday 6th September.

It is important you register on the evening before your event. If this just isn't possible then email us to advise of this any time up until 5 days before the race. We will arrange with you a specific time slot to attend an emergency registration on the morning of the race between 6am and 7am

You must bring with you either a print-out or copy on your phone of your race confirmation or either a passport or driving license with photo ID or the credit card you paid for your entry with. You must collect your race assets yourself unless agreed with us in advance.

Race Control is in the main Stoller Campus building, at the South Camp entrance of YMCA Lakeside.

TRANSITION (T1 & T4) IS ALSO BY THE STOLLER CAMPUS

06:00 – 07:15 = Transition open

07:30 Race Starts



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RACE ASSETS INCLUDE

1. TIMING TAG & NEOPRENE STRAP

This must be attached to your left ankle before entering the transition area for the first time and not taken off again until you cross the finish line at which point you must put them into the red bucket (a marshal will be there to remind you! Do not lose it as we get charged £50 by our timing partner and this cost will then regrettably be passed on to you.

2. HELMET STICKERS

Before the race, stick your race number to the front and both sides of your helmet

3. BIKE STICKER

Before the race fix securely to your bike the seat post flag sticker

4. RACE NUMBER TATTOOS

You will receive 2 race number tattoos which are to be applied onto your right arm and right leg before the race.

5. RACE NUMBER BIBS

This is best attached to a race belt, allowing you the option to switch race clothing depending on conditions & is easy to swap from displaying on your back to your front.

RACE NUMBER POSITIONS

The race number must be displayed on your back during the bike phase and on your front during the run.

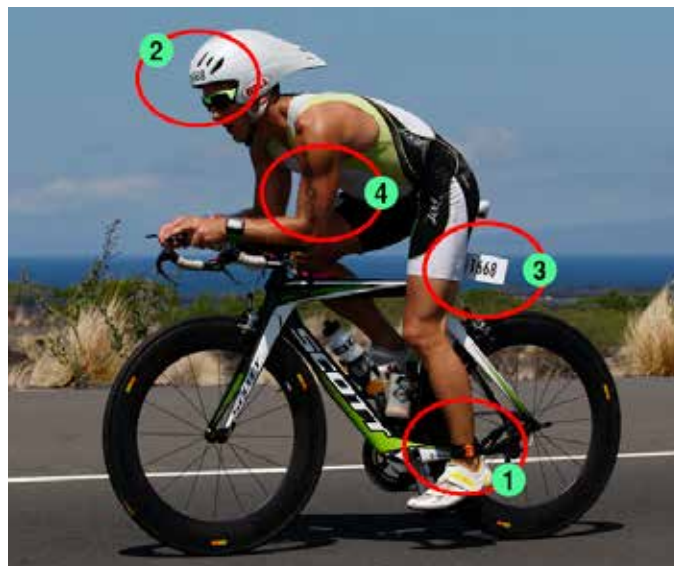


6. SWIM CAP

This must be worn during the swim and is essential for the water safety team to easily see each competitor.

7. MAP OF THE ROUTE UP SCAFELL PIKE

This is given to you at registration and must be kept with you at all times while you are on the mountain leg of the race. It is A5 size (folded twice) and includes the latest Ordnance Survey map of Scafell Pike and route from Stool End Farm & includes the mountain medics positions. A waterproof carrier for the map would make good sense if there is rain on the day.



8. MOUNTAIN KIT BAG (T2/T3)

During registration you are given a drawstring bag which you must stick your race number to and put your Mountain Kit in ready for the Scafell Pike leg of the race. Your mountain kit should be in a Trail Running bag or lightweight rucksack and include the following items:

Full waterproof body cover with hooded jacket and trousers (we recommend with taped seams)
Hat/buff & gloves
Water bottle / carrier
High Energy Snacks
Foil Blanket
High Factor Sun Cream
Whistle

Outside your Mountain Kit Bag (but in the drawstring bag):
Appropriate running/trail shoes

Your drawstring bag will then be either secured overnight or you can hand it in on race morning to Race Control before 7am, which is then taken to T2 at Stool End Farm, Langdale where it will be ready for you after the first bike leg of the race, once you have racked your bike & removed your helmet.

The drawstring bag will be hung up on the appropriate numbered peg inside the changing marquee right next to T2. This will allow you to change undercover but does not provide total privacy!

Once you have collected your bag, removed your items and are ready to set off, hang your bag back onto your numbered peg so it is ready for when you return.

When returning collect your bag again from your race numbered peg, put your Mountain Kit Bag in and any other items you don't want to take on the bike. Then hand your bag to one of the bag collectors in the marquee. It will be taken back to Lakeside for you to collect.

RETURN OF DRAWSTRING BAGS TO THE FINISH

Bags that have been left by ROC athletes who have completed the mountain leg will be returned to Race Control to arrive at approx 4pm for immediate collection.

MOBILE PHONE

You must carry a fully charged mobile phone throughout the bike & run legs of the race. On your phone you must also have this number (01758 714002) stored and easy to find.

STORAGE IN TRANSITION

We will allow a box or bag to be left in T1 up to a maximum of 40 litres. Keep your area tidy and do not allow any of your items to obstruct or impede other competitors. Valuables are left in transition at your own risk.

INSURANCE

If you are not a member of the British Triathlon Federation (BTF) or other national triathlon federation then you must purchase online a British Triathlon Federation 'Race Pass' for £8 in advance of arriving at Race Control for registration. This will provide you with essential 3rd party insurance cover for you while participating in the event.

**RACE SAFETY TEAM
EMERGENCY NUMBER
01758 714002**



RACE RULES

We advise you to familiarise yourself with the BTF rules & regulations, otherwise you may be penalized for breaking a rule.

For further information visit the BTF website:

www.britishtriathlon.org/competitionrules

or call them on 01509 226 161

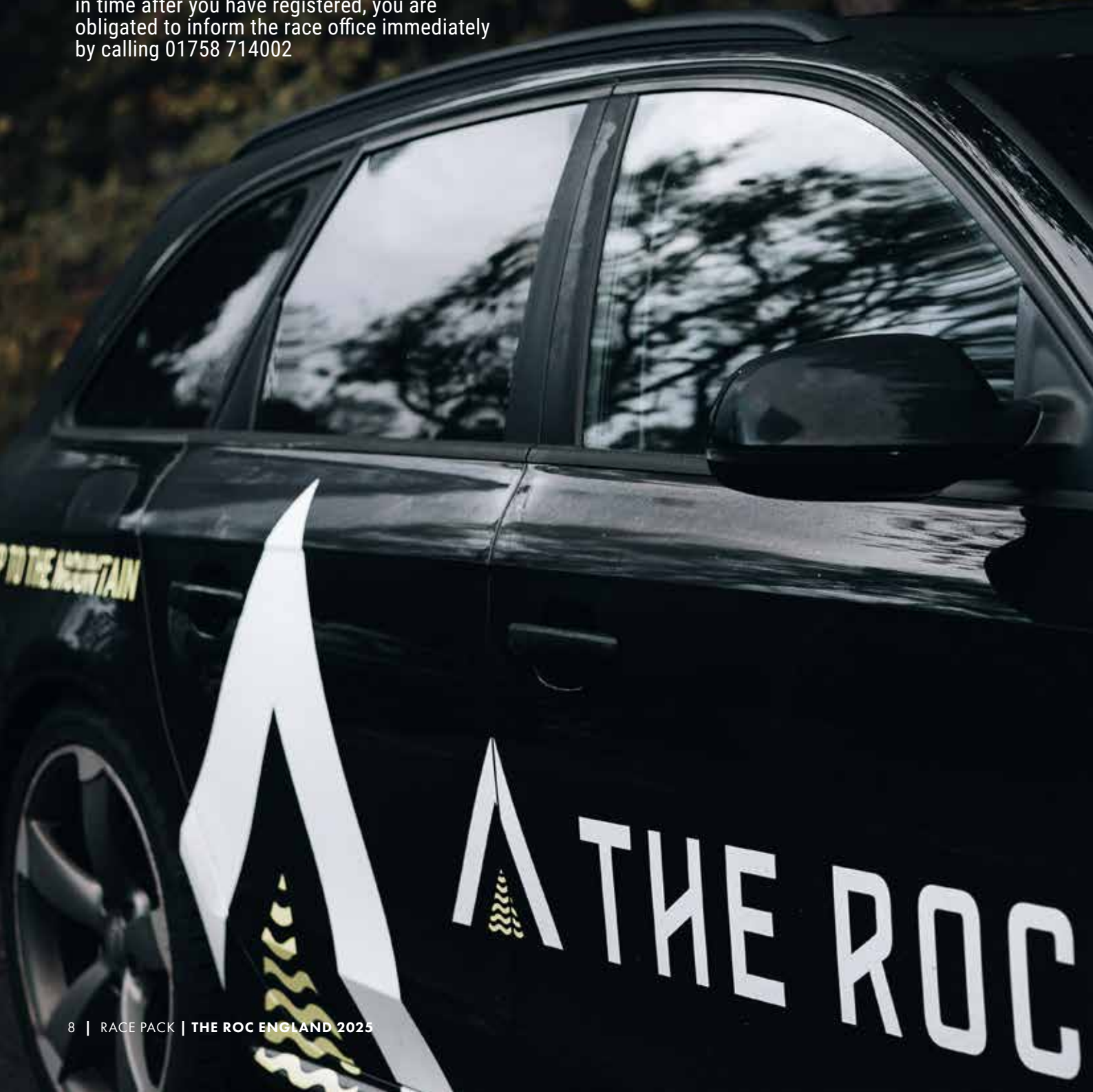
If you withdraw from the race at any point in time after you have registered, you are obligated to inform the race office immediately by calling 01758 714002

Full wetsuits are mandatory if the lake temperature is below 15.9 degrees (which it will be!).

The race number should not be worn during the swim, and must be stored visibly in T1 to collect after your swim.

Race numbers must be visible from the back during the bike segment & from the front during the run.

Bikes must be in compliance with BTF and ITU competition rules.



The bike course is open to ordinary traffic.
Road traffic regulations must be strictly observed.

You must give priority to any runners descending back down the mountain and wherever possible keep over to the right-hand side. In particular the steep narrow sections near to the summit, participants ascending must move over to cause the least obstruction possible to participants descending.

CUT-OFF TIME

There is a 12:00pm (Noon) cut-off for any athletes who do not reach the 6KM ESK HAUSE CHECKPOINT up Scafell Pike by this time. If you do not reach this checkpoint by 12 noon then you will not be allowed to continue up the toughest section of the path to the summit. You will need to turnaround and finish the course from there.

POSSIBLE CHANGES OF THE COURSE

Severe weather or a low water temperature may necessitate changes in the race. If the water temperature is cold, if visibility is low due to fog or rain, or in case of heavy chop, strong winds or other dangerous conditions on the day, the swim course could be moved, set up as a circuit swim or removed altogether.

If for some reason we are unable to safely organise the swim, we have plans in place for organising the race as a duathlon, replacing the swim with a 2km run.

The race is run to British Triathlon Federation Rules.

At the following sea temperatures, the maximum swim distances will be used:

13°C. 1,000m
12°C. 600m
11°C. 300m

Below 11°C Swim is cancelled & a 3k trail run takes its place

Severe weather or even lying snow on Scafell Pike can make the top of the mountain impossible to reach. If the conditions are deemed too severe, the summit checkpoint will be moved further down route to the highest suitable position that ensures competitors and the event crew remain safe.

MEDICS & ML MARSHALS

We have medics and Mountain Leader Marshals positioned at various locations along the course with a couple of mobile units too. Your mobile phone will allow you to contact us if needed so we can deploy a medic to your position. Keep your phone protected and accessible with the emergency number saved (01758 714002).

Some sections of the mountain do not have a phone signal so you should familiarise the positions of the medic and ML marshal points on the mountain so you can assess how far you are away for you or a fellow competitor to get to the nearest medic.

Whistles to be used in an emergency when communication to race control via mobile or to the medics & ML marshals via another person isn't possible.

A map of the route up Scafell Pike and the medic/marshal positions will be provided to you at registration which must be carried with you at all times while on the mountain section of the race.



GENERAL INFORMATION

CAR PARKING

There is plenty of parking at YMCA Lakeside. **When registering on Friday evening, use the South Camp entrance or the main event car park just before the South Camp entrance coming from Newby Bridge. On race day, only use the the main car park. The entrance will be signposted!** Once parked it is a short 5 minute walk to Stoller Campus and the start.

DIRECTIONS: The southern Lake District is conveniently linked to the M6 motorway. To find Lakeside, leave the M6 at Junction 36 and follow the A590 which is sign-posted Barrow-in- Furness.

Approximately 18 miles after leaving the motorway you will reach the Newby Bridge roundabout. Continue through the roundabout on the A590 and turn first right over a bridge and past the Swan Hotel. YMCA Lakeside is sign-posted three and a half miles along this road on the right. You will be directed into the car park through the entrance before the South Camp entrance.

TOILETS & SHOWERS

These are available In Stoller Campus and near to the start/finish line there are toilets & hand wash/ sanitiser facilities.

At T2 (Stool End Farm) there are toilets available also with hand sanitisers.

FOOD & DRINK – DURING THE RACE

You are expected to plan to keep enough food and drink with you during the various stages of the race to keep you self-sufficient to the finish.

There will be a water & banana point at 25km on the **return** bike route in Torver.

There will be water as well as various food snacks at T2/T3.

There will be **emergency water** at the 6km Check Point at the Esk Hause Shelter and the Summit Check Points.

There will also be water, banana's and oat bar at the finish.

Items that we provide to eat will be laid out individually by marshals. Surfaces will be thoroughly cleaned before items are laid out.

FOOD & DRINK – BEFORE & AFTER THE RACE

There will be a food outlet by the start and finish selling hot & cold drinks as well as hot & cold food on Friday evening and all day Saturday as well as a bar for those post race celebrations!

LITTER ETIQUATE

Do Not at any point in the race discard your water bottles, food wrappers or such like. Keep them with you & dispose of in a bin or take them home.

TIMING & LIVE TRACKING

The timing points below will be provided in the results for your race. There will be additional live tracking points for anyone wishing to follow you on your race. The link for this is <https://rtrt.me/ulink/TDLA/TDL-ROCENG-2025> or just go to THE ROC England page on our website for the link.

SWIM

T1

BIKE (WINDERMERE – STOOL END FARM)

T2

SCAFELL PIKE 6km CHECKPOINT

SCAFELL PIKE ASCENT

SCAFELL PIKE SUMMIT

SCAFELL PIKE DESCENT

T3

BIKE (STOOL END FARM – WINDERMERE)

T4

1km RUN

FINISH

FINISH TIMES

Your race times will be sent by SMS text message shortly after the race has finished and will also be posted online on the day of the race.

LOST PROPERTY

Please hand any items found to the Race Control in Stoller Campus. We will hold on to any items of lost property for 1 month after the race. Please contact the organisers office on 01758 710011 after the race to register any lost items & hopefully we can return them to you.



CIOVITA

RELAY TEAM

Only one person from the team is required to collect the Race Pack.

The Scafell Pike team member must be at Stool End Farm before 9am and advise the race director in advance of their car registration.

Parking must be made in a safe place near the transition area and strictly no vehicle movement allowed during the race unless the head marshal advises that it is ok to do so.

You can collect your mountain bag before leaving from the bag collection team in the transition marquee by showing your wristband.

Each team member will be given a wristband, which must be worn at all times to allow access to transition (if you aren't wearing the timing chip).

SWIMMER

The swimmer must wear the timing chip round their left ankle. When they exit the Lake they run into transition where they pass their timing tag on to the cyclist in their team.

CYCLIST OUT

The cyclist waits at their bike, which must be racked with their helmet on the bike until they have been tagged by their team mate and taken their timing chip & placed round their left ankle. The cyclist must wear the race number to be clearly seen on their back (belt recommended).

When arriving at T2 Triathletes must only remove their helmet once their bike is racked but before they tag their team mate. They then hand over their timing tag and race number to their team mate who wears it facing forwards.

SCAFELL PIKE RUNNER

Once they have the timing tag and race number on they can then head into the marquee, collect their bag off their numbered peg and prepare for their run. When ready they return their bag to the appropriate peg and set off for the Scafell Pike section.

When they return from the mountain, they need to collect their transition bag, place their



mountain kit in the bag, hang it back onto the appropriately numbered peg and head out to their team member stood by their bike. Hand over their timing tag and race number.

CYCLIST BACK

Once the cyclist has their timing tag and race number on they can then put their helmet on and collect their bike off the rack and head out of transition to set-off back to Windermere. When the cyclist has returned to YMCA Lakeside and enters T4, they return to their rack position in transition, re-rack their bike THEN remove their timing chip and race bib number and hand them to the runner.

TRAIL RUNNER

They must wait by their racking location until the bike is racked and their team member has placed their helmet on the bike. They can then exchange the timing chip and attached to their ankle and along with the race number facing forward and then head off out of the transition onto the run.



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50 years of progressive biophilic design.
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THE RACE IN DETAIL

STARTS PROMPT AT 7:30am

T1 TRANSITION (LAKESIDE)

PLEASE NOTE: We will allow a box or bag to be left in T1 up to a maximum of 40 litres. Keep your area tidy and do not allow any of your items to obstruct or impede other competitors. Valuables are left in transition at your own risk.

Transition: Rack your bike in the section appropriate to your race number. Place your bike, helmet and equipment at your numbered position on your rack.

NB. Your approved cycle helmet must be attached to your bike when you rack it.

Rules of Transition: Transition is a high security area. Access will only be given from 6:30am to triathletes wearing their timing chip or their race number. Or if in a relay team, they are wearing their wristband.

When removing bikes after the race you will need to show your race bib and that it matches the number on your bike. As extra proof we may check your race tattoo as well. No bikes can be removed without this so please ensure you keep both your race bib & bike sticker until you have left.



**Transition Opens: 6:00am
and closes at 6:00pm**

THE START

Starting line: All athletes must be ready to access the start line at 7:55am

Elite athletes are to enter the start line area 2 minutes before the race start and all others to enter 1 minute prior to the race start.

If you are not a confident swimmer then please hold back and position yourself near the back of the pack.

At the start make sure you have the timing tag on your left ankle, your swim cap, goggles and wetsuit. Lake temperature will be confirmed on the morning of the race at 6am.

LAKE SWIM 1.5km

SWIM ENTRY

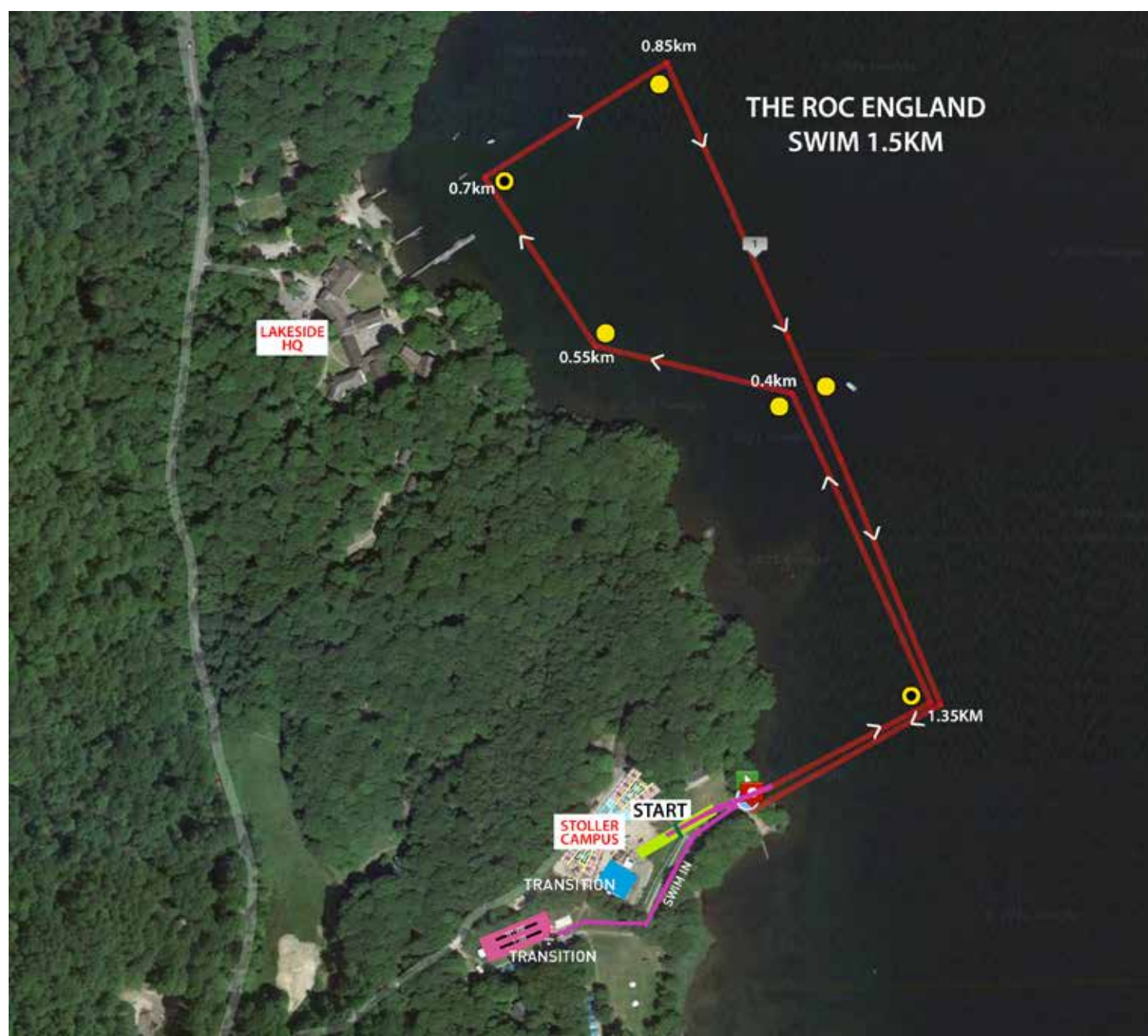
The route is marked by 2 flags when entering the water and then 6 clear buoys. Get yourself familiar with the course to help with your mental preparations before the race. Kayakers/SUP's & the safety boats will be on hand to guide you as well.

Please be careful when entering the water as there isn't any matting to protect your feet.

There will be a lead kayak to direct around the swim course.

SWIM EXIT

The swim exit is at the main slipway marked by 2 flags. There will be marshals to help you if needed.



IMPORTANT: Although the lake is generally sheltered from prevailing winds, if there is a moderate+ Southerly or Northerly wind then it can create wavelets. Water conditions will be assessed before the start BUT only you can make the decision on whether you are confident enough & have the ability to cope with the conditions.

On extreme conditions the race may be changed to a duathlon (removing the swim) or even postponed to a later date. Entries will then roll over to the new date or you can change to other dates for THE ROC.

SWIM SAFETY

For many the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required.

If you do get into difficulty and require help then lie on your back and raise your arm in the air, a kayak or SUP will come to you and if necessary, arrange one of the safety boats to take you back to the shore.

SWIM STROKES

Most triathletes use front crawl or breaststroke. We strongly advise against using backstroke, which can be confused with someone attracting attention when in difficulty.

BIKE OUT

46.5km Windermere to Great Langdale

DUE TO DISTANCE SEE MAP ONLINE <https://www.mapmyrun.com/routes/view/3793107634>

Important points to note in transition:

1. No cycling is allowed in the Transition area at any time. There will be a clearly marked mount & dismount line near to both T1 and T2 transition compounds with a flag marshal present.
2. You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is back on the rack after finishing the bike stage. You will be given a 2 minute time penalty if you do not comply with this rule, added at the end of the race.
3. No headphones may be worn during any phase of the race and will result in either a penalty or a disqualification.
4. Nudity is not permitted within either Transition areas.

Make sure you know the route. Although the route will be sign-posted it is your responsibility to be able to navigate the course successfully and safely.

The roads are rolling with a couple of steep climbs and descents. Please show caution where necessary, especially on some of the road junctions and narrow sections of the road where cars may wait to let each other pass.



Also please take extra care if we do get rain on the day. The roads will become slippery so extra caution will be needed.

TURNING SIGNS

We will have traffic marshals on the route at all junctions but not at roundabouts. Green signs will help direct you but you must always abide by the highway code for the duration of the bike course.



Do not turn unless you see a green race sign or a marshal directing you.

There will be no traffic management at the Grennodd roundabout off the A590. Please approach with caution.

There will be one drink station on the bike 'RETURN' course at 25km in Torver, but you should prepare drinks ready on your bike before the race starts & refuel at T2/T3 for your return leg.

Always be aware of other competitors overtaking you.

T2 TRANSITION (STOOL END FARM) Great Langdale

You will be guided off the road by a traffic marshal. The lane to the farm is 1km long with very clear visibility, however we don't have a road closure on it to guarantee it will be clear of any vehicles so take care.

IMPORTANT:

There are 2 cattle grids along the lane into T2 that you must be prepared for. Ride over them square on with plenty of caution.

Dismount before the dismount line and head through the "Bike In" gates. Use the map on the next page to understand in advance where your bike position will be. Once your bike is on the rack then you can remove your helmet.



Head into the marquee where your drawstring bag will be hung up on the appropriate numbered peg.

Once you have collected your bag, removed your items and get ready to set off. Hang your bag back onto your peg so it is ready for when you return.

When returning collect your bag again from your race numbered peg and put your Mountain Kit Bag in and any other items you don't want to take on the bike. **Then give it to an event official who will be ready to take it from you!**

T2 PROVISIONS

There will be a water refill facility and plenty of water and **Kinetica** Fuelling Gels. Other items to help refuel like bananas and **Kinetica** nutrition bars will be available.

There will be toilets inside the transition area for your use.

PLEASE NOTE. There is limited mobile phone signal at T2 and for approximately the first 3 kilometres of the route up Scafell Pike.

T2 MEDIC

There will be medics based at T2. If you have any issues that you are concerned about then make sure you speak to the Medic before heading up the mountain. A few extra minutes here could save you an hour or more up the mountain!

Set off out through the "Run Out" gates and the marshal's will direct you to the path that takes you through the farm and out onto the right track.

There is no option for non-official vehicles or people to have access to T2. Any race support, friends or family must park in the car park at Old Dungeon Ghyll. Once parked head 2km along The Cumbria Way to where the ROC athletes will join the path and provide your support from there onwards.

SCAFELL PIKE

8.75km to SNOWDON'S SUMMIT & 8.75km back again

THE ROUTE

The Route from Stool End Farm in Langdale to the Summit of Scafell Pike is a fantastic route with a full mix of terrain. Some easy some tough, especially the last ascent before reaching the summit cairn.

The path up Scafell Pike has plenty of area for easy overtaking for the whole of the first 2.5km to Stake Gill and the first steep ascent. From there you will still have plenty of sections where you can pass people while keeping good distance. It tends to only be the slow steep sections where the path is narrow and clear communication will be required with other mountain users to create a safe pass.





You must at all times give priority to runners descending back down the mountain and wherever possible keep over to the right-hand side. In particular the steep narrow section near to the summit, participants ascending must move over to cause the least obstruction possible to participants descending.

All participants should take extra care and attention while on the mountain path to ensure the safest possible environment for both those taking part and members of the public.

IMPORTANT. STAY HYDRATED, STAY FUELLED.

It is so easy to forget to take on fluids or consume food when your mind is focused on getting to the summit as quickly as possible. You don't however want to become dehydrated when you hit the more technical sections and you'll certainly want to stay ahead of the game when you run down at speed & need to concentrate on your footing.

Take some time to drink and eat, it will help you stay focused and alert.

There are plenty of nicely laid steps for the early part of the route but it becomes much more rugged as you get nearer the summit, and the rocks on some sections of the path need particular care and concentration to navigate safely.

6KM CHECKPOINT at ESK HAUSE SHELTER

12:00 noon cut off.

As detailed in the race rules, there is a 6km checkpoint at the ESK HAUSE SHELTER which also acts as the summit cut-off for anyone that doesn't reach it by 12:00pm. If you arrive after 12:00pm you will be asked to turnaround and head back on your return leg from there.

Please be assured this is no mean feat to reach 6km up England's highest mountain and to then complete the return leg. It will still be a fantastic achievement.

Please be courteous and give respect to the checkpoint official who has to ask you to turn around and do not insist on carrying on to the summit as this rule has been put in place for safety reasons and we will regrettably have to disqualify you from the race.

There is an emergency supply of water at the Check Point. This is for **emergency only** though as you are expected to carry your own provisions to ensure you are fuelled correctly to the summit & back.

There will also be a race medic at this checkpoint on hand to provide assistance and advice if needed.

Mountain trained marshals will be on hand at some key positions including the areas of Ill Crag and Broad End to ensure you stay on track.

In poor visibility glow sticks will be used by marshals and on route signs.

SCAFELL PIKE SUMMIT **978m above sea level**

Once you have had your number checked in, the medic is happy with your condition and you're ahead of the 12:30pm cut-off time you can continue on to the summit.

As you get nearer to the summit the path gets very rugged at times. You will feel like you are on the descent at 8.4km but it's brief before taking you up the steepest section of the mountain to the summit. As you climb steeply the terrain includes loose rock and scree, so watch where you place your feet and choose the route you take carefully.

As you reach the summit you will see the large summit cairn. The summit checkpoint is just before it which you need to run round, triggering the tracker timing point.

At the summit we will again have emergency water, which is limited and only to be used if absolutely necessary.

THE RETURN DOWN SCAFELL PIKE

This is where we need to remind you. All participants should take extra care and attention while on the return path down to ensure the safest possible environment for both those taking part and members of the public.

Those heading up are advised to stay right and give priority to those heading down. However, they might not and you need to be ready for this. Don't put yourself & others at unnecessary risk, there will be plenty of sections where you can get your speed up, but always be ready for the unexpected from other participants or the general public.

You will keep to the same path for both the descent and when near the bottom, keep an eye out for the Green ROC arrows to guide you right off the flat path section at the bottom to head down to the bridge that crosses the river and heads back to Stool End Farm and Transition (T3).



Once back at Transition collect your Race Bag and get yourself ready for the return bike leg. Put everything you don't need and want returning to you back at Lakeside into the bag and hand your bag to an event official who will be ready to take it from you.

Remember to consider using the Race Medics if you have any concerns over your health & fitness. This is the time to get checked out. It might also make good sense to get some more sun cream on and don't forget to make sure you have refilled all your bottles with fluids.

BIKE BACK **45.5km Langdale to Lakeside**

Please refer to the previous notes on the outward bike leg.

To go direct to the return route shown on Map My Run go to: <https://www.mapmyrun.com/routes/view/3837433768>

Stay hydrated and try to maintain your food intake, you will need to be taking this even more seriously now. Know your own limits and listen to

your body. If you're not able to stay focused then take a break.

There is a water refill station 20km back along the return leg at Torver with Banana's available too.

If you find yourself unable to continue at any point then please call the emergency number 01758 714002 and we will make appropriate arrangements for you.

FINAL TRANSITION **YMCA Lakeside**

Please be careful as you come down the hill to the Stoller Campus building. Don't take any unnecessary risks when you're so close to the finish. The road is narrow and you will need to be ready for the dismount line.

Get off your bike just before the dismount line and head in for your final transition.



RUN TO THE FINISH

1km THROUGH THE WOODS

Trainers are compulsory for the final 1km run.

Make sure you enjoy this bit, but also be cautious of your fatigue. Follow the green arrows and keep a look out for any small rocks or tree roots in the ground, dig deep and enjoy crossing the finish line in front of Windermere Lake.

Put your timing tag into the red tag bucket and leave the finish area.

Keep your race bib to ensure there are no issues entering transition to collect your bike and belongings. This must be shown again

on your way out proving it matches your bike flag sticker.

SUPPORTING OTHERS

Please try and support those athletes who come in after you. We expect the lead triathlete to come in around 1:00pm while other finishers continue to come through right up till 6pm. Let's make their finish a memorable one.

#theroctri #faceuptothemountain
#commeraderie #conquer #roccommunity



THE ROC

FACE UP TO THE MOUNTAIN

WWW.THEROC.COM

9th MAY 2026
SNOWDON
ABERSOCH | WALES

5th SEPT 2026
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