



**SWIM
BIKE
RUN**



Ellerton Triathlon 2025

Athlete Guide

Saturday 14th June 2025

Registration:

Ellerton Lakeside Cafe, Sled Lane,
Scorton, Richmond, DL10 6AP

Friday 13th June: 6pm-9pm

Saturday 14th June: 7:00am - 8:25am

Race Start Times:

Saturday 14th June

9:00am - SPRINT Distance Start

9:08am - STANDARD Distance Start

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Welcome

Welcome to the 2025 edition of the Ellerton Triathlon by Redcar Triathlon Club. This is our 4th time running this event and we are hoping for another successful year!

Whether you raced with us before, or this is your first time at Ellerton triathlon, I can't wait to see you all on race day.

We are very lucky to be able to host this triathlon at Ellerton Lake and the surrounding area. Often touted as the cleanest Lake in the North, Ellerton Lake is a freshwater, spring fed 60 acre lake and is the perfect setting for a triathlon.

Inclusivity is one of our core values as a club and we ensure we portray this at our events too. We encourage people from all backgrounds and abilities to come and give it a go and we don't have cut off times, making sure as many people as possible cross that finish line. To add to this, we have also included options for a female only swim start as well as including some other provisions for our female athletes. Our Male:Female ratio is typically weighted heavily towards Male athletes, so we are doing what we can to attract even more people to the sport.

I want to thank each and every one of you for entering into our triathlon. By doing so, you are helping to support our club and others as well as to keep local triathlons going and to keep promoting swim, bike and run!

Shaun Brereton, Race Director.

Special thanks to our club Sponsor - Specsavers



Specsavers Redcar are currently
the main sponsor of Redcar
Triathlon Club!

<https://www.specsavers.co.uk/stores/redcar>

Event Overview

With around 250 athletes expected, Ellerton Triathlon 2025 is set to be another fantastic event! A swim in the beautiful Ellerton Lake, a bike ride around the surrounding area on rural roads followed by an off-road run around the lake and beyond.

Once again, we are offering Sprint and Standard distances as well as Relays and Aqua-Bikes in both distances.

Start time is 09.00 for the SPRINT (Female wave is 09:02) and 9:08 for the STANDARD (Female wave is 09:10) and the distances are:

Standard: 1500m swim in Ellerton Lake, followed by a 40km bike ride - 2 laps on rural roads open to traffic and finished with a 10km off-road run around the lake and surrounding area.

Sprint: 750m swim in Ellerton Lake, followed by a 20km bike ride - 1 lap on rural roads open to traffic and finished with a 5km off-road run around the lake and surrounding area.

Please use this guide to answer any questions you may have. If you do have any other queries, please email redcarclub@outlook.com.

Special thanks to our event sponsor - Feetus



Feetus is a local company offering specialist running gear for road, trail and ultra runners, specialising in toe socks.

Use Code ELLERTON25 for a 10% discount.

<https://www.feetus.co.uk/>

Pre-Event

Race day is stressful enough, don't add to that by not planning out your journey here. We have around 250 athletes, plus spectators, plus marshals, so the area can get quite busy. Please make sure you leave enough time to get here, parked, registered and set up in transition!

Race Pass

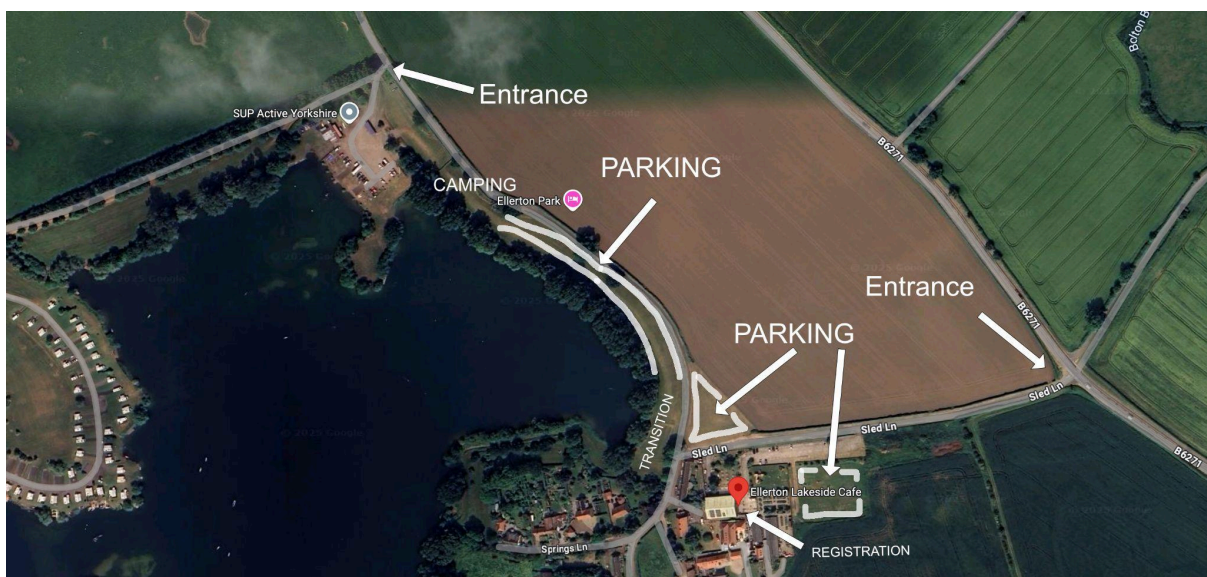
If you are not a British Triathlon Core or Ultimate member, you will need to purchase a race pass BEFORE THE EVENT. You should have been given the option to purchase one when you registered, but if not, you need to do this before the day or you will not be able to race.

If you are a member, please have your race pass ready at registration. Mobile signal is sketchy in the area, so it is a good idea to take a screenshot of this before the event.

Parking

Parking is available, and this year we also have access to the Ellerton Cafe overflow parking. However, where possible, please car share! Especially if you are bringing along spectators.

Upon arriving, you will be guided by our marshals onto the field for parking. There will be signage and people to help in the morning.



Camping

Camping is available at the event. Please see the Camping section for more information.

Race Day Checklist

Please note this is a general checklist, everyone is different, so use this as a guide only.

Registration:

- ☐ ID
- ☐ Valid BTF Membership or Race Pass
- ☐ Race Number (provided)
- ☐ Race Chip (provided)
- ☐ Swim Cap (provided)

Swim:

- ☐ Wetsuit
- ☐ TriSuit
- ☐ Goggles
- ☐ Swim Cap

Bike:

- ☐ Bike - in working order and roadworthy
- ☐ Bike Shoes (if you use them)
- ☐ Race Belt (if you use them)
- ☐ Bike Helmet - this is compulsory and you can not race without one.
- ☐ Trisuit/Bike Clothing (no nudity in transition)
- ☐ Drinks bottle and drink
- ☐ Gels/Nutrition
- ☐ Sunglasses (if you use them)
- ☐ Bike repair kit
- ☐ Race Number (provided)

Run:

- ☐ Running trainers
- ☐ Gels/Nutrition
- ☐ Cap, Sunglasses etc. (if you use them)
- ☐ Race Number (provided)

Other useful items:

- ☐ Towel
- ☐ Change of clothing for after the race

Race Location

Address:

Ellerton Park, Richmond, DL10 6AP

The race is staged from Ellerton Lake. The address above is where you will go to park and you will be guided from there.

Registration

Address:

Ellerton Lakeside Cafe, Sled Lane, Richmond, DL10 6AP

Registration Times:

Friday 13th June: 6pm-9pm
Saturday 14th June: 7:00am - 8:25am

Registration is at the Ellerton Lakeside Cafe. If you are registering on Friday evening, you can park at the cafe.

If you are registering on the day of the event (Saturday 14th June) Please park up at one of the above locations first and then make your way to registration.

BTF members must show their membership or day pass – NO exceptions. Signal is not the best in the area, so it is advised to take a screenshot of your membership from the BTF website and keep it on your phone.

Competitors will receive a race number, timing chip, swim cap and a goody bag. If you are not using a race belt ensure that your race number is visible from the rear on the bike section and the front on the run. Chip timing is in use and your provided chip should be secured on your left leg.

Camping

Camping is available on-site. We have exclusive use of the field adjacent to the transition area. You can camp the Friday night before the race. No booking is required. To do so, please just arrive and you will be shown where to go from there. Payment is cash only and is priced at £7/adult and £4/under 16. Tents, Campers etc are all welcome. Basic showers and toilets are available on-site. You can also camp on the Saturday night after the race, this can be arranged directly with Ellerton Lake. Please do not swim in Ellerton Lake outside of the race, unless you have paid for entry to it via Ellerton Water Park.

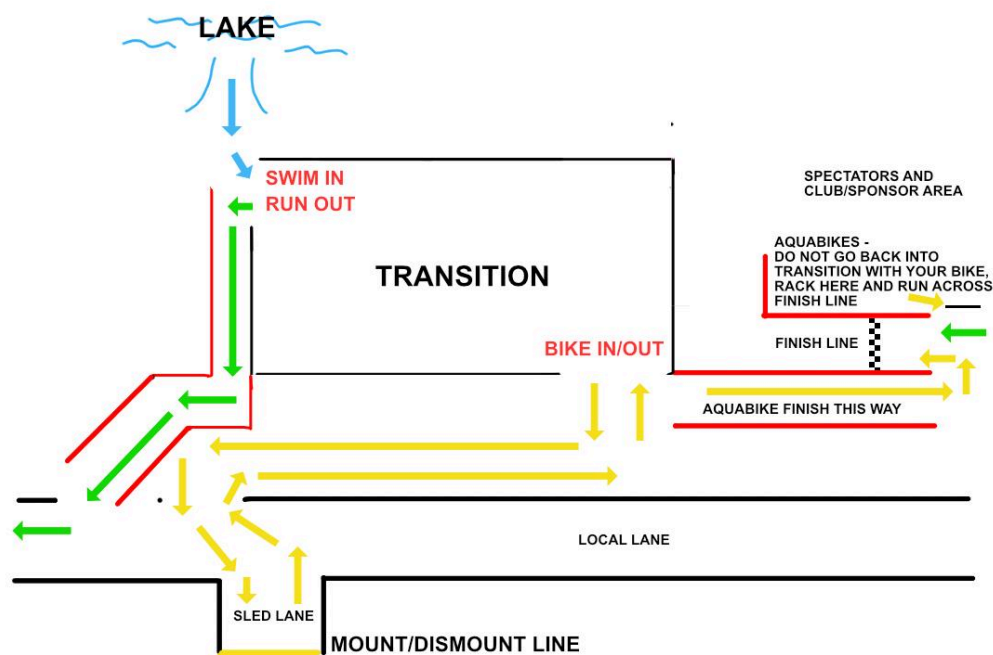
Race Day

Please find an overview of the race day schedule below.

Transition

Transition will be open from 7am until 8:45am.

Bikes MUST be racked against your allocated number. After the event, please present your race number to retrieve your bike. If you are entering or leaving the transition area whilst the race is in progress, please respect the other competitors and give them time and space to continue their race. Only race wear and equipment should be placed in this area. If the marshals or BTF officials instruct you to move or adjust your equipment please do so as instructed. The area will be marshalled but full security cannot be guaranteed. The transition area is for competitors and race officials only.



Race Briefing

The race briefing will take place at the Redcar Triathlon Gazebo next to transition at 8:45am. It is mandatory and safety information and any last-minute changes to the course will be announced. There will be an opportunity to ask questions at registration and a short time following the briefing.

Swim

The swim is a deep water start. Please wear your provided swim cap.

Sprint Distance: The swim consists of **ONE** lap of the lake marked with 3 x large buoys.

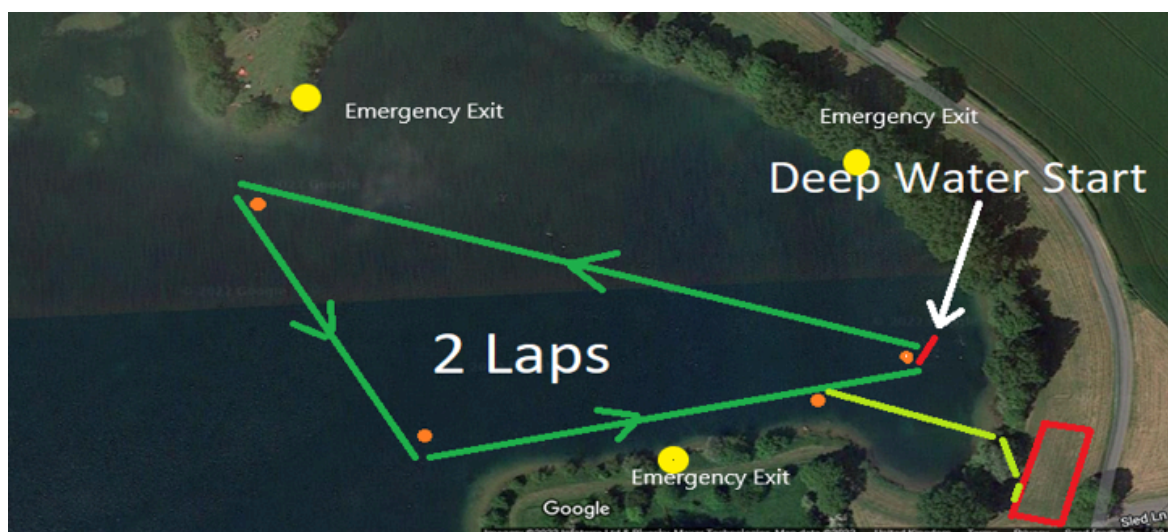
Standard Distance: The swim consists of **TWO** laps of the lake marked with 3 x large buoys.

On completion of your number of laps you will exit with a short run into the transition area.

Wetsuits are mandatory (see BTF rules for exceptions).

Full on water safety cover is provided and if you get into difficulties, please roll onto your back, raise one arm into the air, and you will be attended to. In the event of assistance hold on to the support canoe and you will be returned to the shore. Do not attempt to swim if you have not completed appropriate open water training.

There are a number of safe exits around the course marked on the route map, should you feel you want to withdraw and can manage under your own steam please utilise one of these marked areas. Inform a marshal immediately upon your exit. We are grateful to North Yorkshire County Scouts for providing swim safety cover.



Bike

You can download the GPX Files for the Bike Route from our website [here](#) or use the Strava links below. You can also find some video guides for the bike route on our website.

[SPRINT Bike Strava Route](#)

[STANDARD Bike Strava Route](#)

The bike route will consist of an out to Scorton Village where you will complete laps through Atley Hill and Moulton and then back to Ellerton Lake. The course is open to traffic.

Sprint Distance: The bike consists of an out to Scorton Village and **ONE** lap of the loop route and back to Ellerton Lake.

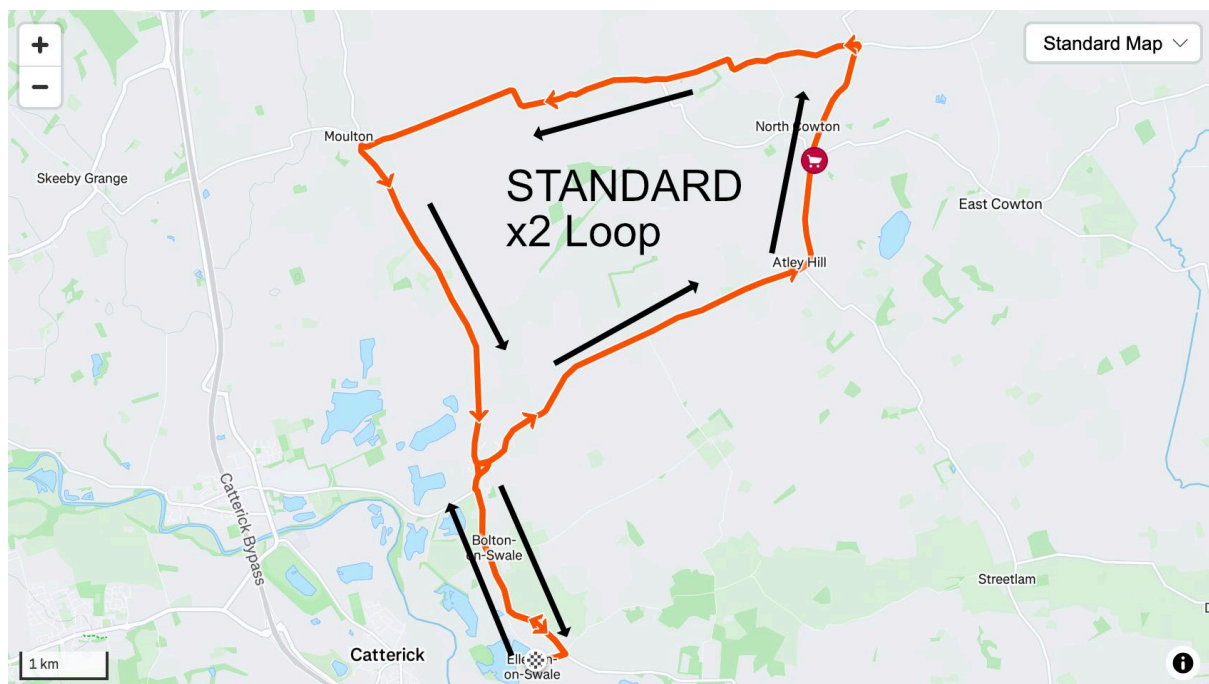
Standard Distance: The bike consists of an out to Scorton Village and **TWO** laps of the loop route and back to Ellerton Lake.

The route is fully marked and marshalled at certain points. However, it is your responsibility to know the course.

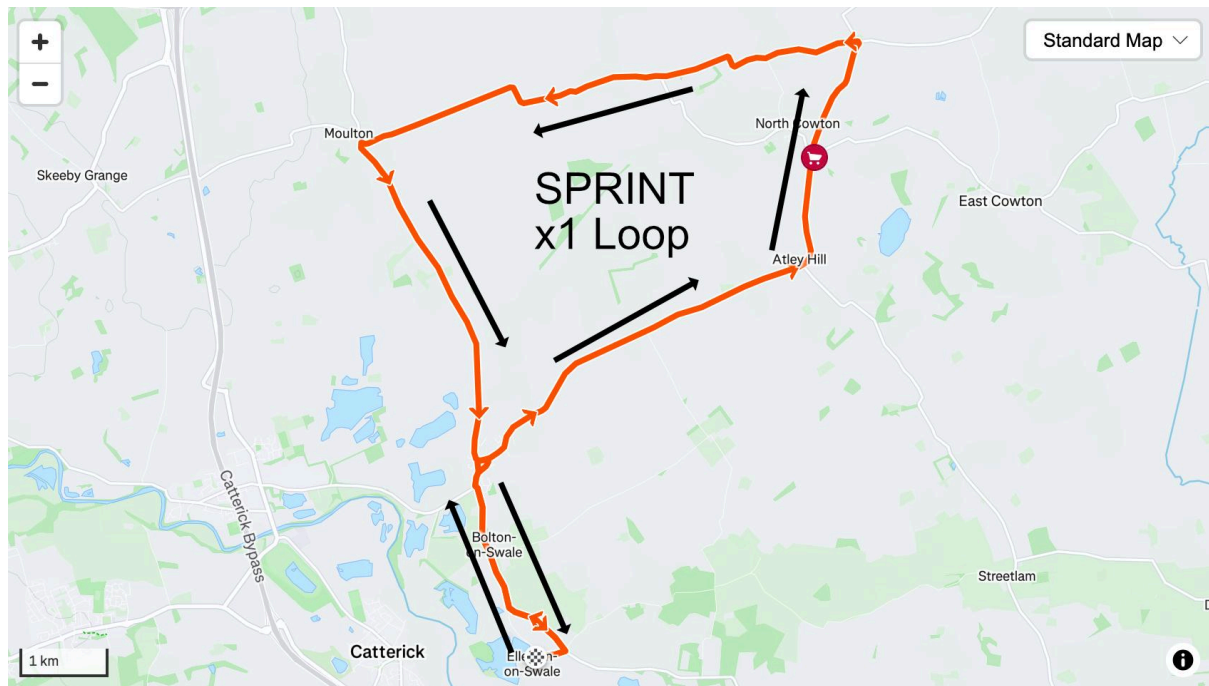
After you have exited the transition area DO NOT mount your bike until you have crossed the mount line.

Drafting is not permitted in this race.

STANDARD ROUTE



SPRINT ROUTE



Run

You can download the GPX Files for the Run Route from our website [here](#) or use the Strava links below.

[SPRINT RUN Strava Route](#)

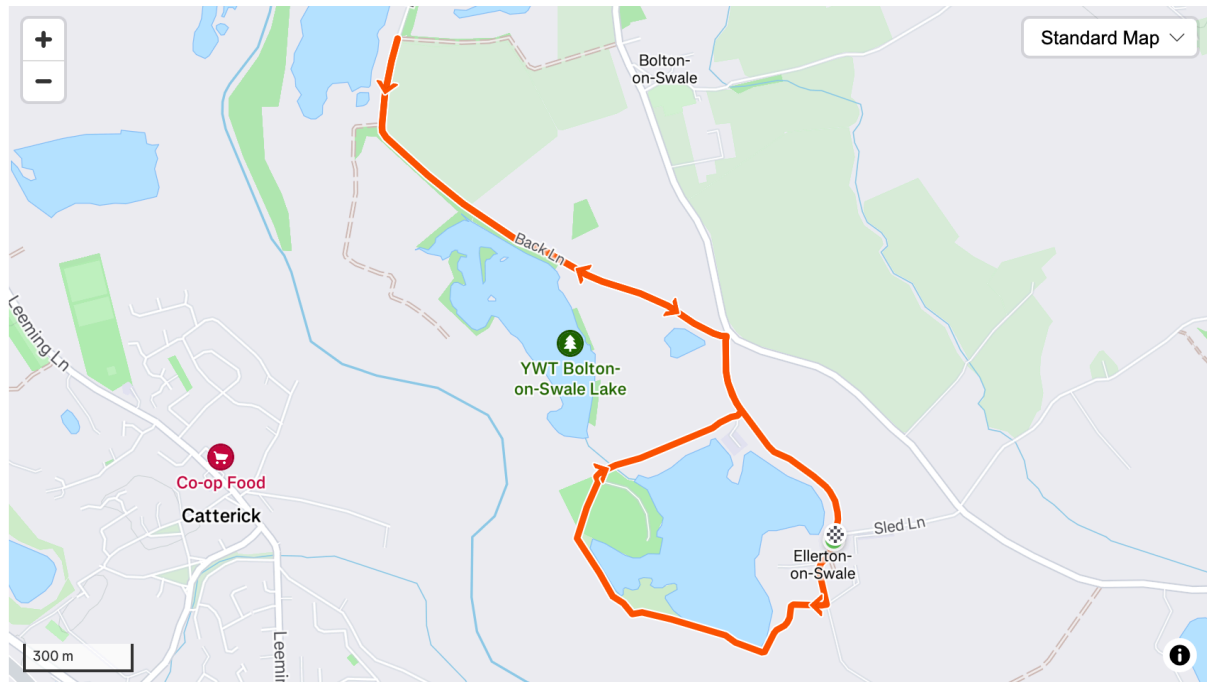
[STANDARD RUN Strava Route](#)

Sprint Distance: The run consists of a 5km run which is a similar route as the 10km run, but you don't go out as far.

Standard Distance: The run consists of a 10km run.

SPRINT

On exiting transition and turning right onto the village lane, continue to run around the lake and campsite before continuing up the gravel/tarmac lane. **The 5km turnaround point is along here which is signed and marshaled - this is also the SPRINT water station. This will be signed and marshaled. After turning, follow the signs to the finish, you DO NOT go back around the lake the way you came, please follow the signs).**

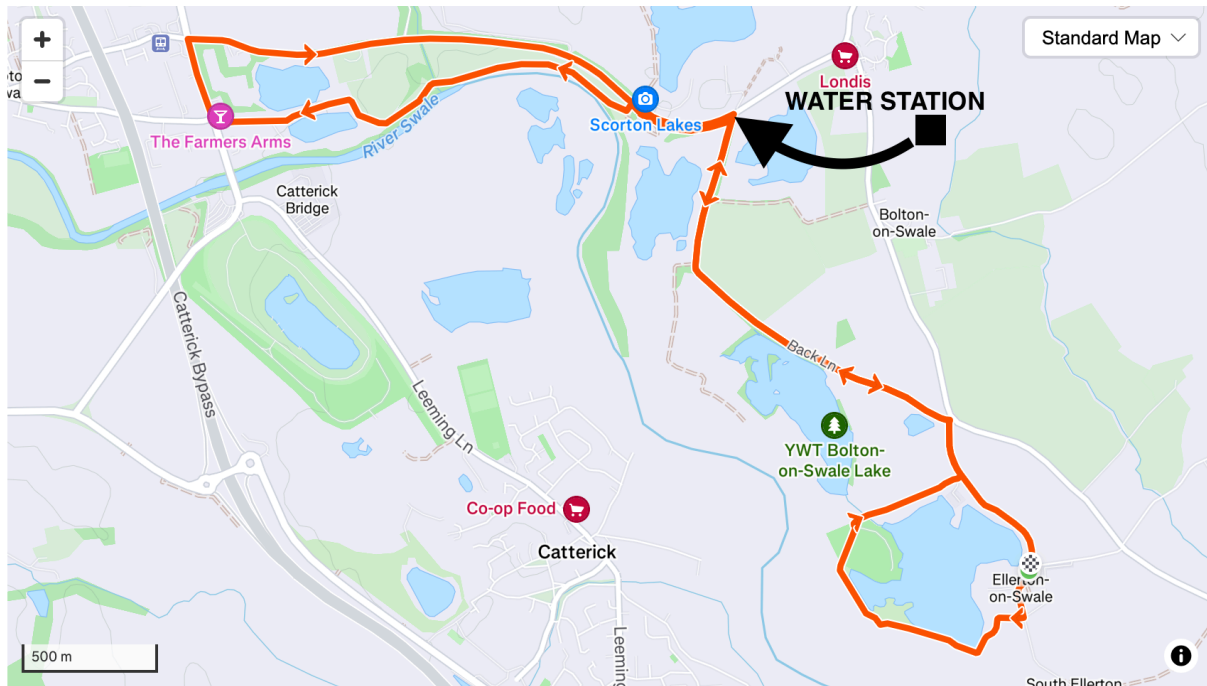


STANDARD

On exiting transition and turning right onto the village lane, continue to run around the lake and campsite before continuing up the gravel/tarmac lane and turning left into the field running alongside the river.

There is a water station on the STANDARD route that you will pass twice (on the way out, and on the way back in). It is a separate water station to the 5km turnaround point, which is for the SPRINT distance. Your water station is a few hundred metres past this one. Please do not use the SPRINT distance water station unless absolutely necessary as it will cause clashes of runners.

You will run through woodland on a narrow trail and exit at the pub on the main road. Turning right here and up to the traffic lights once again turning right to run along the roadside/verge and path facing the traffic. You will be guided into the country walkways and then back along the gravel lane before finishing through the car park and crossing the line at transition. Note the route is mostly un-surfaced tracks and grassy paths.



Much of the route is uneven and potholed, so please take care. You may wish to consider trail shoes if conditions are wet. Any runners caught dropping gel wrappers will be disqualified. There is a designated litter drop area at the water station.

Relay & AquaBike Information

AquaBike

For aquabike athletes. Your instructions are exactly the same as those who are competing in the triathlon, with one exception. Once you finish the bike course, dismount before the line, head back towards transition, but instead of going in the BIKE IN entrance, follow the signs for AQUABIKE FINISH which will take you around to the finish line with your bike, there is a separate rack to rack your bike and then you must run across the finish line. It is important that you DO NOT GO BACK INTO TRANSITION and cross the finish line so that your chip time is recorded.

Relay Teams

Relay teams can consist of 2 or 3 athletes. When registering you will get a timing chip for each member of the team and one race number, this is effectively your baton which must be passed from one competitor to another.

The exchange of the race number **MUST** take place within transition. If you are passing onto another athlete after the swim, the bike athlete must wait at the bike, which must still be racked and the athlete must be unhelmeted. When the swimmer comes into transition and gets to the bike, it is at this point you can begin transition, putting on your race number, helmet, unrack your bike etc.

When exchanging the race number between the bike and run, the runner must wait in transition, next to the numbered bike rack. When the bike athlete comes in the bike must be racked and only then can you remove the race number. **You must transfer the race number.**

We highly advise you to use a race number belt to make the transfer much easier.

Post Event

This year, we have changed to a different timing provider which offers live results at the finish line

Prizes will be awarded to the top 3 Male and Female Overall Winners, Male and Female Winners of each age group as well as the Winners of the Relay and AquaBike races.

We can only announce the Awards when finishers in all the categories have finished, so that we can do all awards at once. We will be announcing the Sprint and Standard distance awards at different times. We will aim to get these announced ASAP.

Prizes cannot be posted so if you have won please collect it.

Results will be available on www.redcarclub.co.uk as soon as possible. There will be a water stop at the end of the transition field for athletes. Please try and dispose of cups in a responsible manner.

Routes

All routes can be downloaded from our website [here](#) or using Strava links below.

[**SPRINT RUN Strava Route**](#)

[**STANDARD RUN Strava Route**](#)

[**SPRINT Bike Strava Route**](#)

[**STANDARD Bike Strava Route**](#)

Penalties & Complaints Procedure

All complaints must be addressed to the race referee Sandra Main who will be conspicuous around the transition area. Penalties applied by the race referees will be posted at the finish on the penalty notice board before the presentation.

Environmental Commitment

We are doing our bit to support sustainability and the environment. This race takes place in a beautiful area and we want to keep it that way. We will be using biodegradable registration bags, compostable paper cups at drink station and finish, no bottled water at finish (paper cup instead!), wooden medals and awards locally sourced.

Please respect this venue by keeping it clean and tidy, do not drop litter. We would like to ask you to adhere to biodiversity protection as well. This means ensuring your wetsuit is clean and free from and foreign bodies from swimming in other open water sites. Simply wash your wetsuit in fresh water after use. Thank you.

Medical Conditions and Cover

If you have a medical condition, please write this on the reverse of your race number. Full medical cover will be available on site and across the route. If you feel you are having a medical episode on course or need support please contact your nearest marshal who can radio for medical support. If there is no marshal in range, ask another participant to contact the next marshal on route. There are motorcycle vehicles on the bike course which you can also flag down.

Feedback

All feedback from this event is welcome please contact the race organiser via the email below.

On behalf of Redcar Triathlon Club; we would like to wish you an enjoyable and safe event.

Contact – Email: redcarclub@outlook.com

Telephone: 07900 248 285 (only if very urgent or in an emergency please!)

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