



action medical research
for children

RACE THE SUN
LAKE DISTRICT CONISTON
OFF ROAD

EVENT GUIDE 2025



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action medical research for children

Welcome to Team Action!

Thank you so much for supporting Action Medical Research by taking part in Race the Sun. This guide has all the information you need to prepare for your event, plus we'll be here to support you all the way.

You support really will make a difference to little lives. We are the leading UK-wide charity dedicated to funding vital research to help sick and disabled babies and children. We have been funding medical breakthroughs since we began more than 70 years ago and have helped to beat polio, fight meningitis, prevent stillbirths and develop ultrasound scanning in pregnancy.

But although there's been lots of progress in medicine there are still hundreds of thousands of sick and disabled babies and children in the UK who need our help. Like Freya, born extremely prematurely weighing just 2lb 4oz, Mia, aged three, who's living with debilitating Crohn's disease and Emmy, who has Vici syndrome, a very rare and life-limiting condition with no cure or effective treatment.

We're on a mission to save and change the lives of children like these through medical research, developing treatments, vaccinations and cures.

By taking part in events like Race the Sun, your fundraising really will make a difference to little lives, you can set up your JustGiving page at:

www.justgiving.com/campaign/racethesunlakedistrictconistonoffroad2025

Children depend on Action Medical Research. We depend on you. Thank you for helping us fund more research taking small steps, making big breakthroughs.

We are looking forward to meeting you and your team on the big day!

Action Events Team



The date for your Race the Sun Challenge is rapidly approaching!

We are delighted to be the delivery partner of this event and would like to thank you for taking part and being involved in what will be an incredible day.

Our role is to ensure the smooth and safe delivery of the event. As part of your preparations, please read through this document carefully so you are fully prepared before your arrival at the Event Registration.



EVENT DATE

Saturday 17th May 2025

EVENT REGISTRATION / EQUIPMENT DROP

Friday 16th May 2025

From 18:00 - 20:00

SAFETY INFORMATION

Supplementary information to this event guide will be sent out via email from Action Medical Research between now and the event. This will contain videos detailing important safety information about the event as well as guidance on kit and training. Please ensure these emails don't go to junk and that you don't 'unsubscribe' from Action Medical Research's emails.

PARTICIPANT INFORMATION

Please ensure your details are up to date. If you need to check your details or update them you can do so via the event registration platform or by emailing events@action.org.uk

Team captains, please make sure all of your team mates have completed the online registration form as soon as possible.

OVERVIEW

Race the Sun Coniston Off-Road is part of the Race the Sun Series. Race the Sun is an 'Adventure Triathlon' where participants complete three activity phases as either a team of two or four. Participants will complete the Cycle, Hike and Canoe phases between dusk and dawn raising vital funds for Action Medical Research.

The event is based in the village of Coniston where The Old Man of Coniston looks over the village and lake below. Participants will summit the famous Old Man which offers incredible views over the lake where the Canoe phase will take place. The Bike ride is an exciting and challenging off-road route which explores the area's diverse terrain with a memorable climb over Hawkshead Hill.

The event is a 'Clover Leaf' design with all three phases being circular returning to the central hub in Coniston for transition to the next phase.



REGISTRATION

Registration is held the evening prior to the event at the Event Hub.

[Coniston Sports Ground](#), Shepherds Bridge Lane, Coniston LA21 8AL, [///kitchens.twist.buckling](http://kitchens.twist.buckling)

At registration teams will be given their event packs, including event numbers, safety pins, cable ties and parking permit (see below).

Teams can have their bikes safety checked by the event mechanics. These can then be left at the Event Hub overnight. Teams can leave their clothing and equipment for the event in their transition area overnight, it is in a locked, secure area. *The event organisers accept no responsibility for items left in transition.*

PARKING

Each team will be given a parking permit which will give them free parking for one vehicle. There is a designated car park for the event which is located at the Event Hub, vehicles can be left overnight. Additional vehicles will need to use pay and display carparks in Coniston.

START

We will set teams off in waves every 15 minutes, starting from 7:00. Different waves will start with different activities so we can spread teams out across the course and avoid waiting times and over crowding.

We will let teams know their start time and the order in which they will be doing the three activities closer to the event.

At the start line, teams will be issued a tracker which will transmit the teams live location to an online map allowing friends and family to follow their progress.

TRANSITION

There is a transition zone at the Event Hub which is open to the elements, we recommend putting your clothing into plastic boxes or dry bags. Each of the activity phases are circular, departing and finishing from the Event Hub. Each team has a designated bike rack and transition area to leave their clothing and equipment for the three phases. Arriving at the transition zone teams will rack their bikes and change clothing before heading onto the next phase.

All items left in transitions are left at the owners risk.

CATERING

A light breakfast is available from the Event Hub consisting of a cereal bar and fruit. Water refills and snacks are available at the hub all day when transitioning. There is a top up 'feed station' midway round the cycle route.

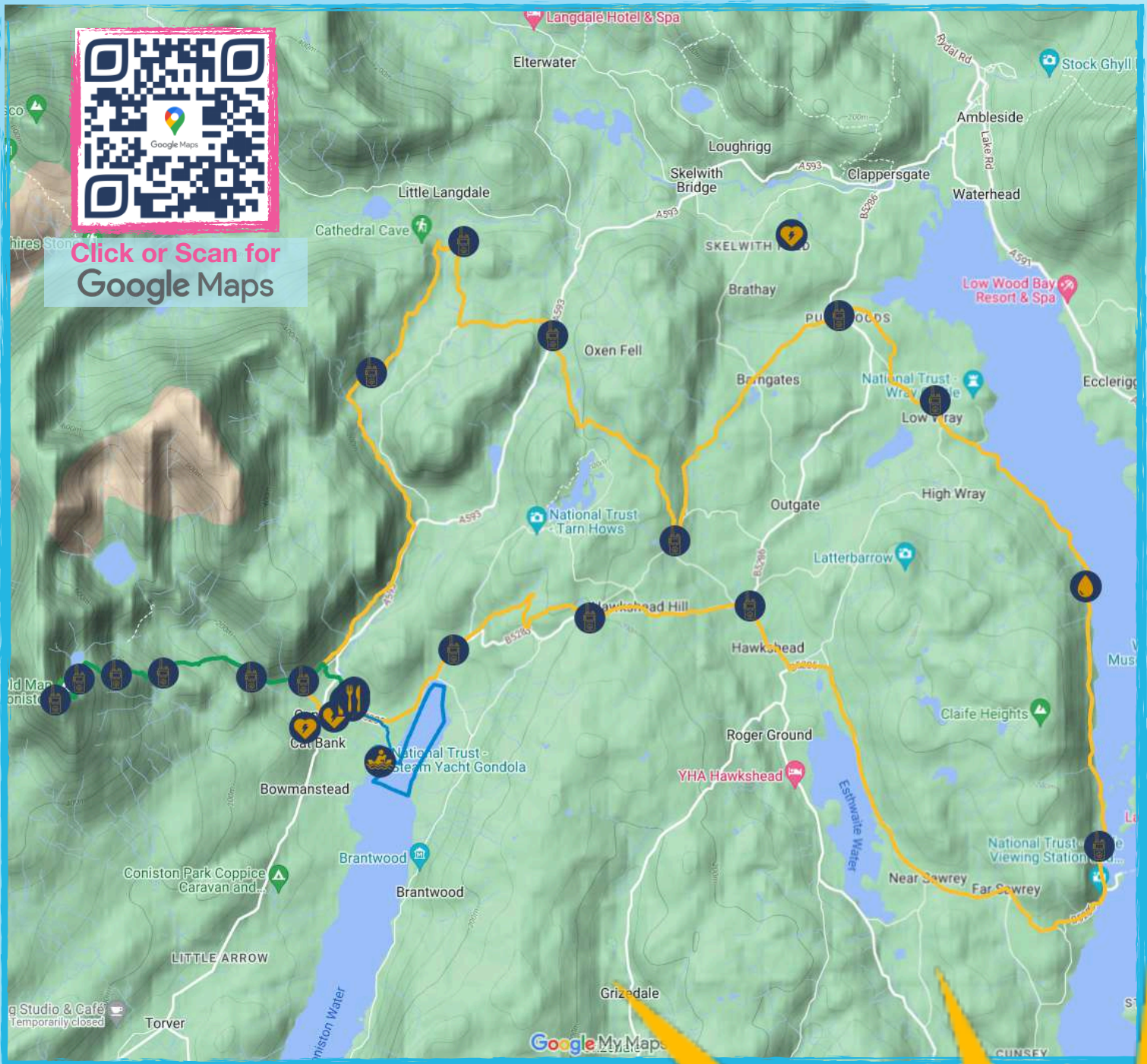
A substantial packed lunch will be available for collection from the hub, most teams take this with them on the hike phase.

All dietary requirements will be fully catered for, if you have specified a food allergy or intolerance there will be a separate sandwich available for you. Please make this clear on your registration form.

FINISH

Once all three activity phases have been completed teams will receive a medal, a complimentary alcoholic or soft drink to celebrate their success and a post-event meal consisting of a BBQ with salad buffet.





CYCLE PHASE

The 23mile route is approx. 75% off-road and 25% on-road. With single-track and double-track and some interesting technical sections just to increase the challenge further (all technical sections can be walked if needed).

CANOE PHASE

After a short walk from the Event Hub the teams will arrive at Coniston Water to complete a course on the water of approximately 2miles. Teams will do this in rafted canoes for the 4 person teams, or 2 person sit on top kayaks for the 2 person teams.

HIKE PHASE

Setting off from the Event Hub, the out and back 5.5mile route departs to top of Old Man of Coniston via the Copper Mines Valley.

CYCLE PHASE

LAKE DISTRICT CONISTON OFF ROAD



37km / 23miles



748m / 2,454ft



2hr - 4hr 30min



Click or Scan for
STRAVA

CANOE PHASE

LAKE DISTRICT CONISTON OFF ROAD



3km / 2miles



0m /0ft



45mins - 1hr



HIKE PHASE

LAKE DISTRICT CONISTON OFF ROAD



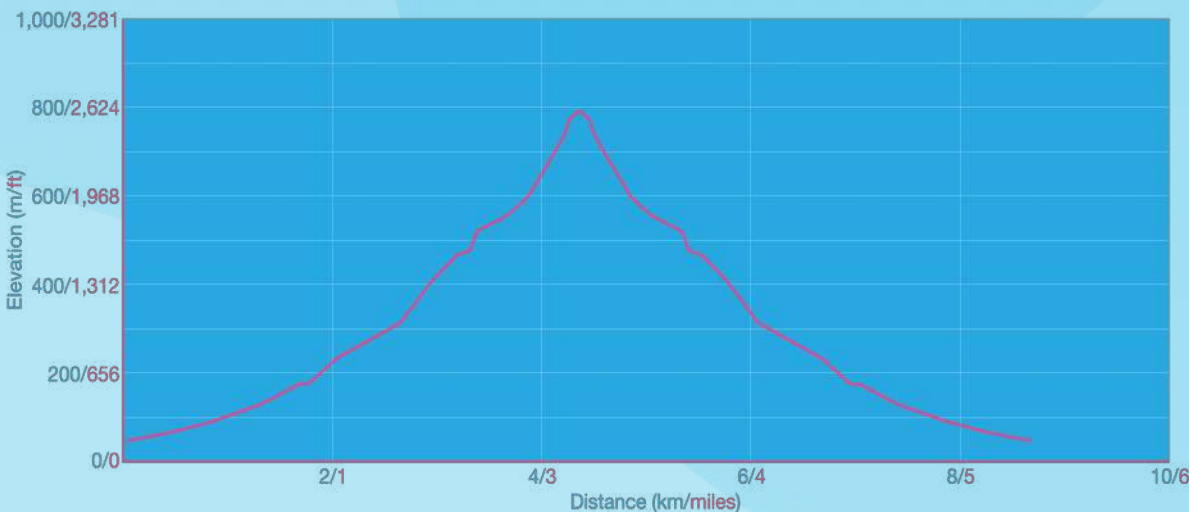
9km / 5.5miles



757m / 2,484ft



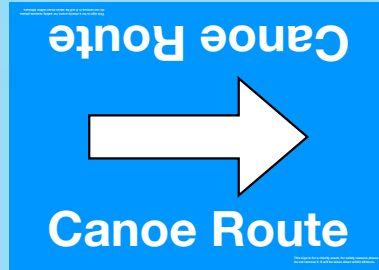
2hr - 4hr



Click or Scan for
STRAVA

DIRECTIONAL ARROWS

All three phases are fully route marked using the below signs and markers. The colour denotes the phase you are on. They will be positioned at all junctions as well as reassurance on long straights. They are A4 in size.



HIKE PHASE FLAGS

Predominantly the hike phase is on large well established trails. Where the route isn't obvious small orange flags will show the way.



CANOE PHASE MARKERS

Once on the water a route will be laid out using orange buoys. Safety marshals on powerboats help guide teams.



EVENT MARSHALS

In addition to the route marking, event marshals will be situated on all three activity phases, they are first aid trained and will assist in an emergency. Race the Sun is not a closed road event and it is your responsibility to adhere to road signage and keep yourself safe.



GPX FILES

Both the cycle and hike will be fully route marked but we understand people like to have the route on their watch, phone or navigation device. Follow the instructions below to access the route files.



Click or Scan for
GPX file download



UPLOADING THE FILE TO YOUR DEVICE

Either scan the QR code with the camera on your phone or click on the QR code if viewing on your phone. This will take you to a page to download the GPX file, it will then appear on your phone in your files folder or in your downloads folder on your computer.

You can then upload the file to your device from your phone by sharing the file to the app you use to sync the device you want to use.

CONVERTING THE GPX FILE

To convert the GPX file into other formats such as TCX visit the following website: www.alltrails.com/en-gb/converter

VIEWING THE ROUTE

To view the routes in more detail click or scan the QR codes below:

Click or Scan for
Google Maps



Click or Scan for
STRAVA






REGISTRATION

Participant registration takes place at the Event Hub between 18:00 - 20:00 on Friday 16 May 2025.

REGISTRATION PACKS

Upon registering each team will be given an envelope with instructions containing:

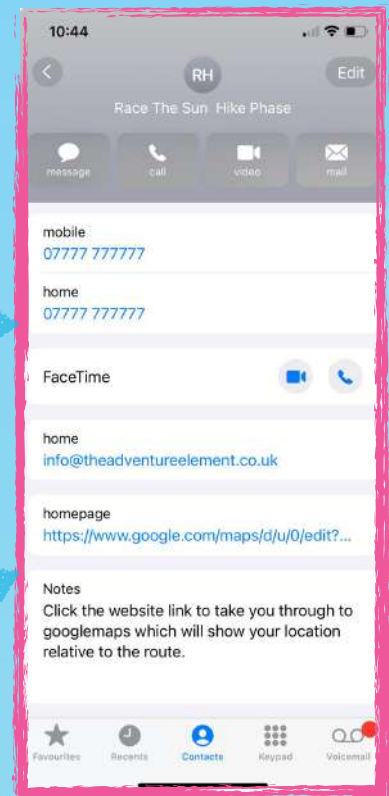
-  Teams bike numbers with cable ties, to be attached to the front of each bike
-  Teams bib numbers with safety pins, to be attached to individuals mountain rucksack
-  Coloured wrist band denoting which phase order the team is completing

Hike	→	Cycle	→	Canoe
Canoe	→	Hike	→	Cycle
Cycle	→	Canoe	→	Hike

MOUNTAIN NUMBER







BIKE NUMBER



QR CODE FOR EMERGENCY CONTACT DETAILS

On the front of both the cycle number and bib number is a QR code. During registration scan the QR code and save the vCard to your phone.

The vCard contains:

-  Phase Lead contact number for either Bike or Mountain
-  Safety team lead contact number
-  Event Directors contact number
-  GoogleMaps weblink to show event map, AED locations and Marshal locations

TIMING

The event will be timed using a 'dibbing' system. Each team will be given a 'dibber' at the start line which they will use to signal the start and end of each of the different activity phases. This will give each team a total time for the event as well as a time for each of the activity phases. The teams 'total time' includes all the activity phases plus the time for transitions.



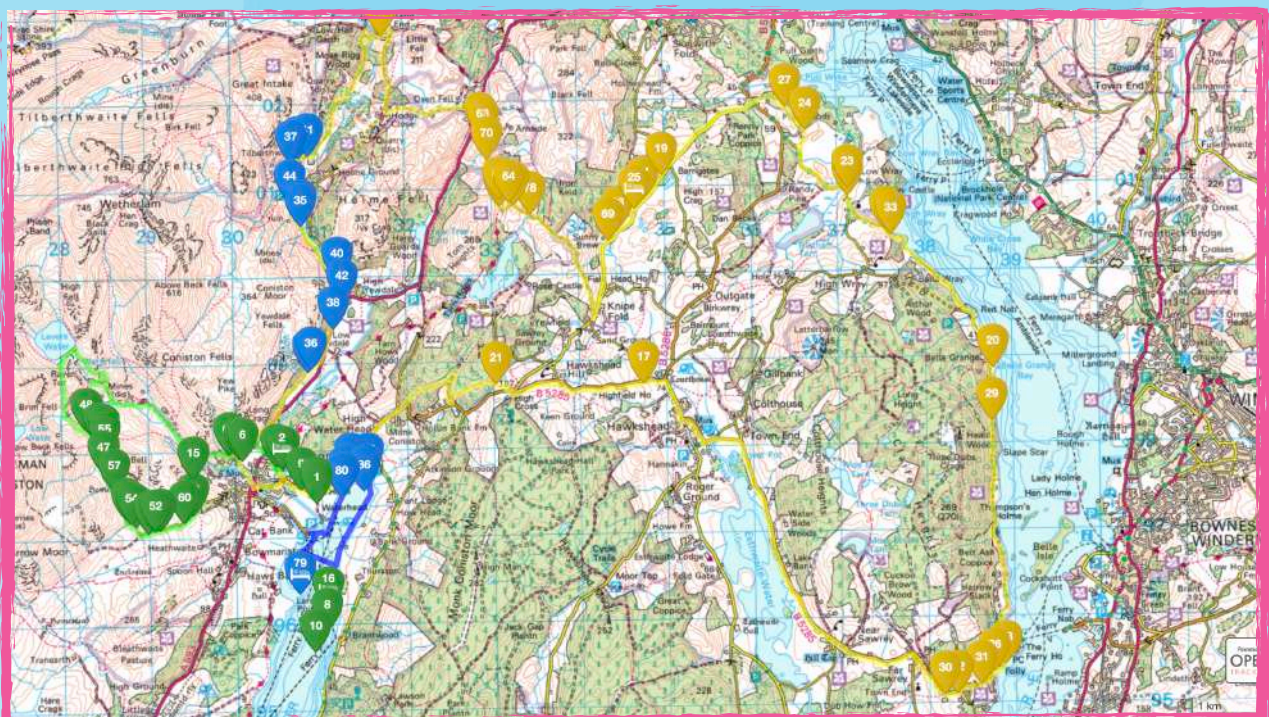
TRACKERS

Each team will be given a tracking device at the start line. This will enable the event management team to monitor the teams progress. It will also be used to locate a team should they run into any difficulty whilst on route.

Teams will be reminded at transition to take their trackers with them. Please ensure you hand your tracker in at the finish line or you will have to return the tracker at your own expense.

TRACKING LINK

The event will be live streamed a both the Event Hub and online. Friends and family can track your team's progress by clicking the link below. It has been proven that embedding this link on your JustGiving page can increase donations. <https://live.opentracking.co.uk/racethesunconiston25/>



EQUIPMENT

It's really important to ensure you are ready for the conditions the Lake District can throw at you. This kit list provides you with the essential equipment and clothing you'll need in order to stay warm and safe throughout the event. The following kit list is not a comprehensive list of all you are required to wear but a list of the essential items or items to consider.

Each team has a designated area in the transition zone with a bike rack and space to leave kit. The area is inside a marquee and is dry and secure. Items can be left overnight, and whilst secure, it is recommended to bring a bike lock. All items left in transition are at the owners risk, the event staff accept no responsibility.

BE PREPARED FOR ANY CONDITIONS!

NOTE: Items in pink boxes are essential and will be checked by an event marshal before starting an activity phase in adverse weather conditions. This is to ensure all participants have appropriate or adequate clothing/equipment for the prevailing conditions. Failure to show these items may mean you are not allowed to start the event or phase.

TREKKING EQUIPMENT

Item Needed	Got it	Packed it
Rucksack 20+ litres. Must have 2 x padded shoulder straps.		
Waterproof rucksack liner or heavy duty rubble bag.		
Head torch with batteries		
Sunglasses		
Walking Poles		
Water bottle or bladder (Min. 2 litres).		
Hiking boots/shoes with ankle support and good tread (you are not permitted not wear 'street trainers' or fashion boots for the mountain)		

TREKKING CLOTHING

Item Needed	Got it	Packed it
Fleece jacket or soft shell		
Gloves waterproof/windproof		
Lightweight fleece top		
Sun hat		
Trekking Trousers (you will not be allowed to wear jeans)		
Trekking socks		
Warm Hat		
Waterproof and Breathable Jacket. (Gore-tex or similar) This could be the same as your Cycle jacket.		
Waterproof Trousers		

CYCLING EQUIPMENT

Item Needed	Got it	Packed it
Bike (see note below)		
Helmet		
Spare inner tube and repair kit.		
Bike Pump		
Bike Computer and mount		
Bike lights front & rear (in case of inclement weather)		

CYCLE CLOTHING

Item Needed	Got it	Packed it
Cycling gloves		
Cycling shorts		
Cycling shoes or trainers		
Waterproof and Breathable Jacket. (Gore-tex or Similar)		
This could be the same as your trekking jacket.		

NOTES ON BIKES

Below is some supplementary information to help you with the cycle phase of the event. More information will be sent out via email in the coming months.

HELMETS

All participants must wear a secured cycling helmet, which is an appropriate size and free from defects. It must have a chin strap which must be fastened while participating in the cycle phase of the event.

BIKE TYPE

We recommend using a gravel or a hard tail mountain bike for this event. As the route is mostly off-road, a road bike is not suitable. As there are road sections a full suspension bike is not recommended but you are welcome to bring one if that's all you have. A hybrid bike is not recommended as some of the more technical sections won't be suitable, but these can be walked if this is the only bike you have access to.

CONDITION

All participants must provide their own bike, which must be in a road worthy condition with two working brakes. Your bike should have had a recent service before the event. If you are local to the Lake District or are up for a few days we would recommend giving your bike a 'Check and Tune' at Cyclewise

www.cyclewise.co.uk/bike-repairs-servicing/

MECHANICS

On-site bike mechanics will be available at registration on Friday evening to give last minute advice or emergency repairs. It is important that your bike has had a service prior to arriving.

Cycle mechanics will be on route to fix any mechanical issues or punctures, they can be contacted via the QR code on your cycle number. It is still recommended to bring your own puncture repair kit as it will speed up getting you back on the road as the mechanic might already be busy. Any parts they issue, including inner tubes, will incur a cost.



E-BIKES

Electric bikes are permitted on all Race the Sun events. Despite the name, the events are not races, they are events to enable fundraising from sponsored participation. As such we encourage participants who use electric bikes to use one especially for those participants to whom not using one would be a barrier to entry.

COMPLIANCE

All of the cycle phases in the series have a road element to them, as such e-bikes must meet the criteria of classification for an 'Electrically Assisted Pedal Cycles (EAPCs)' by the Driver & Vehicle Standards Agency. These are as follows:

- Cycle must be fitted with pedals that are capable of propelling it.
- Maximum continuous rated power of the electric motor must not exceed 250 Watts.
- Electrical assistance must cut-off when the vehicle reaches 15.5 mph
- EAPCs must not be ridden by anyone under the age of 14 years

SAFETY CHECKS

For the safety of both the rider and other participants all e-bikes must have a spot inspection at registration to ensure it reaches the above criteria.

AWARDS

Whilst Race the Sun is not actually a race, there are prizes for positions. Participants using e-bike will not be eligible for these awards.

CHARGING

There is usually limited access to electricity both at the hubs and transitions across our events. Please do not rely on having access to power to charge your e-bike. Please ensure if leaving your bike in transition that the motor is turned off and not depleting power.

CANOEING PHASE

Most participants will wear their cycling or trekking clothes, with waterproofs over the top along with your second set of footwear. If the weather forecast is bad then pack a change of clothes.

CANOE CLOTHING

Item Needed	Got it	Packed it
Footwear to get wet (Bare feet are not recommended)		

NOTE:

4 person teams will be using open canoes which will be rafted together to make a stable platform for your team of four. It is not envisaged that you will be getting too wet, but we can't guarantee it.

Two person teams will be using tandem 'sit on top' kayaks. You will get much wetter from drips coming off the paddles and will likely need a full change of clothes.



EVENT TIMINGS

06:30 onwards	Event hub open to participants. Teams are advised to arrive at least 30minutes prior to their departure time.
06:45	First departure wave issued trackers and timing chip before being grouped into the start funnel. Teams in subsequent departure waves are asked to wait until the wave before theirs has departed before coming to the start funnel.
07:00 onwards	First departure wave to leave. Departures will now be in 15minute intervals with teams grouping into the funnel as soon as the previous wave has departed.
08:15 onwards	First blue teams to arrive back at hub and transition to next phase. Teams will continue to arrive back at event hub and transition to next phase.
12:30 onwards	First teams begin to finish the event.
14:00	Cut off for departure onto Cycle and Hike Phases
16:00	Mountain Summit Closed
16:00	Average time for a team to complete the three phases
16:30	Cut off for departure onto Canoe Phase
18:00	All phases closed, all teams will have returned to Event Hub.
16:30 - 20:00	BBQ to be available. Available for all participants

CUT OFF TIMES

For the safety of our participants and our event staff we have to have cut off time for departures onto the three phases of the event. These have been carefully considered and give a generous margin. They are based on the following timings which have been calculated from timing data from over the past few years.

PHASE SPEED AND TIME DATA

	Slowest Teams		Average Teams		Fastest Teams	
	Avg Speed	Time	Avg Speed	Time	Avg Speed	Time
Cycle (37km)	8.5kph	4hr 20min	11.7kph	3hr 10min	18.5kph	2hr 00min
Hike (9km)	2.2kph	4hr 05min	2.7kph	3hr 20min	4.5kph	2hr 00min
Canoe (3km)	3.6kph	0hr 50min	4.0kph	0hr 45min	5.1kph	0hr 35min
Total Transition	-	1hr 0min	-	0hr 45min	-	0hr 30min
Total Time		10hr 15min		8hr 0min		5hr 05min

ADVICE

The duration and average speeds listed above are from actual events, they therefore include stoppage time for feed stations and mechanicals. If you are at all concerned about the cycle or hike phases our advice is to go for a ride / walk of half the distance and see how long it takes you. You'll then be able to see how your average speed compares to the above.

These events are designed to be achievable with training for the majority of people, not just 'athletes', and whilst you might find it hard on the day, we typically have a 95 - 99% completion rate. If you are still concerned, please get in touch to arrange for an earlier start time.

Do I need to train for the event?

The challenge is not to be underestimated and increasing your general level of fitness before the event through cycling, walking and aerobic exercises will help you with event preparation.

Will I need to carry my change of clothes for each challenge?

No, your changes of clothes should be left in the transition zone. You will return between each activity phase to the transition so can get changed there. It is recommended that you bring plastic boxes to put your stuff in to keep it dry.

Is it essential to get all the items on the kit list?

Yes, all items on the kit list are important for safety reasons and must be carried. In the event of bad weather, some items will need to be produced for inspection by the Event staff, failure to produce these items may result in you not being allowed to start the activity phase.

Will there be food/refreshments during the event?

Yes, between each phase you will be able to refuel with fruit/tracker bars and rehydrate with water. If you have your own preferences, please bring these along with you. You will be provided with a packed lunch which will be available from the Event Hub. An evening celebration meal will also be provided.

Can I leave my bike overnight after the Event Registration?

Yes, there will be bike racks available at the transition zone. Please bring a bike lock for extra security. The Adventure Element staff will camp in the transition area, but cannot take responsibility for your bike or any other items left in transition at any time.

Will there be toilets along the route?

Yes, half way round the cycle route. Other than that, you can use local facilities as you pass them. Or at the Event Hub between phases.

What first aid provisions will be on the event?

All Adventure Element staff are first aid qualified and will be carrying first aid kits. In addition to the marshals there is a separate safety team comprising of paramedics and first responders should there be a serious incident.

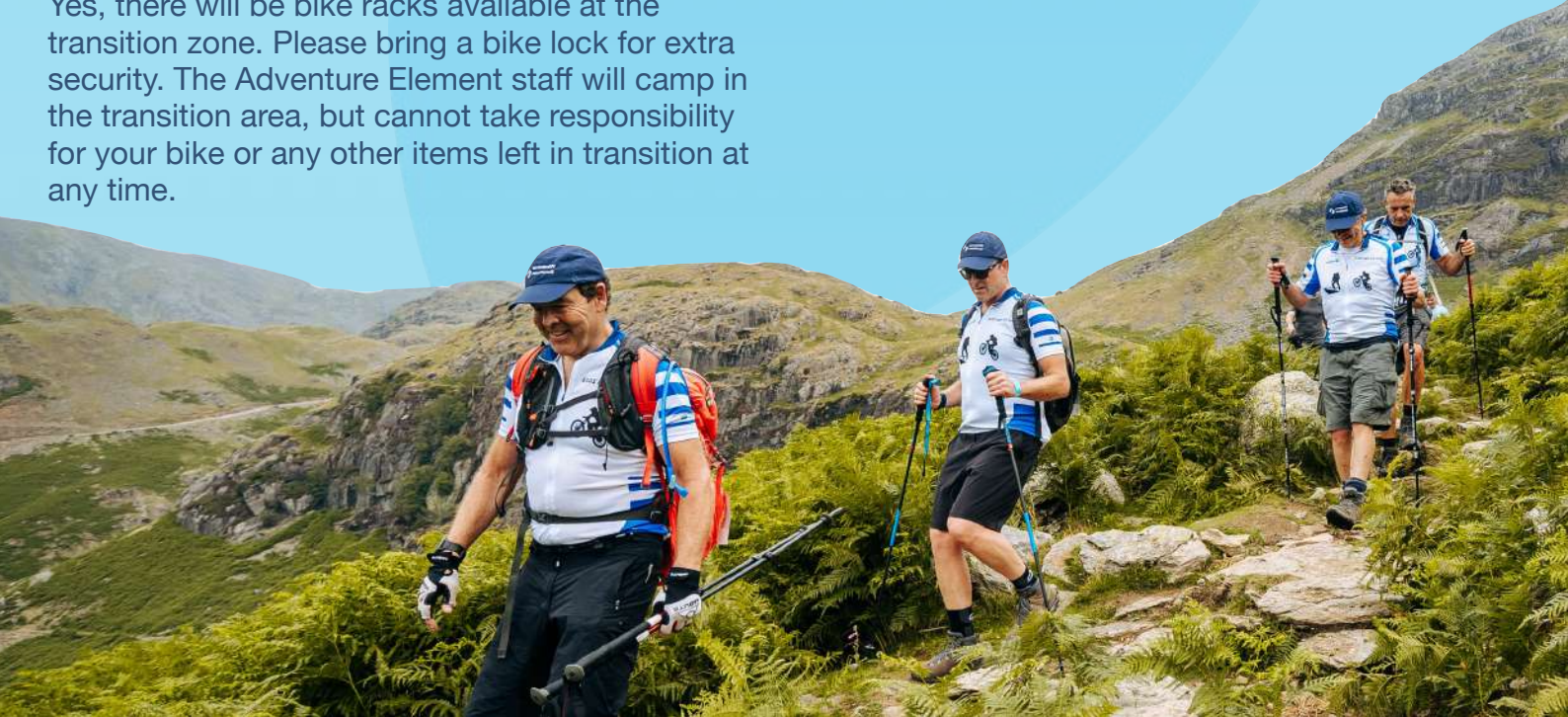
Will there be route signage?

Yes all three phases are route marked and there will be marshals out on route in case you need assistance. Please remember this is not a closed road event and you must adhere to all road signage at all times.

What happens if the weather is really bad?

It is rare that we have to completely cancel an event due to bad weather. It is important that you come prepared for any type of weather.

We have already planned an alternative mountain route we can use, and the canoe route can be adjusted to suit most conditions. Completing the challenge in harsh conditions just makes that fund raising money even more worth the effort!



action



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