

Race the Sun Lake District 2026 start times and phase orders

Team Number	Team Name	Departure Time	Phase Order
001	The Porky Grinders	07:00	Cycle - Hike - Paddle
002	Haysham Hikers 2026 Team 1	07:00	Cycle - Hike - Paddle
003	Haysham Hikers 2026 Team 2	07:00	Cycle - Hike - Paddle
004	Family John	07:00	Cycle - Hike - Paddle
005	Riding, Striding and Getting Wet	07:00	Cycle - Hike - Paddle
006	Who's stupid idea was this!?	07:00	Cycle - Hike - Paddle
007	Mondo's Tri-Hard Circus	07:00	Cycle - Hike - Paddle
008	WH Malcolm	07:00	Cycle - Hike - Paddle
009	pHp Adventurers	07:00	Cycle - Hike - Paddle
010	The Bex	07:00	Cycle - Hike - Paddle
011	Fat Dads	07:00	Cycle - Hike - Paddle
012	Team Murch	07:00	Cycle - Hike - Paddle
013	Blanchards	07:00	Cycle - Hike - Paddle
014	Kush n Rush take the lakes!	07:00	Cycle - Hike - Paddle
015	Team Tianna	07:00	Cycle - Hike - Paddle
016	Sadza	07:00	Cycle - Hike - Paddle
017	Jules&Vicky	07:00	Cycle - Hike - Paddle
018	Alice & Jon	07:00	Cycle - Hike - Paddle
019	The Hurricane Lucys	07:00	Cycle - Hike - Paddle
020	Button	07:00	Cycle - Hike - Paddle
021	The Goats	07:00	Cycle - Hike - Paddle
022	Team Caddick 1	07:20	Cycle - Paddle - Hike
023	Team Caddick 2	07:20	Cycle - Paddle - Hike
024	Team Caddick 3	07:20	Cycle - Paddle - Hike
025	Keswick Marauders	07:20	Cycle - Paddle - Hike
026	Runner Beans	07:20	Cycle - Paddle - Hike
027	Soul Sisters	07:20	Cycle - Paddle - Hike
028	Dexters	07:20	Cycle - Paddle - Hike
029	Send Help	07:20	Cycle - Paddle - Hike
030	The Coerced	07:20	Cycle - Paddle - Hike
031	Fakes in the Lakes	07:20	Cycle - Paddle - Hike
032	The Sunsations	07:20	Cycle - Paddle - Hike
033	Lube and Tube	07:20	Cycle - Paddle - Hike
034	Take2	07:20	Cycle - Paddle - Hike
035	Out of Office: Wildsmiths	07:20	Cycle - Paddle - Hike
036	Munro Milfs	07:20	Cycle - Paddle - Hike
037	Eggs of Endurance	07:20	Cycle - Paddle - Hike
038	Connect4Losers	07:20	Cycle - Paddle - Hike
039	The thought that counts	07:20	Cycle - Paddle - Hike
040	Weekend Warriors	07:20	Cycle - Paddle - Hike

041	Kerazy Fools	07:20	Cycle - Paddle - Hike
042	Twins on tour	07:20	Cycle - Paddle - Hike
043	Sofa King Slow	07:40	Cycle - Hike - Paddle
044	Elite 16 Warriors	07:40	Cycle - Hike - Paddle
045	Cencora Support Office	07:40	Cycle - Hike - Paddle
046	Team Ex(eter)	07:40	Cycle - Hike - Paddle
047	Cencora Alloga Elite	07:40	Cycle - Hike - Paddle
048	Cencora Alloga 1	07:40	Cycle - Hike - Paddle
049	Support Office Team	07:40	Cycle - Hike - Paddle
050	Team ACEM (and 1 DTM)	07:40	Cycle - Hike - Paddle
051	Mud Sweat & Gears	07:40	Cycle - Hike - Paddle
052	Kayak now, cry later	07:40	Cycle - Hike - Paddle
053	Kate & co	07:40	Cycle - Hike - Paddle
054	Beattie's gang	07:40	Cycle - Hike - Paddle
055	Ketchup Crew	07:40	Cycle - Hike - Paddle
056	Mountain Mavericks	07:40	Cycle - Hike - Paddle
057	Team Baker	07:40	Cycle - Hike - Paddle
058	The Rusty Trombones	07:40	Cycle - Hike - Paddle
059	TrentEnders	07:40	Cycle - Hike - Paddle
060	MaGoos	07:40	Cycle - Hike - Paddle
061	Hinesight	07:40	Cycle - Hike - Paddle
062	Hulands Warriors	07:40	Cycle - Hike - Paddle
063	Tom Squared	07:40	Cycle - Hike - Paddle
064	Briars Fanaticals	08:00	Cycle - Paddle - Hike
065	Briars Expanders	08:00	Cycle - Paddle - Hike
066	FPF veterans	08:00	Cycle - Paddle - Hike
067	The Parody Seniors	08:00	Cycle - Paddle - Hike
068	Follicley Challenged	08:00	Cycle - Paddle - Hike
069	Team Albatross	08:00	Cycle - Paddle - Hike
070	The Pennine Power House	08:00	Cycle - Paddle - Hike
071	The Regrettes	08:00	Cycle - Paddle - Hike
072	The Lost Boys	08:00	Cycle - Paddle - Hike
073	The Lost Boys	08:00	Cycle - Paddle - Hike
074	CHF gym	08:00	Cycle - Paddle - Hike
075	Frozen Fairytales	08:00	Cycle - Paddle - Hike
076	PASTIES & PINTS	08:00	Cycle - Paddle - Hike
077	Sunferns	08:00	Cycle - Paddle - Hike
078	Wild women on wheels	08:00	Cycle - Paddle - Hike
079	Team Name TBD 2026	08:00	Cycle - Paddle - Hike
080	Meg-a-Sar-us	08:00	Cycle - Paddle - Hike
081	Mudflaps	08:00	Cycle - Paddle - Hike
082	The Geordie Witches	08:00	Cycle - Paddle - Hike
083	Biltong Boytjies	08:00	Cycle - Paddle - Hike
084	The Hollands	08:00	Cycle - Paddle - Hike

085	The Chew Crew	08:20	Cycle - Hike - Paddle
086	The Wanderers	08:20	Cycle - Hike - Paddle
087	WDC Station Gardens	08:20	Cycle - Hike - Paddle
088	The Doreen's	08:20	Cycle - Hike - Paddle
089	The Dawn Riders	08:20	Cycle - Hike - Paddle
090	Cwtch & Conquer	08:20	Cycle - Hike - Paddle
091	Lightspeed Legends	08:20	Cycle - Hike - Paddle
092	Dynamic Duo	08:20	Cycle - Hike - Paddle
093	Team Towns	08:20	Cycle - Hike - Paddle
094	Team Aztech	08:20	Cycle - Hike - Paddle
095	The School Run Strugglers	08:20	Cycle - Hike - Paddle
096	Biltong & Biscuits	08:20	Cycle - Hike - Paddle
097	The Thompsons	08:20	Cycle - Hike - Paddle
098	The Wilknuts	08:20	Cycle - Hike - Paddle
099	The Wainwright Wanderers	08:20	Cycle - Hike - Paddle
100	Shelleoni de la Kibkib	08:20	Cycle - Hike - Paddle
101	Padel Power	08:20	Cycle - Hike - Paddle
102	Sorry about the Tache	08:20	Cycle - Hike - Paddle
103	Beyond Walls	08:20	Cycle - Hike - Paddle