



# FINAL INSTRUCTIONS

25th June 2023



# WELCOME

To the 2023 Cardiff Triathlon & Duathlon. This document contains all the information you'll need to have a great day and a safe race.



## EVENT TIMETABLE

### VENUE

Transition will be in the Event Village on the Roald Dahl Plass opposite the Wales Millennium Centre CF10 5AL

The Swim start is located just past the Norwegian Church near the old Dr. Who centre. This is a 500m walk from the Roald Dahl Plass.

### REGISTRATION

Registration is in the Event Village on the Roald Dahl Plass next to transition. Please follow signs to Registration. **You MUST attend registration to collect your race pack.**

You must attend at the time allocated to your race only.

### SATURDAY 24th JUNE

12:00 – 16:00: Super-Sprint Triathlon, Sprint Triathlon, Sprint Duathlon, Olympic Triathlon, Legend Triathlon.

### SUNDAY 25th JUNE

04:45 – 05:15: Legend Triathlon

05:00 - 06:00: Olympic Triathlon

05:30 – 06:30: Sprint Duathlon

06:00 - 07.15 - Sprint Triathlon

06:30 - 08:00: Super-Sprint Triathlon

We would encourage those who can, to register the day before your race to avoid a rush on the morning of your race. Don't forget to take the time to have a look around the Cardiff Triathlon Expo!

You can find your bib number, which you will need for registration on the [event start list here](#).

You can find your wave and race start time on the [TDL Event Tracker](#), which will be populated one week before the event.



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# GENERAL EVENT INFORMATION

## RACE PACK

**Timing chip** – Secured to your left ankle with the velcro strap and to be returned at the finish line. For team competitors this tag acts as the ‘baton’, it must be passed to the next team member in transition to continue on the course. Please make sure you return your timing chip, there is a £55 charge for lost chips.

**Race number bib** – Worn on the back during the bike section and on the front for the run, a tri race belt facilitates this. If you don’t have one you can purchase one at registration. Teams are provided with 2 bibs, one for the cyclist and one for the runner.

**Bike Flag** – This must be displayed on the seatpost and must not be cut or obscured.

**Security wristband** – To be worn at all times to access transition; including before, during and after the race.

**Swim hat** - if you prefer to wear your own hat you must still wear this over the top as it identifies your wave.

## MEMBERSHIP

Unless you indicated that you are an affiliated member of your home country’s federation, a British Triathlon Day Membership License will have been added to your entry and paid for upon booking the event.

If you are a member please present your annual membership ID to our team at registration when you pick up your race pack.

If you have not paid online and are unable to present a valid membership ID the registration team will ask you to pay the £6 day membership fee.

# GENERAL EVENT INFORMATION

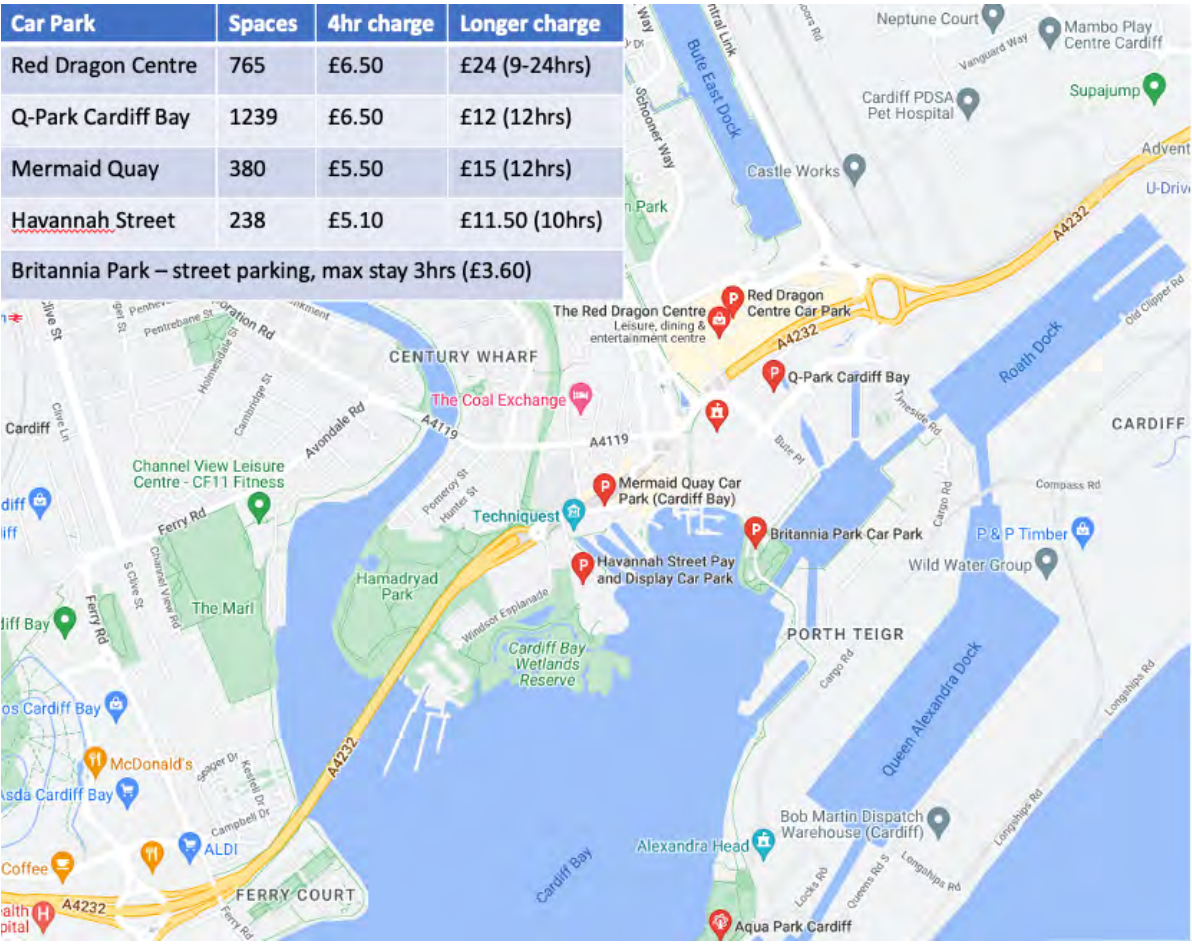
## CAR PARKING

There are numerous pay and display car parks located around Cardiff Bay. Please make sure you buy a ticket.

The County Hall Car Park (CF10 4UW) is also open and charges £10 for all day parking. This car park opens at 04:30 on Sunday. The car park is manned but any equipment is left at your own risk and should be locked when left, either on the ground or on roof racks.

Car Park	Spaces	4hr charge	Longer charge
Red Dragon Centre	765	£6.50	£24 (9-24hrs)
Q-Park Cardiff Bay	1239	£6.50	£12 (12hrs)
Mermaid Quay	380	£5.50	£15 (12hrs)
Havannah Street	238	£5.10	£11.50 (10hrs)

Britannia Park – street parking, max stay 3hrs (£3.60)



# GENERAL EVENT INFORMATION

## FACILITIES

There will be portaloos on Roald Dahl Plass, at the swim start and on the Legend bike course at the Dunleavy Drive turn-around. Toilets are also available inside the Wales Millennium Centre. Please be sensitive and plan your comfort breaks for where there are facilities available. Under British Triathlon rules you will be disqualified if found urinating in a public place.

## BAG DROP

There will be a bag drop tent in transition where you can leave your items for after the race. Please clearly label your belongings with your race number in advance, or by using the sticky labels provided.

Please be respectful and refrain from walking through the Wales Millennium Centre in just your swimming kit. You must have footwear on at all times. The swim start area is gravelly underfoot. There will be an unmanned location to leave flip flops at the swim start, it is your responsibility to return to collect your items after your race. Any footwear not collected by 15.30 will be disposed of.

## HOT FOOD AND DRINK

There will be options available in the event village and many surrounding bars and restaurants.

## EVENT PHOTOGRAPHY

Our Official Event Photographer is Sports Picture Cymru. Photos will be available post race through their website. Please visit [www.sportspictures.cymru](http://www.sportspictures.cymru)

If you have purchased a photography package, please look out for an email from Sports Pictures Cymru or Photo Hawk after the event; this can sometimes be delivered to spam/junk folders.

# GENERAL EVENT INFORMATION

## MERCHANDISE

T-shirts, hoodies and any other pre-ordered merchandise must be collected at registration. There will be a limited number of t-shirts and hoodies for sale on the day from the Always Aim High Event Store. **All pre-ordered merchandise must be collected at registration it cannot be posted after the event.**

## LIVE RACE TRACKER

Sign up now to access live race progress and results. On race day, spectators, family and friends can get the status of competitors in real-time using the [Participant Tracker & Leader Board](#) - just type in the name of the competitor you want to track. Head to: <https://track.rtrt.me/e/TDL-CARTRI-2023>

## RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip on their left ankle. Failure to do so may result in you not being classified in the race results. During the swim please pull long wetsuits over the chip to prevent loss in the water.

## RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

## LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the location you are running and riding in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.



# GENERAL EVENT INFORMATION

## ROAD CLOSURE INFORMATION SUNDAY 25TH JUNE

In order to give the competitors and spectators the best and safest experience, the following roads will be closed between **05:45 and 11:30** and diversions put in place:

- Ferry Road from the Clive Street junction to International Drive
- International Drive to its junction with Olympian Way
- Olympian Way, Watkiss Way and left onto Dunleavy Drive from the Watkiss Way junction to the Dunleavy Drive Retail Park junction.

The following roads will be closed between **05:45 and 14:30** with diversions in place:

- Ferry Road from its junction with Clive Street to Avondale Road.
- East Tyndall Street from its junction with Schooner Way to its junction with Herbert Street and Lloyd George Avenue
- Lloyd George Avenue from its junction with Herbert Street to its junction with Bute Place
- Bute Place from its junction with Lloyd George Avenue to its junction with Pierhead Street.
- James Street, Clarence Road, Avondale Road to its junction with Clive Street.
- Harbour Drive from its junction with Britannia Quay to where it becomes Porth Teigr. Access will be maintained to The Lock Keepers Cottage Car Park. This will be from 05:45 – 15:15.

As such, there will be potential delays in these areas. Stewards will be on hand to guide and assist and, in the event of an emergency, will be able to escort vehicles in and out as and when appropriate.

# GENERAL EVENT INFORMATION



# GENERAL EVENT INFORMATION

## PRIZE GIVING - APPROX 11.30

The prize giving will take place in the event village. Please come along to collect your prizes and have your moment on the podium  
We will be awarding the following prizes:

### Super- Sprint Triathlon (both open and female)

Open top 3

### Sprint Triathlon (both open and female)

Open top 3

Vet 40 top 3

Vet 50, Vet 60, Vet 70 and U23 - first place

Teams - first place

### Olympic Triathlon (both open and female)

Open top 3

Vet 40 top 3

Vet 50, Vet 60, Vet 70 and U23 - first place

Teams - first place

### Legend Triathlon (both open and female)

Open top 3

Vet 40, Vet 50, Vet 60, Vet 70 and U23 - first place

Teams - first place

### Sprint Duathlon (both open and female)

Open top 3

Teams - first place





# RACE DAY LEGEND TRIATHLON

**SUNDAY 25TH JUNE - 1900M SWIM, 88K BIKE, 21.8K RUN**

**04:45 - 05:15:** Registration - **we advise you arrive race ready due to the limited time before race start.**

**04:45:** Transition open

**05:30:** Transition **MUST** be clear of all Legend competitors (except team members awaiting their relay mate).

**06.00:** Legend Wave 1 start (pink hat, pink bib)

**Your safety brief has been recorded. You **MUST** follow the below link to watch this to know what to expect on course.**

[LINK TO YOUTUBE BRIEF](#)

## SWIM ROUTE

The swim course will be a single lap of 1900m. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

7 laps of a 13km course. You are responsible for counting your laps. After laps one to six follow LAP sign, after lap seven follow TRANSITION sign. Follow signs for LEGEND.

## RUN ROUTE

5 laps of a 4.4km course. You are responsible for counting your laps. After laps one, two, three and four, follow LAP sign, and then after lap five follow FINISH sign.

# RACE DAY LEGEND TRIATHLON

## DRINK STATIONS

There is a drink station approximately 4.6km into the bike lap and approximately 4.4km into the run lap.

There will be NO CUPS on the bike feed station – you'll need to bring your own water bottle. Please make sure you fill up your water bottles in transition. We will provide limited cups on the run feed station.

## CUT OFF TIMES

**You have 1hour 5minutes to complete your swim.**

**07:10** - T1 (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

**10.35** - Last Bike Lap - You must have started your final lap no later than 10:35. You will not be allowed onto another lap after this time.

**11:15** - T2 cut off (bike to run)

**15.00** – Finish line timing ends

**15:30:** Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

# RACE DAY OLYMPIC TRIATHLON

SUNDAY 25TH JUNE - 1500M SWIM, 37K BIKE, 9K RUN

**05:00 – 06:00:** Registration

**04:45:** Transition open

**06:15:** Transition MUST be clear of all Olympic competitors (except team members awaiting their relay mate).

**06:35:** Compulsory Safety Brief at Swim Start (500m from transition)

**07:05:** Start - Wave 2 Olympic (red hat, red bib)

**07:10:** Start - Wave 3 Olympic (white hat, red bib)

**07:15:** Start - Wave 4 Olympic (light blue hat, red bib)

**07:20:** Start - Wave 5 Olympic (orange hat, red bib)

## SWIM ROUTE

The swim course will be a single lap of 1500m. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

3 laps of a 13km course. You are responsible for counting your laps. After laps one and two follow LAP sign and then after lap three follow TRANSITION sign. Follow signs for OLYMPIC.

## RUN ROUTE

2 laps of a 5km course. You are responsible for counting your laps. After lap one, follow LAP sign, after lap two follow FINISH sign.

# RACE DAY OLYMPIC TRIATHLON

## DRINK STATIONS

There will be a drink station in transition and a drink station at the 5km run lap turn around. There are none on the bike route for Olympic distance athletes. Please make sure you fill up your water bottles in transition.

## CUT OFF TIMES

**You will have 50 minutes to complete your swim.**

**08:15 - T1** (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

**10:20 - T2** (bike to run) If you are still in Transition at this time, you will not be allowed to continue.

**15:00** Finish line timing will be shut down

**15:30:** Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.



# RACE DAY

## SPRINT DUATHLON

SUNDAY 25TH JUNE – 2.5K RUN, 18.5K BIKE, 4.7K RUN

**05:30 – 06:30:** Registration

**04:45:** Transition open

**06:45:** Transition MUST be clear of all Duathlon competitors (except team members awaiting their relay mate).

**07.15:** Compulsory Safety Brief at Start

**07.30:** Start - Wave 6 Sprint Duathlon ( grey bib)

### DUATHLON START

The Duathlon will start under the finish arch. Athletes will complete the shorter 2.5km first, followed by the same bike and run route as the sprint distance triathlon.

### RUN 1 ROUTE

An out and back 2.5km run course, starting at the finish and running out to a turnaround point then heading back to transition.

### BIKE ROUTE

2 laps of a 10km course. Make sure you are familiar with the turn around point on the bike route.

You are responsible for counting your laps. After lap one follow LAP sign and then after lap two follow TRANSITION signs. Follow signs for SPRINT on the course.

### RUN ROUTE 2

1 lap of a 5km course. At the end of your lap follow signs to FINISH.

# RACE DAY

## SPRINT DUATHLON

### DRINK STATIONS

There will be a drink station in transition. There are no drink stations on the bike route or the run route. Please make sure you fill up your water bottles in transition.

### CUT OFF TIMES

**08:05** - T1 (run 1 to bike). If you are still out on run 1 at this time you will not be allowed to continue with the race.

**09.10** - T2 cut off (bike to run)

**15.00** Finish line timing will be shut down

**15:30:** Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

# RACE DAY SPRINT TRIATHLON

SUNDAY 25TH JUNE - 750M SWIM, 18.5K BIKE, 4.7K RUN

**06:00 - 07:15:** Registration

**04:45:** Transition open

**07:30:** Transition MUST be clear of all Sprint competitors (except team members awaiting their relay mate).

**07.50:** Compulsory Safety Brief at Swim Start (500m from transition)

**08.15:** Start - Wave 8 Sprint (yellow hat, blue bib),

**08.20:** Start - Wave 9 Sprint (purple hat, blue bib)

**08.25:** Start - Wave 10 Sprint (green hat, blue bib)

## SWIM ROUTE

The swim course will be a single lap. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

2 laps of a 10km course. Make sure you are familiar with the turn around point on the bike route.

You are responsible for counting your laps. After lap one follow LAP sign and then after lap two follow TRANSITION signs. Follow signs for SPRINT on the course.

## RUN ROUTE

1 lap of a 5km course. At the end of your lap follow signs to FINISH.

# RACE DAY SPRINT TRIATHLON

## DRINK STATIONS

There will be a drink station in transition. There are no drink stations on the bike route or the run route. Please make sure you fill up your water bottles in transition.

## CUT OFF TIMES

**You have 30minutes to complete your swim.**

**09:00 - T1** (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

**10.05 - T2** cut off (bike to run)

**15.00** Finish line timing will be shut down

**15:30:** Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.



# RACE DAY SUPER SPRINT TRIATHLON

SUNDAY 25TH JUNE - 400M SWIM, 9.3K BIKE, 2.5K RUN

**06:30 - 08:00:** Registration

**04.45:** Transition open

**08:15:** Transition MUST be clear of all Super-Sprint competitors (except team members awaiting their relay mate).

**08:35:** Compulsory Safety Brief at Swim Start (500m from transition)

**09.00:** Start - Wave 1 1 Super Sprint (pink hat, yellow bib)

## SWIM ROUTE

The swim course will be an A to B course. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

1 lap of a 10km course. Make sure you are familiar with the turn around point on the bike route.

After your lap follow TRANSITION signs. Follow signs for SUPER SPRINT on the course.

## RUN ROUTE

1 Lap of a 2.5km course. Make sure you are familiar with the turn around point.

At the end of your lap follow signs to FINISH.

# RACE DAY SUPER SPRINT TRIATHLON

## DRINK STATIONS

There will be a drink station in transition. There are no drink stations on the bike route or the run route. Please make sure you fill up your water bottles in transition.

## CUT OFF TIMES

**You have 20minutes to complete your swim.**

**09:25 - T1** (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

**10:10 - T2** cut off (bike to run)

**15:00** Finish line timing will be shut down

**15:30:** Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

**TOW FLOATS AND DRY BAGS  
ESSENTIAL TRAINING KIT**

**BE SAFER BE SEEN**

[WWW.SWIMSECURE.CO.UK](http://WWW.SWIMSECURE.CO.UK)



# FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

## TRANSITION

Strictly one bike per person. You must rack your bike on the morning of the event, bikes can not be left in transition overnight. Transition will be open for you to collect your race equipment throughout the race day. You must give priority to those who are racing.

## SECURITY

All competitors will be issued with a race wristband, **which must be worn** in order to access the transition area. Please respect this in the interest of safety and security of your equipment. Your bike will be checked against your race number on entry and exit of transition.

## TRANSITION RULES

In accordance with British Triathlon Rules (Rule 7.1.c) boxes are not allowed in transition, only a soft sided bag or rucksack is allowed. It is the responsibility of the competitor to ensure that any bag used in transition does not impede other competitors, if it is found to be in the way it will be removed. There will be an unmanned bag drop gazebo within transition; items left here will be left at your own risk.

## COMPETING AS A TEAM

There is an allocated team handover area in transition. Team members should wait in the team handover area to pass on the timing chip. The cyclist finishing their section must rack their bike in the transition area first before going to the team handover box to hand over the timing chip.

# SWIM COURSE

The swim is set in the fresh water of the iconic Cardiff Bay. When leaving transition to go to the swim start you will be directed through exit gates at the side of transition. This is to ensure you do not impede athletes who have started their race.

The swim course will be clearly marked with large round dumpy buoys and you will swim in a clockwise direction. You must keep the buoys on your right hand side. A map of the course will be on display at the registration desk and at the swim start.

In line with British Triathlon Rules wetsuits are compulsory for the swim if the water temperature is below 14 degrees. Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

There will be safety vessels and a motorboat to ensure your safety whilst swimming. If you get into difficulty during the swim please raise your hand and shout HELP for a boat to come to you and aid you to safety. You may be asked to hold onto the kayak, please do not attempt to climb on board.





# BIKE COURSE

The cycle route is on closed roads and clearly signposted. Marshals and signs will guide you at junctions and turnarounds but it is a good idea to familiarise yourself with the route before hand. You can find the routes on our website and at registration.

The Cardiff Triathlon is a non-drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification.

A good quality and fit, British Standard (or similar) helmet must be worn and fastened during the cycle section. This will be checked before the start and anyone not complying with these standards will not race.

Important – your helmet **MUST** be fastened before you take your bike off the rack and **MUST NOT** be unfastened until your bike is back on the rack.

You must not mount your bike in the transition area. The location to mount and dismount your bike will be clearly marked with signs and will be staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

Any cyclist taking part in a relay team should wait in the team handover area to pass on the timing chip that acts as a baton. This must be done before making their way to pick up their bike. The team handover area will be clearly marked.



## DRAFTING RULES EXPLAINED

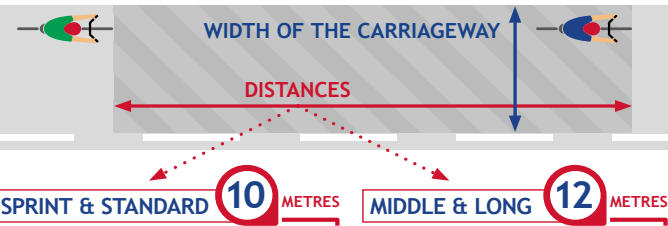
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

### WHAT IS DRAFTING?

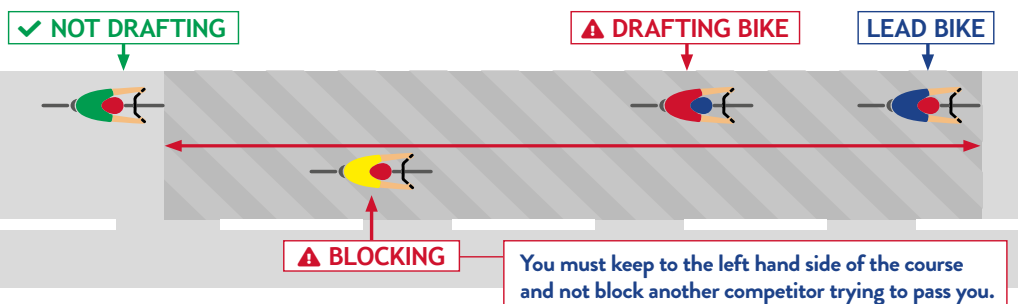


**IT'S AGAINST THE RULES**  
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

### THE DRAFTING ZONE



### DRAFTING & NOT DRAFTING



### MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



### OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

### PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org) - This document is for guidance purposes only.





# MAPS AND PLANS



## TRANSITION & START AREA

# RUN COURSE

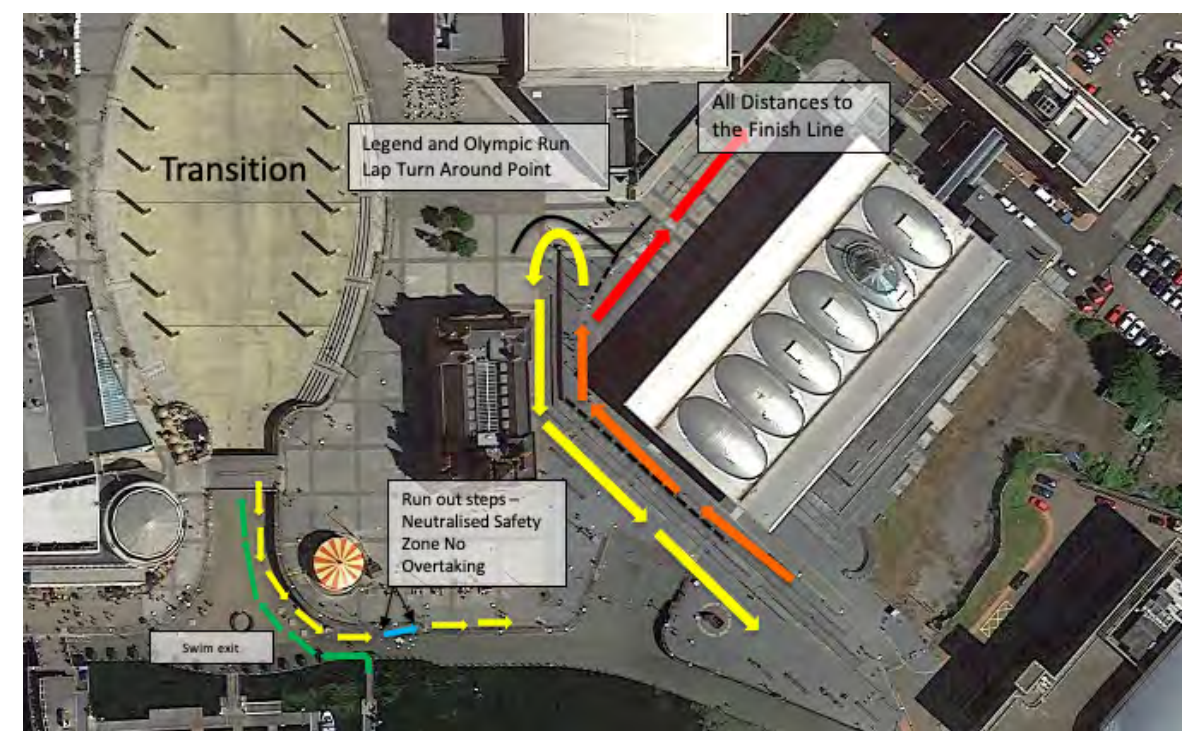
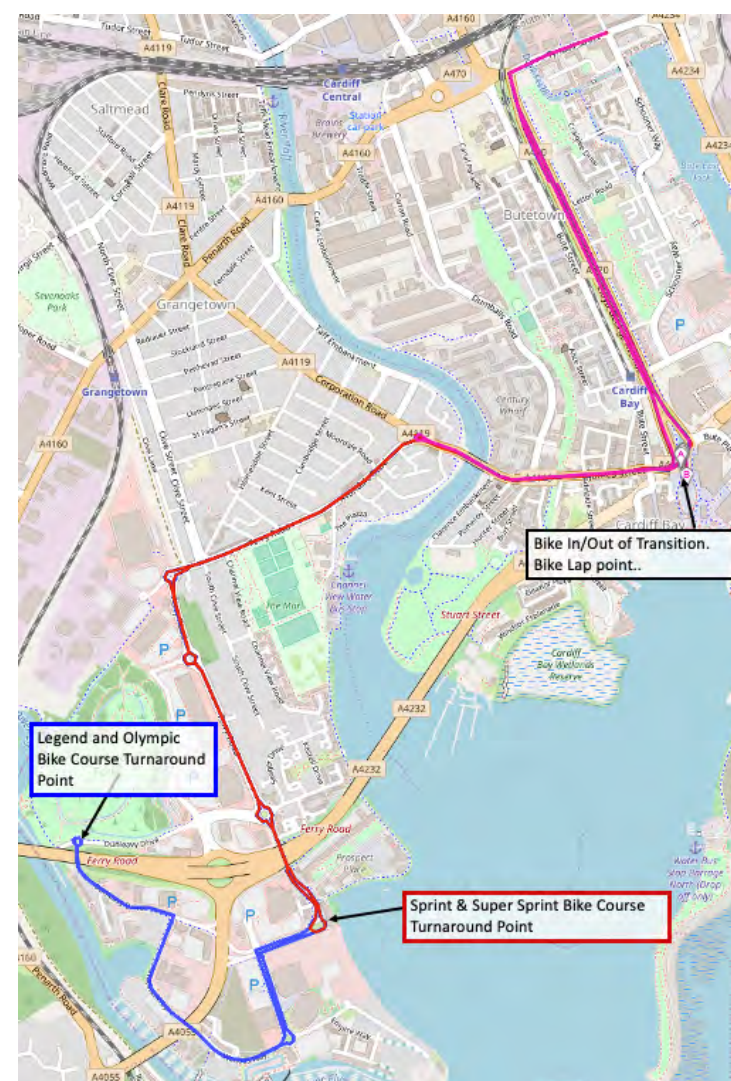
Run out of transition: Due to major repairs to the boardwalk the run out of transition has been re-routed up a set of steps.

This will be a Neutral Zone with strictly no overtaking. The time it takes to get through this section will be deducted from your race time. You **MUST** adhere to the signage and directions from marshals. Please take care whilst ascending these steps.

Duathlon competitors will also have to descend these steps into transition after Run 1. Once again it will be a Neutral Zone with strictly no overtaking.

Run Lap turnaround point: Legend and Olympic athletes will turn around in front of the Senate building. Please see below.

## BIKE ROUTE



## BAD WEATHER CONTINGENCIES

In the interest of competitor safety, as with all events it might be necessary to implement contingencies on the race. We will do all that we can to ensure you have the best experience and will only make changes to the race if it is absolutely necessary. Thank you for your understanding.



## RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



## ARE YOU TAKING PART IN ANY OF OUR OTHER EVENTS THIS YEAR?

### EVENTS CALENDAR 2023

- Unique Road Runs
- Iconic Triathlons/Duathlons
- Epic Trail Runs
- Wild Swim Events
- Stunning Cycle Sportives

MONTH	EVENTS
<b>FEBRUARY</b>	12th. Nick Beer 10k
<b>MARCH</b>	5th. Jones o Gymru Anglesey Half Marathon 25th. World's Steepest Street Race 26th. Harlech
<b>MAY</b>	13th. XTERRA Weston Park 14th. Weston Park
<b>JUNE</b>	10th. Slateman 10th-11th. Slateman 24th. Cardiff 25th. Cardiff
<b>JULY</b>	8th-9th. Snowdon24 9th. XTERRA Snowdonia Trail Marathon 29th. Snowman 29th-30th. Snowman
<b>AUGUST</b>	20th. Tour de Môn
<b>SEPTEMBER</b>	9th-10th. Sandman 9th. Torchlight Trail
<b>OCTOBER</b>	1st. Llandudno
<b>NOVEMBER</b>	5th. Anglesey Trail Half Marathon & 10k

[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

SCAN TO FIND OUT MORE:

## SPECTATOR INFORMATION

The Cardiff Triathlon Event Village and Expo will have a number of stands from our event sponsors and partners, with information and goodies. It will be located on Roald Dahl Plass opposite the Wales Millenium Centre. There is always an exciting atmosphere including live commentary, and all of the race action.

## VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between shop vouchers, race entries or charity donations and there are a number of positions available.

Contact [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) to get involved

## SAFEGUARDING

Permitted Events Commitment Statement

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.



[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

