



# FINAL INSTRUCTIONS

Event date: 3rd August 2025

# WELCOME

To the 2025 Craft Snowman Triathlon & Duathlon. This document contains all the information you'll need to have a great day and a safe race.

## EVENT TIMETABLE

### VENUE

Plas y Brenin, Capel Curig, Conwy. [LL24 0ET](#)

### REGISTRATION

You MUST attend registration to collect your registration pack. Registration is in Plas y Brenin. Please follow signs to registration. Please be aware of the Sunday car parking location ([see page 5](#)) which is 0.8 miles from Plas y Brenin.

### SATURDAY 2nd AUGUST

12:00 – 16:00 – All Triathlons and Duathlons

### SUNDAY 3rd AUGUST

06:00 - 06:30 Legend Registration

06:30 - 07:30 Standard Registration

07:30 - 08:30 Sprint Registration

You can find your race bib number, which you'll need for registration [HERE](#). Please search your name to find your information.

We would encourage those who can, to register the day before your race to avoid a rush on the morning of your race.



# GENERAL EVENT INFORMATION

## RACE PACK

At registration you will pick up your race pack which includes:

**Timing chip** – Secured to your left ankle with the Velcro strap, and worn UNDER your wetsuit. 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 to the organisers at the finish line; 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 two bibs, one for the cyclist and one for the runner.

**Bike flag** – This must be displayed on the seat-post and must not be cut or obscured.

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

## BRITISH TRIATHLON RACE PASS

British Triathlon Race Pass is a licence for racing and covers your public liability insurance for the day. If you are not a Core or an Ultimate member of British Triathlon (or your home country's federation), you must [purchase a Race Pass from British Triathlon](#) to comply with competition rules.

Race Pass costs £8.00 for aged 25 years and above and £2.00 for participants aged under 25.

You will be asked to show your Race Pass receipt or your membership card at registration.

To make the registration process as quick and efficient for all, we kindly ask that Race Passes are [purchased online](#) prior to your arrival at the event and that you have your receipt or membership card ready to show.

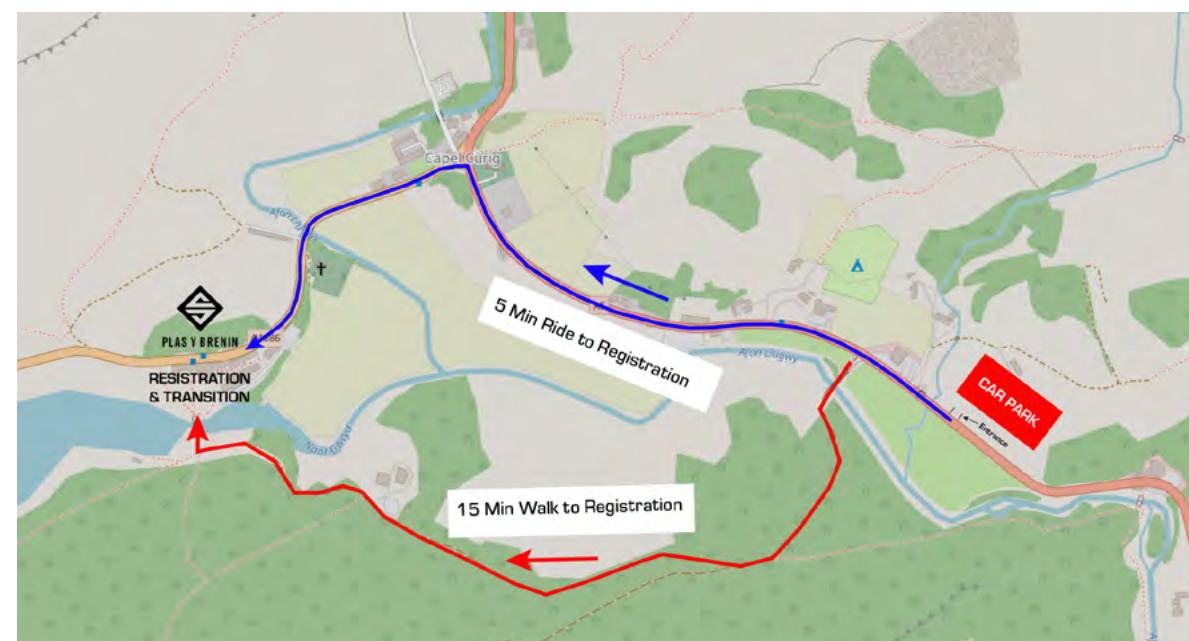
# GENERAL EVENT INFORMATION

## CAR PARKING

Our designated event parking is approximately 0.8 miles from Plas y Brenin, next to the former Siabod Cafe on the A5; it will be signposted once you get close to the site. The car park will be open from 05:30 on Sunday 3rd August, overnight parking is not permitted. Please note there are no facilities in the car park.

There is a £7.50 parking fee which will be charged per car on entry to the field. Cash or card payments will be accepted. In the interest of all road users, competitors and the local community, do not park on the road, or on private property.

The road between the car park and registration is very busy. Follow the signs from the car park through the forest and along the fire road to reach Plas y Brenin safely on foot. Please take care and leave sufficient time to attend registration.



# GENERAL EVENT INFORMATION

## FACILITIES

There will be portaloos in transition as well as toilet facilities within Plas y Brenin. You will be in an area of natural beauty that is also home to many residents; 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.

## FOOD & DRINK

Plas y Brenin are providing special food offers for the Snowman, both before and after the event. You will be able to fuel yourself with some tasty carbs in the Plas y Brenin cafe-bar (next to registration) throughout Saturday and Sunday.

The bar area will also be open before and after the races, selling drinks and other goodies.

## EVENT PHOTOGRAPHY

Our official event photographer is Sports Pictures Cymru. Photos will be available post-race through their website. Please [visit Sport Pictures Cymru](#) where you can pre-register with a selfie to be notified when your images go live. If you have pre-purchased event photo packages, look out for an email from the photographer, or 'Photohawk' just after the race. These can sometimes go to spam, please check there if you haven't received your email 24hrs after the race.

# GENERAL EVENT INFORMATION

## MERCHANDISE

T-shirts, hoodies and any other pre-ordered merchandise can be collected from Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the Always Aim High Store, located on the terrace beside the Plas y Brenin bar.

**All pre-ordered merchandise must be collected on the day; it cannot be posted after the event.**

## LIVE RACE RESULTS

On race day, spectators, family and friends can get the status of competitors using the [Live Results](#) - just type in the name of the competitor you want to track.

## 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 (underneath your wetsuit, tights or socks is recommended). Failure to do so may result in you not being classified in the race results.

## 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.



# GENERAL EVENT INFORMATION

## LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the beautiful 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.

## PRIZE GIVING

The prize giving will take place in the same room as Registration. Please come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors.

## SUNDAY AT APPROXIMATELY 12:30

### Sprint Triathlon (both open and female)

Overall top 3

Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70 - First Place

Teams - First Place

### Sprint Duathlon (both open and female)

Overall top 3

## SUNDAY AT APPROXIMATELY 14.00

### Standard Triathlon (both open and female)

Overall top 3

Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70 - First Place, Teams - First Place

### Standard Duathlon (both open and female)

Overall top 3

### Legend Triathlon \*

Overall top 3

Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70 - First Place

# GENERAL EVENT INFORMATION

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



**EVENTS CALENDAR 2025**

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

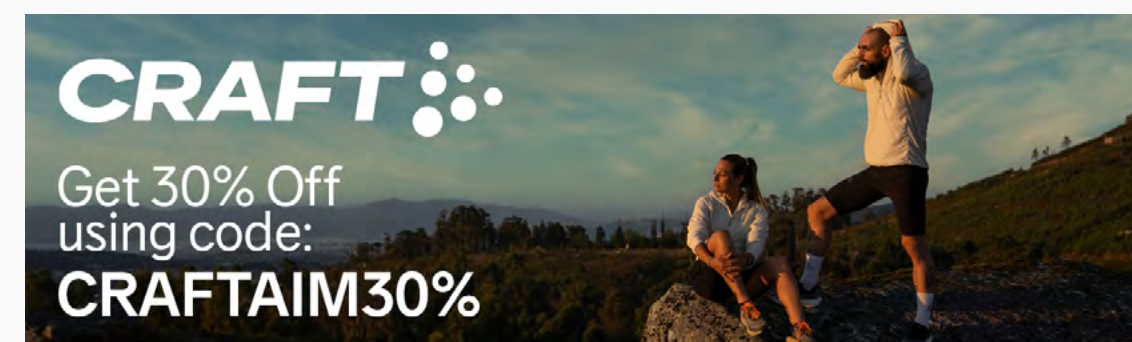
Month	Event
FEBRUARY	9th. Nick Beer 10k
MARCH	2nd. Anglesey Half Marathon & 10K
APRIL	6th. Eirias
JUNE	8th. Slateman
	21st. Cardiff Bay
	22nd. Cardiff
JULY	12th -13th. Yr Wyddfa   Snowdon24
	12th. Snowdonia Trail Marathon Eryri
AUGUST	2nd. Ogwen Yr Helgi Du
	2nd. Snowman
	3rd. Snowman
	17th. Tour de Môn
SEPTEMBER	7th. Bala
	21st. Sandman
OCTOBER	4th. Llandudno
NOVEMBER	9th. Anglesey Trail Half Marathon & 10k

WWW.ALWAYS AIM HIGH EVENTS.COM

SCAN TO FIND OUT MORE: 

## GRAB SOME NEW RACE KIT WITH THIS GREAT DEAL FROM EVENT HEADLINE PARTNERS CRAFT SPORTSWEAR



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Get 30% Off using code:

**CRAFTAIM30%**

# RACE DAY SPRINT TRIATHLON

SUNDAY 3rd AUGUST – 750M SWIM, 27K BIKE, 6.1K RUN

**07:30 – 08:30:** Registration

**07:30 – 08:40:** Transition open

**08.45:** Compulsory Safety Brief at Swim Start

**08:40:** Transition must be clear of all competitors (except team members awaiting their relay mate).

**09:00:** Start - Sprint Wave (white hat, blue bib)

**17:30:** Finish line timing will be shut down

**18:00:** Transition must be clear of all bikes after the event.

## SWIM ROUTE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. Marshals will be at key junctions and turning points to guide you. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration. There is a compulsory stop on the route where you must put a foot on the ground (see page 23 for details).

## RUN ROUTE

The run is on public footpaths, please be aware and considerate to others. Please look out for other runners. Sections of the paths may be narrow, steep and rocky!

# RACE DAY SPRINT TRIATHLON

## DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

## CUT OFF TIMES

You have 30 minutes to complete your swim.

09:35 - cyclists must be out of T1 to continue to the cycle stage.

You have 1 hr 45 minutes to complete your cycle.

11:25 – runners must be out of T2 to continue to the run stage.

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.

**Compulsory kit** – the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions (page 18).

# RACE DAY SPRINT DUATHLON

SUNDAY 3rd AUGUST – 2.4K RUN, 27K BIKE, 6.1K RUN

**07:30 – 08:30:** Registration

**07:30 – 08:40:** Transition open

**08.45:** Compulsory Safety Brief at Duathlon Start

**08:40:** Transition must be clear of all competitors (except team members awaiting their relay mate).

**09.00:** Sprint Duathlon wave: Green bib

**17:30:** Finish line timing will be shut down

**18:00:** Transition must be clear of all bikes after the event.

## DUATHLON START

The Duathlon start line will be just across the bridge from Transition. Competitors will complete the shorter 2.4km run first, followed by the same cycle route and 6.1km run as the Sprint distance triathlon.

## BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. Marshals will be at key junctions and turning points to guide you. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration. There is a compulsory stop on the route where you must put a foot on the ground (see page 23 for details).

## RUN ROUTES

The runs are on public footpaths, please be aware and considerate to others. Please look out for other runners. Sections of the paths may be narrow, steep and rocky!

# RACE DAY SPRINT DUATHLON

## DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

## CUT OFF TIMES

You have 30 minutes to complete your first run.

09:35 - cyclists must be out of T1 to continue to the cycle stage.

You have 1hr 45 minutes to complete your cycle.

11:25 – runners must be out of T2 to continue to the run stage.

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.

**Compulsory kit** – the compulsory kit is mandatory for the second run of this duathlon event. See the full list of compulsory kit in the additional notes of these final instructions (page 18).

# RACE DAY STANDARD TRIATHLON

SUNDAY 3rd AUGUST – 1500M SWIM, 69.2K BIKE, 8.4K RUN

06:30 – 07:30: Registration

06:30 – 07:40: Transition open

07:45: Compulsory Safety Brief at Swim Start

07:40: Transition must be clear of all competitors (except team members awaiting their relay mate).

**08:00:** Start - Standard wave (green hat, red bib)

**17:30:** Finish line timing will be shut down

**18:00:** Transition must be clear of all bikes after the race.

## SWIM ROUTE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. Marshals will be at key junctions and turning points to guide you. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration.

## RUN ROUTE

The run is on public footpaths. Please look out for other runners, especially on each return leg; be aware and be considerate. Sections of the paths may be narrow and rocky!

# RACE DAY STANDARD TRIATHLON

## DRINK STATIONS

There are no drink stations on the run route, you can re-fill water in transition. There is an un-manned refill station in Blaenau Ffestiniog on the bike route at kilometre 42. There will be no cups at this event - please bring your own water bottles.

## CUT OFF TIMES

You have 55 minutes to complete your swim.

**09:00** - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 20 minutes to complete your cycle.

**13:25** – runners must be out of T2 to continue to the run stage.

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.

**Compulsory kit** – the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions (page 18).



# RACE DAY LEGEND TRIATHLON

SUNDAY 3rd AUGUST – 1900M SWIM, 96K BIKE, 21.1K RUN

**06:00 – 06:30:** Registration

**06:00 – 06:40:** Transition open

**06.45:** Compulsory Safety Brief at Swim Start

**06.40:** Transition must be clear of all competitors (except team members awaiting their relay mate).

**07.00:** Start - Legend wave (pink hat, pink bib)

**17:30:** Finish line timing will be shut down

**18:00:** Transition must be clear of all bikes after the race.

## SWIM ROUTE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

## BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. Marshals will be at key junctions and turning points to guide you. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration. There is a compulsory stop on the route where you must put a foot on the ground (see page 23 for details).

## RUN ROUTE

The run is on public footpaths. Please look out for other runners, especially on each return leg; be aware and be considerate. There is a road crossing outside of Plas y Brenin which you'll cross twice, this road is open to traffic. Sections of the paths may be narrow and rocky!

# RACE DAY LEGEND TRIATHLON

## DRINK STATIONS

Located in transition, in Blaenau Ffestiniog on the bike route at kilometre 42 and at kilometre 12 on the run route.

There will be no cups on the feed-stations; you must carry your own water bottle.

## CUT OFF TIMES

You have 1hr 5 minutes to complete your swim.

**08:10** - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 45 minutes to complete your cycle.

**13:00** – runners must be out of T2 to continue to the run stage.

You have 1hrs 30 minutes to complete the first 12km of your run.

**14:30** – runners will be cut off from going on to the mountain stage of the run. You have 4hrs 30 minutes to complete the full run.

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.

**Compulsory kit** – the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions (next page).

## COMPULSORY KIT

All competitors must carry the compulsory kit listed below on the run section of this event. This kit is for your safety due to the often unpredictable and quickly changing mountain conditions and isolated nature of the route. Following a dynamic risk assessment, the Race Director may relax certain items of compulsory equipment. If relevant, this will be announced in the safety brief.

### COMPULSORY KIT

- Waterproof jacket and trousers (with taped seams and integrated, attached hood)
- Suitable off road running shoes - fell/trail shoes
- Hat and Gloves (Head and hand cover)
- Whistle
- Emergency food
- Foil Blanket
- Drinking water
- Mobile Telephone

You must be prepared to show that you are carrying the full compulsory kit upon entry into transition, when requested by one of our team. You will not be permitted to continue on to the run section if your kit is deemed insufficient. If you are seen leaving to go on the run without the compulsory kit you will be told to retrieve it from transition. If you go out on to the run without your kit you will be disqualified.

### ADDITIONAL PERMITTED KIT:

- Poles (we permit people to use poles)

### SEVERE 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.

## FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

### TRANSITION

Strictly one bike per person. You must rack your bike on the morning of the event, bikes cannot be left in transition overnight.

### SECURITY

Your bike will be checked against your race number on entry and exit of transition. Please fill in the emergency detail on the back of your race bib before entering transition. If you wish to re-enter transition after racking your bike, you can show your race number or timing chip.

### 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 unstaffed 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

When leaving transition to go to the start there is a narrow bridge to cross. Please be considerate of competitors who are crossing the bridge coming towards you to enter T1. You **MUST** always give the competitor heading into transition the right of way, and follow any instructions given by marshals.

### SWIM COURSE

The swim is set in the stunning fresh water Llynau Mymbyr at the base of Moel Siabod.

The 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 swim start area.

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 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 boat, please do not attempt to climb on board!

It is compulsory to attend the safety briefing before the race start on race day.

## BIKE COURSE

The Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee. The Snowman Triathlon & Duathlon 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 be allowed to 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 should 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.

The cycle route is clearly signposted. Marshals and signs will guide you at key junctions and roundabouts.



# BIKE COURSE

## DRAFTING RULES EXPLAINED

### BRITISH TRIATHLON

## 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

WIDTH OF THE CARRIAGEWAY

DISTANCE

12 METRES

### DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

△ DRAFTING BIKE

LEAD BIKE

△ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

### MAKING A PASS

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

**25 SECONDS**

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

### OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES	1st Offence	2nd Offence	3rd Offence
<b>SPRINT (OR SHORTER)</b>	30 SECS PENALTY	DISQUALIFICATION	N/A
<b>STANDARD</b>	1 MIN PENALTY	DISQUALIFICATION	N/A
<b>MIDDLE / LONG</b>	3 MINS PENALTY	3 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.

# BIKE COURSE

The Highway Code must be strictly obeyed. Give way to traffic; marshals are NOT there to stop traffic. You must obey all signals, signs and markings. Any rider exceeding the speed limit or crossing the central white line will be disqualified.

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 and after the bike is racked on return. The team handover area will be clearly marked.

### IMPORTANT Bike course specific hazards:

**Compulsory stop at Ogwen Cottage – Legend and Sprint distance athletes**

Where the old Roman road meets the A5 at Ogwen cottage you **MUST** stop before turning right to join the fast flowing A5 back towards Plas y Brenin. **To comply with the compulsory stop, riders must bring their bike to a stop and place one foot on the ground.** There will be marshals present as well as signs clearly stating your need to stop at this junction. Any cyclists who do not adhere to this compulsory stop will be reported and disqualified from the race.

## RUN COURSE

Change into your running kit in the transition area. The run is well sign posted and marshals will be present on course. Competitors must follow the marked route and are not permitted to choose their own way. Please close any gates you pass through.

Runners taking part in a team should wait in the team handover area in Transition to receive their timing chip from the cyclist. The cyclist finishing their section must rack their bike in the transition area before making their way to the team handover point.

The run is on public footpaths, please be aware and considerate to other pedestrians.

### IMPORTANT Run course Specific Hazards:

**Please close any gates you pass through.** There are multiple stiles along the route - be prepared, you may need to queue and wait to cross the stiles. Any runners found to be jumping adjacent fences or walls will be reported and disqualified from the race. Please use good race etiquette.

### Turnaround Points for all Distances

There will be marshals present to turn you around as well as a sign which clearly states your turnaround point. Please familiarise yourself with the maps on the website. These will also be available to view at registration. Please always overtake other competitors on the right.

## RUN COURSE

### Legend Run Road Crossing Next to Plas y Brenin.

You will cross this on your way out and on your way back. Be careful, this is a busy road with a lot of traffic. Follow any instructions given by marshals.

### Moel Siabod Descent

The descent of Moel Siabod is fast, steep and rocky in places. Take care and look out for your fellow runners.

### SEVERE 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.

### CHECK OUT THE HIGH5 NUTRITION THAT WILL BE AT OUR FEED STATIONS



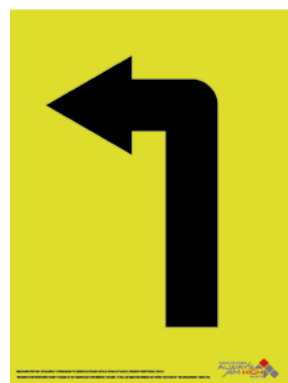
## RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage

At points on the run course it's not always possible to mark the way with arrows, in some circumstances ground stakes and colourful ribbon or Always Aim High race tape will be used.



## SPECTATOR INFORMATION

The Craft Snowman Triathlon Event Village and Expo will have a number of stands from our event partners, with information and goodies. It will be located on & around the terrace at Plas y Brenin. There will be lots to see and do for all the family whilst the race is going on, 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 - we can even accommodate dogs!

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.ALWAYSAIMHIGHEVENTS.COM](http://WWW.ALWAYSAIMHIGHEVENTS.COM)

