

WT24

Race Instructions



5th May 2024

Sprint: Swim 400m, Bike 23km, Run 5km

Super-Sprint: Swim 200m, Bike 12km, Run 2.5km

Proudly sponsored by:



Contents

1. Overview
2. Race Schedule
2.1 Venue
2.1.1 Location
2.1.2 Directions
2.1.3 Parking
3. Pre-Race
3.1 Registration
3.1.1 Under 18
3.1.2 Safeguarding
3.1.3 Day licence
3.2 Changing Facilities
4. Race
4.1 Race briefing
4.2 Race start
4.3 Transition
4.4 Swim
4.5 Bike
4.5.1 Drafting
4.6 Run
4.6 General
5. Post Race
5.1 Results & Prizes
5.2 Photography
6. FAQs
7. Other information
7.1 Team relay
7.2 Marshals
7.3 Novices
7.4 Photo / use of images statement
7.5 British Triathlon Code of Conduct for Parents/Carers

[Back to contents](#)

7.6	Walden Triathlon 24 Event Safeguarding & Welfare Policy Statement
8.	Maps / Course Routes
8.1	Transition Map
8.2	Bike Course Map
8.2.1	Sprint Bike course Map
8.2.2	Super Sprint Bike Course Map
8.3	Run Course Map
8.3.1	Sprint Run Course Map
8.3.2	Super Sprint Bike Course Map
9.	Our Sponsors
10.	Walden Tri Club – Join us & become a member!

Overview

Thank you for entering the 2024 Walden Triathlon - we are delighted to welcome all competitors. **The following information is extremely important as it forms part of the Race Briefing. PLEASE READ IT CAREFULLY.** This event is being run in accordance with the latest guidance from the British Triathlon Federation.

Critical updates and any changes on the day will be communicated at the Race Briefing, in the Sports Hall, before the race, and on boards at registration.

We are very grateful to our [sponsors](#), [Greenwood Financial Planning](#), [Newdales](#), [Pottrill Holland](#) and [Saffron Autos](#) for their generous support of our event, thank you.



2. Race Schedule

0600 – 0730	Registration open, collect envelope race pack
0615 – 0730	Transition open, rack bike and arrange kit in transition
0700 - 0710	Race briefing in Sports Hall
0720	First swimmers go poolside
0730	Race begins
Last bike in	Transition open, collect bike and kit from transition
Last runner home	Winner presentations

2.1 Venue

2.1.1 Location

Lord Butler Fitness & Leisure Centre (LBFLC),
Peaslands Road,
Saffron Walden,
Essex,
CB11 3EG.

2.1.2 Directions

Coming from the North (Cambridge) - Go straight to the top of the High Street after passing through the Town Centre traffic lights and climbing the hill away from the town centre. Take the first left at the small roundabout then go up Debden Road, turning left at the traffic lights on to Mount Pleasant Road. Follow this road (which naturally turns into Peaslands Road) and you will find LBLC on the right-hand side just before the junction with Thaxted Road.

Coming from the South (Bishop's Stortford) on the B1383 - after passing through Newport turn right at the roundabout towards Saffron Walden. At the first mini-roundabout take the right-hand turn and then at the second mini-roundabout take the right-hand turn into Borough Lane. Follow the road to the top and at the traffic-light controlled crossroads go straight ahead into Mount Pleasant Road. Continue down into Peaslands Road and LBLC is on the right-hand side just before the junction with Thaxted Road.

2.1.3 Parking

Limited parking will be available at the Leisure Centre. We'd like to encourage locals living within 10 miles to cycle in; where possible please share transport. It is requested that you are considerate with your parking and note that cars and contents are parked at owner's risk. For safety reasons please do not park directly outside the leisure centre (Peaslands Road) as the bike course uses this road. Also note that no parking is available within the

[Back to contents](#)

new Bellway housing development - located off Thaxted Road - athletes and spectators are requested not to try to access Cardamon Road. Extra parking is available at "Knight Park Car Park" (Aldi) 400m away from the leisure centre (see map below). There is a cut-through passage to the Leisure Centre, from the pedestrian crossing, as you walk from this parking facility (see orange path on the map below). Parking overnight in the LBLC Car Park is prohibited.



3. Pre Race

3.1 Registration

Registration will take place in the main hall at the Leisure Centre from 6.00am, signs and marshals will direct you to the registration location. At registration you will collect your envelope. This will include your two race numbers, two small number labels one for your helmet and one for your bike. ***To keep the event sustainable, please bring your own swim hat.***

Place one race number on your back for cycling and one on your front when running (race belts are permitted). A marshal will mark your race number on your left calf and right arm. Please stick the small label on your bike so it can clearly be seen. **Please remember to enter emergency contact details and any medical conditions on the reverse of your race numbers, this is not an administrative detail but could be vitally important if you are involved in an accident.**

You will also need your number to recover your bike from transition after the race. Once more this year, on the grounds of sustainability, we are not providing race t-shirts.

Only competitors will be allowed in to the transition area - there can be no exceptions to this BTF rule.

You MUST register and rack your bike by 7.30am; after this time Transition will be closed.

3.1.1 Under 18

If you are under 16 on the day you will need to complete a consent form and must have a parent or guardian at the event with you. Without a consent form you will be unable to compete.

Young People aged 16-17 years old are assumed to have autonomy over their decision making and do not require written parental permission to enter an event. However, by entering this event you confirm that you have consulted with your parent / carer / guardian and that they are aware of your participation and entry into this event.

Consent forms will be available in registration, so please make suitable plans for this to be signed during the registration process and before racking your bike in transition. We would remind all parents of the importance of abiding by the BTF code of conduct for parents and carers which highlights the importance of respecting the rights, dignity and worth of all people, encouraging children to abide by the rules and respect the officials and supporting children to enjoy the sport. (full details can be found at the end of this document)

3.1.2 Safeguarding

WaldenTRI adopts the principles of the the British Triathlon Child Protection Policy and fully endorses the British Triathlon Federations Safeguarding and Welfare 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'*.

Safeguarding is everyone's responsibility - if you see or hear something that concerns you speak to the safeguarding officer. For full safeguarding policy see end of this document. Safeguarding officer on the day will be Kate Rees. Details of how to contact the safeguarding officer will be on the information board display on the day or they can be contacted through race@waldenTRI.co.uk

3.1.3 Day Licence

Day licences are included in all non-British Triathlon Federation entrance fees. This provides public liability insurance and free access to a specialist legal service in the event of an accident or incident during the event. British Triathlon Federation members will be required to show their membership card at registration. **Any BTF member who is unable to produce their membership card at registration will be required to purchase a day licence before racing (£8 fee). Please note that phone reception is limited and there is no WiFi, therefore please ensure you also have a copy of your race licence if virtual.**

3.2 Changing Facilities

These can be found inside the Leisure Centre. Toilets are located in the male and female dry change areas, in the wet change area and on the balcony overlooking the main hall on the first floor. We would encourage all participants to arrive ready to race and to store their kit in their car (if applicable) to avoid large numbers of people being in changing areas. You will be able to take just one small bag into transition if necessary.

There are some vending machines and there will be outside caterers supplying hot and cold drinks and food.

4. Race

4.1 Race Briefing

This information will form part of the race briefing. There will be an online race briefing available the day before the race which will highlight any changes to these details and critical updates. Any further changes will be written on noticeboards at registration and communicated at the race briefing.

4.2 Race Start

The race will start at 7.30am **SHARP**. You **MUST** be poolside **10 minutes** before your allocated start time but not before - entry to the pool area will be controlled. Start times will be emailed to all competitors 24 before the event and the Start Time List will be displayed on the information board at Registration.

Calf guards and sleeves below the elbow are not permitted as part of the pool swim; however, a swim hat is now optional. Please note **NO** spectators will be allowed in any of the competitor race areas, including changing facilities and swim waiting area.

Failure to be poolside at the correct time will jeopardise your race as we cannot guarantee that we will be able to fit you in later.

4.3 Transition

This takes place in the tennis courts at the front of the Leisure Centre.

Mobile phones can be brought into transition but may not be used whilst the transition area is live.

Make sure you rack your bike properly, as directed by the marshals, **by 7.30am** and ensure the person racking next to you has adequate space - please note only a small bag can be left in transition. Helmets must be worn and be in good condition. **NO HELMET NO RACE**. Helmets should have an ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard mark (NB: a CE mark is NOT an approval mark.) and must not be cracked or damaged.

Helmet chin straps must be sufficiently tightened so that only 2 fingers can be placed between the chinstrap and your chin. Please ensure that your helmet is correctly adjusted before arriving at transition to rack your bike. As mentioned in section above calf guards, socks, gloves or sleeves below the elbow are not permitted as part of the pool swim; if you wish to use them they can be put on at the 1st transition. Please also note the BTF ruling that front zips on tri-suits must remain fully zipped up during the event.

All competitors must have their helmet securely fastened and cannot touch the locking mechanism of the helmet from the time they remove their bike from the rack until after

[Back to contents](#)

they have placed and let go of their bike on the rack after the bike section. Failure to comply with this rule, which is in accordance with BTF rules, will result in a penalty.

The helmet strap must remain unfastened whilst the competitor is completing the swim.

Competitors must follow the prescribed flow through the Transition Area. Ducking underneath transition racking is forbidden.

There are two specific entrance/exit areas in transition. **Swim IN/Run OUT** and **Bike IN/Bike OUT**. The Bike IN/Bike OUT is rather narrow, therefore **Bike OUT competitors will have priority over Bike IN**. There is also a slight step down into **Bike IN** transition. Please be aware of this and take care.

Marshals will be in attendance. Please do not mount your bike before the mount line near the road, as cycling in the transition area or before the mount line will so attract a time penalty.

[Click here](#) for Transition Map

4.4 Swim (400m/200m)

Swimmers must do crawl or breaststroke, no backstroke or butterfly. The swim is 16 lengths of a 25 metre pool for sprint race (400m); it is 8 lengths for super-sprint race (200m). Whilst lane counters will count lengths, and will advise when 2 lengths remain, it is still the competitors' responsibility to know how many laps they have done. After finishing the swim, exit the pool via the double doors to your left as you climb out of the pool at the shallow end. Please do not run inside the pool, tiles will be wet and slippery – do not risk injury just to shave off a couple of seconds!

Take care once you are through the doors as there is a barrier in front of you and kerb beside it. Once out of the door, turn immediately left and head towards transition in the tennis courts, enter transition at the gate marked **Swim IN**. Swim caps must not be dropped until at your bike in transition.

Please note swimmers are seeded according to estimated swim times so all competitors should be swimming with similar standard competitors. **If you find a slower swimmer in front of you DO NOT overtake in the lane, touch their toes and at the end of the lane they should move aside for you to go past. Those swimmers that overtake in the lane or do not move aside and hinder other competitors may incur a time penalty.** You will be reminded of these instructions prior to entering the water.

Spectators can watch the swim from the public stand however they must take their shoes off to enter the viewing area.

4.5 Bike (23km/12km)

The bike mount line is on the entrance to Peaslands Road. You must wheel your bike from transition to this point before you mount. There will be a marshal at this point but please be aware there may be other traffic and pedestrians using the Leisure Centre. **The bike route will be a single loop of 23k for the sprint distance and a single loop of 12km for the super sprint distance.** A map of the bike route can be found in these instructions and the course will be clearly marked and marshalled. Please obey instructions from marshals. Essex Police have asked us to remind you that you must comply with all mandatory road signs and must ride in accordance with the Highway Code at all times. Anyone caught riding in contravention of the Highway Code, or in a dangerous manner, will be disqualified.

Please study the route map on which are marked the three areas to be aware of:

- at 1.7km there is an exit from a local recreation ground to the left – please be aware that cars may be exiting from here.
- a sharp bend at the bottom of a steep hill at 2.4km and two potentially busy road junctions.
- at 4.8km where there will be a **compulsory foot down – this means you are required to come to a complete halt and put your foot down – the penalty for failing to do so is DISQUALIFICATION. Check the road is clear before proceeding.**

Sprint distance (23km) – from the **compulsory foot-down** / complete halt junction, turn right and then immediately left (i.e. staggered cross roads). After 12km turn left at the T-Junction in Thaxted onto the main road (a marshal will be stationed at this point) – particular care must also be taken here.

Super-sprint distance (12km) – from the **compulsory foot-down** / complete halt junction, turn left toward Carver Barracks. Pass the Barracks on your left hand side and, after 7.4km, turn left turn onto Thaxted road. You must give priority to traffic coming on your right.

Both the Sprint and Super-Sprint courses continue back to Saffron Walden on Thaxted Road. Be aware of the traffic lights at the bottom of the final down-hill stretch. The traffic lights turn red only when vehicles are exiting the new development and are waiting to join Thaxted Road or when a pedestrian activates the crossing. *Marshals will be in place here to ensure that bikes stop when the light is red, to note the race numbers of bikes forced to stop and to record any necessary timing adjustments required.* **Failure to stop at a red light will result in a DQ.**

When coming back into the Leisure Centre take care, especially at the turn in, as there is a slightly raised kerb at the entrance. Almost immediately after you return to the Leisure Centre you will have to dismount before the marked dismount line just before transition. Keep your helmet on until your bike is racked again. When coming back into transition through **BIKE IN, priority is given to outbound competitors**, so if someone is coming out then please let them go first.

In addition please be aware of potholes, these are particularly bad this year and, where possible, we have highlighted them. Throughout the cycle remain alert as potholes are a risk.

[Click here](#) for Bike Route Map

4.5.1 Drafting

British Triathlon Technical and Competition Rules apply. **Competitors are not allowed to draft**, i.e. take shelter behind, or beside, another competitor or motor vehicle during the cycling segment of the race. Ignorance of the drafting rules is not a defence! There will be marshals on the course to ensure safe and fair racing.

The draft zone is 10m long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. A competitor is passed when another competitor's front wheel is ahead of theirs. Once overtaken a competitor must move out of the draft zone of the leading competitor within 5 seconds. Full details of the drafting rules can be found in section 5.5 at: <https://www.britishtriathlon.org/competitionrules>

4.6 Run (2.5/5km)

The run is an out-and-back 5km for Sprint, and 2.5km for Super-Sprint, mixed terrain **urban & cross-country** course.

From **Run OUT** in transition;

1. **Cross the car park and then turn right to run in front of the leisure centre and then left at the end of the building and up a concrete path onto the grass.**
2. The course will then go up a grass bank, **turning right** up the grass hill at the back of the Leisure Centre.
3. **Exit** at the **right-hand side** at the top of the grass bank (as directed by marshals). The path narrows and immediately you'll come to a T-junction where the terrain changes from grass to concrete path. **Turn left.** You'll enter a cul-de-sac. *Please be mindful of parked cars, members of the public, competitors and other road users when running through this area.*
4. Carry on left on to the link road and **cross** Church Field Road. **Turn Right.** <100m you'll reach a T-junction (Church field meets Cromwell Road). *Please be careful when crossing the road and note it is your responsibility, as the competitor, to ensure it is safe to cross the road.*
5. **Continue** on the pavement and **turn left** along Cromwell Road. **Continue** along Cromwell Road until you'll reach a mini roundabout.
6. **Turn left** and **continue** on the left-hand pavement on Ross Close. You'll **cross** two minor cul-de-sac roads (The Glebe and Ozer Court). **Continue** on Ross Close (*past Katherine Semar school on your left-hand side and Childrens Playground on your right-hand side*)

[Back to contents](#)

where you'll come to a foot path on the left, noticeable by a tree with exposed roots. **Turn left** around the tree (*to avoid exposed roots*) onto Clay Pit Piece. As you turn onto the foot path the terrain changes from tarmac pavement to grass and then back to tarmac as you join a cul-de-sac, Clay Pit Piece.

7. As you enter Clay Pit Piece there is a **narrowing** of the path. *Please be aware of other competitors and other users.* **Continue** 50m straight through Clay Pit Piece. *Please note that this is the end of a cul-de-sac therefore please be aware of parked cars and other users.*
8. You will now join (clearly sign posted) a **tarmac foot path** for c.50m, there is a **90 degree right hand turn with limited visibility**. *Please keep to the left and be aware of oncoming users. This is a popular route for dog walkers, so please be aware and respectful of other users.*
9. At the end of the foot path, you'll come to **grass playing fields** (Herberts Farm), **turn left** when you reach the playing fields (clearly sign posted) and continue with the playing court on your left.
10. **Super Sprint competitors** will reach the turnaround point (clearly signed) on Herberts Farm playing fields and should return the same outward route. A marshal will record Super Sprint competitors at this point.
11. **Sprint competitors** continue to corner of playing fields and **pass through a gap** in the hedge onto a single road in front of you and follow the signs. *Please note that there is uneven ground through the gap (clearly marked) from the playing fields to the road.*
12. **Continue** along the road for c.100m where you'll see a house on the left and you will **turn right** on a foot path. *The terrain changes from a tarmac to cross-country surface.*
13. **Continue** on the cross-country route (clearly marked).

At the **bottom of the hill, turn left** and follow the farm track until you reach the **turnaround cone** where a marshal will record race participants.

Return the same route as outbound and, when approaching the bottom of the grass hill, at the rear of the Leisure Centre, bear left to the finish which will be clearly visible in front of you.

Competitors **must not** be accompanied by non-competing personnel in the finish chute. **Failure to comply will result in a DQ.**

[Click here](#) for Run Route Map

4.7 General

We would encourage athletes to carry any water that they require as we are not providing aid stations on the route however there will be water at the finish.

We would ask that, at the finish, you remove your own chip and place it in the bucket provided – don't forget to collect your medal and water!

This all sounds complicated but it will be appropriately signed and marshalled. A map can be found on the last page. Marshals are also here to answer your questions – do not hesitate to ask.

For safety reasons competitors are not allowed to use iPods/MP3 players or similar during the race. Please note that it is **your responsibility, as the competitor, to ensure the road is safe to cross**. There will be marshals at all crossings and will be an extra set of eyes and alert you to any imminent risk (they will have a red flag). Marshals are unable to stop/manage traffic, however will be there to ensure you are aware of the route, have a safe and enjoyable race.

Competitors must not dispose of litter on the course. Any littering may result in a DQ if not corrected. Smoking or using e-cigarettes on the course or in transition is not allowed.

5. Post Race

5.1 Results & Prizes

Presentation of prizes will take place shortly after the last competitor has finished. We would expect this to be at around 11.30pm. Please stay around to cheer-on the winners.

- Senior Sprint 1st, 2nd & 3rd – Open and Female
- Veteran Sprint 1st, 2nd & 3rd – Open and Female
- Super Veteran Sprint 1st, 2nd & 3rd – Open and Female
- Super Sprint Winner – Open and Female
- Relay Team Winner

Age categories for 2024 are defined as

Age on 31th Dec 2024	Open	Female
Senior	16-39	16-39
Veteran	40-49	40-49
Super Veteran	50+	50+

Chip timing is being provided by Chip Timing Solutions this year and results will be posted on their website <https://chiptimingsolutions.com/results/>. You will be able to print your time as soon as you pass the finish line. Ranking positions can change before the final results are published – these will be posted online at www.waldentri.co.uk as soon as possible after the event.

5.2 Event photography

Please be aware that some amateur photographers will be out on the course taking photos for our website and newspaper articles (for more detailed photography policy see end of this document). Photos will be reviewed and made available to download for free in the google album ([https://www.google.com/albumcreator/](#)) Dec 2024 to free space on the cloud.

6. FAQs

- Can I change my swim time?** Unfortunately, we're unable to change original swim times as entered at point of entry. Please do not worry as the lanes will not be congested and there is an opportunity to overtake / be overtaken at each length end.
- Are number belts OK?** Yes, provided the number is positioned on the back for the bike and on the front for the run.
- Where are the toilets?** Located in the dry and wet change areas of the Leisure.
- Where are the drink stations?** There will be water available at the finish but otherwise we encourage athletes to carry their own water with them.
- Will there be refreshments?** There is a range of drinks and snacks available in the leisure centre and local companies will be providing hot food and drinks from vending positions outside.
- Any other questions?** Please speak to a race marshal or email race@waldentri.co.uk

7. Other Information

7.1 Team Relay

Relay teams will be given two number labels. The cyclist must wear a number on their back and the runner a number on their front. The swimmer will have their number marked on. Relay team members must pass their timing chip to their colleague, who is competing in the next leg, within an allocated box just beside transition. The chip will be handed over as a relay baton. Once the swimmer has handed the chip over to the cyclist, who will be waiting in the box, the cyclist must strap the chip around their left ankle before running to their bike (their helmet must be placed by the bike) and put on their helmet before removing their bike from the rack. After the cycle, the cyclist first racks their bike, removes their helmet and leaves it by the bike, before running to the relay box to pass the timing chip to the runner who will be in the relay box already wearing their shoes. The runner must strap the chip around their left ankle before starting their segment.

7.2 Marshals / Other Assistance

Thanks go to those who kindly turn out to marshal our event. Please remember these people give up their time so that you can race. A nod, wave or grunt as you pass will make them feel appreciated! Remember, British Triathlon competition rules state that **Competitors will:**

- **2.1 (v)** Treat other competitors, officials, volunteers and spectators with respect and courtesy;
- **2.1 (vi)** Avoid the use of abusive language

Any breach of these rules may, at the discretion of the Race Director and referee, result in disqualification.

If any competitors have accompanying supporters who would be willing to help out with marshalling, lane counting, etc their help would be very much appreciated. Please contact race@waldentri.co.uk.

Our thanks also go to Lord Butler Fitness & Leisure Centre and its staff and management, St Johns Ambulance for providing medical cover, to our other technical officials, Elaine Bramley and to all of our 50 marshals.

7.3 Novices

Race organisers will be available from 4 – 5pm on Saturday 4th of May at Lord Butler Leisure Centre if anyone has any questions.

7.4 Photography / Use of Images Statement

Please note that the Walden Triathlon takes place in public spaces and on the highways, images from the triathlon (including your image) may be collected during the event by media agencies and members of the public that the event does not control and has not authorised. Therefore, the collection of images by these third parties is outside

[Back to contents](#)

our control and you must speak to those agencies directly if you have concerns. We will authorise the taking of photographs, moving images, and the filming of the event for different purposes connected to the event e.g. use on marketing, website, social media etc.

We cannot stop images of specific individuals being captured during the event by the official channels, but we will endeavour to control the use of these images if you object to your image being used in any way that causes you loss or damage or otherwise infringes your rights.

You may (1) notify us in advance of your race number asking that images captured are searched and deleted – and (2) notify us if you subsequently see an image of yourself that you consider causes you loss or damage or otherwise infringes your rights, asking that it or they be removed. The event will, on a case-by-case basis, use its reasonable efforts to comply with your request, but note that individuals must be identifiable to the event and that we are not obliged to remove images of an individual where they are not the main or a dominant feature of the image e.g. spotting your own face in an image of a mass swim start would not entitle you to deletion.

For further information or to discuss the event photography policy please contact race@waldentri.co.uk

7.5 British Triathlon Code of Conduct for Parents/Carers

British Triathlon and Home Nation Associations are committed to maintaining the highest possible standards of behaviour and conduct at all Triathlon, duathlon and related multisport events.

The British Triathlon 'Code of Conduct for Parents/Carers' summarises the essence of good ethical conduct and practice within Triathlon. This applies not only to parents, but also to guardians, carers, families and spectators alike.

All such individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon below. Any discriminatory, offensive and violent behaviour is unacceptable and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

Code of Conduct

- Respect the rights, dignity and worth of every person, within the context of the Triathlon.
- Treat everyone equally and sensitively, and do not discriminate on the grounds of age, gender, ethnic origin, religion, sexual orientation or disability.
- Encourage your child to learn the British Triathlon rules and compete within them.
- Publicly accept officials' judgements and abide by their instructions, providing they do not contradict the spirit of this code.

- Teach your child to respect the event officials.
- Help your child to recognise good performance, not just results to avoid undue disappointment.
- Never punish or belittle a child for losing or making mistakes.
- Support your child's involvement and help them to enjoy their sport.
- Remember that the aim of Triathlon is for the children to have fun, improve and feel good.
- Set a good example by applauding all good performance, whether by your child or by another.
- Use correct and proper language at all times.
- Remember that young people learn best by example.
- Recognise the value and importance of volunteers, coaches, referees and event organisers – it is their time and dedication that keeps the Sport alive.
- Young people are involved in organised sport for their enjoyment – not yours, so do not force your child to take part.

7.6 Walden Triathlon 2024 Event Safeguarding and Welfare Policy Statement

Event: Walden Triathlon 2024

Date: 5th May 2024

Promoting Organisation: WaldenTRI Club

WaldenTRI club is a club for athletes who train and compete in a variety of multisport activities including triathlon, duathlon, road cycling, mountain biking and running. WaldenTRI recognise their responsibility to take all reasonable steps to ensure that their event (WaldenTriathlon 2024) provides as safe an environment as possible with Welfare being paramount. WaldenTRI are committed to the provision of safe, enjoyable sporting events for all regardless of gender, age, sexual orientation, race, ethnicity, disability, culture and religious belief systems. WaldenTRI adopts the principles of the the British Triathlon Child Protection Policy and fully endorses the British Triathlon Federations Safeguarding and Welfare 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.

This policy applies to all involved in the event including the organising team, any appointed sub-contractors, marshals, event officials, volunteers, participants, spectators, children, young people and vulnerable adults.

Responsibilities

Everyone has a responsibility for safeguarding and must act if there are concerns.

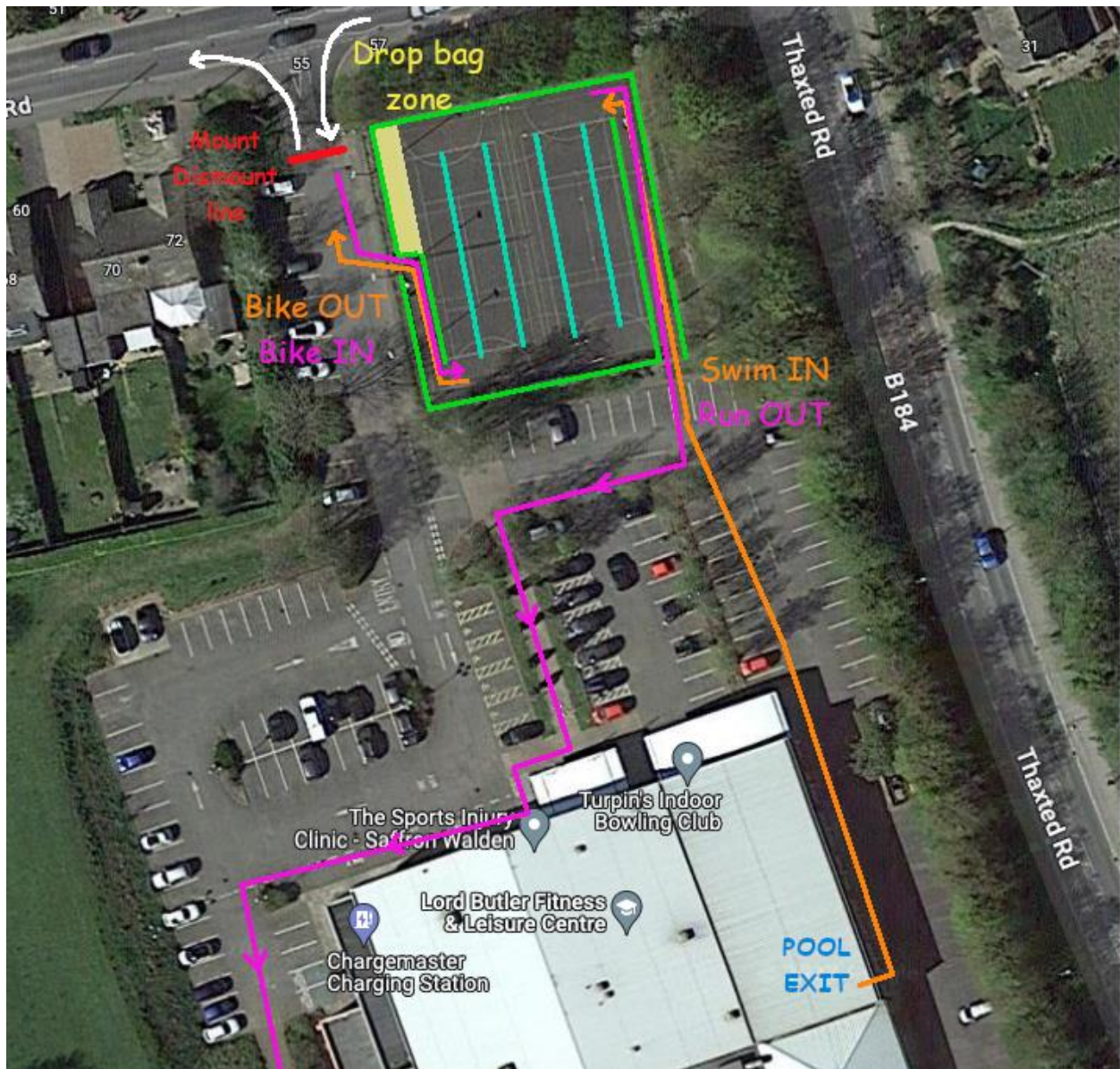
Everyone must:

- Take all concerns seriously
- Listen carefully if someone tells you something that causes you concern and report it immediately
- If you see/hear anything yourself which causes you concern report it immediately
- Ensure you know how and who to report any concerns to
- Where possible record any detail you can
- Report to the safeguarding officer/ Event director

WaldenTRI will appoint a suitable Safeguarding and Welfare officer, contact details will be available for the Safeguarding and Welfare officer and communicated to those at the event. WaldenTRI will complete a Safeguarding and Welfare risk assessment WaldenTRI will disseminate the above messages to all involved at the event via email and online pre-event briefings, race information packs, guidance to volunteers, website and posters on the day. Responsibility for implementing the above will lie with the event director/ Safeguarding and Welfare Officer.

8. Maps/Routes

8.1 Transition Map

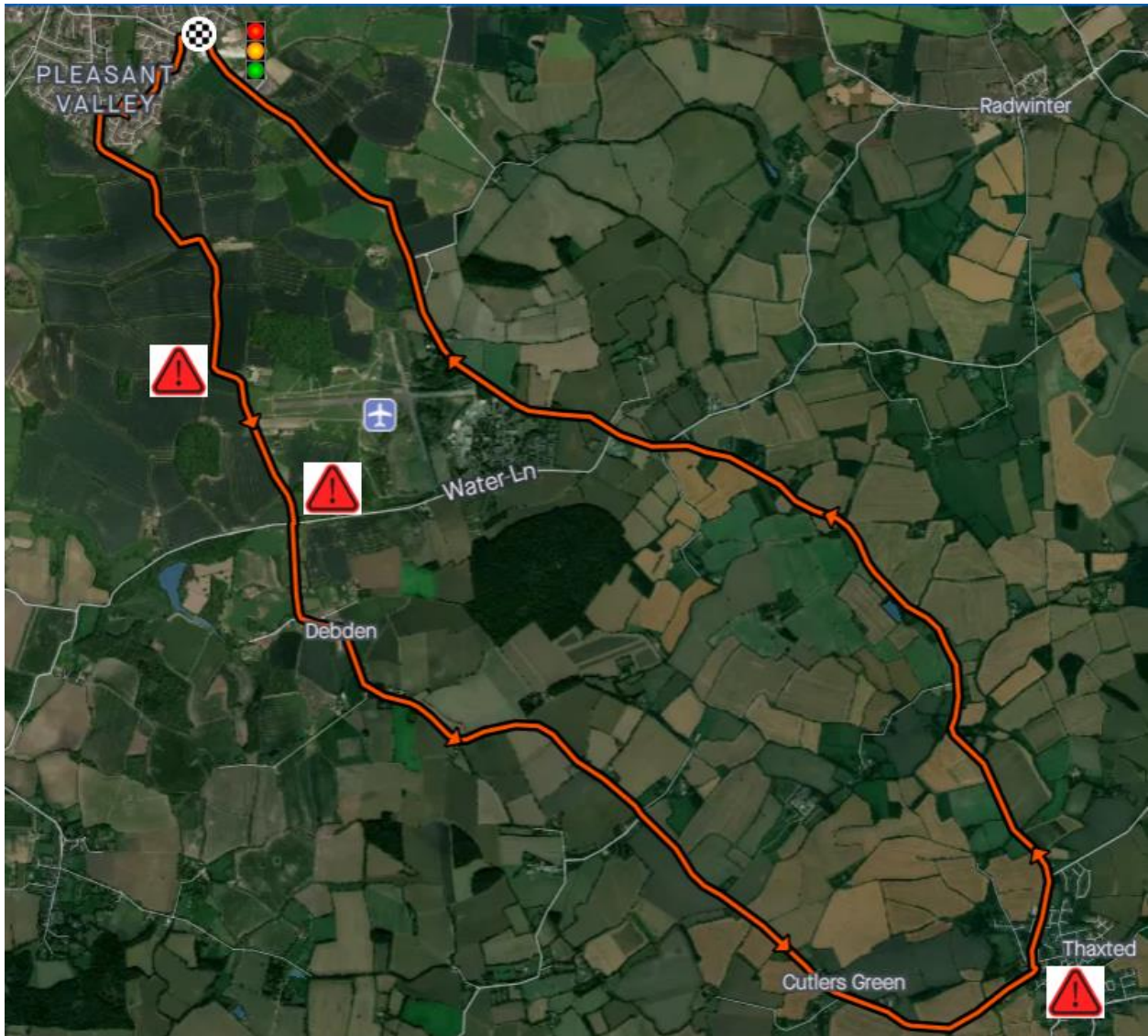


8.2 Bike Course

8.2.1 Sprint Bike Course

23km one lap

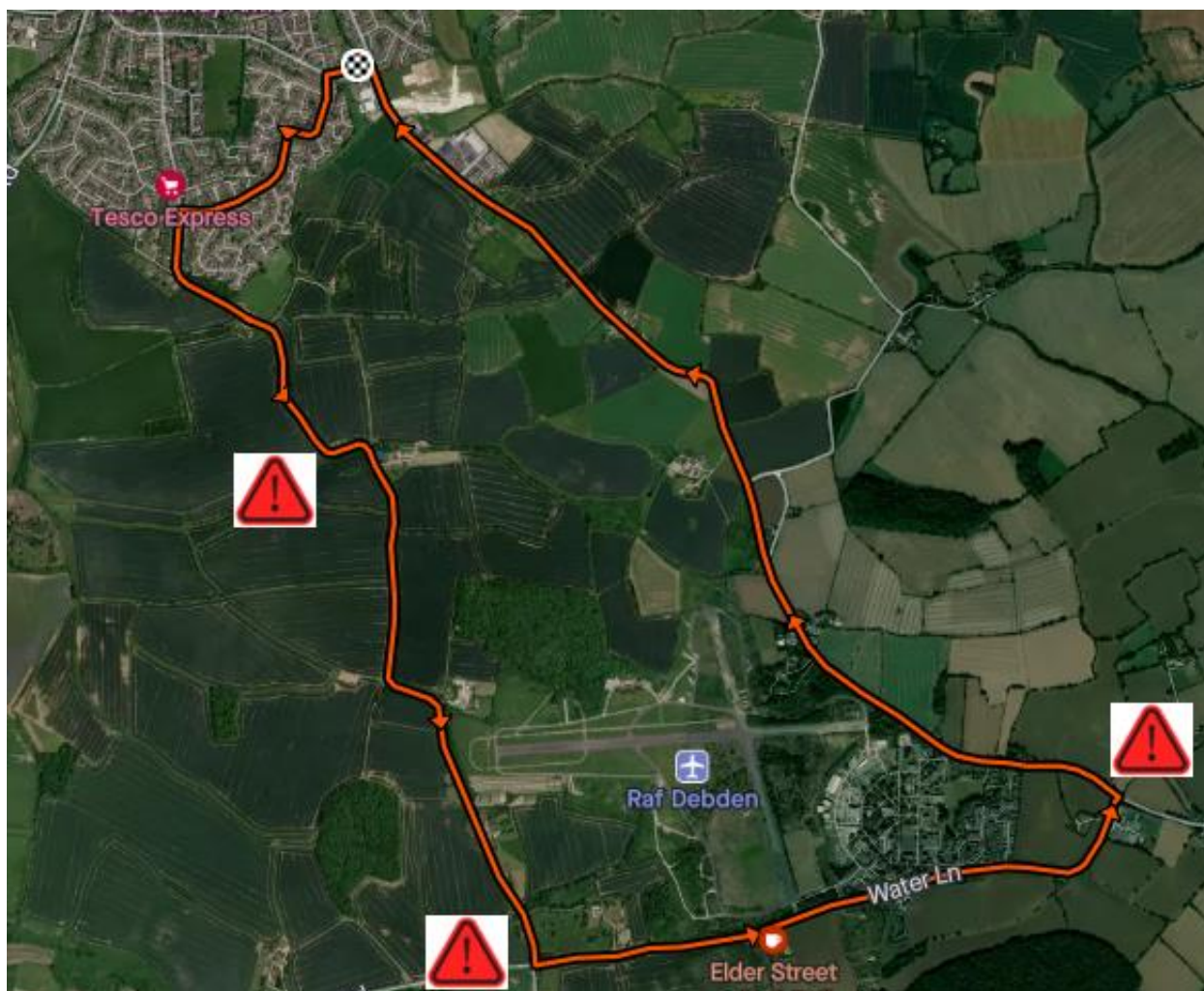
<https://www.strava.com/routes/3084958031837208290>



8.2.2 Super Sprint Bike Course

12km, one lap

<https://www.strava.com/routes/3084929920472161362>

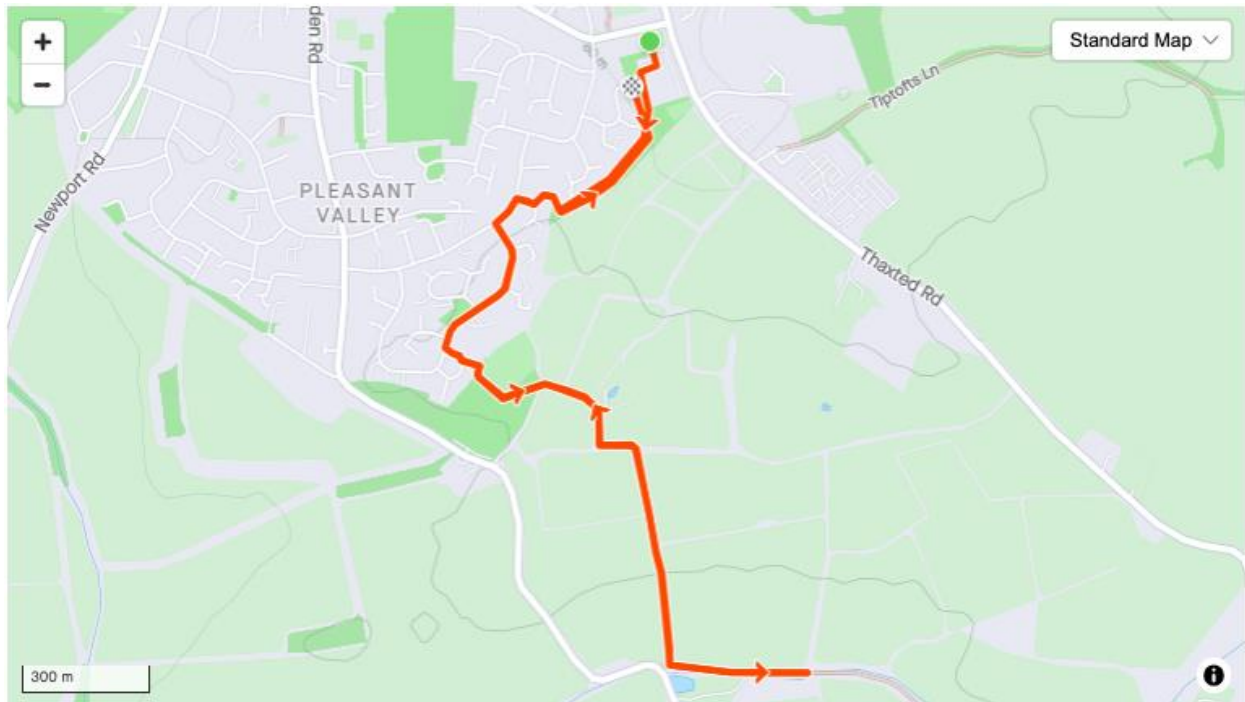


8.3 Run Course

8.3.1 Sprint Run course

5km out and back

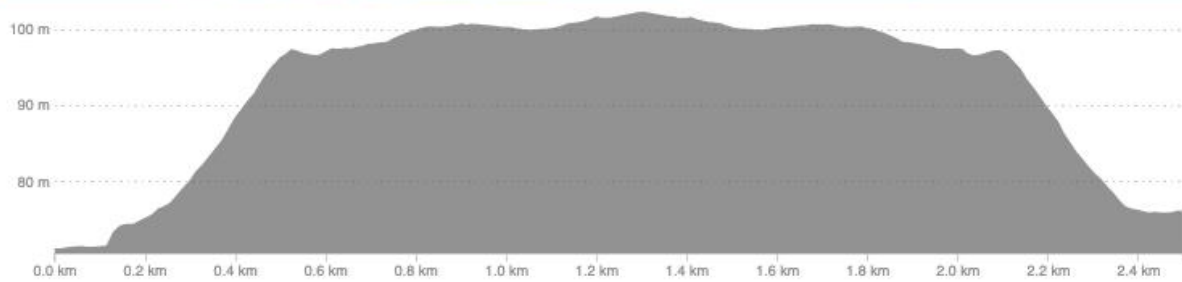
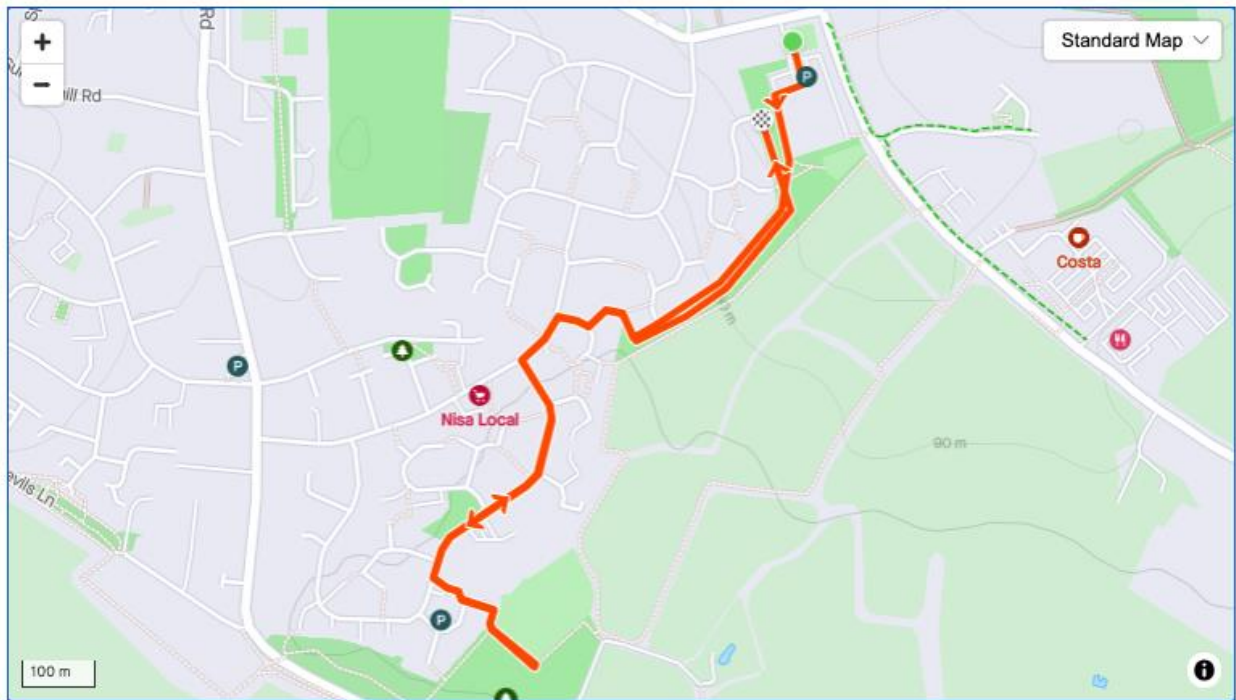
<https://www.strava.com/routes/3217601632203935986>



8.3.2 Super Sprint Run course

2.5km out and back

<https://www.strava.com/routes/3217602163208425046>



9. Our Sponsors

9.1 Thank you to our sponsors

9.1.1 Greenwood Financial Planning

<http://greenwoodfinancialplanning.co.uk/> / 01799 543 222

Obtaining top results in any race takes discipline and good decision-making over a long period of time. It's something that must be rigorously planned for, not cobbled together at the last minute. Favourable outcomes from financial planning require the same approach. Greenwood Financial Planning are Chartered Financial Planners and a relationship with them can help guide you through life events and achieve those favourable outcomes. Please contact [Greenwood Financial Planning](#) for a free initial meeting without obligation.

9.1.2 Newdales

<https://www.newdales.co.uk/> / 01799 513 980

Newdales have been established for over thirty years operating a prominently located high street shop, in Saffron Walden, selling bicycles and accessories. Their goal is to provide a friendly local service based on quality products that they believe in. Their shop carries an extensive range of products to suit your needs, whether you are a competitive cyclist or enjoy a ride down a country lane during a sunny weekend.

9.1.3 Pottrill Holland

<https://pottrillholland.co.uk/> / 01799 886 249

Pottrill Holland Property Agents are a modern forward-thinking estate agency built for the market of tomorrow that covers the beautiful villages of South Cambridgeshire and the market town of Saffron Walden. Their aim is to provide their clients with better communication and continuity throughout the moving process while achieving the best price in the right timescale. To achieve this, their clients benefit from an engagement-leading presence across social media platforms and eye-catching digital marketing across property portals.

They would love to talk about how they can help with your move. They can be completely flexible to discuss a bespoke marketing plan, whether that is in a café (they'll get the coffee), in your home, virtually or on the telephone. Let's face it nothing beats talking to a real local person.

9.1.4 Saffron Autos

<https://www.saffronautos.co.uk/> / 01799 521 273

With over 30 years of trading in Saffron Walden and a UK Top Technician winner on their team, Saffron Autos offers first-class workmanship for your vehicle.

They are a Which? Trusted Trader and family-run business with a reputation for superb customer service. Your vehicle is completely safe in their hands and they promise to communicate openly and honestly with you.

10. Join Walden Tri

There are significant benefits to joining a triathlon club, especially WaldenTRI.
Our opportunities include:

- A warm welcome to new members whether experienced triathletes or complete beginners.
- A team of friendly, supportive and encouraging coaches for all standards.
- A wide range of activities multisport activities such as Duathlon, Aquathlon, Aquabike and Triathlon.
- Social Events.
- Several weekly coached training sessions.
- Running and Biking Time Trials.
- Fun and Friendship!

For more information check out the club's website: www.waldentri.co.uk