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THE NEED TO TACKLE CHILDHOOD INACTIVITY

Just 22% of children aged 5 to 15 meet the physical activity guidelines of being at least moderately active for at least 60 minutes every day.

Physical activity levels drop further for children from ethnic minorities, those with learning difficulties, and those with disabilities.

Per week, children aged 5-15 spend...

More than 15 hours online
10 hours gaming
10 hours watching TV

Physical inactivity costs the UK an estimated £7.4bn per year.

Overweight or obese children are more likely to...

- Experience bullying and low self-esteem.
- Develop Type 2 diabetes.
- 80% of obese children will go on to be obese as adults.

1 in 5 children start primary school overweight or obese, rising to more than a third by the time they leave aged 11.

The direct cost to the NHS of obesity and people being overweight is estimated at £6.1bn.

People who are overweight or obese have a much greater risk of developing serious conditions including: Type 2 diabetes, some forms of cancer, heart and liver disease.

THE BENEFITS OF BEING ACTIVE

The benefits of being active for children include:

1. helping to achieve and maintain a healthy weight
2. building strong bones and muscles
3. promoting healthy growth and development
4. improving concentration
5. improving confidence and self-esteem
6. relieving stress and anxiety
7. providing opportunities to develop social skills and make friends
8. improved sleep
9. improved academic performance
10. increased likelihood of being physically active as adults
11. reduced risk of developing type 2 diabetes, some forms of cancer and cardiovascular disease.

How much physical activity should children and young people do to keep healthy?

The Chief Medical Officer recommends that children and young people aged 5 to 18 need to do:

- at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running.
- on 3 days a week, these activities should involve exercises for strong muscles and bones, such as swinging on playground equipment, hopping and skipping, and sports such as gymnastics or tennis.
- Children and young people should also reduce the time they spend sitting for extended periods of time, including watching TV, playing computer games and travelling by car when they could walk or cycle.

Sources - see page 39
WHY TRIATHLON?

Triathlon is a ‘lifestyle sport’ that improves all-round health and fitness.

Multi-discipline activity is fun and engaging.

A high-profile sport with moments that transcend the physical activity such as Ali carrying Jonny over the line.

Doesn’t require high levels of skill to be able to enjoy participating.

It can be enjoyed individually or in a group and has no age-limits.

An Olympic sport with a recent history of GB success on the world stage.

A leading sport in gender equality with new entrants on an equal male/female split.

Multi-discipline activity levels out the competition amongst peers.

Swimming and cycling are recognised as key life skills by Sport England.

The Triathlon Trust

The official charity of British Triathlon, the Triathlon Trust uses the engaging sport of triathlon to inspire children and families to lead active and healthy lifestyles. Our unique approach achieves our mission to change lives through triathlon:

- Focus on safety and fun, over rules and competition.
- Untimed activities focusing on personal challenge and achievement.
- All equipment provided, including bikes.
- Flexible, fun formats.
- Indoor and outdoor formats that can be tailored to the environment.
- Use of swim floats, scooters, static bikes, tandem bike and hand-bike to ensure all abilities can participate.

“The beautiful thing was that although some children were nervous, as they couldn’t swim or ride a bike, they were helped to take part with floats and scooters… all of them were cheered over the finish line regardless of how long it took them to complete it.”

SCHOOL TEACHER
WHAT WE DO

The Triathlon Trust brings together inspiring people, partnerships and places to deliver life-changing events.

CHANGING LIVES THROUGH TRIATHLON

PEOPLE

We work with people from a wide variety of backgrounds and experiences who share our belief in the power of sport to change young lives:

- Our experienced event team
- Volunteers
- Board of trustees
- Fundraisers
- Donors

PLACES

We work in cities, towns and communities across the UK, tailoring our delivery to the environment:

- Leisure centres
- Schools
- Town centres
- Shopping centres
- Major events

PARTNERSHIPS

We work with partners who share our goals and who can make a significant contribution to our work with children across the UK:

- Corporate supporters
- Government agencies
- Grant-making trusts
- Equipment sponsors

The Triathlon Trust delivers fun, fully inclusive multi-sports events that provide an engaging introduction to the sport. In order to reach children and families of all backgrounds and levels of ability, we deliver a variety of activities:

MINI TRI

Up to 1200 school children are invited to take part in an untimed triathlon challenge.

- Take place at a venue with a pool and outdoor space for a biking and running circuit.
- We provide all the equipment including bikes and helmets.
- We provide alternatives so everyone can complete their own triathlon challenge, including floatation devices, scooters, tandem and handbike.
- Every child receives a medal to celebrate their achievement.

IN-SCHOOL

An event that can either challenge the whole school to bike/run a target distance, or can be used as a competitive team challenge.

- Uses static bikes with trip computers so all children can take part irrespective of ability or special educational needs.
- Every child contributes to the total distance travelled.
- Delivering events in schools reaches children of all backgrounds and levels of ability.

DRY TRI

Participation activity.

- These ‘pop-up’ events can be delivered at any venue, indoor or outside requiring very little space and are ideal for engaging the general public at events, shows and festivals.
- Uses a combination of a static bike with a run course, and/or speed jumps.
- Participants are timed to complete a set challenge (e.g. 500m bike + 200m run) with the opportunity to get their name on the day’s leaderboard.
OUR IMPACT

In our first six years, we have delivered over 130,000 ACTIVE DAYS

After taking part in our activities, independent research has shown that...

- children want to be more active (81%)
- inactive children are inspired to become more active (84%)
- children feel more confident about sport and physical activity (62%)
- children are proud of completing their challenge (89%)
- children are inspired to cycle (59%) and swim (50%) in their spare time
- some children are inspired to join a local tri club (9%)

(Source: independent research undertaken by Dumfries & Galloway Health & Wellbeing board)

Without exception the children enjoyed every single moment of the event. They have all come back buzzing and ready to take on the world! In an education system which is focussed on number crunching thank you for helping us remember that events like this are the real thing and not only create memories but give rise to aspirations too!

I feel like an Olympic athlete, like the ones I saw on the telly! Anna, age 9

We asked kids to describe their experience at our event in three words... here’s what they said!

Thank you very much for the fantastic triathlon day which you delivered at our school. The feedback from teachers and children was extremely positive, with some saying they thought it was the most worthwhile sporting activity the children had ever done!

We loved the event and because of it we have set up a school triathlon club!

I feel like an Olympic athlete, like the ones I saw on the telly! Anna, age 9

We loved the event and because of it we have set up a school triathlon club!
OUR IMPACT

The Triathlon Trust works in schools to enable us to reach children who do not usually engage in physical activity and sport, and those who might not otherwise get the opportunity, like Eddie and Mollie who were inspired to be more active after taking part in a Triathlon Trust event.

Eddie’s story

Eddie, aged 12, who is on the autism spectrum, couldn’t ride a bike when he attended one of our mini triathlon events with his school. Our events are fully inclusive with options for children of all abilities, so Eddie was able to complete his triathlon using a scooter.

That gave him the confidence to try riding a bike and he enjoyed it so much that he started riding his bike at home and mum Nej says he now rides his bike all the time!

Watch our video using the link below to watch mum Nej speak about the impact on her son Eddie.

Watch the video: bit.ly/TriTrustEddiesStory

Mollie’s story

When we work in schools we set the whole school a fun, bike-run distance challenge, with every child contributing to the total distance travelled. At the end of the school day we hold an assembly to reveal how far the school has collectively travelled, and also give special pin badges to children who tried really hard.

Mollie, a year 5 pupil, impressed our team with the effort she put in so much that we awarded her with one of these pin badges.

At the end of the day, the headteacher told us that Mollie didn’t usually enjoy PE lessons, and had initially refused to take part in the event because she ‘hated sport’ and thought she ‘wouldn’t be able to do it’.

At home time, Mollie was seen running out of the school gates to meet her mum, proudly holding her award and telling her all about her exciting day.
6 YEARS OF SUCCESS

The Triathlon Trust have been changing lives through triathlon since 2013. Here are some of our highlights so far:

- **11,000 active days in year 1!**
  - Charity launched 2013
  - Website launched
  - First Tata Kids of Steel events delivered by the Triathlon Trust
  - Lauren Steadman becomes Triathlon Trust ambassador

- **17,000 active days in year 2!**
  - First bike fleet donated by Dawes
  - Commonwealth Games Queen’s Baton Relay
  - First Brownlee Foundation event delivered

- **24,000 active days in year 3!**
  - space2earth project launched in partnership with UK Space Agency & Venture Thinking
  - Join the British Triathlon family brand
  - Dumfries & Galloway programme starts

**IMPACT REPORT**
Without volunteers, our work simply would not be possible.

We work with around 600 volunteers each year, from a wide range of backgrounds, who help ensure our events go smoothly and safely. Our volunteers join us from the local community, businesses, schools, colleges and sports clubs. Employees from companies including Tata Steel, Accenture and the Co-Op have volunteered as a team to deliver an event for children in their community. We work with Young Leaders from schools and colleges providing opportunities for young people of all abilities to learn new skills, demonstrate leadership skills and gain hands-on experience. Some people join the Triathlon Trust for a one-off volunteering opportunity, some volunteer with us once a year, and some become regular volunteers.

What our volunteers say about their experience

Mike, a network manager at a secondary school and a self-confessed running addict, volunteers regularly with the Triathlon Trust.

100% are likely or very likely to continue volunteering in triathlon within the next year.

96% are likely or very likely to recommend volunteering within triathlon to a friend or family.

42% have a disability, learning difference or a long-term condition.

Mike Leatherbarrow

“I first began volunteering in sport as a London 2012 Games Maker. Four years ago, I was invited to volunteer at a Triathlon Trust event in Liverpool by a colleague who I’d volunteered with on the Duke of Edinburgh Award. There have been so many highlights over the years, including helping deliver an event for over 1,300 children in one day, to supporting a teenager who had never even ridden a bicycle before to complete their first ever triathlon, to working alongside the Brownlee brothers at their Brownlee Foundation events. What the Triathlon Trust can achieve with a small team and a couple of vans loaded with bikes, cones, banners and medals, is truly amazing. You only have to see the genuine joy and excitement in every child that participates, regardless of ability, to know how truly wonderful it is to be part of that.

Being part of the Triathlon Trust team helping to make these events happen for tens of thousands of children every year is what I love best and I see the team as my second family... in fact sometimes during the year I spend more time with them than my actual family!

I have gained the confidence to work with big groups of people, to work independently as well as with a team, and to be responsible for overseeing other volunteers. I have also learnt how to run specific areas of an event, to ensure they happen smoothly, whilst under pressure. Volunteering has taken me to parts of the country and communities that I have never visited before, and I have volunteered with people from all walks of life. I have also been very privileged to have met and worked alongside many inspirational elite triathletes and para-triathletes, including Lauren Steadman.”
**OUR AMBASSADOR**

Lauren Steadman

Lauren regularly attends Triathlon Trust events, inspiring children of all abilities and in 2017 hosted the spectacular Golden Thread Ball, a black-tie gala dinner, to raise funds for the charity.

Lauren says, “Triathlon is a sport where it doesn’t matter how old you are, what fitness level, your ability or disability, or even your commitment! It is one that fits all and is enjoyed by everyone around the world, it is a community and family. For myself it has given me discipline, time management, high strength threshold, and most importantly determination to be the best and not accept anything less than excellent! Triathlon is beautiful for encompassing a healthy balanced lifestyle.

The Triathlon Trust holds a big place in my heart. They encourage children to explore the idea of sport and offers a variety of sport across the country to children from a wide range backgrounds and abilities. As a youngster I was exceptionally lucky that my parents valued sport and encouraged me to try everything and anything just to be active! Unfortunately, not all kids are given such opportunities to explore all sports so I am proud to support the Triathlon Trust, as we enable kids to be active and try new sports, possibly even inspiring a future generations of Olympians and Paralympians! A personal highlight of supporting the Triathlon Trust is attending mini-tri events and watching the excitement and determination across every child’s face as they complete their own triathlon! Shiny, bright red faces that always ask to do it again and again- there’s nothing more satisfying.

Another aspect that I love about the Triathlon Trust, is it is solely focused on our future generations, to inspire them, to encourage them and to let them experience what the world of sport is actually about - enjoyment!”

**OUR TRUSTEES**

Joe Garner’s Story

When I was 11 years old I was very short compared to my year group, and very self-conscious about it too! Luckily for me, precisely because I was small, they put me in the back of a rowing boat and I started coxing. Through my involvement in rowing, my life took on a new direction, which I still feel the benefit of today.

Whatever the specific activity, I believe that Sport is a fabulous life coach…. not just of physical performance, but also of self-confidence, social skills, discipline and motivation.

I took up Triathlon in 2003 and immediately fell in love with the sport. There is a magical aura around Triathlon that connotes strength, stamina and achievement. At the same time, Triathlon is a hugely accessible, welcoming and friendly sport that anyone – regardless of age, gender (or height!) – can enjoy. I was very lucky to have been exposed to sport at an early age. Many young people are not so fortunate. That’s why I am passionate that through the Triathlon Trust we give young people a taste of the fun and satisfaction of taking part in sport. Whether it is a mini-tri, a ‘scooter-thon’ or just a ‘fun-athon’, our aim is to bring an enjoyable and engaging sporting experience to people who might otherwise not have the opportunity.

In doing so, we believe that we can – in some small way – help set more young lives on a healthy and confident track.

Joe’s love of sport - including triathlon – combined with his business expertise and desire to make a difference to communities, was the catalyst for him becoming chairman of the Triathlon Trust.

Our board of trustees, who provide a wide variety of experience and expertise, includes senior figures from the third sector, national governing bodies, the healthcare sector, and national businesses.

Elite para-triathlete Lauren Steadman is a double World Champion Paratriathlete, Paralympic Silver medallist and six times European Champion. She has been an ambassador for the Triathlon Trust since 2013.
OUR LOCATIONS

The Triathlon Trust have delivered events at inspiring places and venues across the UK.
JOIN US

If you have been inspired to support us, get in touch to discuss your ideas and together we can change children’s lives through triathlon.

CONTACT US

- Email: contact@triathlontrust.org
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- Twitter: @TriTrust - twitter.com/tritrust
- Facebook: Triathlon Trust - facebook.com/TriathlonTrust
- Instagram: @TriTrust - instagram.com/tritrust

#ChangingLivesThroughTriathlon