Welsh Triathlon
TRIATHLON CYMRU

AGM
18th November 2018
Sophia Gardens
Performance

Director of Performance
Marc Jenkins
Aspiration

Wales to have a World Class Development Programme with a complete pathway from grass roots participation to a British Performance Centre.
GC2018 Commonwealth Games

- April 2018 following
- Holding camp with Home Nations, Noosa
- Non Stanford - Team Wales captain
- Individual Female    Non Stanford - 8th
- Mixed Team Relay    Wales - 6th
- All four athletes in first CWG

Commendation from Team Wales and external coaches/staff for our selection process, preparation and creation of team environment
Senior Performance Programme

• 7 Championship selections from 4 athletes
  – 1 Junior, 2 U23, 4 Senior

• 1 x WTS Podium
  – Non Stanford - Yokohama

• Olivia Mathias 5th in European Sprint Champs - Tartu, Estonia

• 3 x ETU Cup podiums
  – Morgan Davies - Sweden & Hungary
  – Iestyn Harrett - Netherlands

• 8 x ETU Cup Top-10s (5 athletes)
NTPCW National Triathlon Performance Centre Wales

- Training base for 3 of the 6 CWG Welsh athletes
- International Success
  - Adam Bowden - 7th in 70.3 World Champs
  - 2 athletes achieved ETU Cup podiums in 2018
- Established option for University choices
  - Most of Welsh Juniors progressing from WDA now choosing to train at the Centre
  - 2 students in 2017 to 13 for 2019
  - Development Squad for additional demand

Focus on increasing delivery capability
& sustainability of model
Welsh Development Academy
Recruitment & Delivery

- Education and training opportunities for 42 athletes in 2017/18 an increase of 59% from 2016/1
- 45% vs 55% split Female & Male
- 18 days of camp and training day activity delivered across Wales
- Delivery supported by coaches from clubs across Wales
- 2018 delivery to include Parent Education program
Welsh Development Academy
Racing & Development

- 41 athletes attended the Performance Assessment Weekend in 2018 vs 26 in 2017
- 38 Welsh Athletes raced in the British Youth & Junior Super Series, increase of 65% from 2016/17
- Spread of top 60 athletes on roll down list
  74% are English, 11% Scottish, 14% Welsh
- Youth girls where the most successful in gaining BYJSS starts (82%) and top 20 performances
Skills School

• 4 days of Athlete focused Skills School delivered

• Focused on open water & draft specific bike skills

• Developed Skills School for club offer, currently being trialed in 2 x clubs
Anti Doping - our role

UKAD Antidoping Educator - Amy Jenner

All Staff trained as UKAD Antidoping Advisors

To provide education at the appropriate level to Welsh Triathlon Members:

i. Athletes / Parents
ii. Coaches / Support Staff
iii. Clubs

This education is currently delivered using workshops during Academy Camps, at assessments days, coaching and WT News letters.

Responsible Governance
Constant Vigilance
Duty of Care