



# 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



Gold Coast  
2018  
XXI Commonwealth Games



- April 2018 following
- Holding camp with Home Nations, Noosa
- Non Stanford - Team Wales captain
- Individual Female Non Stanford - 8<sup>th</sup>
- Mixed Team Relay Wales - 6<sup>th</sup>
- 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 5<sup>th</sup> 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 - 7<sup>th</sup> 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**

