

	<h2>Children's Triathlon Series</h2>	Date: 6 st November 2017
2017 End of Season Report		By: Martin McGuigan

Summary

It has been another successful triathlon season. As always, the spirit among the competitors, parents and coaches is what makes the sport and the series so good and again we can all feel very proud of ourselves for the commitment, enthusiasm and sportsmanlike attitude on show week-in week-out. Congratulations and many thanks to you all.

The Future

The role of the junior series is not about winning or losing events today, rather its role is to promote and foster an attitude for life-long healthy choices and achieving the best we can and, if we do it right, a love of the sport. For some the best we can do is winning or achieving podium positions each race but for the vast majority of athletes who make up the series, it is about managing and realising different goals. This is much more difficult to achieve, so let me take this moment to congratulate you. We have award ceremonies after every race and at the end of the season which celebrate those who come 1st to 3rd, but I want to celebrate everyone who finished 4th to 94th and beyond. Developing the resilience to enjoy what you have achieved or get up and try harder next-time will stand you in great stead for the future. I salute your efforts. They are not wasted and I hope you see how great you are and what you have achieved. Well done and keep it up.

I encourage you all to work with your coaches to set realistic goals, because then we can all see, we have succeeded, and this is hopefully what will develop those life-long attitudes which we are hoping to create.

I am going to group various data markers which I hope to measure from one year to the next which will give us some insight into how the sport is developing in London. In addition to the basic numbers, we will hopefully have a short survey to track overall enjoyment and engagement of the sport.

Promoting Enjoyment and Engagement

If athletes are enjoying the sport they are more likely to train more, race more and hopefully lead healthier, fitter lifestyles. We will seek to see how engaged our young athletes are in the sport by measuring a number of statistics:

1. Number of individuals completing all series events
2. Number of events completed per athlete
3. Number of athletes who are club members

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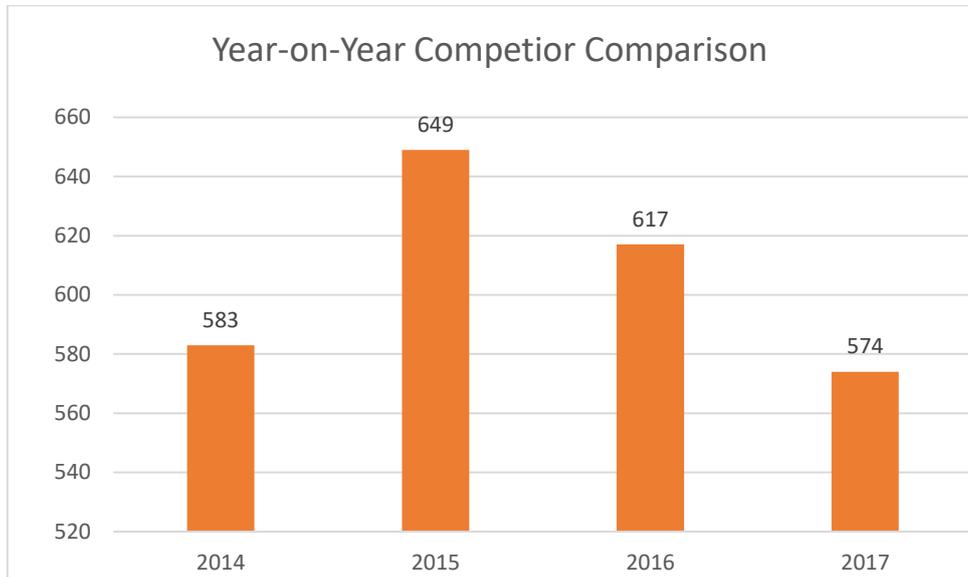


Figure 1. Comparison of Total individual Competitors that took part in 1 or more London series races

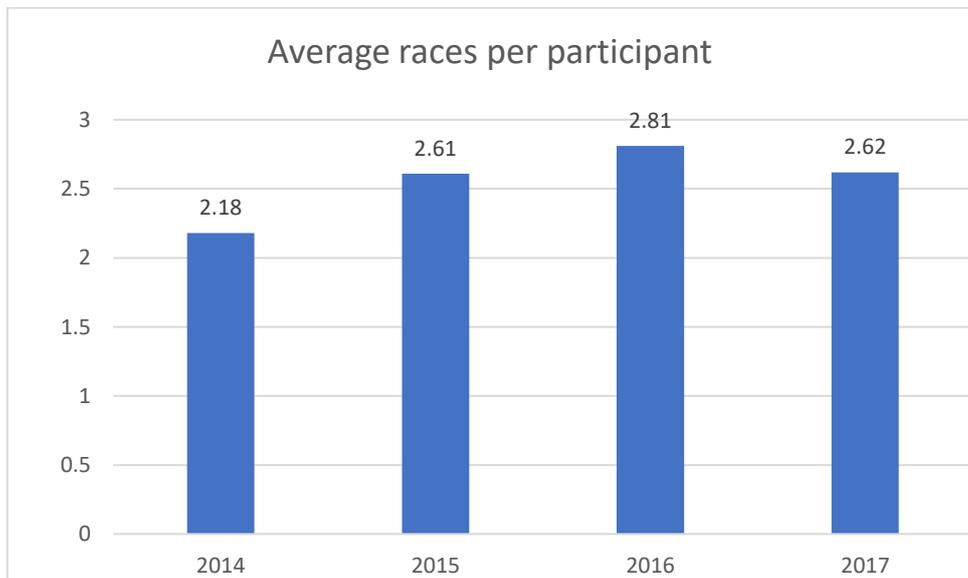


Figure 2. The average number of races of London athletes

There are 11 recognised clubs in London which support juniors (identifiable above as those with more than 2 competitors). The others are generally running clubs with 1 or 2 other affiliations.

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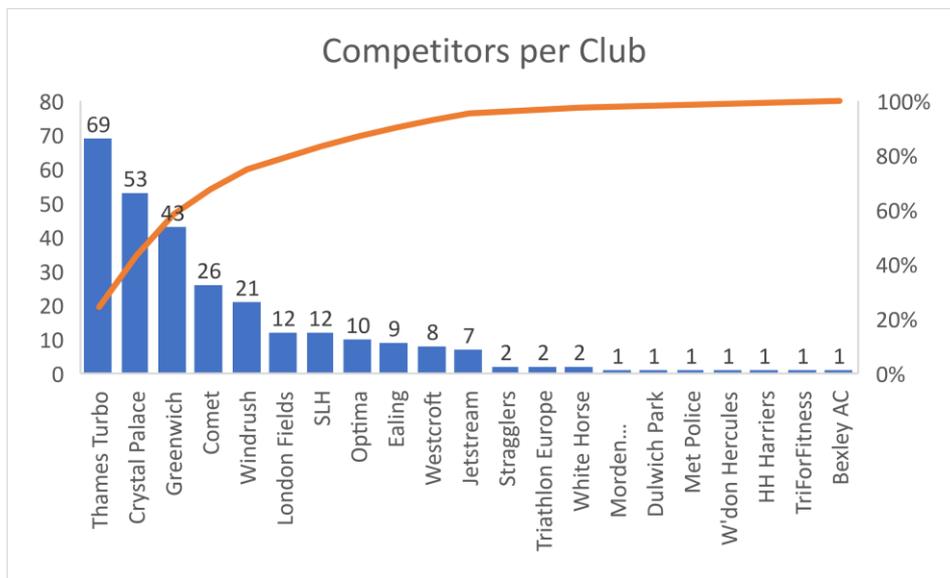


Figure 3. Competitors with a club affiliation

As can be seen in Table 1, club engagement has risen this year from 233 to 270.

Club	2016	2017
Thames Turbo	71	69
Crystal Palace	46	53
Greenwich	34	43
Comet	19	26
Optima	14	10
Windrush	13	21
Jetstream	13	7
South London Harriers (SLH)	10	12
Ealing	6	9
Westcroft	5	8
London Fields	2	12
Total	233	270

Table 1. Comparison between 2016 and 2017 of participants with a recognised triathlon club affiliation

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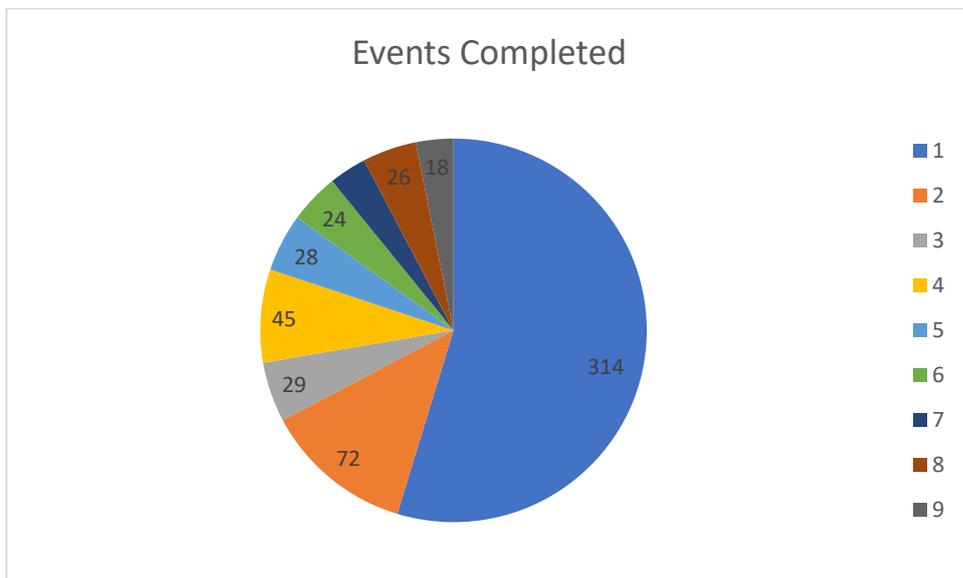


Figure 4. Events completed by athlete

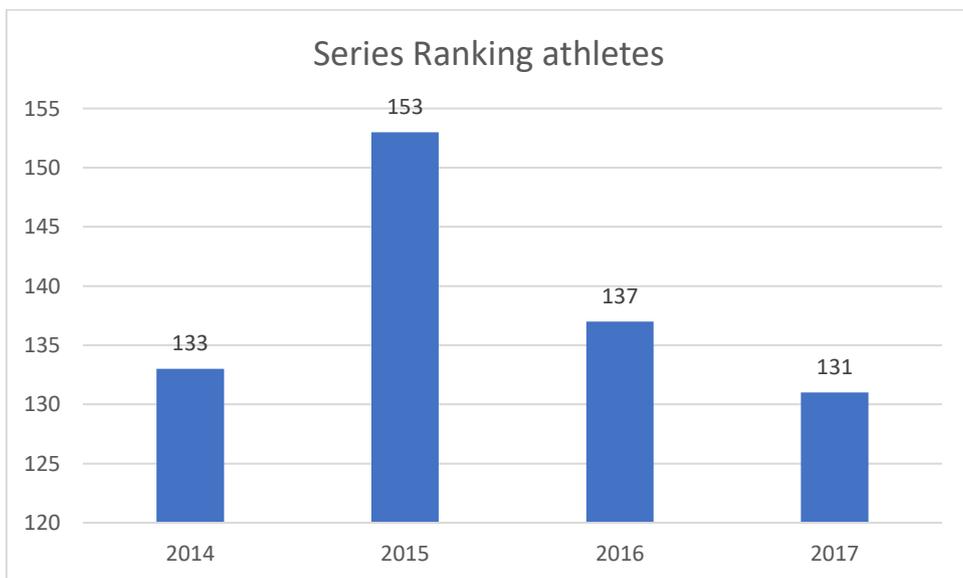


Figure 5. Athletes completes sufficient events for a series ranking

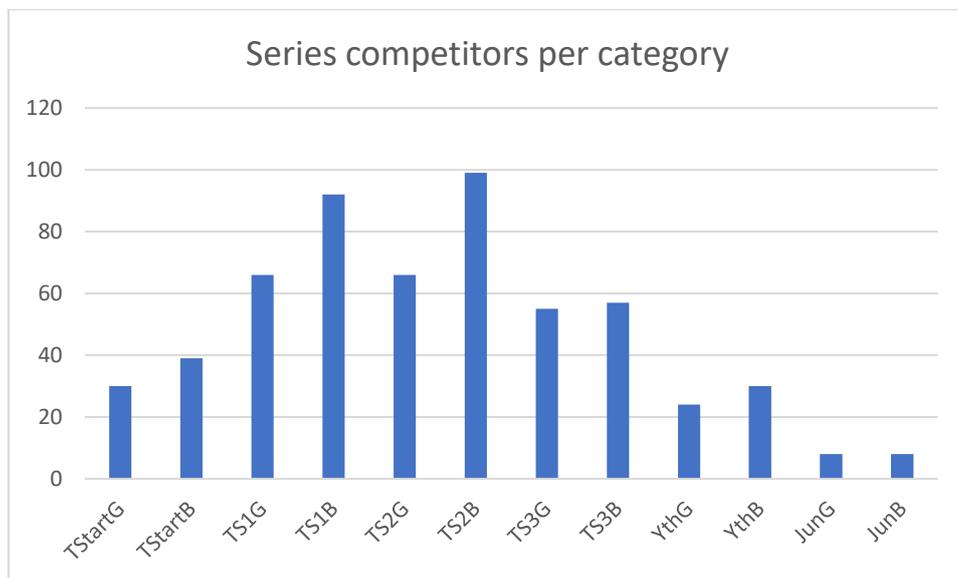
The overall engagement this year is a mixed picture. The races per athlete are down (mitigated somewhat by there being only 9 events this year compared with 10 last year) but the clubs have seen a 15% increase in athletes competing in the series. Similarly, the number of athletes sufficiently committed to complete all the series event is up to 18 (from 13 in 2016) completing all series events, and 131 completing the requisite 2x triathlon, 1 aquathlon and 1 duathlon, to gain a series ranking. Overall with the large increase in club membership I think we can say, despite some of the number being done, those athletes competing are generally more engaged in the sport.

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Grow Participation

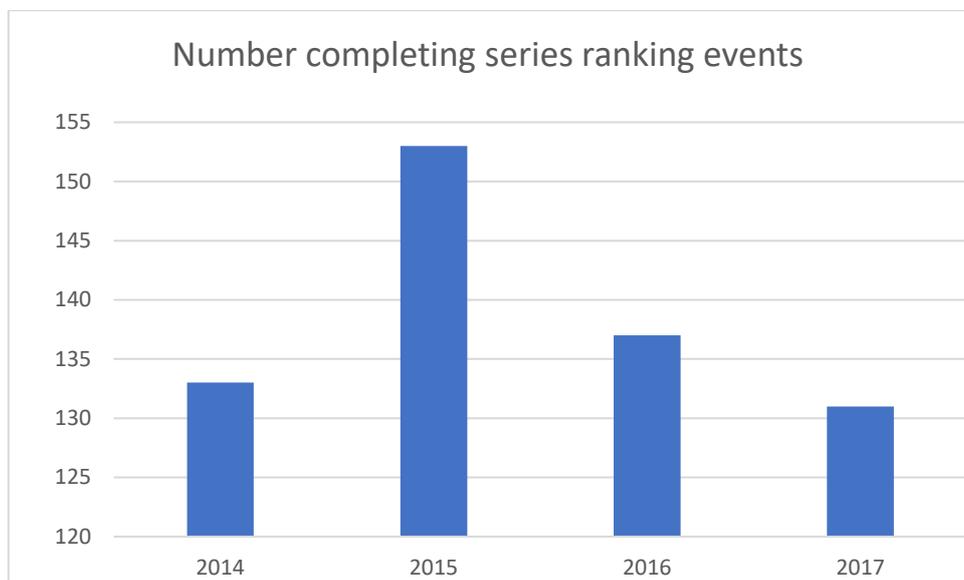
Year-on-year we would like to see more children competing in the sport. To track this we will measure:

1. Number of athletes in the series per category
2. Number of children who complete in sufficient events to merit a series ranking¹
3. Number of junior clubs competing in the region.



¹ Sufficient events in 2017 was 2 triathlons, 1 aquathlon and 1 duathlon. See season winners and note there is no 3rd place for male Tristart or Juniors as there were only 2 in each category who did the right number and spread of events.

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While there are a number of other clubs lists as affiliations, there are no new notable triathlon clubs in 2017. However, it is encouraging to see growing participation of club members. Geographically there are a number of areas, especially in the North of London where there are limited opportunities for children to join triathlon clubs. The overall number of competitors are down, The data indicates the number of participants is down on last year's figures with only Medway and Trinity showing an increase in figures of London participants. Trinity notably attracts a very large number of participants who only compete in that event. Further discussion with the event organisers says they do a number of things to promote and grow the event, notably:

1. They ensure the event is very child friendly
 - a. Many marshals are school staff and know how to speak to the children and parents
 - b. Marshals are instructed to make it a friendly event
2. Manage old and new email addresses and contact all previous participants to inform about the forthcoming year
 - a. In addition they have dedicated school staff who are on hand to respond to emails quickly and informatively so encourage more engagement from parents and athletes
3. Send fliers publicising the event to local schools in the area.

	2017	2016	Difference
Crystal Palace Triathlon	233	245	-5%
Optima Aquathlon	146	152	-4%
Thames Turbo Duo	147	161	-9%
Medway	106	97	+9%
Greenwich Aquathlon	151	167	-10%
The Bridge Triathlon	113	163*	N/A
Trinity Triathlon	371	340	+9%
Thames Turbo Aqua	133	151	-12%

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Triumph Duathlon	105	120	-13%
*this is the number for the Jetstream triathlon in 2016. This event was not run in 2017			

Table 1. Comparison of London entrants per event

Overall series numbers are slightly down on previous years. Based on this we can say triathlon is not growing in the region and so we do need to work to promote triathlon in the region.

From my position, we will look to select events who can present evidence they are seeking to grow participation in new areas and with different children within London.

Developing Excellence

In many ways, this is the least important category. However, this is externally the most obvious and high profile measure so we can't really ignore it.

1. IRC performance. Individual podiums, overall position and points total compared to previous years.
2. IRD performance. Points total.

IRC performance

The Inter-Regional Championship is aimed at tri-star2 and tri-star3 overall series numbers are slightly down on previous years aged children, bringing the best athletes in this age group from each region to compete against each other. In theory it is intended as an introduction to competitive racing, and the real competitive racing begins from the youth age group in the super series. However, in reality this is not how it plays out and it is immensely competitive, and as such it is extremely fast and furious.

This year was a challenging year for London, with a couple of falls on the bike slowing down our athletes. A few other athletes did not do as well as they may have expected and overall London places 12th or 13 regions. The points total is, as yet, unavailable. The major upside was a 2nd place overall in the boys T2 race secured by Christo Chilton.

IRD Performance

The SE have a number of very good athletes at the moment and there was a clear difference in depth of athlete. The SE won six of the eight categories and won 7 of the individual races too. London suffered through a number of athletes not being able to race on the day. We need to work harder to encourage the best athletes to participate in this event. Having won the first annual event, London now trail 3-1 in the series.

London Regional Training Squad

London is very fortunate to offer our best T2 and T3 (and youth, but to a lesser degree) a London regional training squad. This is not available in all region, but essentially this is an opportunity for those athletes in the top 5 or so in their age group, to train with similarly motivated and able

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athletes in a series of sessions during the off-season. Generally we arrange between 6-8 sessions, and those selected also have the chance to but one of the coveted Tribe Hoodies

2017 Series Awards

Obviously it was disappointing that the final event of the season was cancelled, but looking at the league standing, the cancellation had little or no effect on the podium places, so we can safely say all those who received their awards and the end-of-year ceremony were well and truly deserved.

Congratulations on your outstanding performances throughout the season.

		1 st	2 nd	3 rd
TriStart	Girls	Ivy Hernandez Taylor	Matilda Stafford	Marley Reeves (Greenwich)
	Boys	Edward Metcalf (London Fields)	Alfie Whiteloc (Crystal Palace)	
Tri-Star1	Girls	Madison Emmet (Stragglers)	Lesedi Nkoane (Jetstream)	Natasha Scott (Thames Turbo)
	Boys	Freddie Lett (Comet)	Charlie Brook (Thames Turbo)	Alexander McGuigan (Crystal Palace)
Tri-Star2	Girls	Maisie Jensen	Cerys Howells (Thames Turbo)	Alice Metcalf (London Fields)
	Boys	Christo Chilton (Crystal Palace)	Dan Levine (Westcroft)	Josh Mayer
Tri-Star3	Girls	Jessica Mayer	Ella Peters (Jetstream)	Hannah Wootton
	Boys	Mack Downey (Crystal Palace)	Jonny Brook (Thames Turbo)	Eddie Jodrell
Youth	Girls	Fenella Challinor (Thames Turbo)	Ottilie Brigh (Crystal Palace)	Hannah Capey (Greenwich)
	Boys	Matthew Maginn (Crystal Palace)	Ingmar Gunn (Crystal Palace)	Ben Dibley
Junior	Girls	Megan Greensmith (TriForFitness)	Lara Atkinson	Elle Horsman (Crystal Palace)
	Boys	Kirill Kondrasin (Optima)	Hal Crampin (London Fields)	

As mentioned earlier, Christo achieved a 2nd place in the IRC, which is effectively a 2nd place in a national championship so is a great achievement. Along with his dedication to the sport, mature racing and continued excellence (now 5-times in a row London series winner) Christo Chilton was also awarded the Jack Boericke Memorial award.