

## North East & Cumbria Annual Report 2021



### CLUB DEVELOPMENT

41 affiliated Clubs in 2021

New affiliations: -

- Manilla Triathlon

### MEMBERSHIP UPDATE

**Current valid members:** 1,333 (^ 10%)

**Club Members:** 494

### EVENT DEVELOPMENT

**Total:** 28 permitted events (increase in 25 events)

**GO TRI:** 7 (increase in 6 events)

**Total Competitors:** 4,961 (^83%)\*

**Members:** 4,655 (^ 82%) (94%)\*

**Day Members:** 306 (^100%) (6%)\*

\*From the 21 events that have submitted their post-race information (75%)

### COURSES

#### Coach Education

- Level 1 Coaching - Silksworth - North East - FULL with 16 candidates
- Level 2 Coaching - Silksworth - North East - FULL with 16 candidates
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#### Triathlon Activator Awards

- None

#### Coach CPD

- First Aid for Triathlon Course - November 6<sup>th</sup> - 7 candidates currently

#### Officials Education

- None scheduled for 2021/22, signpost to Yorkshire course

### GO TRI ACTIVE

To deliver fun multi-sport activities and training to help people take their first steps in multi-sport and help people be and stay active across our 4-core target areas (women only, disability and deprived communities).

Training days have taken place across the region: -

- GO TRI Active - Beginners Running with Chris - 15<sup>th</sup> May (6 participants)
- GO TRI Active - Learn to Swim Front Crawl with Alnwick Tri - 22<sup>nd</sup> August (6 participants)
- GO TRI Active - progress your swim at Benfield - 6<sup>th</sup> September (8 participants)
- GO TRI Active - Tri North Swim Bike Run 6 week sessions - 11<sup>th</sup> May (16 participants)

- GO TRI Improve your front crawl - Ponteland - 8<sup>th</sup> September (6 participants)

## **SOCIAL MEDIA**

- **Facebook** - 1,619 likes (^18%)
- **Twitter** - @NETriathlonEng - 743 followers (^1%)

## **PLANS, DEVELOPMENTS AND PARTNERSHIPS**

### **NE Vision**

The Northeast vision is a compilation of regional and national plans with common themes and goals related to sustainability within the area. We feel that the below should be what the region is working in connection nationally going forward.

#### **- Guest Swim Coach Sharing**

Some clubs struggle with the swim element of coaching and we would hope to support a scheme with a swim coach share to support other clubs within the region needing additional support. Also helps to mix up swim coaching to help individuals progress their own swim techniques and guest coaches is a good change to development for all.

Historically a high drop-out rate from swimming from teen onwards, typically swimmers have the skills, a good work ethic and could fit into triathlon with the right support. We could run taster sessions in association with swim clubs (historically we have had some resistance!) We may need support nationally on this, maybe involve some trial OW swimming? NE region has developed a reputation for good swimmers in tri and we should look to continue that (and build on triathlon's exposure at the Olympics).

Generally a big area for the NE to focus on is better association with other sports clubs, particularly but not exclusively swimming, running and cycling because they not only support the key aspects of triathlon but are obviously a great recruitment ground, people in those clubs probably don't know what they don't know, we need to do a bit of PR I think people will have been inspired to give tri a go after seeing the success at the Olympics and make it a priority.

#### **- Shadow Dev Squad**

There is a drop off, of those juniors who do not make the dev squad team, what can we do with these kids who just miss out? They then feel there is nowhere for them to go? Can we develop some sort of step dev group to be on the fringes of the dev squad? Invite them to some sessions to see what they need to target? Keeping them involved instead of losing them to other sports?

#### **- Open Water swim development**

Working with the new Open Water Development Manager (yet to be in post) to manage our OW sessions in the NE. There are GO TRI sessions and those delivered through clubs, but some clubs are not comfortable in supporting OW development due to lack in coach education. Can we support these coaches to gain CPD or shadow other sessions of private organisation's or clubs who visit lakes often?

- **Zwift**

Zwift was fabulous throughout lockdown for those who had the equipment, can we support clubs who do not have access to Zwift equipment? Those that do, lets support them and generate some leagues and/or races over the winter to keep athletes involved.

The NE vision defines the area of support for one another as key elements of what will make this region vibrant.