



**SOUTH WEST**

**SWS 2022**

**junior**

**duathlon**

**aquathlon**

**triathlon**

## **M Cumberland - Junior Series Officer Annual Report 2022**

Following a 2 year break due to COVID-19 the Regional Junior Series was back on across the UK for TriStars 1-3, Youths and Juniors.

Bath Duathlon kicked off the SWS events for all age groups on Saturday 19<sup>th</sup> March at the Odd Down Cycle track. The TriStar 1 age group were racing next at Torbay Triathlon on Sunday 24 April followed by Oldbury White Horse Children's Triathlon on Saturday 30<sup>th</sup> April. Next up was Vale Tridents Triathlon on Sunday 12 June followed by their joint venture with LPS Events at Lake 62 for an Open Water Aquathlon for the TriStar 2 age groups and above on Saturday 18 June. The winner of this event in both the TriStar 2 and TriStar 3 age group would qualify for the Inter Regional Championships (IRC). June was a busy month for our TriStars as there were 4 races in the SWS over back to back weekends which is not ideal as it would be good to spread the events over the Spring and Summer months but like all Junior Race Series each Region relies on appropriate events in their region and piggyback off these to form their Series. On Saturday 26 June the SWS headed to Bowood Open Water Triathlon a full drafting event for TriStar 2 and above and this also formed part of the IRC Qualifier for the TriStars 2 & 3 age groups. The SWS concluded at Bristol Children's Triathlon on Saturday 2 July for all TriStar age groups.

The IRC Team, consists of 16 team members, 4 each from the TriStar 2 and 3 age groups, both male and female teams. Each team was selected by taking the winner of the SWS (best 3 scores to count with one event having to be a Triathlon and another an open water event), the winner of the Open Water Aquathlon and the winner of the Open Water Triathlon and finally a Committee pick based on overall swim performance throughout the Series.

Due to the earlier date in this year's calendar for the IRC it was not possible to organise the usual Team Training at Mount Kelly School in Tavistock. Instead alongside the Bath Performance Coach; Jack Hall, the Junior Technical Series Officer; Roger Martindale and Richard Smith organised a training day which took place in Bath utilising the University 50m pool and the Odd Down Cycle Track where we replicated parts of the IRC bike course to practice the teams cornering skills and dead turns.

Team South West finished 5<sup>th</sup> out of 13 Regional Teams at the Inter Regional Championships (IRCs) held as part of the BTF Grand Final in Sunderland over the weekend of the 20/21 August.

**develop, perform, aspire**