



SOUTH WEST

SWS 2023
junior
duathlon
aquathlon
triathlon

M Cumberland - Junior Series Officer Annual Report 2023

In 2023, 100 registered athletes took part in the SWS with 47 completing the Series criteria. This equated to 47% of the registered athletes completing the Series which was an increase of 2% on last year's numbers where we saw 66 registered athletes compete in the SWS with a total of 30 completing the Series an increase in overall numbers of 34%.

For information in 2019 Pre-COVID, 161 registered athletes took part in the SWS with 101 completing the Series criteria equating to 63% of the registered athletes completing the Series. We still have a little way to go to see Pre-COVID numbers. Back in 2008 a total of 33 athletes completed the Series across the 5 age categories from 9-19 years.

This year Team South West finished on the podium with a Silver Medal at the Inter Regional Championships at Mallory Park on 9/10 September. The team event is made up of results from the individual events of heats and finals, the inaugural Transition Challenge which was a huge success and the Mixed Team Relay (MTR). However, scores from the MTR had to be discarded after an error was made with the remote handovers due to the water levels in the lake. Moreover, I'm delighted to report a further two individual Silver medals were won in the TS2 & TS3 Boys and an individual Bronze in the TS2 Girls age category, our highest individual medal haul since my tenure as JSO in 2015.

For the 7th year Team SW enjoyed a Pre-IRC Training camp. We returned to Mount Kelly School in Tavistock, Devon for a 3 day training camp, home to one of the 50m Olympic legacy pools. Before heading to Mount Kelly the team met at Torbay Velo Park for a 2 hr track session where the Technical Series Officer, Danny Symington and Chris Maxwell replicated sections of the IRC track to practice the Teams cornering skills and dead turns. Moreover, we were joined by Coaches Ryan Symington and Ben Cumberland from the Performance Squad at Loughborough to hone in on the teams drafting skills ahead of the IRC. The camp comprised of a daily 2 hr swim session, bike skills and a 2hr bike ride along the National Cycle Network route 27, known as the Drakes Trail to practice drafting in groups. The final day included an Aquathlon and Transition Challenge.

develop, perform, aspire