



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.**





Performance Delivery

- Performance Athletes
- 13 Championship selections from 8 athletes
 - 3 x Welsh Athletes on the World Class Program
 - 3 U23 Championship podiums from 2 athletes
 - First Para Tri Championship selection for Michael Taylor
 - 38% of championship athletes train at the NTPCW
 - 50% supported by the WTPP
 - 12% World Class funded
- 1 x WTS Victory
 - Non Stanford - Hamburg
- Performance Staff;
 - 1 x world series event
 - 1 x European Senior Championship Lead
 - 1 x Junior World Championship Lead
 - 1 x Major Games Lead
 - 7 x ETU/WC Lead





Performance Development

Athletes

- 5 athletes selected onto WTPP- 4 senior, 1 junior
- 1 x Youth overall winner of the BYJSS
- Over 200 hours of athlete support through junior & senior camp delivery

Coaches & Support

- Development Coach selected for UK Coaching Program
- Increase in Physio & S&C support across program
- Senior Coach leading British Championship teams

Environment Development

- Continued investment into the NTPCW
- Collaboration projects with Swimming & Athletics
- Development of PACE Principles & club support





Talent Development

WDA Delivery

- 60% of athletes rate us as above average in all areas of WDA delivery
- New Athlete Mentor role introduced
- 100% of WDA athletes attended PA weekend
- Delivery of camp & training day program across Wales



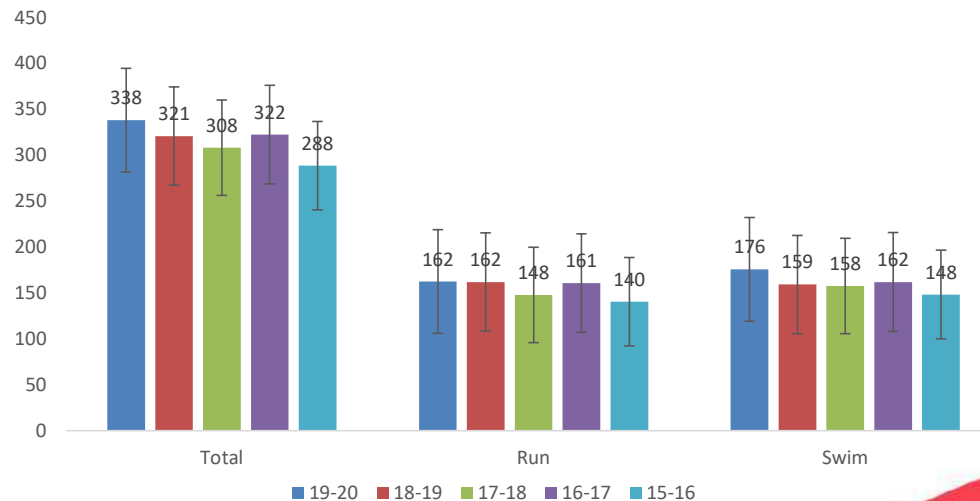


Talent Development

Recruitment

- 73 athletes attended the two engagement days (23% increase from 2018)
- Continued Development of Swim & Run profiles
- Proposal for regional engagement program

WDA Athlete Point Score





Talent Engagement

- Over 1300 race starts in the Tristar Series
- Swim Wales Collaboration
- PACE Club Development





Team Highlights

- British Triathlons Big Weekend- Wales Take over!
- Leading the way on athlete welfare & support
- Mixed Team Relay
- BTF Recognition
- PACE
- Feedback





Anti Doping - our role

UKAD Antidoping Educator: Amy Jenner and Louis Richards

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

