

May (05)



WTA NEWSLETTER

MAY - 2005

WELCOME

As the season is now upon us it is time to put all of the pre-season work to good use. Wales has already seen a number of races, as this season looks set to be a very busy one for athletes and race organisers alike.

Don't forget that this month sees the first ever **Croups Llandow Duathlon**. This being the first of three this year I'm sure they are going to be a great success.

Good luck with the new season.

PERFORMANCE

April 2005 has now seen the launch of the one stop plan. This has brought about changes in the performance coaching team, Chris Jones now heads up the Welsh National coaching programme and is looking to develop the performance levels in line with the national governing bodies performance levels.

April 2005-October 2005

Athletes who are at present in the national and regional training squads will remain so until October 2005. Athletes will be identified and informed what areas of improvement will be required to reach the performance goals by April 2006. This will be the framework from which all start and potential squad athletes will work to over the winter of 2005/2006.

Athletes and coaches will be invited to attend a national selection day on **Saturday October 8th**. This will be open to all athletes and coaches looking to gain selection into the Welsh National start and potential squads for winter 2005/2006.

Sunday **October 9th** will be the first **Welsh National coaching forum**. This will be a launch for the direction of the Welsh National programme. All coaches who are interested please send details in to the development officer.

As a full time coach it is much easier working with elite and full time athletes. This is what lottery funding and investment has now brought to our sport. As we all know it has not always been this way and Wales, as a nation within

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in the sport of triathlon, would not be where it is today if it was not for one mans total commitment. I would like to recognise the huge contribution Chris Goulden and his team over the years have made to Welsh triathlon. Sian Brice, Marc Jenkins, Anneliese Heard, Leanda Cave and Helen Tucker, now all senior professional athletes, have at times in their careers had one hundred and ten per cent support from Chris. No doubt his crowning moments were at the 2002 Commonwealth Games as the National Coach walking Leanda Cave in to the press conference after winning a silver medal, seeing Anneliese Heard win two world titles and then Marc Jenkins showing the true character of Wales fighting on at the Olympics in Athens. Plus having the only female senior world champion, Leanda Cave, this shows the depth of world class athletes in the Welsh programme.

These are very special moments with which I am sure Chris is very proud of as the national coach. Chris has touched athletes' careers in many ways. Sian Brice once said of Chris "he is relentless in his commitment to triathlon and we are so lucky to have him as our team manager and coach". I would also say we are lucky to still have Chris who is now part of the one stop coaching team. With further financial support to athletes and coaches we will look to strengthen and carry on the success Chris has had.

Over the next twelve months we will look to work on talent identification and find some of the best young potential athletes in Wales. We have first class coaches and world class facilities; this is now an open door and we want athletes and coaches who really are interested in making a difference to world class performance. Over the past 6 years we have had 3 world champions, 1 European silver medallist and runner-up at the last Commonwealth Games. I know we have much more potential in Wales and over the next two years our aim is to raise the performance levels and gain more international representation for young Welsh athletes.

Wales National Triathlon Coach - Chris Jones.

WELSH DUATHLON CHAMPIONSHIPS

Unfortunately due to unforeseen circumstances the venue for the Welsh duathlon Championships has had to be changed. The National championships will now be held at the **4th ISCA Duathlon, Newport 12th June 2005.**

An entry form is attached to this newsletter.

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BRITISH YOUTH AND JUNIOR CHAMPIONSHIPS

Llanelli is set to play host to the 2005 British youth and junior championships.

The Millennium coastal park, Llanelli has been confirmed as the venue for the national championships, on 5th June 2005. The course will provide the perfect arena for the drafting legal format.

The race organiser is keen for volunteers to help out on the day. If you would like to help out please send your details to the development officer.

WTA MEMBERSHIP

As the season approaches don't forget to update your membership. The WTA membership form is attached to this newsletter.

Membership FAQ

Q: What do I get from being a member?

A: WTA membership gives you reduced price entry for all BTA sanctioned races, as well as a comprehensive insurance package (increased for 2005) during both racing and training. Membership also entitles you to represent Wales and gives you automatic entry into the Dragon series or Grand prix series.

Q: Do I need to become a WTA member if I'm already a BTA member?

A: No. As a BTA member with a Welsh postcode you are automatically a member of the WTA.

Q: Will I receive a WTA membership card?

A: Initially it was thought that two cards would be issued but due to the volume of work required the BTA membership card will now state that WTA membership is included.

Q: How long does it take to get my membership?

A: Following initial teething problems with the new system it currently takes 7 to 10 days to process an application.

If you have any more questions please let the development officer know.

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SENIOR GRAND PRIX SERIES

WELSH GRAND PRIX SERIES 2005 - Overview

**WELSH
GRAND
PRIX
SERIES
2005**



- 17TH APRIL HARLECH SPRINT TRIATHLON**
 - 5TH JUNE BALA MIDDLE DISTANCE TRIATHLON**
 - 26TH JUNE PEMBROKE SPRINT TRIATHLON**
 - 3RD JULY COSMESTON SPRINT TRIATHLON**
 - 7TH AUGUST CEREDIGION SUPER SPRINT TRIATHLON**
 - 21ST AUGUST TUSKA SPRINT TRIATHLON**
 - 18TH SEPTEMBER BALA STANDARD DISTANCE TRIATHLON**
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DRAGON SERIES - TRISTARS AND YOUTH

2005 Dragon Series Tristar and Youth

Tristars

Pencoed Triathlon	22 nd May 2005
Cardiff Junior Triathlon	4 th June 2005
Rhondda Triathlon	19 th June 2005
Llanelli Duathlon	2 nd July 2005
Conwy Triathlon	3 rd July 2005

Youth

Pencoed Triathlon	24 th May 2005
Llanelli Triathlon	5 th June 2005
Rhondda Triathlon	19 th June 2005
Eton Supersprint	2 nd July 2005
A.N.Other	TBC

Cofre Llywodraethol Cenedlaethol Triathlon a Duathlon Yng Nghymru

Cymdeithas Triathlon Cymru



The Welsh Triathlon Association

The National Governing Body of Triathlon and Duathlon in Wales

* An athlete must complete at least three races

**An athlete's best three results count towards their series total

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DEVELOPMENT OFFICER

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