



WTA NEWSLETTER

SEPTEMBER-2004

WELCOME

Welcome to the first edition of the 'new' WTA newsletter. The purpose of the newsletter is to keep members up to date with current events and issues within Wales and Britain.

The newsletter will be sent out electronically to all members of the WTA periodically (and BTA members within Wales, until the end of the membership year). There is no timescale for its production, as the frequency of editions will depend greatly depending on the amount of new information and the time of year.

Should you wish for a hard copy or for it to be delivered to an alternate e-mail address, please let me know and I will do my best to accommodate you.

If you have anything that you wish to be included in future editions of the newsletter, or have any questions regarding its content, don't hesitate to contact me as detailed below. The greater input and feedback I have from members the better, and more useful, the newsletter can become.

DEVELOPMENT OFFICER

Since May this year I have been in place as the new regional start and development officer (RDSO) for Wales. I have a sports education background, and have worked in sports development since graduating in 2002.

I have competed in Triathlon and related multisport events for a number of years. I am currently a level 1 qualified coach and regularly coach senior and junior athletes.

If you have any questions, ideas or suggestion about Triathlon in Wales please do not hesitate to contact me.

Contact Details

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INTER-REGIONAL CHAMPIONSHIPS

The British Triathlon Inter Regional Championships (IRC's) took place on Saturday 4th September in Speke, Liverpool. Acting as a prelude to the senior national championship, the racing proved fast and exciting.

Teams are made up of Tristar 2s, Tristar 3s and youths with a Welsh team joining ten English Regional teams as well as one from Scotland.

Athletes selected to compete for Wales were;

	BOYS	GIRLS
Tristar 2	Joshua Harris Alex Matchett	Ruby Millar Elinor Thorogood
Tristar 3	Grant Stokes Marcus Butler	Joanne Freeman Amy Westcott
Youth	Jason Prout Matthew Williams Matthew Brown	Teri Bains Christina Bridge Alice Bevan

Congratulations must go out to all those who took part from Wales, with all acquitting themselves admirably. A final team position of sixth is a great improvement on last years 10th place, and all should be very proud of their achievement.

Particular mention should go to Josh Harris for his third place in the Tristar2 age group. Josh will be back next year, in the same age group, looking to take top honours.

The final standings are listed below:

Position	Team	Points
1	Scotland	232
2	South East	242
3	North West	260
4	South West	266
5	South	269
6	Wales	283
7	West Midlands	302
8	North East	303
9	East	316
10	East Midlands	321
11	London	375
12	Yorkshire & Humberside	375

ETU EUROPEAN DUATHLON CHAMPIONSHIPS



ITU World Series Duathlon and ETU Duathlon European Championships 2004

25th & 26th September 2004

September saw Swansea play host to the ETU European duathlon championships for 2004. Europe's best age group and elite athletes took part in what was an exciting day of racing.

The County and City of Swansea is an important venue for Duathlon and Triathlon in the UK. A British Triathlon High Performance Centre is situated in Swansea at the National Pool and the city was the venue of the 2003 British Triathlon Championships.

The start, transition and finish of the European Duathlon Championships were based at the SA1 Swansea Waterfront, a major redevelopment of the city's docks and harbour, it looks set to become a major competition venue for Triathlon and Duathlon in Britain.

Both runs took place around Swansea's award-winning Maritime Quarter and include the two new footbridges over the River Tawe including the City's new feature Sail Bridge. The cycle course ran from the Dylan Thomas Centre along the seafront to the University of Swansea returning via the City Hall.

A full report of how our athletes got on will be posted in the next newsletter.



TALENT ID

Are you, or is someone you know a talented athlete?

Between 12 and 22 years old?

Would like the opportunity to improve and develop as an athlete?

Welsh triathlon has over the last few years gone from strength to strength and our international profile has been boosted by the performance of our elite athletes at Olympic, world, European and commonwealth championships as well as ITU world cup events.

The talent Identification (TID) programme will compliment the national start and potential squad and a newly formed Tristar development group, feeding athletes into a squad of increasing standards and performance. Ultimately the aim is to develop a pathway where talented athletes can be tracked all the way to senior level and build on the current success of Welsh Triathlon.

Athletes who attain the required standards will be invited to join the appropriate squad. There they will regularly meet with some of the most experienced coaches in Wales, unlocking their true potential. Those who do not reach the required standards will be encouraged to return to the club environment and hopefully join the squads at a later date. As athletes mature and develop at different rates, the door is never closed.

Interested?

**Sunday 3rd, October – National Indoor Athletics Centre (NIAC)
UWIC, Cyncoed Campus, Cyncoed Road, Cardiff.
9.00am – 2.30pm
(athletes are to meet at NIAC reception)**

The session will consist of a timed swim and a timed run, over appropriate distances for the age of the athlete. There will also be chance to meet the national coaching staff, who will help the athletes on the day.

Participants **do not** need a specific triathlon background but it may be advantageous. The Day is open to all, BTA/WTA affiliation is not necessary.

Further TID opportunities will be arranged throughout the coming year, details of which will be available when they are finalised.

For more information please feel free to contact me.

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COACH EDUCATION

Both level 1 and level 2 coaching courses will be available in early 2005.

Course details are as follows;

Level 1 - February 19, 20 & 27 – UWIC, Cardiff - £195
Level 2 - February 19, 20, 27 & 28 – UWIC, Cardiff - £295

There is a 25% reduction on standard price for students and retired persons.

These courses have been thoroughly redesigned and now represent very thorough courses that will equip individuals to operate as competent coaches within the club environment.

Level 1

The level 1 assistant coaching course covers all components of triathlon and a great deal of applied coaching practice including working with children and good practice and child protection. Attendees will leave the course fully equipped to assist in coaching session or able to deliver coaching sessions from the all-new British Triathlon template system. This course lasts three days.

Level 2

The level 2 club coach award is designed for those holding a level 1 award and enhances their skills through a four-day course focusing on running sessions for club standard athletes. Looking at all aspects of triathlon including, conditioning, psychology, periodisation, nutrition and all three disciplines this course will equip the candidates with all the knowledge required to progress as triathlon coaches within their own clubs.

Application

If you require further information or wish to book a place, please contact:

Judith Brand, Coach Education Administrator

Phone: 01509 226155, email judithbrand@britishtriathlon.org.

Grants

The sports council for Wales has provision for affiliated sports clubs, and can give grants for initiatives including coach education, etc. To apply for a 'community chest' grant, up to the value of £750 simply contact your local authority sports development unit and ask them for a form and advise on application. For more information please contact me as detailed.

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SENIOR GRAND PRIX SERIES

Work is underway to create a Welsh Grand Prix Series 2005.

The all-new competition is set to be free for all WTA members who will be automatically entered. Sponsors and races are soon to be confirmed, so watch this space.

