

- New Start for World Class Performance Programme
- World Cup Round Up
- Domestic Race Round Up
- The Performance Team

## New Start for World Class Performance Programme

April 2005 saw the launch of the One Stop Plan for Triathlon: this has brought about changes in the performance coaching team. Chris Jones has been appointed as the Welsh National Coach and is looking to develop the Welsh performance levels in line with the national governing body's performance levels.

Between April 2005-October 2005 those athletes who are at present in the national and regional training squads will remain in place. The athletes will have areas of improvement identified and will be required to reach the performance goals by April 2006. This will be the frame work 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 looking to gain selection in to the Welsh National Start and Potential Squads for winter 2005/2006.

On **Sunday October 9th** the first Welsh National Coaching Forum will be held in Swansea. 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 - [garethhall@britishtriathlon.org](mailto:garethhall@britishtriathlon.org)

## World Cup Round Up

With four rounds of the ITU World Cup already competed Welsh WCPP athletes Marc Jenkins (Giant Racing) and Anneliese Heard (Rocco Forte Hotels) have travelled across to the other side of the Atlantic to compete in the Honolulu and Mazalan races.

Marc placed 21<sup>st</sup> and 32<sup>nd</sup>

respectively and Anneliese 11<sup>th</sup> and 7<sup>th</sup>. Both athletes are now back in hard training with one, if not both eyes on selection for the Commonwealth Games Team.

With 10 rounds to go and the British Championships being held at the Salford

Over the next twelve months we will look to work on talent identification to find some of the best young potential athletes in Wales. We have first class



Leanda Cave 2002 ITU World Champion

coaches and world class facilities. This is now an open door, 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. Over the next two years our aim is to raise the performance levels and gain more international representation for young Welsh athletes,

*Chris Jones*

Welsh National Triathlon Coach

ITU race we are looking forward to some good racing and results from our WCPP athletes.

Watch out for the races on C5 TV.

## Race Round Up

Over the past few weeks the Welsh World Class and Welsh Potential Programme athletes have been racing far and wide with a great deal of success. The most recent results are detailed below.

### Ralph's 1/2 Iron Man (USA)

#### Pro Women

Leanda Cave 8<sup>th</sup>

### St Croix

#### Pro Women

Leanda Cave 2<sup>nd</sup>

### British Universities

#### Men

Dan Beynon Tri UK 8<sup>th</sup>

#### Women

Eloise Crowley www.ride-bikes.com 2<sup>nd</sup>

Carol Bridge 5<sup>th</sup>

### Eton Sprint 14<sup>th</sup> May 2005

#### Senior Women

Helen Tucker Giant Racing 1<sup>st</sup>  
Eloise Crowley www.ride-bikes.com 2<sup>nd</sup>

#### Junior Men

Lewis Bevan Taff Ely Tri Club 2<sup>nd</sup>  
Gavin Stokes Tri UK 5<sup>th</sup>  
Aled Thomas Multisport 7<sup>th</sup>  
Ben Powell Tri UK 10<sup>th</sup>

#### Youth Men

Grant Stokes Taff Ely Tri Club 8<sup>th</sup>  
Mathew Brown Pembroke Tri 10<sup>th</sup>

#### Youth Women

Alice Bevan Taff Ely Tri Club 6<sup>th</sup>

As the season progresses the Squad athletes will need to continue their improvement to maintain the high standard already set

---

## The Performance Team

The WTA's performance Team is headed up by National Coach Chris Jones and is comprised of Dave Hart (Programme Co-ordinator), Chris Goulden, Dean Hardie and Bridget Heath. The group's remit is to set the standards for entry in to the WCPP squad and to monitor the athletes progress. Along with the RDO, the group's aim is to seek out new talent. The group will also provide a higher level of coaching support to squad members, along with additional input from specialists. The group will set selection criteria for Welsh representation

at the Home Nations and the Inter Regional Championships (Youth and Tristars)

Integral to the development of athletes is that of coach development and the group will be identifying new coaching talent within the region and inviting them to take part in the programme. There will also be coaching seminars and coaching tips for both coaches and athletes via the newsletter.



Olympic Athlete Marc Jenkins

The performance group can be contacted on the following E-mail address  
wtaperformance@btinternet.com