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Commonwealth Games Nomination Process

After the resignation of the previous Commonwealth Games Council for Wales a new Commonwealth Games Council for Wales (CGCW) was formed. The new CGCW has taken over all the powers and responsibilities held by the previous administration.

The new CGCW administration has introduced a selection document that will provide a more consistent approach to Team selection across sports and changed the process of selection as outlined in this document. To this end there have been changes in both the **selection criteria** and the **method of selection** so that all participating sports are on a par when deciding the team to go to Melbourne.

The main and significant change is that the selection of athletes to the Welsh Team for the games is in the control of the Board of the CGCW.

The full policy is attached to the newsletter

The selection time scale will now look like this.

Selection Race 1 Salford World Cup
31/07/05

Selection Race 2 London Triathlon
07/08/05

To gain nomination athletes will need to finish in the top 10 at Salford or the top 5 at London and be within 2% of the winners time for Men and 3% for Women.

Athletes who do not make the above criterion can also gain selection if they can dem-



onstrate the ability to finish in the top 8 at the Commonwealth Games.

Athletes who meet these criterion will be nominated to the CGCW for selection to Team Wales 2006



Leanda Cave
Silver medallist Commonwealth games 2002

This is a change to policies for previous games where the individual sports were given an allocation of places and could select athletes up to the number given.

There are the usual appeals processes in place on two levels:

1 - Appeal for non nomination to the WTA Appeals panel

2 - Appeal for non selection to the CGCW.

Once athletes have had their selection confirmed by CGCW will write to them inviting them to join Team Wales 2006.

The athletes would welcome the support of members of the association at both races.

Stop Press

Helen Tucker takes 3rd at European U23 Champs - More next issue

Commonwealth Games Team Staff Appointed

The WTA is pleased to announce that the appointment of Chris Jones as Head Coach for the Welsh Commonwealth Games Team and Steve Trew as Team Manager.

Chris Jones

Chris is currently the Welsh National Coach and heads up the Swansea Performance Centre. He has coached athletes to 3 World Championship Titles and has coached numerous British Champions and has placed athletes on two Olympic teams. His athlete Leanda Cave won Silver at the last Games in Manchester.

Chris is one of the most respected coaches in triathlon both in the UK and world

wide and his presence in Melbourne will be a great asset to the Welsh Team

Steve Trew

Steve Trew is one of the best known names in triathlon. Steve has a vast experience and has coached medallists at European and World Championships and was at the Sydney Olympic Games as part of the British coaching team.

He was previously Director of Coaching and National Coach for Great Britain.

Steve has worked with many international teams and his organisational and media skills will be invaluable pre, during and post Games



Chris Jones



Steve Trew

Who is in contention for Nomination

The athletes in contention for the Welsh Team in Melbourne are:

Women's Team

Leanda Cave
Helen Tucker
Anneliese Heard
Karen Sindall

Leanda, Helen and Karen will all be racing at Salford and will be joined by Anneliese in London.

Men's Team

Marc Jenkins
Dan Beynon

Due to the unfortunate injury to Marc Jenkins he will not be able to race at Salford or London and it is hoped that he will recover in time to race in Melbourne.

The WTA Nominations Committee

The WTA have appointed a three person committee to oversee the nomination process and to ensure that it is open and transparent.

The Chair of the Committee is the Associations Chair Dr. Dean Hardie and he is joined by CWG Team manager Steve Trew and former Elite Athlete Sian Brice.

The Committee will be at both the nomination races in Salford and London. As well as reviewing athletes progress over the season. Following London a team of will be nominated to the CGCW for their approval. Once CGCW have approved the team the committee will publish their de-

cision and the athletes can continue their preparations for Melbourne with certainty.

Royal Windsor Triathlon

Windsor was billed as the first goal race of the season for all Welsh athletes, with the target being a top 10 finish to qualify for the Salford World Cup on the 31st July.

Welsh athletes Leanda Cave, Helen Tucker, Eloise Crowley, Karen Sindall and Carol Bridge were perhaps the strongest Welsh women's team we have seen in one race. Weather conditions were very unexpected with high temperatures of 28°C making racing very tough.

From the gun Leanda set the pace on the swim with Helen tucked in close behind, not too far back was Karen followed by Carol and Eloise about 40sec further behind at half way. Transition was a long run out, Leanda mounted on the road first with Helen on her heels, Karen came next at 25sec followed by Eloise and Carol approx 90sec down.

Within 2km Leanda was knocked off her bike by the lead motor cycle. She new what was at stake and just had to get back on and ride 30k on her own before get-

ting caught by the second group. By now Helen was well positioned in the front pack, Eloise and Carol working hard with the third pack holding the chase gap.

Transition was hectic, Helen left with Liz Blatchford in the lead looking very good. This was a step up in performance. Leaving Jodie Swallow in her wake was a huge boost to Helen's confidence. As the race unfolded Liz pushed on at 5k and Helen stayed 25sec off the pace, but as she went in to the last lap dropped a further minute suffering badly from the heat. Being caught by Michelle Dillon and Catriona Morrison with less than 1k to go was cruel, but 5 litres of intravenous fluids later was a reflection of what impact the day had had, this was an outstanding performance. Leanda Cave had just no choice but to race on running through the field into 6th place, blooded and sore this was again a huge effort to secure a race at Salford were the major selection goals of the year are going to be taking

place. Further back was Eloise once again having a fantastic race, moving through the field into the top ten, but with 100m to go the heat had taken it's toll and Eloise was unable to finish. She and Helen were air ambulated to hospital. Karen Sindall was racing well and looked very good in the last 3km of the run pushing into 7th place. This means Karen, along with Helen and Leanda, will contest both Commonwealth Games selection races.

An improving Carol Bridge finished 16th, this is again a step in the right direction. Carol has just come back from recent injuries and was unable to run for a while so its pleasing to see her back racing and doing well. This was an outstanding performance from all the Welsh women. Sadly Anneliese Heard was out with injury, we wish her all the best and a quick return looking forward to see her race in London at the second Commonwealth Games selection race

Key races 2005/2006

- 30th July 2005 National Aquathlon Championships Salford
- 31st July 2005 Salford World Cup
- 7th August 2005 London (Home Nations Champs)
- 11th September 2005 World Champs, Gamagori
- 10th October 2005 St Kilda ITU (CWG Test Event)
- **18th March 2006 Commonwealth Games Triathlon**

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.

Zundert ETU Prestige Race Holland 5th June

Women

Helen Tucker	Giant Racing	3 rd
		1 st U23

Llanelli National Youth and Junior Championships 5th June

Junior Men

Aled Thomas	Multisport/Condor	4 th
Gavin Stokes	Tri UK	9 th
Lewis Bevan	Taff Ely Tri Club	14 th
Thom Phillips	Kelly College	15 th
Ben Powell	Tri UK	19 th

Youth Men

Grant Stokes	Gwent Tri Club	11 th
Mathew Brown	Pembroke Tri	17 th

Youth Women

Alice Bevan	Gwent Tri Club	7 th
Teri Baines	Multisport	10 th

Home Nations Duathlon Emberton Park Milton Keynes 12th June

Senior Men

Jon Wills	Science in sport.com	2nd
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U23 Men

Andy Lane		3rd
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Junior Men

Ben Powell	Tri Uk	3rd
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Veteran Men

Martin Powell	53-12	1st
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Royal Windsor Triathlon 19th June

Elite Women

Helen Tucker	Giant Racing	4 th
Leanda Cave	Royales	6 th
Karen Sindall		7 th
Carol Bridge	Rhondda Triathletes	16 th

Pembrokeshire Sprint 25th June

Men

Aled Thomas	Multisport/Condor	1 st
Gavin Stokes	Tri UK	2 nd
Ben Powell	Tri Uk	4 th
Thom Phillips	Kelly College	5 th

Eton Supersprints 2nd July

Youth Men

Grant Stokes	Gwent Tri Club	14 th
Mathew Brown	Pembroke Tri	18 th

Youth Women

Alice Bevan	Taff Ely Tri Club	11 th
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Cosmeston Triathlon 3rd July

Men

Dan Beynon	Tri UK	1 st
Lewis Bevan	Taff Ely Tri Club	2 nd
Aled Thomas	Multisport/Condor	3 rd
Gavin Stokes	Tri UK	4 th
Ben Powell	Tri UK	6 th

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

Home Nations Team

The Welsh Team for the Home Nations Triathlon in London has been selected and is

Seniors

Pete Beaumont	Leanda Cave
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U-23

Dan Beynon	Helen Tucker
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Juniors

Aled Thomas	Alice Bevan
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Veterans

Martin Powell	Paula Jeffs
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Team Manager

Dean Hardie
