



British Triathlon North East Region

Junior performance Academy 2011

After the hard work of the coaches, athletes, parents and volunteers during 2010 some fantastic progress has been made in identifying and developing junior talent in our region.

In 2011 we hope to build on the progress made and aim to help our talented juniors fulfil their potential in local, regional and National competition.

In order to progress during 2011 we aim to maximise the opportunity for local youngsters to become involved in the performance programme. Therefore we will be working with individuals, clubs, schools and parents to monitor progress throughout the year.

We will continue to use the benchmark criteria as set down by Triathlon England and will select the performance squad from the athletes who are consistently performing at the highest level and show the ability & desire to succeed in the sport of Triathlon.

The squad will meet regularly for group training sessions throughout the year including specific race preparation sessions, benchmarking and testing, strength & conditioning sessions, race season and annual training plans.

The criteria for measuring performance are detailed in the table on the next page.

If you would like to be considered for the squad or would like to nominate an athlete please forward your name, contact details, club/ school contact and times for your relevant distances in the attached form to Regional Performance co-ordinator Alan Copland at alan@3vme.co.uk or Academy head coach Colin Gardner at colin.gardener@virgin.net

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Name		
Club/ School		
Date of birth		
Contact email (Parent/ Guardian)		
Contact Telephone (Parent/ Guardian)		
Swim	Distance	Time
Run	Distance	Time

NORTH EAST ACADEMY MINIMUM QUALIFYING TIMES 2011

NOTE: Your age group is determined by your age as of 31st DECEMBER 2011

Age (as of 31/12/2011)	Swim Male Minimum standard	Swim Female Minimum standard	Run Male Minimum standard	Run Female Minimum standard
Up to 12 200m swim 1000m run	02:43.5	02:50.8	03:57.2	04:09.2
13 200m swim 1500m run	02:37.9	02:44.7	05:42.4	05:58.9
14 200m swim 1500m run	02:34.0	02:43.0	05:22.0	05:52.5
15 200m swim 1500mrun	02:30.8	02:39.5	05:16.7	05:49.1
16 200mswim 1500mrun	02:28.6	02:39.5	05:08.3	05:40.6
17 400m swim 3000mrun	05:06.7	05:29.1	10:53.8	12:10.8
Junior 18/ 19 400m swim 3000m run	05:04.7	05:27.3	10:20.5	11:43.6

*There is the opportunity to attend a Ryton Tri swimming session on Saturdays at 4-6pm for testing if you are unable to provide a time or get to a pool to record one. For details and to register your interest in completing a timed swim please contact Colin at colin.gardener@virgin.net or call 0191 4135050.