

2023

Annual Report

2023

Adroddiad Blynnyddol

OUR PURPOSE

To develop a triathlon community that enhances the well-being of current and future generations in Wales.



EIN PWRPAS

Datblygu cymuned triathlon sy'n gwella les cenedlaethau heddiw ac yfory yng Nghymru.

Croeso a Chyflwyniad – Blwyddyn o Adolygiad

Croeso i Adroddiad Blynnyddol Triathlon Cymru ac mae'n bleser mawr gennym achub ar y cyfle hwn i adrodd ar gynnydd i'n haelodau a'n partneriaid.

Bu'n flwyddyn o gryn newid. Fodd bynnag, arhosodd un peth yn gyson, sef ein ffocws ar bwrrpas Triathlon Cymru; datblygu cymuned triathlon sy'n gwella llesiant cenedlaethau'r presennol a'r dyfodol yng Nghymru.

Fel camp fechan, ond un sy'n tyfu, rydym yn llywio llwybr gyda'n partneriaid ffyddlon, trwy'r adferiad ar ôl Covid, effaith heriau costau byw a'r argyfwng ynni byd-eang. Cafwyd llwyddiannau, digwyddiadau cynhwysol a phleserus a chynnydd tuag at gynaliadwyedd ariannol ac amgylcheddol. Bu cydweithio parhaus a llwyddiannus gyda Thriathlon Prydain a'r Gwledydd Cartref, gyda'r nod o wella profiad pawb yn y gymuned.

Y clybiau yw asgwrn cefn y gamp o hyd, ac mae nifer ac aelodaeth clybiau Cymru yn parhau i godi. Byddwn yn parhau i weithio'n

Welcome and Introduction – A Year in Review

Welcome to the Welsh Triathlon Annual Report and it is with great pleasure that we take this opportunity to report progress to our members and partners.

It has been a year of some change, however, one thing has always remained constant and that has been a focus on the purpose of Welsh Triathlon; to develop a triathlon community that enhances the wellbeing of current and future generations in Wales.

As a small but growing sport we are navigating a path, with our loyal partners, through post Covid recovery, the impact of cost-of-living challenges and the global energy crisis. There have been successes, inclusive and enjoyable events and progress towards sustainability; financial and environmental. There has been continued and successful collaboration with British Triathlon and the Home Nations, with the aim to improve the experience of everyone in the community.

Clubs remain the lifeblood of the sport and



Martin Kitchener

Cadeirydd Y
Bwrdd / Welsh
Triathlon Chair



Catherine
Roberts

Prif Swyddog
Gweithredol /
Chief Executive
Officer

agos gyda phob un ohonynt i sicrhau bod y Corff Llywodraethu Cenedlaethol yn eu cefnogi'n llawn ac yn effeithiol.

Cafwyd nifer drawiadol o ddigwyddiadau gwych ledled y wlad, o ddigwyddiad Cyfres Para Triathlon y Byd yn Abertawe, lle bu paratriathletwyr blaenllaw yn cystadlu am bwyntiau pwysig cyn y Gemau Paralympaidd yr haf nesaf, i ddigwyddiadau GOTRI mewn cymunedau bach a rasys mwy sefydledig yn ninasoedd, trefi a chefn gwlad Cymru.

Rydym yn parhau i gael ein hysbrydoli gan Ganolfan Perfformiad Triathlon Genedlaethol Cymru, gyda thîm o staff o dan y Prif Hyfforddwr a 30 o athletwyr yn cyflwyno perfformiadau gwych ar y llwyfan cenedlaethol a rhyngwladol. Mae hefyd yn wych gweld bod Rhaglen yr Academi wedi tyfu, gyda niferoedd cynyddol o bobl ifanc yn cyrraedd y safon i ymuno â'r rhaglen ac yn elwa o'r gefnogaeth. Mae hyn yn dyst i brofffil cynyddol y gamp a'r ystod o gyfleoedd sydd ar gael i gymryd rhan.

Mae ein camp yn cael ei gyrru gan bobl, a thra bod Gwobrau Triathlon Cymru, y Gyfres Super a'r Pencampwriaethau Cenedlaethol yn gyfle i ddathlu llwyddiant a chydnabod pobl sy'n rhoi cymaint i'n camp, ni allent ond megis crafu wyneb y gymuned anhygoel hon. Hoffai Bwrdd Triathlon Cymru a'r staff fanteisio ar y cyfle hwn i gydnabod pawb sydd wedi cymryd rhan, gwirfoddoli, gweithio, gweinyddu, darparu digwyddiadau neu roi cymorth ar ddiwrnodau rasio a thu hwnt. Diolch i chi gyd.

the number and memberships in clubs in Wales continues to rise. We will continue to work closely with them all to ensure that the National Governing Body is supporting them fully and effectively.

There have been an impressive number of great events across the principality, from the World Triathlon Para Series event in Swansea, where world leading paratriathletes competed for vital ranking points ahead of next summer's Paralympic Games, to GOTRI events in small communities and more established races in the great Welsh cities, towns and countryside.

We continue to be inspired by the National Triathlon Performance Centre in Wales, with a team of staff under the Head Coach and 30 athletes delivering great performances on the national and international stage. It is also great to see that the Academy Programme has grown, with increasing numbers of young people reaching the standards to join the programme and benefitting from the support. This is testament to the increasing profile of the sport and a range of participation opportunities.

Our sport is driven by people and while the Welsh Triathlon Awards, the Super Series and the National Championships provided an opportunity to celebrate success and recognise people that give so much to our sport, they could only scratch the surface of this amazing community. The Welsh Triathlon Board and staff would like to take this opportunity to recognise everyone that has taken part, volunteered, worked,

officiated, delivered events or provided support on race days and beyond. Thank you all.



Cyfarwyddwyr penodedig Triathlon Cymru

Directors of Welsh Triathlon appointed

Yr Athro Martin Kitchener / Professor Martin Kitchener	Cadeirydd	Fe'i hailbenodwyd ar 8 Tachwedd 2023 am 3 blynedd arall, yn dod i ben ym mis Medi 2026.	Chair	Re-appointed 8 November for a further 3 years ending September 2026
Catherine Roberts	Prif Swyddog Gweithredol	Fe'i penodwyd ar 1 Medi 2023; swydd barhaus oherwydd natur y rôl.	Chief Executive Officer	Appointed 1 September 2023, ongoing due to nature of office
Jeffrey Nsofor	Cyfarwyddwr Cyllid	Penodiad 3 blynedd sy'n dod i ben ym mis Gorffennaf 2025.	Finance Director	3 year appointment ending July 2025
Parul Patel	Cyfarwyddwr Portfolio dan Drafodaeth	Fe'i hailbenodwyd am 3 blynedd arall, yn dod i ben ym mis Mawrth 2025	Director of Inclusion and Wellbeing	Re-appointed for a further 3 years ending March 2025
Luke Organ	Cyfarwyddwr Busnes a Masnach	Fe'i hailbenodwyd am 3 blynedd arall, yn dod i ben ym mis Ebrill 2025.	Director for Business and Commerce	Re-appointed for a further 3 years ending April 2025
James Leavesley	Cyfarwyddwr Grwpiau Oedran	Fe'i hailbenodwyd am 3 blynedd arall, yn dod i ben ym mis Mawrth 2026.	Director of Age Group	Re-appointed for a further 3 years ending March 2026
Greg Garner	Cyfarwyddwr Perfformiad	Fe'i hailbenodwyd am 3 blynedd arall, yn dod i ben ym mis Ebrill 2026.	Director of Performance	Re-appointed for a further 3 years ending April 2026
Simon Webb	Cyfarwyddwr Datblygiad	Penodiad 3 blynedd sy'n dod i ben ym mis Gorffennaf 2025.	Director of Development	3 year appointment ending July 2025
Kirsty Morgan	Cyfarwyddwr Cyfathrebu	Penodiad 3 blynedd sy'n dod i ben ym mis Medi 2024.	Director of Communications	3 year appointment ending September 2024
Simon McGuire	Cyfarwyddwr Llywodraethu	Penodiad 3 blynedd sy'n dod i ben ym mis Ebrill 2025.	Director of Governance	3 year appointment ending April 2025
Elaine Francis	Cyfarwyddwr Diogelu	Penodiad 3 blynedd sy'n dod i ben ym mis Ebrill 2026.	Director of Safeguarding	3 year appointment ending April 2026

Trosolwg o Berfformiad

Bu'n werth chweil gweld twf a llwyddiant parhaus athletwyr ar draws y rhagleni.

Ailstrwythurwyd y tîm Perfformiad ar ddechrau'r flwyddyn; cymerodd ein penaethiaid adran rolau newydd gyda chyfrifoldeb arwain ychwanegol. Roedd yn bleser gennym groesawu Oscar Barbour ym mis Ionawr, fel Hyfforddwr newydd y Ganolfan Berfformio, a Megan Clements ym mis Ebrill, fel Cydlynnydd y Rhaglen Berfformio. Mae Oscar a Megan wedi setlo i mewn i'w rolau yn hynod gyflym ac effeithiol, ac mae wedi bod yn wych gweld yr effaith y maent eisoes wedi ei chael ar yr athletwyr a'r rhagleni yr ydym yn eu darparu.

Rydym yn falch o weld y sylfeini a osodwyd dros y blynyddoedd diwethaf o fewn y rhagleni amrywiol bellach yn dwyn ffrwyth, gyda llwyddiant mwy parhaus gan y Ganolfan Berfformio, niferoedd cynyddol o athletwyr yn ymgysylltu â'r Academi ac yn bodloni ei safonau perfformiad, a nifer yr athletwyr yn camu i fyny o hyn i raglen Cenhedlaeth Nesaf Cymru (NGC). Edrychwn ymlaen at barhau i adeiladu ar hyn dros y blynyddoedd i ddod.

Performance Overview

It has been rewarding to see the continued growth and success of athletes across the programmes.

The Performance team was restructured at the beginning of the year; our heads of departments took on new roles with additional leadership responsibility. We were delighted to welcome Oscar Barbour in January, as the new Performance Centre Coach, and Megan Clements in April, as the Performance Programme Co-ordinator. Both Oscar and Megan have settled into their roles extremely quickly and effectively, and it has been great to see the impact they are already having on the athletes and programmes we deliver.

We are proud to see the foundations that have been laid over the past few years within the various programmes now coming to fruition, with more sustained success from the Performance Centre, increased numbers of athletes engaging with and meeting performance standards for the Academy, and a number of athletes stepping up from this to the Next Generation Cymru (NGC) programme. We look forward to continuing to build on this over the coming years.



Luke Watson

Prif Hyfforddwr Perfformiad /
Performance Head Coach

Canolfan Perfformiad Triathlon Genedlaethol Cymru - NTPCW

Mae'r Ganolfan Perfformiad, ein hamgylchedd hyfforddi dyddiol blaenllaw yng Nghaerdydd, yn parhau i dyfu, o ran nifer yr athletwyr a lefel perfformiad. Dewiswyd cyfanswm o 30 o athletwyr yr hydref hwn ar draws y Sgwadiau Perfformiad a Datblygiad, a bu 11 o athletwyr yn cystadlu'n rhyngwladol ar lefel elitaidd drwy'r haf. Fel dyst i ansawdd yr amgylchedd, mae'r Ganolfan hefyd bellach wedi dod yn ganolfan o ddewis i athletwyr o amrywiaeth o wledydd eraill, gan gynnwys Barbados, Japan ac Awstralia.

Rhai o uchafbwyntiau'r tymor hwn i athletwyr y Ganolfan oedd:

- Cymhwysodd Tilly Anema ar gyfer ei thimau Pencampwriaeth Elitaidd cyntaf, gan orffen yn 5ed ym Mhencampwriaethau dan 23 Ewrop, cyn hefyd ennill aur yn y ras gyfnewid, yna mynd ymlaen i orffen yn 6ed (a'r Prydeiniwr uchaf) ym Mhencampwriaethau dan 23 y Byd

National Triathlon Performance Centre Wales - NTPCW

The Performance Centre, our flagship daily training environment in Cardiff, continues to grow, both in number of athletes and performance level. A total of 30 athletes have been selected this autumn across the Performance and Development Squads, and 11 athletes competed internationally at elite level through the summer. As a testament to the quality of the environment, the Centre has also now become a base of choice for athletes from a range of other countries, including Barbados, Japan and Australia.

Some of the highlights this season for Centre athletes were:

- Tilly Anema qualifying for her first Elite Championship teams, finishing 5th at the European U23 Championships, before also winning gold in the relay, then going on to finish 6th (and top-Brit) at the World U23 Championships

- Mae Matthew Wright (Barbados) wedi cymryd cam enfawr tuag at gymhwyster Olympaidd, gyda buddugoliaeth ym Mhencampwriaethau Sbrint Cyfandirol America yng Ngholombia, medal efydd yng Ngemau Canolbarth America a'r Caribî (CAC), a chyrraedd y podiwm 3 gwaith yn nigwyddiadau Triathlon y Byd. Mae Matt wedi bod yn hyfforddi yn y Ganolfan ers 2019.
- Sicraodd Josh Lewis y gorffeniad uchaf gan athletwr gwrywaidd o Brydain ers 2019, gan ddod yn 5ed ym Mhencampwriaethau Ironman 70.3 y Byd yn Lahti, y Ffindir, ynghyd â chyrraedd y podiwm yn Ironman 70.3 Swydd Stafford a Challenge London
- Enilloedd Dominic Coy (aelod o dîm Gemau'r Gymanwlad 2022) a Tilly Anema rasys Elite Cyfres Super Prydain, gyda Dom yn dod yn bencampwr Prydain yn y Rownd Derfynol ym Mharc Mallory. Yn y cyfamser, cymhwysodd Harry Butterworth i rasio'n rhyngwladol fel athletwr hŷn am y tro cyntaf, a chofnododd Ellie White ac Ollie Turner berfformiadau rhyngwladol gorau eu gyrrfa.
- Matthew Wright (Barbados) has taken a huge step towards Olympic qualification, with victory at the Americas Continental Sprint Championships in Colombia, a bronze medal at the Central American and Caribbean (CAC) Games, and 3 other podium finishes in World Triathlon events. Matt has been training at the Centre since 2019.
- Josh Lewis secured the highest finish by a British male athlete since 2019, coming 5th at the Ironman 70.3 World Championships in Lahti, Finland, along with podiums in Ironman 70.3 Staffordshire and Challenge London
- Dominic Coy (2022 Commonwealth Games team member) and Tilly Anema, both won British Elite Super Series races, with Dom becoming British champion at the Grand Final in Mallory Park. Meanwhile, Harry Butterworth qualified to race internationally as a senior for the first time, and Ellie White and Ollie Turner both recorded career best international performances.





Caiff perfformiadau'r athletwyr gymorth beirniadol gan ein tîm anhygoel o ymarferwyr, a hoffem ddiolch iddynt am eu cefnogaeth a'u hymroddiad. Rydym yn falch eu bod hwythau hefyd wedi parhau i ddatblygu eleni, gyda Dan Nash (ffisioleg) ac Alan McKay (seicoleg) yn gorffen eu hastudiaethau PhD, tra bod Jessica Parry-Williams (ffisiotherapydd) wedi cefnogi tîm Prydain ym Mhencampwriaethau Ewrop ym Madrid, a Phencampwriaethau Sbrent a Thaith Gyfnewid y Byd yn Hamburg.

Mae datblygiad parhaus ein darpariaeth gwyddor chwaraeon yn ffocws allweddol, a byddwn yn partneru â Chwaraeon Cymru, a'r maethegydd Alice Murray-Gourlay y flwyddyn nesaf, i ddatblygu prosiect yn ymwneud â sgrinio ar gyfer Diffyg Ynni Cymharol mewn Chwaraeon (RED-S). Rydym hefyd yn falch iawn y bydd Cynllun Ysgoloriaeth Athletwyr Dawnus (TASS), sydd wedi bod yn gweithredu yn Lloegr ers blynnyddoedd lawer, bellach ar gael yng Nghymru, trwy ein partneriaid ym Mhrifysgol Metropolitan Caerdydd. Bydd hyn yn ein galluogi i wella ein gallu i gyflawni a pharhau i gefnogi'r athletwyr i wneud cynnydd.

The athletes' performances are critically supported by our incredible team of practitioners, and we would like to thank them for their support and dedication. We are pleased that they too have continued to develop this year, with Dan Nash (physiology) and Alan McKay (psychology) wrapping up their PhD studies, while Jessica Parry-Williams (physiotherapist) supported the British team at the European Championships in Madrid, and the World Sprint & Relay Championships in Hamburg.

The continued development of our sports science provision is a key focus, and we will be partnering with Sport Wales, and nutritionist Alice Murray-Gourlay this coming year, to develop a project around screening for Relative Energy Deficiency in Sport (RED-S). We are also delighted that Talented Athlete Scholarship Scheme (TASS), which has been operated in England for many years, will now be available in Wales, via our partners at Cardiff Metropolitan University. This will allow us to enhance our delivery capability and continue to support the athletes to progress.

Y Genhedlaeth Nesaf Cymru

Eleni, ail-frandiwyd rhaglen Perfformiad Triathlon Cymru yn Y Genhedlaeth Nesaf Cymru, i gyd-fynd â'n partneriaid yn y Gwledydd Cartref, ac i adlewyrchu'n well y pwrpas o gefnogi'r genhedlaeth nesaf o athletwyr yng Nghymru i ddatblygu tuag at lefel safon fyd-eang.

Cafodd Olivia Mathias flwyddyn anodd. Yn anffodus, gorfodwyd hi i dynnu'n ôl o'r Gemau Ewropeaidd yn Krakow oherwydd anaf. Fodd bynnag, mae hi wedi llwyddo i roi'r siom hon o'r neilltu gyda pherfformiadau gwych, gan gyflawni gorffeniad podiwm yng Ngemau'r Arena yn y Swistir, a chymhwysos ar gyfer Rownd Derfynol Cyfres Triathlon y Byd am y tro cyntaf, lle bu hyd yn oed yn arwain yn y nofio, ac yn edrych yn fwy na chartrefol yn y grŵp blaen ar y beic. Rydym yn siŵr y bydd yn ôl o ddifrif yn 2024.

Cyflawnodd Rhys Jones a Rhys James berfformiad PB ar lefel Cyfres Paratriathlon y Byd (WPS), gyda 6ed safle yn nigwyddiad WPS Devonport yn gynharach yn y flwyddyn. Ochr yn ochr â hyn, roedd yn wych gweld digwyddiad WPS yn dychwelyd i Abertawe am yr ail flwyddyn, er gwaethaf heriau'r haf ym Mhrydain a oedd yn gysylltiedig â'r tywydd. Ni allwn ddisgwyl i weld yr WPS yn ôl eto am y trydydd tro yn 2024, lle bydd yn chwarae rhan hanfodol ym mhroses gymhwysos Gemau Paralympaidd Paris.

Ar ochr iau rhaglen Y Genhedlaeth Nesaf, ymunodd Deri Mccluskey a Liam Edwards â rhai o'u cymheiriad o Loegr ar gyfer gwersyll hyfforddi ar y cyd yn Ffrainc yn

Next Generation Cymru (NGC)

The Welsh Triathlon Performance programme was rebranded to Next Generation Cymru this year, to align with our Home Nation partners, and to better reflect the purpose of supporting the next generation of Welsh athletes to develop towards a world-class level.

Olivia Mathias had a tough year, unfortunately having to withdraw from the European Games in Krakow due to injury. However, she has still managed to sandwich this disappointment with some great performances, achieving a podium finish at the Arena Games in Switzerland, and qualifying for her first World Triathlon Series Grand Final, where she even led the swim out, and looked more than at home in the front group on the bike. We are sure she will be back with a vengeance in 2024.

Rhys Jones and Rhys James achieved a PB performance at World Paratriathlon Series (WPS) level, with 6th place in the Devonport WPS event earlier in the year. Alongside this, it was fantastic to see the WPS event return to Swansea for a second year, despite the weather-related challenges of the British summer. We can't wait to see it back again for a third time in 2024, where it will play a crucial role in the Paris Paralympic Games qualification process.

On the junior side of the Next Generation programme, Deri Mccluskey and Liam Edwards joined some of their English counterparts for a joint training camp in France during the summer, and Liam made his first international appearance in

ystod yr haf, a gwnaeth Liam ei ymddangosiad rhyngwladol cyntaf wrth gymhwys o ar gyfer Cwpan Iau Ewrop yn Caorle, yr Eidal. Mae hefyd wedi bod yn wych gweld 3 athletwr ifanc ac iau newydd yn cyrraedd y safonau i gael eu dewis ar gyfer rhaglen Y Genhedlaeth Nesaf ar gyfer 2024, ac mae'n destament gwirioneddol i ansawdd y gwaith sy'n cael ei wneud ar y llwybr hwn.

I'r staff, roedd yn anrhydedd mawr i mi gael arwain tîm Prydain yn y Gemau Ewropeaidd yn Krakow yn yr haf, ac yn bwysicach fyth gan mai Non Stanford oedd yr hyfforddwr cynorthwyol ar gyfer y daith honno, gan wneud ei hymddangosiad cyntaf fel hyfforddwr rhyngwladol.

Y garreg filltir nesaf ar y gorwel i ni fydd Gemau'r Gymanwlad 2026, ac er bod rhywfaint o ansicrwydd ar hyn o bryd ynghylch fformat a lleoliad y digwyddiad hwnnw, rhaid inni ddechrau adeiladu tuag ato er mwyn cyflawni ein perfformiad gorau fel tîm, a gobeithio ailadrodd rhai o'r llwyddiannau a welsom yn Birmingham.

qualifying for the European Junior Cup in Caorle, Italy. It has also been fantastic to see 3 new youth & junior athletes hit the standards to be selected for the Next Generation programme for 2024, and it is a real testament to the quality of work that is being done in the pathway.

For the staff, it was my great honour to lead the British team at the European Games in Krakow in the summer, and even more so as the assistant coach for that trip was Non Stanford, making her international coaching debut.

The next milestone on the horizon for us will be the 2026 Commonwealth Games, and while there is currently some uncertainty around the format and venue for that event, we must begin to build towards it in order to deliver our best performance as a team, and hopefully repeat some of the successes we saw in Birmingham.





Vicky Johnston

Prif Hyfforddwr Pathway /
Pathway Head Coach

Rhaglen Academi Triathlon Cymru

Mae Rhaglen Academi Triathlon Cymru (WTAP), cam dethol cyntaf ein Llwybr sy'n cefnogi athletwyr 14-19 oed, wedi parhau i fynd o nerth i nerth ac yn nhymor 2023 gwelwyd llwyddiannau niferus i athletwyr Academi Cymru. Yn 2022/2023, fe wnaethom ddewis a chefnogi 21 o athletwyr trwy gydol y flwyddyn. Cyflwynwyd model ar sail gwersyll o 4 gwersyll o amgylch Cymru a gafodd dderbyniad da, gydag athletwyr yn sgorio o leiaf 4.8/5 i bob gwersyll. Yn ogystal, fe wnaethom hefyd ddarparu mentora i'r athletwyr i roi arweiniad a chefnogaeth rhwng gwersylloedd. Roedd yr adborth gan rieni ac athletwyr yn adolygiadau mis Awst yn hynod gadarnhaol hefyd.

Llwyddodd llawer o athletwyr yr Academi i rasio'n dda drwy gydol y Gyfres Super i leuenctid ac iau Prydain, gan gynnwys nifer o orffeniadau yn y 10 uchaf drwy gydol y flwyddyn. O ganlyniad i'w perfformiadau, mae Liam Edwards, Ifan Bowen a Josie Hurst i gyd wedi eu dewis ar raglen Y Genhedlaeth Nesaf Cymru ar gyfer tymor 2023/24. Cafwyd perfformiadau cyson iawn gan y 3 athletwr ar draws y flwyddyn gydag Ifan Bowen yn gorffen yn 5ed ar y cyfan yn

Welsh Triathlon Academy Programme

The Welsh Triathlon Academy Programme (WTAP), the first selective stage of our Pathway which supports athletes aged 14-19 years old, has continued to go from strength to strength and the 2023 season saw numerous successes for the Welsh Academy athletes. In 2022/2023 we selected and supported 21 athletes throughout the year. We delivered a camp-based model of 4 camps around Wales which were well received, with athletes scoring all the camps at least a 4.8/5. In addition, we also provided mentoring to the athletes to provide guidance and support in between camps. The feedback from parents and athletes in the August reviews was hugely positive too.

Many of the Academy athletes raced well throughout the British Youth & Junior Super Series, including multiple top 10 finishes throughout the year. As a result of their performances, Liam Edwards, Ifan Bowen and Josie Hurst have all been selected onto the Next Generation Cymru programme for the 2023/24 season. All 3 athletes had very consistent performances across the year with Ifan Bowen finishing 5th overall in the Youth B Super Series rankings. In her



safleoedd Cyfres Super leuenctid B. Yn ei blwyddyn gyntaf yn y Gyfres Super, gorffennodd Josie Hurst yn 11eg yn y categori leuenctid A ac yn ei flwyddyn olaf fel iau, gorffennodd Liam Edwards yn 9fed yn y rhestr lau.

Er bod eleni wedi bod yn llwyddiannus, o ganlyniad i'r adolygiad Llwybr, rydym bellach wedi gwneud rhai newidiadau bach i'r ddarpariaeth ar gyfer model cyflenwi 2023-2024. Y rhesymeg y tu ôl i hyn yw sicrhau bod gennym fwy o amser cyflenwi wyneb yn wyneb gyda'r athletwyr drwy gydol y flwyddyn er mwyn caniatáu inni gael yr effaith fwyaf. O fewn hyn, mae parhad y prosiect 'Argaeledd Ynni' yr ydym yn ei redeg gyda Chwaraeon Cymru wedi cael effaith anhygoel ar yr athletwyr i sicrhau eu bod yn gallu datblygu fel athletwyr a phobl iach a llwyddiannus. Edrychwn ymlaen at ehangu'r prosiect hwn a pharhau i weithio gydag ymarferwyr Chwaraeon Cymru eleni.

first year in the Super Series, Josie Hurst finished 11th in the Youth A category and in his final year as a junior, Liam Edwards finished 9th in the Junior rankings.

Whilst this year was successful, as a result of the Pathway review, we have now made some small changes to the delivery for the 2023-2024 delivery model. The rationale behind this is to ensure that we have more face-to-face delivery time with the athletes throughout the year to allow us to have the most impact. Within this, continuation of the 'Energy Availability' project that we are running with Sport Wales has been incredibly impactful to the athletes to ensure that they are able to develop as healthy and successful athletes and people. We look forward to expanding this project and continuing to work with the Sport Wales practitioners this year.

Roedd safon yr athletwyr a ymgeisiodd ar gyfer yr Academi ym mis Medi 2023 yn dangos twf, o ran niferoedd a'u lefelau perfformiad. Yn sgil hynny, rydym wedi datblygu carfan newydd i ganiatáu i ni gefnogi nifer yr athletwyr sy'n dod drwodd. Dewiswyd 18 o athletwyr i'r Academi lawn (Sgwadiau Pontio a Datblygu) ac 8 athletwr ychwanegol i'n sgwad Cysylltiedig. Rydym yn darparu mentor hyfforddwr i bob athletwr a mynediad i wersylloedd neu ddiwrnodau hyfforddi trwy gydol y flwyddyn. Rydym yn parhau i edrych ar sut y gallwn ehangu'r cyfleoedd a ddarparwn i'r athletwyr ifanc sy'n dod drwy'r Llwybr.

The standard of athletes applying to be selected to the Academy in September 2023 showed growth in terms of both numbers applying and the performance levels. So much so, that we have developed a new squad to allow us to support the number of athletes coming through. We selected 18 athletes into the full Academy (Transition and Development Squads) and an additional 8 athletes to our Affiliate squad. We are providing all athletes with a coach mentor and access to either camps or training days throughout the year. We are continuing to look at how we can expand the opportunities we provide for the young athletes coming through the Pathway

Pencampwriaethau Rhynganbarthol

Dewiswyd y tîm i'r Pencampwriaethau Rhynganbarthol (IRC) o ras ddethol undydd a gynhaliwyd yng Nghaerdydd fel rhan o Gyfres TriStar Triathlon Cymru. Dewiswyd 18 o athletwyr i gystadlu dros Gymru ym Mharc Mallory ym mis Medi ym Mhencampwriaethau Prydain. Rasiodd yr holl athletwyr yn dda, ac mae'n wych gweld 3 o'r athletwyr hynny bellach yn camu i fyny i raglen yr Academi.

Staff

Ochr yn ochr â Megan, ein Cydlynnydd Perfformiad a minnau, mae'r Llwybr yn ffodus i gael ei gefnogi gan ddau hyfforddwr Llwybr, sef Freddie Webb a Jenny Manners. Mae Freddie a Jenny yn driathletwyr elitaidd presennol/gynt ac yn hyfforddwyr profiadol sy'n dod â chyfoeth o wybodaeth i

Inter-Regional Championships

The Inter-Regional Championships (IRC) team was selected from a one-day selection race held in Cardiff as part of the Welsh Triathlon TriStar Series. We selected 18 athletes to compete for Wales in Mallory Park in September at the British Championships. All the athletes raced well, and it is great to see 3 of those athletes now stepping up into the Academy programme.

Staff

Alongside Megan, our Performance Co-ordinator and I, the Pathway is fortunate to be supported by two Pathway coaches in Freddie Webb and Jenny Manners. Both Freddie and Jenny are current/former elite triathletes and experienced coaches who bring a wealth of knowledge to camps,

wersyloedd, diwrnodau hyfforddi a chymorth mentora. Yn olaf, ychwanegiad newydd gwych i'n tîm yw Louis Richards (cyn Bennaeth Perfformiad Triathlon Cymru) sy'n mentora 5 o athletwyr yr Academi ac yn darparu hyfforddiant a chefnogaeth ar rai o'n gwersyloedd sydd ar y gweill.

training days and mentoring support. Finally, a great new addition to our team is Louis Richards (former Head of Performance for Welsh Triathlon) who is mentoring 5 of the Academy athletes and providing coaching and support on some of our upcoming camps.







Amy Jenner

Pennaeth Datblygu / Head of Development

Bu 2023 yn flwyddyn gyffrous a phrysur i'r tîm datblygu. Ffarweliwyd â dau aelod o'r tîm, Zoe James a Gwyndaf Lewis, a chroesawyd Rachel Barnes a Rhian Williams i'r tîm.

Mae Triathlon Cymru wedi parhau i gynyddu ei gyrhaeddiad trwy gydweithio ag ystod eang o randdeiliaid trwy gydol y flwyddyn gan sicrhau twf yn y gymuned triathlon. Gwelwyd cynnydd yn nifer y clybiau cysylltiedig sy'n rhoi mwy o gyfleoedd i aelodau a chyfranogwyr gymryd rhan mewn amgylcheddau hyfforddi diogel a strwythuredig yng Nghymru. Mae aelodaeth unigol wedi cynyddu sy'n helpu i gefnogi'r gamp ehangach yng Nghymru gyda refeniw aelodaeth yn cael ei ail-fuddsoddi i gefnogi clybiau, hyfforddwyr, swyddogion technegol, digwyddiadau, a threfnwyr digwyddiadau. Roedd hefyd galindr llawn o 56 o ddigwyddiadau a ganiatawyd ledled y wlad, gan gynnwys dychweliad y Gyfres Tristar.

Yn gynharach eleni, adolygodd a diweddarodd Triathlon Prydain a'r Gwledydd Cartref eu Cod Moeseg a rhyddhau Codau Ymarfer newydd i Hyfforddwyr a Swyddogion Technegol wrth i'r cyrff llywodraethu cenedlaethol ailddatgan eu

2023 has been an exciting and busy year for the development team. We said goodbye to two team members Zoe James and Gwyndaf Lewis, and we welcomed Rachel Barnes and Rhian Williams to the team.

Welsh Triathlon has continued to maximise its reach through collaboration with a wide range of stakeholders throughout the year ensuring the growth of the triathlon community. We have seen a rise in the number of affiliated clubs allowing more opportunities for members and participants to engage in safe and structured training environments in Wales. Individual membership has increased which helps support the wider sport in Wales with membership revenue reinvested back into supporting clubs, coaches, technical officials, events and event organisers. There was also a full calendar of 56 permitted events across the country including the return of the Tristar Series.

Earlier this year British Triathlon and the Home Nations reviewed and updated their Code of Ethics and released new Codes of Practice for Coaches and Technical Officials as the national governing bodies reaffirm their commitment to creating a welcoming, safe and inclusive environment for all

hymrwymiad i greu amgylchedd croesawgar, diogel a chynhwysol i bawb sy'n ymwneud â'r Triathlon. Mae Triathlon Cymru yn falch o gyhoeddi'r Cod Moeseg a'r Cod Ymarfer diweddaraf ar gyfer triathlon. Ein pwrpas yng Nghymru yw datblygu cymuned triathlon sy'n gwella llesiant cenedlaethau'r presennol a'r dyfodol, ond dim ond os ydym yn cadw at werthoedd, ymddygiadau, polisiau ac arferion sy'n gwneud ein chwaraeon yn ddiogel, yn groesawgar ac yn gynhwysol y gellir cyflawni hyn.

Fframwaith a Gweithlu Addysg a Dysgu

Yn 2023, lansiwyd fframwaith Addysg Hyfforddwyr newydd sbon gyda chyrsiau newydd yn cael eu lansio. Rydym yn mynd ati fesul cam i ddatblygu cymwysterau ar y llwybr Addysg a Dysgu newydd. Mae'r cymwysterau Hyfforddi Lefel 1 a Lefel 2 bellach wedi dod i ben. Lansiwyd y cymwysterau Hyfforddwyr Sylfaen a Hyfforddwyr Grŵp yn ystod hydref 2023 i gymryd eu lle. Cynlluniwyd y cymwysterau newydd hyn i ddarparu dealltwriaeth gynhwysfawr o egwyddorion ac arferion hyfforddi, gan roi'r sgiliau angenrheidiol i ddysgwyr i gefnogi grwpiau o gyfranogwyr i gyflawni eu nodau.

Mae'r cwrs ysgogi wedi cael ei ddiweddu a'i adnewyddu ac fe'i gelwir bellach yn wobr arweinydd Triathlon. Cynlluniwyd y Wobr Arweinydd i roi'r wybodaeth, y sgiliau a'r hyder i ddysgwyr arwain sesiynau nofio twys, reidiau beic a rhedeg ar gyfer grwpiau o ddechreuwyr ac oedolion a phlant lefel ganolradd.

involved in Triathlon. Welsh Triathlon is pleased to be issuing the updated Code of Ethics and Code of Practice for triathlon. Our purpose in Wales is to develop a triathlon community that enhances the wellbeing of current and future generations, and this can only be achieved if we adhere to values, behaviours, policies, and practices that make our sport safe, welcoming, and inclusive.

Education and Learning Framework and Workforce

2023 saw us launch a brand-new Coach Education framework with the new courses launched. We are taking a phased approach to the development of qualifications on the new Education and Learning pathway. The Level 1 and Level 2 Coaching qualifications have now ended. The Foundation Coach and Group Coach qualifications launched in Autumn 2023 as replacements. These new qualifications have been designed to provide a comprehensive understanding of coaching principles and practices, equipping learners with the skills they need to support groups of participants in achieving their goals.

The activator course has had an update and refresh and is now called the Triathlon leader award. The Leader Award is designed to equip learners with the knowledge, skills and confidence to lead guided swims, bike rides and runs for groups of beginners and intermediate level adults and children. The Level 2 Diploma will continue to be delivered until Autumn 2024. At that time, we will be launching a new course called Personal Coach, which will build upon the skills and

Bydd y Diploma Lefel 2 yn parhau i gael ei gyflwyno tan Hydref 2024. Bryd hynny, byddwn yn lansio cwrs newydd o'r enw Hyfforddwr Personol, a fydd yn adeiladu ar y sgiliau a'r wybodaeth a enillwyd trwy'r cymwysterau Hyfforddwr Sylfaen a Grŵp ac yn rhoi cyfle i ddysgwyr datblygu eu harbenigedd hyfforddi ymhellach mewn amgylchedd hyfforddi 1-1.

Blaengar, Addasol, a Chynhwysol

Mae ein hathroniaeth addysg a dysgu wedi'i seilio ar y tair colofn o ddulliau blaengar, addasol a chynhwysol. Trwy deilwra cynnwys i anghenion a galluoedd dysgwyr unigol, gall y dulliau hyn gynyddu ymgysylltiad a chymhelliant. Pan fyddwch yn teimlo eich bod yn cael eich herio ond ddim yn cael eich gorlethu, rydych yn tueddu i fod â mwy o ddiddordeb mewn dysgu ac yn fwy tebygol o lwyddo.

Mae dysgu addasol yn defnyddio technoleg i addasu cynnwys addysgol a phrofiadau dysgu i ddiwallu anghenion unigryw pob dysgwr. Mae hyn yn sicrhau eich bod yn gallu symud ymlaen ar eich cyflymder eich hun a chael cymorth pan fyddwch ei angen.

knowledge gained through the Foundation and Group Coach qualifications and provide learners with the opportunity to further develop their coaching expertise in a 1-1 coaching environment.

Progressive, Adaptive, & Inclusive

Our education and learning philosophy is built upon the three pillars of progressive, adaptive, and inclusive approaches. By tailoring content to individual learners' needs and abilities, these approaches can increase engagement and motivation. When you feel challenged but not overwhelmed, you tend to be more interested in learning and more likely to succeed.

Adaptive learning utilises technology to customise educational content and learning experiences to meet the unique needs of



each learner. This ensures that you can progress at your own pace and receive support when you need it.

EDUCATION AND LEARNING WORKFORCE PATHWAY



Mae Triathlon Prydain (gyda'r Gwledydd Cartref) bellach yn Bartner Darparwr Hyfforddiant cydnabyddedig y Sefydliad Siartredig ar gyfer Rheoli Chwaraeon a Gweithgarwch Corfforol (CIMSPA). Wrth i ni lansio ein Llwybr Addysg a Dysgu newydd mae ein cyrsiau'n cael eu mapio i safonau CIMSPA gan ddatblygu a gwella ansawdd dysgu a datblygu mewn triathlon a'r sector chwaraeon ehangach.

Mae niferoedd ein gweithlu hyfforddi bellach dros 800. Mae adborth gan y rhai sydd wedi cael profiad o addysg hyfforddwyr yng Nghymru yn dweud wrthym fod dysgwyr yn mwynhau'r profiad addysgol a bod tiwtoriaid Cymreig yn parhau i fod yn ddifyr ac yn effeithiol. Hoffai Triathlon Cymru ddiolch i'w thiwtoriaid, Kylie Mansfield, Rich Brady, Chris Wallace, Mike Jones a Giles O'Brien am

British Triathlon (with the Home Nations) are now a recognised Training Provider Partner of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). As we launch our new Education and Learning Pathway our courses are being mapped to the CIMSPA standards developing and improving the quality of learning and development in triathlon and the wider sports sector.

Our coaching workforce numbers are now over 800. Feedback from those who have experienced coach education in Wales tells us that learners enjoy the educational experience and that Welsh tutors continue to be engaging and effective. Welsh Triathlon would like to thank its tutors, Kylie Mansfield, Rich Brady, Chris Wallace, Mike

eu hangerdd a'u brwd frydedd parhaus, gan ymgymryd â heriau newydd i gyflwyno profiad rhagorol a rhaglen addysgiadol werthfawr i hyfforddwyr. Hoffem hefyd groesawu Gwyndaf Lewis a Rhian Roxburgh a gymhwysodd yn 2023 i gyflwyno gwobr arweinydd Triathlon.

Jones and Giles O'Brien for their continued passion and enthusiasm, taking on new challenges to deliver an excellent experience and valued coach education programme. We would also like to welcome Gwyndaf Lewis and Rhian Roxburgh who both qualified in 2023 to deliver the Triathlon leader award.

Valid	Male	Female	Total
Activators	79	50	129
Level 1	98	42	140
Level 2	92	31	123
Level 2 Diploma	7	3	10
HPCP	11	3	14
Coached enrolled on a course			50
Invalid			
Activators	61	26	87
Level 1	114	58	172
Level 2	54	30	84
Level 2 Diploma	3	0	3
HPCP	3	1	4

ar 15/10/22. ** mae annilys yn golygu bod aelodaeth wedi dod i ben fel nad oes ganddynt yswiriant i hyfforddi mwyach.

Mae ein swyddogion yn cefnogi digwyddiadau ledled Cymru drwy gydol y flwyddyn i helpu creu profiadau rasio cadarnhaol drwy sicrhau bod rasys yn ddiogel ac yn deg. Maent yn rhan annated o lwyddiant digwyddiadau a thwf y gamp. Mae dros 65 o Swyddogion Technegol Triathlon Cymreig yng Nghymru yn amrywio o lefel Leol, Cenedlaethol a Chyfandirol i Swyddogion Moto.

as of 15/10/22. ** invalid means a membership has lapsed so they are no longer insured to coach.

Our officials support events across Wales all year round to help create positive race experiences by ensuring that races are safe and fair. They are integral to the success of events and the growth of the sport. There are over 65 Welsh Triathlon Technical Officials in Wales ranging from Local, National and Continental level to Moto Officials.

Mae Pwyllgor Rheolau a Thechnegol sy'n cynnwys swyddogion a staff yn cyfarfod bob deufis i drafod a hwyluso'r llwybr. Hoffem ddiolch i Chris Meredith, Ellie Preece, Tony Smalley, Tom Roberts a Phil Kethro am yr amser y maent yn ei roi i'r Pwyllgor, a'r tri olaf am gynrychioli Cymru ar Bwyllgor Technegol BTF.

Yn 2023 hefyd dewiswyd Eleanor Preece, neu Ellie fel y mae'r rhan fwyaf o gymuned triathlon Cymru yn ei hadnabod, fel y Swyddog Technegol Cymreig cyntaf i weinyddu yng Ngemau Ieuenciad y Gymanwlad!

A Rules and Technical Committee made up of officials and staff meet bi-monthly to discuss and facilitate the pathway. We would like to thank Chris Meredith, Ellie Preece, Tony Smalley, Tom Roberts and Phil Kethro for the time they give to the Committee, and the latter three for representing Wales on the BTF Technical Committee.

2023 also saw Eleanor Preece, or Ellie as most of the Welsh triathlon community know her, the first Welsh Technical Official to be chosen to officiate at the Youth Commonwealth Games!





Rhian Williams

Swyddog Cyfranogiad /
Participation Officer

Y brif flaenoriaeth cyfranogiad ar gyfer 2023 oedd parhau i sicrhau bod triathlon yn dod yn fwy hygrych, a'n bod yn dod â gweithgaredd triathlon ac aml-chwaraeon i fwy o gymunedau yng Nghymru. Rydym yn dibynnu ar feithrin perthnasoedd cadarn gyda phartneriaid allanol a rhanddeiliaid i gynnal gweithgareddau cynaliadwy sydd yn eu tro yn cynyddu cyfranogiad, ac aelodaeth sy'n cyfrannu at gynhyrchu refeniw, darpar noddwyr, ac yn ein galluogi i weithredu mewn mwy o feysydd/ardaloedd.

Lluniwyd ein cynnrych aelodaeth yn ystyrlon i wneud yn siŵr, ble bynnag yr ydych ar eich taith triathlon, y gallwch barhau i gael eich cefnogi gennym a theimlo'n rhan o gymuned sy'n tyfu, a all eich helpu ar hyd y ffordd. Ar ôl rhewi cost aelodaeth am y ddwy flynedd ddiwethaf, yn 2023 bu cynnydd ym mhris aelodaeth i gyd-fynd â'r gwledydd cartref eraill.

Ar hyn o bryd, mae gennym aelodaeth o 2603 (2405 o oedolion a 198 lau). Gwyddom hefyd fod tua 3000 o aelodau o fewn clybiau Triathlon nad ydynt yn gysylltiedig â Thriathlon Cymru. Yn 2024, bydd tîm Triathlon Cymru yn edrych ar ffyrdd o gyfathrebu ag aelodau'r clybiau hyn a dod o hyd i'r pecyn aelodaeth gorau iddynt gefnogi

The main participation priority for 2023 was to continue to ensure that triathlon was becoming more accessible, and we were bringing triathlon and multisport activity to more communities in Wales. We rely on building solid relationships with external partners and stakeholders to maintain sustainable activities which in turn increases participation, and membership which contributes to revenue generation, potential sponsors and enables us to activate in more areas.

Our membership products have been thoughtfully put together to make sure that wherever you are in your triathlon journey you can still be supported by us and feel a part of a growing community that can help you along the way. Having frozen the cost of membership for the last two years, in 2023 there was a membership price increase to align with the other home nations.

We currently have a membership of 2603 (2405 adults and 198 Juniors). We also know that there are approximately 3000 members within Triathlon clubs that are not affiliated to Welsh Triathlon. In 2024 the Welsh Triathlon team will be looking at ways on how we are communicating with these club members and finding the best membership

eu taith triathlon. Fel bob amser, hoffem ddiolch i'n haelodau am adnewyddu neu ymuno yn ystod y flwyddyn ddiwethaf a chefnogi triathlon yng Nghymru.

Mae ein nifer cynyddol o glybiau triathlon yn darparu sylfaen ar gyfer cyfranogiad cymuned Triathlon Cymru. Mae gennym 68 o glybiau cysylltiedig yng Nghymru gyda 6 chlwb newydd yn ymgysylltu yn 2023.

O'r clybiau cysylltiedig:

- Mae 46 o'r clybiau yn rhai oedolion yn unig (68%)
- 4 yn iau yn unig (6%)
- Mae 18 yn oedolion ac iau (26%)

Parhaodd y clybiau i ymgysylltu drwy gydol y flwyddyn drwy ymuno â'n grŵp pwyllogor Facebook a mynchu fforymau clybiau a gynhelir gan staff Triathlon Cymru. Hefyd mae llawer o'n clybiau yn mynd trwy safonau insport Chwaraeon Anabledd Cymru, pecyn cymorth i gefnogi Clybiau i ddarparu safonau cynhwysiant rhagorol i bobl anabl mewn chwaraeon a gweithgaredd corfforol.

Mae Triathlon Cymru hefyd wedi cefnogi clybiau cysylltiedig ledled Cymru i gael mynediad at gronfa Cymru Actif Chwaraeon Cymru. Yn 2022/23 dyfarnwyd £10,897 i glybiau triathlon yng Nghymru.

package for them to support their triathlon journey. As always, we would like to thank our members for renewing or joining during the last year and supporting triathlon in Wales.

Our growing number of triathlon clubs provide the foundation for participation for the Welsh Triathlon community. We have 68 affiliated clubs in Wales with 6 new clubs affiliating in 2023.

Of the affiliated clubs:

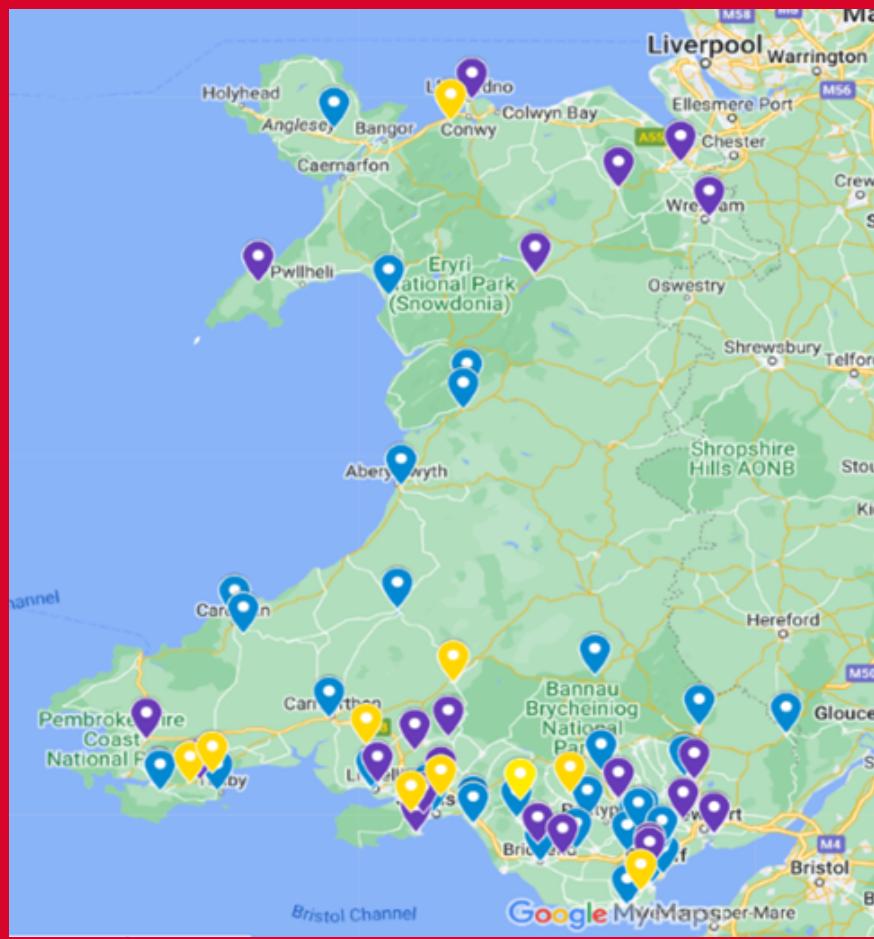
- 46 of the clubs are adult only (68%)
- 4 are junior only (6%)
- 18 are adult and junior (26%)

Clubs have continued to engage throughout the year by joining our Facebook committee group and attending club forums hosted by Welsh Triathlon staff. We also have many of our clubs going through Disability Sport Wales insport standards, a toolkit to support Clubs, to deliver excellent standards of inclusion for disabled people in sport and physical activity.

Welsh Triathlon have also supported affiliated clubs across Wales gain access to the Sport Wales Be Active fund. In 2022/23 £10,897 was awarded to triathlon clubs in Wales.



Lleoliad y Clybiau / Location of Clubs



Allwedd

Glas – Clybiau oedolion

Porffor – Clybiau

oedolion ac iau

Melyn – Clybiau
digyswllt

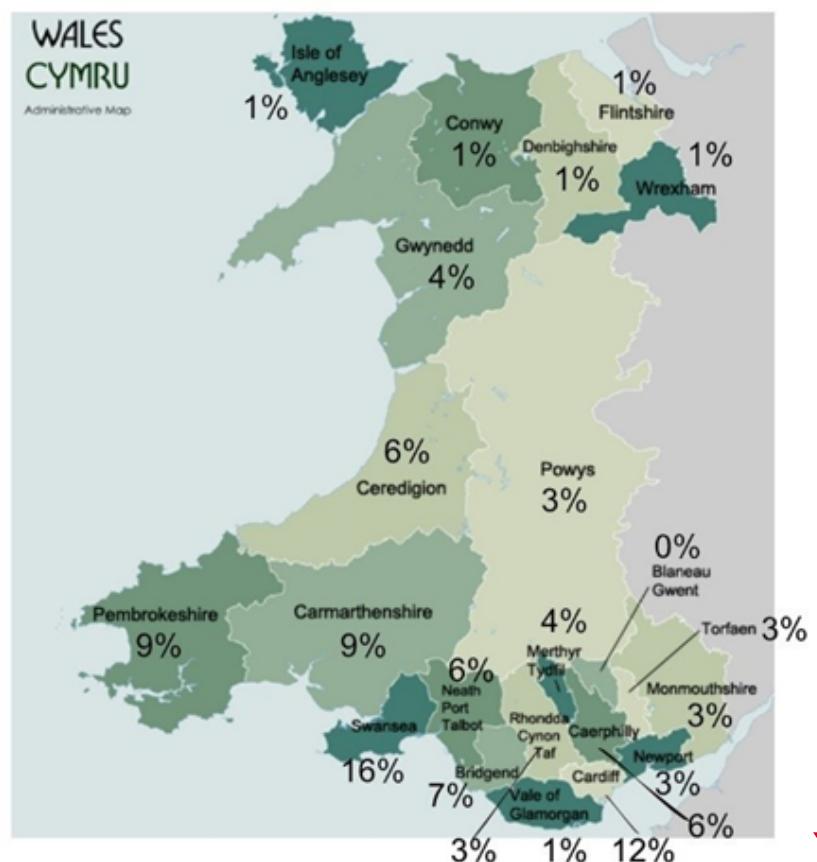
Key

Blue – Adult clubs

Purple – Adult & junior
clubs

Yellow – Unaffiliated
clubs

Clybiau fesul sir / Clubs by County



GOTRI / Tri Active Cymru (TAC)

Gwnaeth Triathlon Cymru ei ymddangosiad cyntaf erioed yn Eisteddfod yr Urdd yn Llanymddyfri eleni, gan fynychu'r Pentref Chwaraeon ochr yn ochr â Chyrff Rheoli Cenedlaethol eraill i ddarparu sesiynau Triathlon i fynychwyr y digwyddiad. Cafodd dros 120 o gyfranogwyr brofiad ymarferol o ddysgu am driathlon, gyda rhai yn brofiadol yn y gamp ac eraill erioed wedi clywed amdani o'r blaen.

Yn dilyn llwyddiant ysgubol ein trydydd digwyddiad Aml-chwaraeon AB ym Mhen-bre yn gynharach eleni, cynhaliodd Triathlon Cymru, mewn partneriaeth â CholegauCymru, ei ddigwyddiad cyntaf erioed yng Ngogledd Cymru a gynhalwyd yn y Rhyl. Roedd y ddua ddeuathlon cynhwysol yn gyfle i dros 500 o ddysgwyr a staff mewn lleoliadau Addysg Bellach (AB) gymryd rhan yn eu digwyddiad aml-chwaraeon cyntaf. Croesawodd y digwyddiadau gyfranogwyr yn amrywio o Sgiliau Dysgu Annibynnol (ILS), dysgwyr a staff i fwynhau her y gweithgaredd grŵp am y tro cyntaf. Buom yn gweithio gyda Bike Ability Wales, Cycle Power a Chwaraeon Anabledd Cymru i sicrhau bod gennym feiciau addasol i gyfranogwyr nad oeddent efallai yn hyderus wrth reidio beic, ac i wneud yn siŵr bod y gweithgaredd mor gynhwysol â phosibl. Rheolwyd y digwyddiad fel rhan o Brosiect Llesiant Actif ColegauCymru ac mae'n cysylltu â Chwaraeon Cymru a chyllid Llywodraeth Cymru ar gyfer Llesiant Actif mewn AB yng Nghymru.

Cynnig aml-chwaraeon rhagarweiniol yw

GOTRI / Tri Active Cymru (TAC)

Welsh Triathlon made their first ever appearance at the Eisteddfod yr Urdd in Llandovery this year, attending the Sports Village alongside other National Governing Bodies to provide Triathlon sessions to event-goers. Over 120 participants got hands-on experience learning about triathlons, with some being experienced in the sport and others never hearing of it before.

Following the rousing success of our third FE Multisport event in Pembrey earlier this year, Welsh Triathlon in partnership with ColegauCymru hosted its first ever North Wales event which took place in Rhyl. The two inclusive duathlons provided an opportunity for over 500 learners and staff in Further Education (FE) settings to participate in their first multisport event. The events welcomed participants ranging from Independent Learning Skills (ILS), learners and staff enjoying the challenge of the group activity for the first time. We worked with Bike Ability Wales, Cycle Power and Disability Sport Wales to ensure that we had adaptive cycles available for participants who may not have been confident riding a bicycle, and to make sure that activity was as inclusive as possible. The event was managed as part of the ColegauCymru Active Wellbeing Project and connects with Sport Wales and Welsh government funding for Active Wellbeing in FE in Wales.

Tri Active Cymru (TAC) is an introductory multi-sport offer aimed at everyone, regardless of age and sporting ability.



Tri Active Cymru (TAC) sydd wedi'i anelu at bawb, waeth beth fo'u hoedran na'u gallu chwaraeon. Mae hyblygrwydd TAC yn sicrhau y gellir ei gyflwyno mewn lleoliadau amrywiol, gan ddarparu ar gyfer pob cynulleidfa. Mae TAC yn darparu strwythur ond yn dileu'r ffurfioldeb a all ddod gyda sesiwn hyfforddi clwb neu ddigwyddiad lefel mynediad. Ein nod ar gyfer 2024 a thu hwnt yw gwneud yn siŵr ein bod yn parhau i ysgogi cyfleoedd triathlon cynhwysol a diddorol i gymunedau ledled Cymru. Edrychwn ymlaen at weithio gyda chi ar hyd y daith wrth i ni sicrhau fod pawb ledled Cymru o fewn 15 milltir i weithgareddau triathlon ac aml-chwaraeon.

The versatility of TAC ensures it can be delivered in varying locations, catering for all audiences. TAC provides structure but takes away the formality that may come with a club coached session or an entry-level event. Our aim for 2024 and beyond is to make sure that we continue to drive inclusive and engaging triathlon opportunities for communities across Wales. We look forward to working with you along the journey as we connect everyone across Wales to within 15 miles of triathlon and multisport activity.



Rachel Barnes

Swyddog Digwyddiadau / Events
Officer

Yn 2023 cafwyd 56 o ddigwyddiadau a ganiatawyd ledled Cymru a dychwelodd Cyfres Super Triathlon Cymru, Pencampwriaethau Cenedlaethol, Cyfres Tristar, ac roeddem yn falch o groesawu cyfres Para Triathlon y Byd yn ôl.

2023 saw 56 permitted events across Wales and the return of the Welsh Triathlon Super Series, National Championships, Tristar Series and we welcomed back the World Triathlon Para series.

Digwyddiadau a ganiatawyd yng Nghymru 2023 / 2023 permitted events in Wales



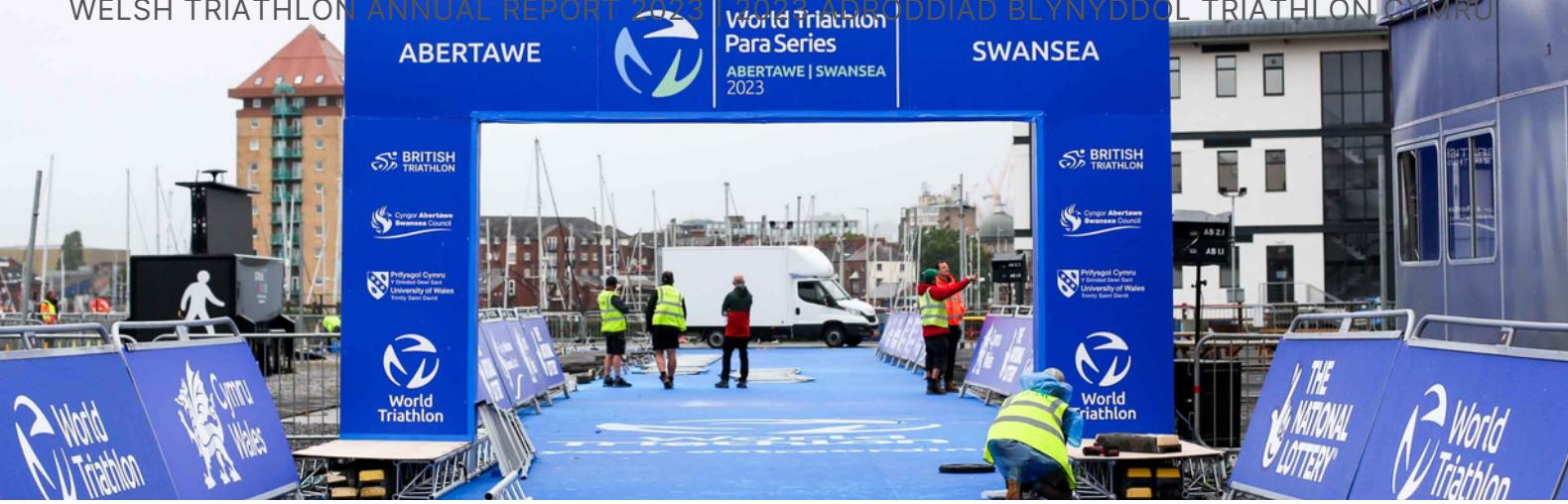
ABERTAWE

World Triathlon
Para Series
ABERTAWE | SWANSEA
2023

SWANSEA

BRITISH
TRIATHLONCymru
Swansea
CouncilPolytechnic
University of Wales
College of Cardiff BayBRITISH
TRIATHLONCymru
Abertawe
Swansea
CouncilPolytechnic
University of Wales
College of Cardiff Bay

THE NATIONAL LOTTERY

World
Triathlon

Cyfres Para Triathlon y Byd Abertawe

Am yr ail flwyddyn cynhaliwyd cyfres Para Triathlon y Byd yn Abertawe. Er budd diogelwch athletwyr, cyhoeddwyd bod pob ras yn aquathlon ar ôl i dywydd garw orfodi'r ddisgyblaeth beiciau i gael ei chanslo. Yn ystod y dydd, cymerodd dros 120 o bara-athletwyr ran yn y digwyddiad, gan gynnwys GOTRI Splash a Dash, Cyfres Super Prydain a Chyfres Para Triathlon y Byd.

Cyflwynwyd y digwyddiad mawr mewn partneriaeth â Llywodraeth Cymru, Cyngor Dinas Abertawe, Triathlon y Byd a Thriathlon Prydain. Tra bod y digwyddiad yn cael ei arwain gan Dîm Digwyddiadau Mawr Triathlon Prydain, canolbwytiodd ein Tîm Datblygu ar ymgysylltu ledled y ddinas fel rhan o brosiect etifeddiaeth tair blynedd, a'n gwelodd yn hwyluso digwyddiadau cynhwysol, diogel ar draws y rhanbarth am ail flwyddyn ac rydym wedi dechrau rhoi prosiectau tebyg ar waith ar draws Awdurdodau Lleol eraill yng Nghymru gan gynnwys y Bala, y Rhyl a'r Wyddgrug.

Gobeithiwn y bydd y sesiynau hyn yn cael effaith barhaol ar y dirwedd triathlon ehangach. Edrychwn ymlaen at groesawu

World Triathlon Para Series Swansea

For a second year the World Triathlon Para series was hosted in Swansea. In the interests of athlete safety, all races were declared as aquathlons after adverse weather forced the bike discipline to be cancelled. The event saw over 120 para-athletes take part during the day which included a Splash and Dash GOTRI, British Super Series and a World Triathlon Para Series.

The major event was delivered in partnership with Welsh Government, Swansea City Council, World Triathlon and British Triathlon. While the event delivery was led by the British Triathlon Major Events Team, our Development Team focused on city wide engagement as part of a three-year legacy project which saw us facilitate inclusive, safe events across the region for a second year and we have started to activate similar projects across other Local Authorities in Wales which include Bala, Rhyl, and Mold.

We hope these sessions will have a lasting effect on the wider triathlon landscape. We look forward to welcoming the World

Cyfres Para Triathlon y Byd yn ôl i Abertawe yn 2024.

Cyfres Super Triathlon Cymru



Yn 2023, croesawyd pumed digwyddiad Cyfres Super Triathlon Cymru; cydweithrediad o sbrint a digwyddiadau triathlon safonol a gafodd eu darlleu ar y teledu. Dangoswyd fod Cymru yn gartref naturiol i Driathlon ac aml-chwaraeon. Roedd Cyfres Super Triathlon Cymru 2023 yn llwyddiant mawr gyda dros 218 o glybiau o bob rhan o'r DU yn cael eu cynrychioli. Yn y categori agored, roedd dros 1100 o gystadleuwyr trwy gydol y gyfres gyfan ac roedd gan y categori benywaidd dros 430 o gystadleuwyr. Darlledwyd y 6 digwyddiad yn y gyfres wych hon eleni ar S4C, gyda ffigurau gwyliau cyfartalog o 15,200. Hoffem ddiolch i'n trefnwyr digwyddiadau eleni, Gweithgareddau Bywyd Iach, Harriers Port Talbot, Digwyddiadau All

Triathlon Para Series back to Swansea in 2024.

Welsh Triathlon Super Series

2023 welcomed the fifth instalment of the Welsh Triathlon Super Series; a collaboration of televised sprint and standard triathlon events which showcased Wales as the natural home of Triathlon and multisport. The 2023 Welsh Triathlon Super Series was a great success with over 218 clubs from across the UK being represented. In the open category there were over 1100 entrants throughout the whole series and the female category had over 430 competitors. The 6 events in the super series this year were televised on S4C. With average viewing figures of 15,200. We would like to thank our event organisers for this year, Healthy Life Activities, Port Talbot Harriers, All or Nothing Events, Pembrokeshire Triathlon Club, Tough Runner and Always Aim High for hosting our Welsh Triathlon Super Series 2023.

We must also say thank you to Slam Media and S4C who, once again, filmed, edited and produced some amazing highlights from each event which were aired on a Friday evening and available to watch on catch up.

or Nothing, Clwb Triathlon Sir Benfro, Tough Runner a Chamu i'r Copa am gynnal Cyfres Super Triathlon Cymru 2023.

Rhaid diolch hefyd i Slam Media ac S4C a fu unwaith eto yn ffilmio, golygu a chynhyrchu rhai uchafbwyntiau anhygoel o bob digwyddiad, a ddarlledwyd ar nos Wener ac a oedd ar gael i'w gwyllo ar y cyfleuster 'dal i fyny'.

Digwyddiadau Cyfres Super 2023 / Super Series Events 2023

Event	Location	Event Organiser
<i>Stage 1</i>	<i>Llanelli Sprint</i>	<i>Healthy Life Activities</i>
<i>Stage 2</i>	<i>Tata Steelman Standard</i>	<i>Port Talbot Harriers Triathlon Club</i>
<i>Stage 3</i>	<i>SWYD Barry Sprint</i>	<i>All or Nothing Events</i>
<i>Stage 4</i>	<i>The Bluestone Pembrokeshire Coast Standard Triathlon</i>	<i>Pembrokeshire Triathlon Club</i>
<i>Stage 5</i>	<i>Bala Standard Triathlon</i>	<i>Tough Runner</i>
<i>Stage 6</i>	<i>The Llandudno Sprint</i>	<i>Always Aim High</i>

Overall Super Series winners	Open	Female
<i>1st</i>	<i>Liam Lloyd</i>	<i>Bethan Jones</i>
<i>2nd</i>	<i>Dafydd Jay</i>	<i>Claire Walters</i>
<i>3rd</i>	<i>Guto Morgans</i>	<i>Rhian Roxburgh</i>

Overall Super Series Club winners	Club
<i>1st</i>	<i>Pembrokeshire Triathlon Club</i>
<i>2nd</i>	<i>GOG Triathlon Club</i>
<i>3rd</i>	<i>North Dock Dredgers</i>

Pencampwriaethau Cenedlaethol Cymru

The Welsh National Championships continued in its traditional format for 2023, with all National Championships being held as stand-alone events. It was simply winner takes all on the day at each of the events, and with them, the potential to compete for Tim Tri Cymru at the 2024 British Sprint and Standard Championships. Our National Championships consisted of 6 events with any Welsh Triathlon member eligible to become a National Champion. A highlight of the National Championship this year was our long distance event, which was the first time it had been hosted by Ironman with over 2200 race entrants from across the globe! This was a fantastic opportunity to shine a spotlight on triathlon in Wales. Our total race entrants for all National Championships were over 3700.

Welsh National Championships

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Digwyddiadau Pencampwriaeth Genedlaethol Cymru yn 2023 / Welsh National Championship events in 2023

Event	Location	Event Organiser
<i>Duathlon</i>	<i>Harlech</i>	<i>Always Aim High</i>
<i>Aquathlon</i>	<i>Parc Bryn Bach</i>	<i>N.E.W.T. Triathlon Club</i>
<i>Sprint Distance</i>	<i>Llanelli Sprint</i>	<i>Healthy Life Activities</i>
<i>Standard Distance</i>	<i>Tata Steelman</i>	<i>Port Talbot Harriers</i>
<i>Middle Distance</i>	<i>Challenge Wales Fishguard</i>	<i>Activity Wales Events</i>
<i>Long Distance</i>	<i>Ironman Wales</i>	<i>Ironman UK</i>

Cyfres Tristar

Am y tro cyntaf ers 2019, croesawyd y Cyfres Tristar yn ôl gan gynnwys 6 digwyddiad o 2 driathlon, 2 aquathlon a 2 ddeuathlon i blant rhwng 9-14 oed. I lawer o blant, y digwyddiadau hyn oedd eu profiad cyntaf o gymryd rhan mewn triathlon. Mae tri chategori o ddigwyddiadau, sef Tristar 1, Tristar 2 a Tristar 3. Rydym yn hapus iawn i gyhoeddi y bydd Cyfres Tristar yn 2024 yn mabwysiadu fformat newydd, mwy hygrych i blant a theuluoedd ledled Cymru.

Tristar Series

For the first time since 2019 we welcomed back the Tristar Series and included 6 events of 2 triathlons, 2 aquathlons and 2 duathlons for children aged 9-14 years. For many children, these events could be their first experience of taking part in a triathlon. The Tristar event has three categories from Tristar 1, Tristar 2 and Tristar 3. We are excited to announce that the Tristar Series in 2024 will take on a new, more accessible format for children and families throughout Wales.

Digwyddiadau Cyfres Tristar yn 2023 / Tristar Series events in 2023

Event	Location	Organiser
Stage 1	Pembrey Duathlon	Celtic Tri
Stage 2	Llanelli Duathlon	Healthy Life Activities
Stage 3	Dreigiau Triathlon	Dreigiau Dwyfor Dragons Triathlon
Stage 4	Stephen Lewis Aquathlon	Celtic Tri
Stage 5	Cardiff Junior Triathlon	Cardiff Junior Triathlon Club
Stage 6	Dreigiau Junior Aquathlon	Dreigiau Dwyfor Dragons Triathlon

Enillwyr Cyfres Tristar 2023 / 2023 Tristar Series Winners

Overall	Open	Female
Tri Star 1	Isaac Brady	Megan Hughes
Tristar 2	Isaac McAdie	Annie Evans
Tristar 3	Macsen Watts	Katie Evans



Dathlu Llwyddiant

Gwobrau Triathlon Cymru

Bob blwyddyn, rydym yn cydnabod y bobl yn ein camp sy'n rhoi o'u hamser rhydd, angerdd ac egni i ddatblygu ein camp. Mae gwaith y gwirfoddolwyr gwych hyn yn amhrisiadwy. Mae cydnabod a gwobrwyd y gwirfoddolwyr drwy ein gwobrau yn un o'n ffyrrdd o ddiolch iddynt am yr holl waith caled y maent yn ei wneud flwyddyn ar ôl blwyddyn. Mae enwebiadau'n digwydd bob blwyddyn i ddod o hyd i'r arwyr di-glod hyn. Mae pob un o'n henwebeion yn bobl sy'n mynd gam ymhellach o ran cyflwyno digwyddiadau gwych, hyfforddi, dyfarnu a gwirfoddoli.

Enillwyr y wobr yn 2022 / The 2022 award winners



Coach of the Year
Dewi Jones - Dreigiau Dwyfor



Technical Official of the Year
David Perry - Pembrokeshire Tri Club



Volunteer of the Year
Andrea Griffiths - Swansea Vale Tri



Event of the Year
TATA Steelman



Inclusivity Award
Justin Smith - Merthyr Tri Club



Club of the Year
Porthcawl Tri Club



Sustainability Award
Always Aim High



**Outstanding contribution
to Welsh Triathlon
Healthy Life Activities**

Celebrating Success

Welsh Triathlon Awards

Each year, we recognise the people within our sport that give their free time, passion and energy to developing our sport. The work of these wonderful volunteers is invaluable. Recognising and rewarding the volunteers by way of our awards is one of our ways to say thank you for all the hard work they put in year after year.

Nominations occur each year to find these unsung heroes. All our nominees are people who go above and beyond to delivering fantastic events, coaching, officiating and volunteering.



Pencampwr Cymru – Sean Conway

Yn 2023, helpodd Triathlon Cymru i gefnogi Sean Conway yn ei her ddiweddaraf i gwblhau 102 o driathlonau pellter Haearn yn olynol. Mae Sean yn hen gyfarwydd ag ymgymryd â heriau gwallgof. Ac ar ddydd Llun y 10fed o Ebrill, cwblhaodd Sean ei ddiwrnod cyntaf o driathlon pellter Haearn a chwblhaodd 1 y dydd am y 105 diwrnod nesaf. Rhagori ar ei nod!

Y tro hwn roedd Sean yn codi arian ac yn cael ei gefnogi gan The True Venture Foundation.

Sefydlodd Ryan Morrison The True Venture Foundation i gefnogi clybiau i ddenu a chadw plant mewn chwaraeon a gwella cyfleoedd i blant a phobl ifanc

o Ogledd Cymru sydd eisiau cystadlu'n gystadleuol. Tua diwedd her Sean, cyhoeddodd Triathlon Cymru a The True Venture Foundation eu bwriad i barhau â'u partneriaeth anffurfiol. Fel etifeddiaeth Haearn102, bydd True Venture yn gweithio gyda Thriathlon Cymru i gynyddu cyfranogiad triathlon yng Ngogledd Cymru gan gynnwys gweithio gyda Sean i ddarparu profiadau triathlon ar draws cyfres o ysgolion.

Welsh Champion – Sean Conway

In 2023, Welsh Triathlon helped to support Sean Conway in his most recent challenge to complete 102 consecutive Iron distance triathlons. Sean is no newbie when it comes to crazy challenges. And on Monday the 10th of April Sean completed his first day of Iron distance triathlon and he completed 1 a day for the next 105 days. Surpassing his

goal!



This time Sean was raising money for and being supported by The True Venture Foundation. Ryan Morrison set up The True Venture Foundation to support clubs to attract and retain children in sport and improve opportunities for children and young people from North

Wales who want to compete competitively. Towards the end of Sean's challenge, Welsh Triathlon and The True Venture Foundation announced their intent to continue their informal partnership. As a legacy of Iron102, True Venture will work with Welsh Triathlon to increase participation of triathlon in North Wales including working with Sean to provide triathlon experiences across a series of schools.

Diogelu

Yn 2023, lansiodd Triathlon Prydain, Triathlon Cymru, Triathlon Lloegr a Triathlon yr Alban eu strategaeth i arwain a chefnogi dull “gorau yn y dosbarth” o ran diogelu a llesiant o fewn y gamp triathlon.

Crëwyd y strategaeth yn dilyn adolygiad allanol, annibynnol o weithdrefnau diogelu presennol a gynhaliwyd gan Lime Culture, asiantaeth a gyflogwyd gan Triathlon Prydain i gynnal adolygiad cynhwysfawr i sicrhau bod rhwymedigaethau diogelu yn cael eu cyflawni, i nodi unrhyw welliannau, ac i wneud argymhellion i alluogi cyflenwi arfer gorau ym maes diogelu.

Cwblhaodd Triathlon Cymru eu harchwiliad blynnyddol ym mis Mehefin 2023 gyda'r Uned Amddiffyn Plant mewn Chwaraeon, ac maent yn parhau ar lefel 3 o ran Diogelu ac Amddiffyn Plant.

Safeguarding

In 2023 British Triathlon, Welsh Triathlon, Triathlon England and Triathlon Scotland launched their strategy to guide and support a “best in class” approach to safeguarding and welfare within the sport of triathlon. The strategy was created following an external, independent review of existing safeguarding procedures conducted by Lime Culture, an agency engaged by British Triathlon to undertake a comprehensive review to ensure safeguarding obligations were being met, to identify any improvements, and make recommendations to enable the delivery of best practice in safeguarding.

Welsh Triathlon completed their annual audit in June 2023 with the Child Protection in Sport Unit and remain at level 3 for Safeguarding and Child protection.

Amrywiaeth a Chynhwysedd

Triathlon Cymru oedd y Corff Llywodraethu Cenedlaethol cyntaf i ennill y Cynnig Cymraeg eleni. Mae'r Cynnig Cymraeg yn gydnabyddiaeth gan y Comisiynydd a roddir i sefydliadau sydd â Chynllun Datblygu'r Gymraeg cryf. Mae 86% o boblogaeth Cymru yn teimlo bod y Gymraeg yn rhywbeth i ymfalchiö yniddi ac mae 94% o siaradwyr Cymraeg yn teimlo bod darparu gwasanaeth Cymraeg yn helpu cwmni i greu argraff dda. Mae Triathlon Cymru yn falch o fod wedi ennill y wobr hon ac rydym yn edrych ymlaen at ddatblygu ein darpariaeth Gymraeg.

Diversity and Inclusion

Welsh Triathlon became the first National Governing Body to be awarded the The Cynnig Cymraeg (Welsh Offer) this year. The Cynnig Cymraeg is recognition by the Commissioner given to organisations with a strong Welsh Language Development Plan. 86% of the population in Wales feel that the Welsh language is something to be proud of and 94% of Welsh speakers feel that providing Welsh language service helps a company make a good impression. Welsh Triathlon are proud to have achieved this award and look forward to developing our Welsh language provision.

Dyfarnwyd achrediad Arian InSPORT i Driathlon Cymru yn 2022 ac maent ar hyn o bryd yn gweithio tuag at Aur InSPORT. Mae hyn yn dangos ymrwymiad cymuned Triathlon Cymru i sicrhau bod ein camp yn hygrych ac yn groesawgar. Mae cynhwysiant yn amcan allweddol yn ein strategaeth, a byddwn yn parhau i weithio

Welsh Triathlon were awarded InSPORT Silver accreditation in 2022 and are currently working towards InSPORT Gold. This shows the commitment of the Welsh Triathlon community to ensure that our sport is accessible and welcoming. Inclusivity is a key objective in our strategy, and we will continue to work towards making sure our



tuag at sicrhau y gellir cael mynediad at ein camp, ni waeth pa allu na phrofiad blaenorol. Yn gynharach eleni, lansiodd Triathlon Cymru gwrs newydd o'r enw Cynnwys Pobl Anabl mewn Triathlon. Mae'r cwrs newydd yn agored i'n hyfforddwyr, ein hysgogwyr, ein harweinwyr a rolau clwb eraill sydd am ddatblygu eu gwybodaeth a'u hyder i annog mwy o bobl anabl i gymryd rhan mewn sesiynau Triathlon. Byddwn yn parhau i weithio gyda Chwaraeon Anabledd Cymru i ehangu hygyrchedd i driathlonau. Deallwn fod gennym ffordd i fynd eto i leihau'r rhwystrau i gyfranogiad mewn aml-chwaraeon, ac i gynyddu cynrychiolaeth o fewn Bwrdd a staff Triathlon Cymru.

sport can be accessed, no matter what ability or previous experience. Earlier this year Welsh Triathlon launched a new course called: Including Disabled People in Triathlon. The new course is open to our coaches, activators, leaders and other club roles looking to develop their knowledge and confidence encouraging more disabled people to take part in Triathlon sessions. We will continue to work with Disability Sport Wales to widen accessibility to triathlon. We understand that there is still a way to go to reduce the barriers to participation in multisport, and to increase representation within the Board and staff of Welsh Triathlon.

Mae Triathlon Cymru yn parhau i weithio i wella cyfansoddiad ethnig ein haelodaeth. Byddwn yn parhau i weithio gyda'r gymuned triathlon a phartneriaid, i ddenu mwy o bobl o gefndiroedd ethnig amrywiol i gymryd rhan mewn triathlon.

Triathlon Prydain a'r Gwledydd Cartref yw'r Ffederasiwn cyntaf yn y DU i gyfyngu mynediad i'r categori benywaidd, ar lefel elitaidd ac ar lawr gwlad, i ddim ond yr athletwyr hynny dros 12 oed sy'n fenywaidd adeg eu geni, ar ôl penderfynu bod "tegwch cystadleuaeth yn hollbwysig". O dan bolisi newydd Triathlon Prydain ym mis Ionawr 2023, bydd yn rhaid i athletwyr trawsryweddol dros 12 oed nawr gystadlu mewn categori agored ar gyfer pob unigolyn, gan gynnwys dynion, pobl drawsryweddol a'r rhai anneuaidd a oedd yn wrywaidd adeg eu geni, gydag ail categori benywaidd yn berthnasol i'r rhai oedd â rhyw benywaidd adeg eu genedigaeth.

Cynaliadwyedd Amgylcheddol

Un o'n gwerthoedd craidd yma yn Nhriathlon Cymru yw cynaliadwyedd a bod yn ymwybodol o'r amgylchedd. Rydym wedi ymrwymo i wneud newidiadau i'n gweithrediad ein hunain, a gweithio gyda'n holl bartneriaid gan gynnwys aelodau, clybiau a threfnwyr digwyddiadau i'w helpu i wneud yr un peth. Cyn tymor digwyddiadau 2023, bu Triathlon Cymru yn gweithio gyda busnesau Cymreig lleol i gynhyrchu medalau a thlysau ecogyfeillgar ar gyfer y tymor i ddod.

Mae ein medalau Pencampwriaeth Genedlaethol Cymru 2023 wedi'u gwneud o

Welsh Triathlon continues to work to improve the ethnic makeup of our membership. We will continue to work with the triathlon community and partners, to attract more people from varying ethnicities to get involved in triathlon.

British Triathlon and the Home Nations have become the first Federation in the UK to restrict entry to the female category, at elite and grassroots level, to only those athletes over 12 who are female at birth, after deciding that "fairness of competition is paramount". Under British Triathlon's new policy as of January 2023, transgender athletes over the age of 12 will now have to compete in an open category for all individuals including male, transgender and those non-binaries who were male sex at birth, with a second female category applying to those for those who are the female sex at birth.

Environmental Sustainability

One of our core values here at Welsh Triathlon is sustainability and being actively environmentally conscious. We are committed to making changes to our own operation, and working with all our partners including members, clubs and event organisers to help them to do the same. Prior to the 2023 event season, Welsh Triathlon worked with local Welsh businesses to produce eco-friendly medals and trophies for the coming season.

Our Welsh National Championship medals for 2023 are made from wood, an eco-friendly alternative to plastic medals. The



bren, dewis ecogyfeillgar yn lle medalaau plastig. Mae'r rhubanau hefyd yn gynaliadwy, wedi'u gwneud o ddeunyddiau a ailgylchwyd, ac yn defnyddio inc ecogyfeillgar.

Cafodd ein medalaau Cyfres Super 2023 eu cynhyrchu gan gwmni ag ethos cynaliadwy. Maen nhw'n defnyddio hen fedalau ac yn ailgylchu'r metel i wneud rhai newydd. Felly, mae ein medalaau Cyfres Super 2023 wedi'u gwneud o fetel wedi'i ailgylchu yn bennaf. Dyma ffordd wych i Driathlon Cymru gael gwared ar hen fedalau a bod yn amgylcheddol ymwybodol wrth gynhyrchu medalaau newydd. Mae'r rhubanau hefyd yn gynaliadwy, wedi'u gwneud o ddeunyddiau a ailgylchwyd, ac yn defnyddio inc ecogyfeillgar.

ribbons are also sustainable, made from recycled materials and using environmentally friendly ink.

Our Super Series 2023 medals have been produced by a company with a sustainable ethos. They use old medals and recycle the metal to make new ones. Therefore, our 2023 Super Series medals are made from mostly recycled metal. This is a great way for Welsh Triathlon to dispose of old medals and be environmentally conscious in the production of new editions. The ribbons are also sustainable, made from recycled materials and using environmentally friendly ink.

Roedd hwn yn gam cyffrous i Driathlon Cymru a'n hymgyrch wrth symud ymlaen.

This was an exciting step for Welsh Triathlon and our operation going forward.

DWR Cymru

Cafwyd rhai cyhoeddiadau cyffrous ynghylch nofio dŵr agored yn 2023, gan gynnwys Dŵr Cymru yn agor Cronfa Ddŵr Llys-faen a Llanisien yr haf hwn yn dilyn gwaith ailddatblygu. Wedi'u lleoli ychydig filltiroedd o ganol dinas Caerdydd, gall y cyhoedd bellach fwynhau llu o fanteision iechyd a llesiant sy'n gysylltiedig â nofio dŵr agored.

Mae'n bleser gennym ddweud bod Cronfa Ddŵr Llanisien wedi ennill achrediad S.A.F.E Cymru. Mae S.A.F.E Cymru yn achrediad a ddatblygwyd gan Nofio Cymru mewn partneriaeth â Thriathlon Cymru, ac a gynlluniwyd i gefnogi gweithredwyr cyfleusterau awyr agored ledled Cymru. Fe'i datblygwyd gyda phartneriaid ar gyfer partneriaid, ac mae wedi'i seilio ar ddegawdau o'n profiad ac adborth amhrisiadwy gan weithredwyr a chwsmeriaid. Mae'r achrediad yn cael ei gydnabod gan Lywodraeth Cymru, Chwaraeon Cymru ac AWWSG fel uchafbwynt safonau cyfleusterau dyfrol diogel yng Nghymru.

Mae cronfeydd dŵr eraill y mae Dŵr Cymru wedi'u hagor ar gyfer nofio dŵr agored yn cynnwys Llandegfedd a Llys-y-Frân.

DWR Cymru

There were some exciting announcements regarding open water swimming in 2023. Including Dwr Cymru opening Lisvane and Llanishen Reservoir this summer following redevelopment. Located a couple of miles from Cardiff's city centre, the public can now enjoy a whole host of health and wellbeing benefits associated with open water swimming.

We are pleased to say that Llanishen Reservoir gained S.A.F.E Cymru accreditation. S.A.F.E Cymru is an accreditation, developed by Swim Wales in partnership with Welsh Triathlon, designed to support outdoor facility operators across Wales. It has been developed with partners for partners, and is built on decades of our experience and invaluable feedback from operators and end customers. The accreditation is recognised by Welsh Government, Sport Wales and AWWSG as the pinnacle of safe aquatic facility standards in Wales.

Further reservoirs that Dwr Cymru have opened for open water swimming include Llandegfedd and Llys-y-Frân.

Chwaraeon Glân

Ers gweithredu Fframwaith Sicrwydd UKAD y llynedd, mae Triathlon Cymru wedi bod yn darparu addysg i'r athletwyr, staff ac ymarferwyr perthnasol dros y 12 mis diwethaf. Ym mis Mawrth eleni, cwblhaodd Vicky Johnston hyfforddiant Addysgwr UKAD a daeth yn Arweinydd Gwrth Gyffuriau Triathlon Cymru.

Eleni rydym wedi:

- Cyflwyno addysg Chwaraeon Glân i'r athletwyr ar Raglen Academi Triathlon Cymru (WTAP) ac yng Nghanolfan Perfformiad Triathlon Genedlaethol Cymru (NTPCW).
- Sicrhau bod holl staff y Tîm Perfformiad wedi cwblhau cwrs ar-lein Cyflwyniad i Chwaraeon Glân.
- Cynnwys a hyrwyddo Wythnos Chwaraeon Glân UKAD.

Erbyn Mawrth 2024 byddwn yn:

- Hyfforddi 2 Addysgwr UKAD newydd i gefnogi cyflwyno ein rhaglenni addysg.
- Cyflwyno addysg gwrth-gyffuriau i holl athletwyr yr Academi Gymreig, rhaglenni Y Genhedlaeth Nesaf Cymru a Chanolfan Perfformiad Triathlon Genedlaethol Cymru.

Byddwn yn parhau i weithio gydag UKAD i sicrhau ein bod yn cadw'r triathlon yn Chwaraeon Glân.

Clean Sport

Since the implementation of the UKAD Assurance Framework last year, Welsh Triathlon have been delivering education to the relevant athletes, staff and practitioners over the last 12 months. In March this year, Vicky Johnston completed the UKAD Educator training and became the Welsh Triathlon Anti-Doping Lead.

This year we have:

- Delivered Clean Sport education to the athletes in both the Welsh Triathlon Academy Programme (WTAP) and the National Triathlon Performance Centre Wales (NTPCW).
- Ensured that all Performance Team staff have completed the Introduction to Clean Sport online course.
- Included and promoted UKAD Clean Sport Week.

By March 2024 we will:

- Train 2 new UKAD Educators to support the delivery of our education programmes.
- Deliver anti-doping education to all athletes within the Welsh Academy, Next Generation Cymru and National Triathlon Performance Centre Wales programmes.

We will continue to work with UKAD to ensure that we keep triathlon a Clean Sport.



Adroddiad Cylid

Finance Report

Yn unol â llawer o sectorau eraill, a'r wlad drwyddi draw, roedd y Flwyddyn Ariannol 1 Ebrill 2022 i 31 Mawrth 2023 yn un hynod heriol, gyda'r hinsawdd economaidd yn effeithio'n negyddol ar y ddwy ochr i'r fantolen, gyda llai o incwm a chostau cyflenwi uwch. O ganlyniad, dangosodd Triathlon Cymru golled o £30k yn erbyn colled a gyllidebwyd o £12k. Gwrthbwyswyd y golled hon gan ein cronfeydd wrth gefn, sydd er gwaethaf y golled wedi'u cynnal am o leiaf 3 mis, yn unol â'n polisi.

Roedd incwm £44k yn is na'r hyn a gyllidebwyd, ac roedd gwariant ar gyflenwi rhagleni £25k yn uwch na'r hyn a gyllidebwyd wrth i chwyddiant gydio. Gwrthbwyswyd hyn gan ostyngiad sylweddol mewn costau staff o £52k o gymharu â'r gyllideb, oherwydd lefelau uchel o drosiant staff, ac ymadawriad dau o'r uwch reolwyr, gan olygu bod gwariant cyffredinol £26k yn is na'r gyllideb. Fodd bynnag, wrth liniaru'r sefyllfa ariannol, rhoddodd y newidiadau staffio hyn faich sylweddol ar weddill y staff, a wnaeth waith clodwiw yn sicrhau bod ein holl raglenni'n parhau i gael eu darparu.

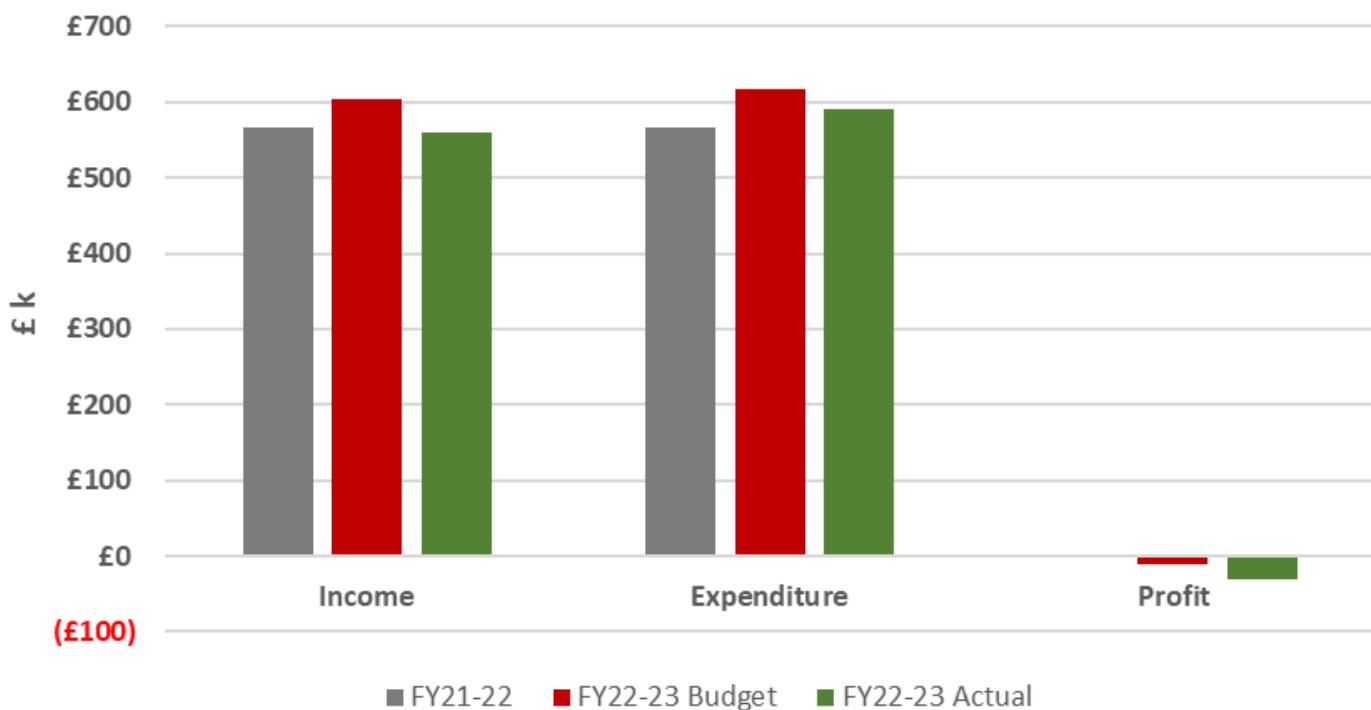
Dadansoddiad o'r Gyllideb yn erbyn Cyfanswm incwm a gwariant gwirioneddol, o gymharu â blwyddyn ariannol 2021-22:

In line with many other sectors, and the country as a whole, the 1st April 2022 to 31st March 2023 Financial Year was an extremely challenging one, with the economic climate negatively impacting both sides of the balance sheet, with reduced income and increased delivery costs. As a result, Welsh Triathlon posted a loss of £30k against a budgeted loss of £12k. This loss was offset by our reserves, which despite the loss have been maintained at a minimum of 3 months, in line with our policy.

Income was £44k lower than budgeted, and expenditure on programme delivery was £25k higher than budgeted as inflation took hold. This was offset by a significant reduction in staff costs of £52k compared to budget, due to high levels of staff turnover, and the departure of two of the senior managers, meaning overall expenditure was £26k lower than budgeted. However, whilst mitigating the financial position, these staffing changes did place a significant burden on the remaining staff, who did an admirable job in ensuring that all of our programmes continued to be delivered.

Breakdown of Budget vs Actual total income and expenditure, with comparison to 2021-22 financial year:

FY22-23 Profit & Loss (inc. comparison with FY21-22)



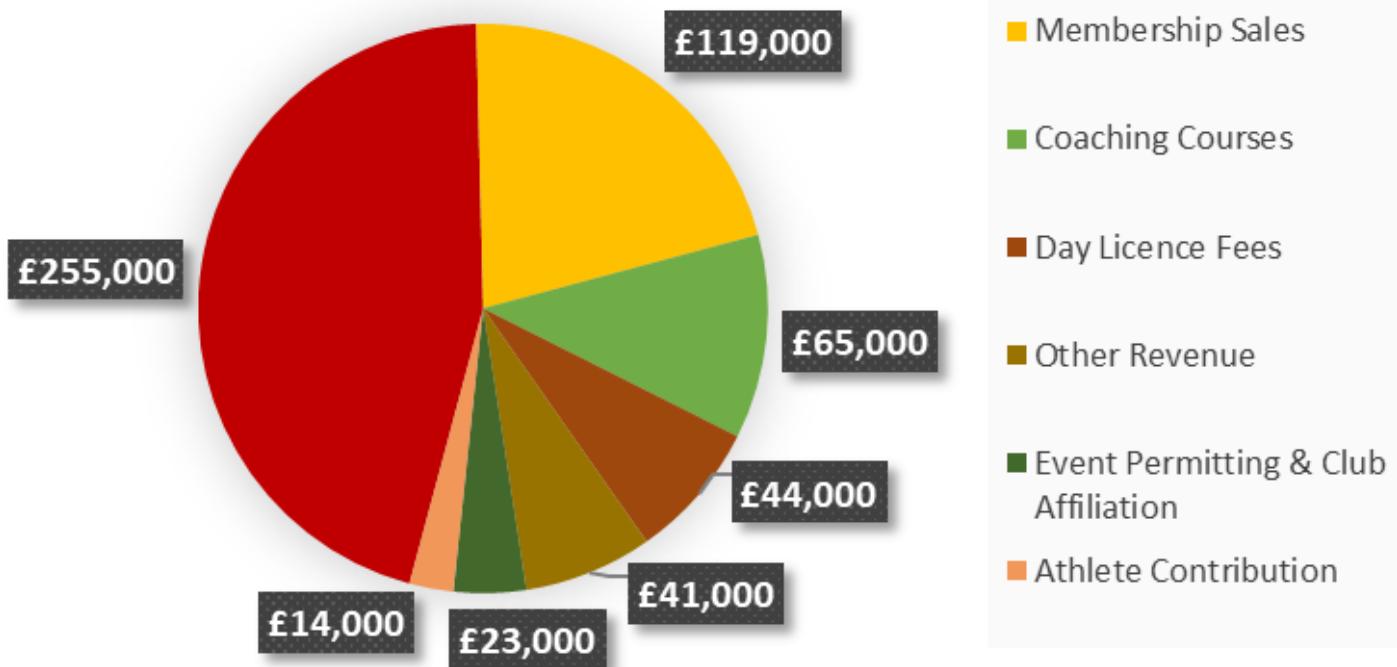
O ganlyniad i'r sefyllfa ariannol heriol, yn anffodus nid oedd gennym unrhyw ddewis ond cynyddu pris ein pecynnau aelodaeth ar gyfer BA2023-24, er mwyn bodloni gofynion y costau uwch hyn, a pharhau i ddarparu'r gwasanaeth a'r ystod o raglenni yr ydym wedi'u darparu yn ystod y blynnyddoedd diwethaf. Mae'r rhagolygon ariannol yn parhau i fod yn heriol, a rhaid i'n ffocws dros y flwyddyn nesaf fod ar barhau i amrywio ein ffrydiau incwm, er mwyn cynnal ein gwytnwch ariannol.

As a result of the challenging financial position, we unfortunately had no choice but to increase the price of our membership packages for FY2023-24, in order to meet the demands of these increased costs, and to continue to deliver the service and range of programmes that we have provided in recent years. The financial outlook continues to be challenging, and our focus over the coming year must be on continuing to diversify our income streams, in order to maintain our financial resilience.

Dadansoddiad o Ffrydai Incwm BA2022-23:

Breakdown of FY2022-23 Income Streams:

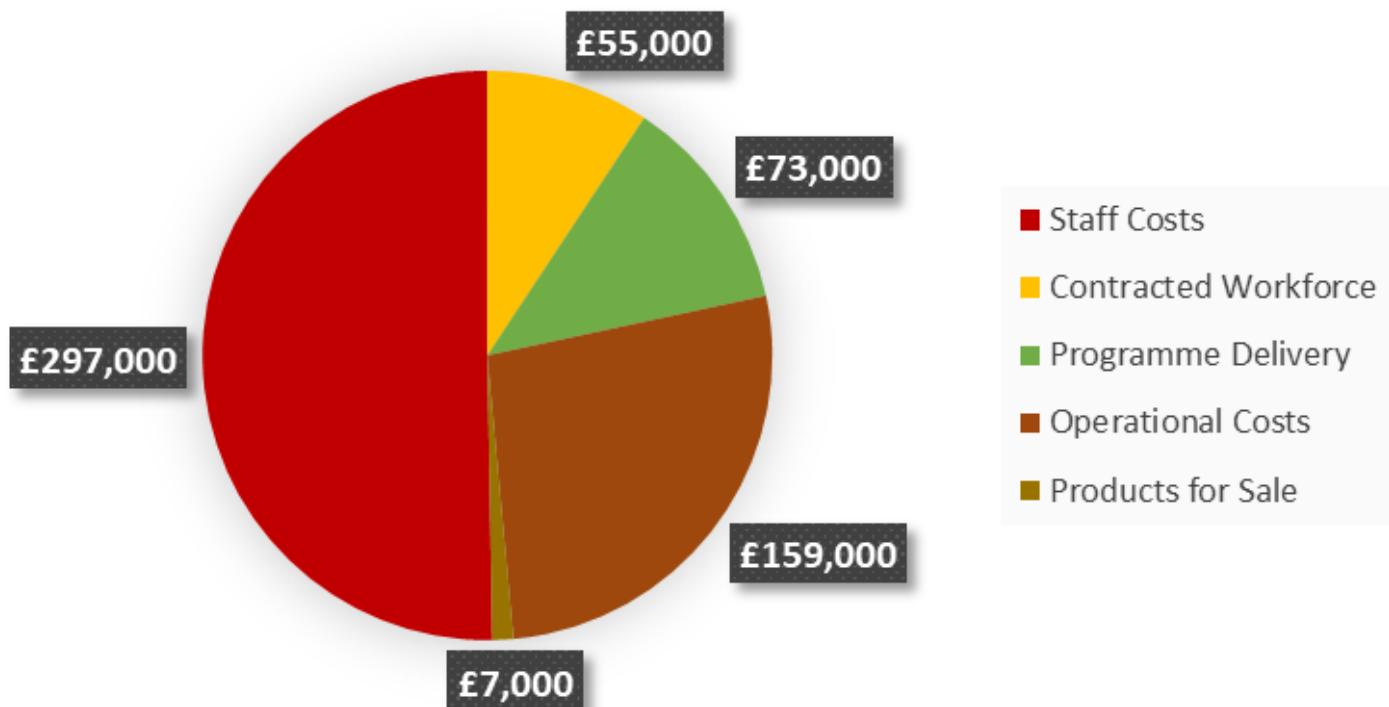
Income - FY2022-23 [£561k]



Dadansoddiad o Ffrydai Gwariant BA2022-23:

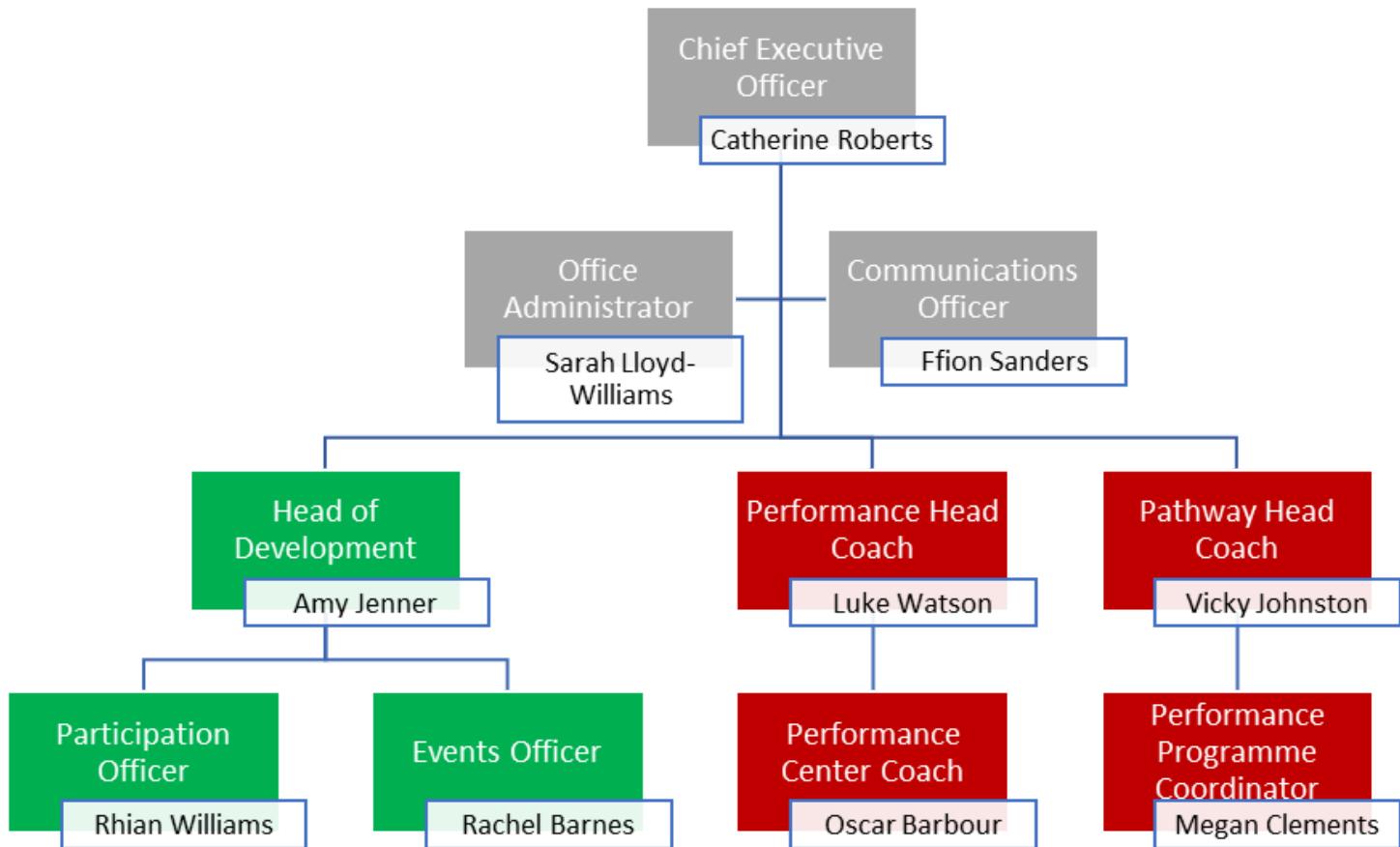
Breakdown of FY2022-23 Income Streams:

Expenditure - FY 2022-23 [£591k]



Strwythur y staff 2023

Staff Structure 2023

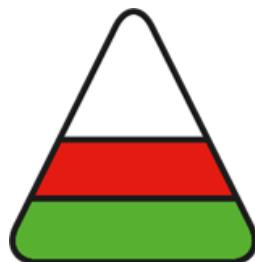


Safonau Chwaraeon

Sports Standards

SAFONAU MEWN CHWARAEON	Cyflawnwyd y Lefel
DIOGELU	Lefel 3
CYDRADDOLDEB AC AMRYWIAETH	Cyflawnwyd y Lefel Ganolradd, Wrthi'n gweithio tuag at y Lefel Uwch
INSPORT	Cyflawnwyd y Dyfarniad Arian
UK ANTI DOPING	Cwblhawyd y Fframwaith Sicrwydd
CYNNIG CYMRAEG (WELSH OFFER)	Cyflawnwyd

STANDARDS IN SPORT	Level Achieved
SAFEGUARDING	Level 3
EQUALITY AND DIVERSITY	Intermediate Level Obtained, Working Towards Advanced
INSPORT	Silver Award Achieved
UK ANTI DOPING	Completion of the Assurance Framework
CYNNIG CYMRAEG (WELSH OFFER)	Achieved



Urdd



Llywodraeth Cymru
Welsh Government



Hoffem ddweud diolch yn fawr iawn i'n partneriaid!

We would like to say a big thank you to our partners!

Diolch! Thank you!