



## Athlete Performance Results

In order to investigate 'On Camp with Kelly' (OCWK) athlete performances over time, athletes who joined OCWK in 2004 to 2006 were paired with a non OCWK athlete. Athletes were matched as closely as possible by national ranking when joining OCWK and age, this resulted in 15 athlete pairings.

The paired athletes' PB from the year they joined (2004-2006) and their PB and rankings at the end of 2011 were compared and it was found that:

- 80% of OCWK athletes had better performance outcomes than their paired athletes in 2011
- In more detail: 80% was equal to 12 of the 15 athlete pairings. This was broken down into:
  - 9 of the athlete pairings: the OCWK athletes were still competing in 2011, whilst the non OCWK did not record a performance in the 800m or 1500m.
  - 3 of the athlete pairings: the OCWK athletes had a better PB and ranking than the non OCWK athlete in 2011.

### OCWK Performances in Senior Competition

A fundamental aim of 'On Camp with Kelly' is to retain athletes in the sport and facilitate the transition from junior to senior ranks. The performances of OCWK athletes demonstrate that the long term benefits of the programme are coming to fruition, with OCWK athletes proving their ability to make the transition to the Aviva GB & NI senior team.

The results below demonstrate that from 2009, when the OCWK athletes were of an age to start making the transition into the senior ranks, they were ready and able to make this transition, achieving selection for the GB senior team and winning medals at UK senior championships.

	2004-2008	2009	2010	2011
<b>Number of female OCWK athletes selected for international senior championships</b>	0	2	6	5
<b>Number of medals won by female OCWK athletes at National Senior Championships</b>	0	5	8*	5

\* Includes England Athletics Championships (Commonwealth Games Trial)

The number of OCWK athletes ranked in the top 10 of the UK senior rankings at 800m and 1500m has also increased year-on-year as shown in the table below.

	2004-06	2007	2008	2009	2010	2011
<b>Number of female OCWK athletes ranked in the top 10 of the UK senior rankings at 800m</b>	0	2	3	3	4	4
<b>Number of female OCWK athletes ranked in the top 10 of the UK senior rankings at 1500m</b>	0	0	2	2	4	5

Dr Anna Waters, October 2011